



EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions

All programs require registration

Click on the hyperlinked program titles to register through Eventbrite.

Westboro Stroller/Carrier Walking Group

Join us for a walk around the neighbourhood and connect with other parents.

Weather permitting. Keep an eye on emails the morning of each walk!

MONDAYS
10:00AM to 11:00AM
Meet at 475 Evered Ave

Tuesday Waterbridge Drop-in Playgroup

Join us for a morning of learning activities and a chance to connect with other families and caregivers.

For children ages 0-6 years.
Indoor shoes are required.

TUESDAYS
9:30AM to 11:00AM
75 Waterbridge Dr

Wednesday Waterbridge Drop-in Playgroup

Join us for a morning of learning activities and a chance to connect with other families and caregivers.

For children ages 0-6 years.
Indoor shoes are required

Sing Song Party Time will join us at 10:30 AM

WEDNESDAYS
9:30 AM to 11:00AM
75 Waterbridge Dr

Virtual Postpartum Support Drop-in

For mothers with infants between the ages of 0 to 12 months experiencing perinatal mental health challenges.

For more information contact
courtney.holmes@mothercraft.com

WEDNESDAYS
10:00AM to 12:30PM
***Covid-19 specific topics**
12:00PM to 12:30PM



REMINDER!

PLEASE STAY HOME IF YOU OR YOUR CHILD(REN) ARE NOT FEELING WELL.

COUGHING AND RUNNY NOSES ARE NO FUN AT PLAYGROUP!

IF YOU'RE NOT 100% PLEASE JOIN US ANOTHER DAY!

Drop-in Playgroup with CHEO

A playgroup for families who are CHEO clients/waiting for services or have concerns about their child's development.

CHEO staff will be available to speak with and to provide resources.

For more information contact
talor.bensonharper@mothercraft.com or
msaba@cheo.on.ca

THURSDAYS
10:00AM to 11:30AM
75 Waterbridge Dr.

Virtual Special Needs Support Drop-In

Are you a parent/caregiver of a child 6 years and under with special needs?

Join us and other parents to share, connect & support one another.

For more information contact
talor.bensonharper@mothercraft.com

THURSDAYS
8:00PM to 9:00PM
NO GROUP JANUARY 19

Night Walk

When the sun goes down, join us for a nocturnal scavenger hunt through the neighborhood and night themed loot bag to take home!
Please wear appropriate clothing.

For children ages 3 to 6 years old

When: January 18 from 6:00 pm to 6:45 pm

Facilitator: EarlyON Team

Location: 75 Waterbridge Dr.

Meeting outside Waterbridge School Age Program

Imagination Station Activity Kits!

Pick Up for February's Kit is January 27.
Registration opens January 11.

Click **HERE** for more information!

**All playgroups
will resume
January 9th.**



School's Cool for Children with Autism

School's Cool is a FREE school readiness program which helps develop skills in preparation for kindergarten.

School's Cool is for children with Autism diagnosis who are starting kindergarten in fall of 2023.

Open to families who have concerns about their child's development

Email us to register or to receive more information!
talor.bensonharper@mothercraft.com

mothercraft ottawa

**More on
page 3!**

Free Virtual Workshops

All virtual workshops require registration
Click on the hyperlinked titles to register through Eventbrite.

Infant Massage

Infant massage virtual workshop will cover the basics of Infant Massage to foster communication and loving touch between you and your baby. Infant massage is helpful for calming, supporting sleep, play time and encouraging the bond you share with your baby.

For parents and caregivers with infants 2 months to 12 months

When: January 10 from 10:00 am to 10:45 am

Facilitator: Beth McMillan, Mothercraft Ottawa

Breastfeeding 101 Workshop

Learn about infant feeding, how to get off to a good start and feel confident feeding your baby. Learn how babies know just what to do and what you can do to help them do it.

Partners are welcome and encouraged to attend!

When: January 10 from 7:00 pm to 8:00 pm
or

January 24 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

16 Gestures by 16 Months

Join us for a fun and interactive workshop on the importance of gestures in the first 16 months of life!

For parents and caregivers with infants 0 to 16 months old

When: January 26 from 12:00 pm to 1:00 pm

Facilitator: Sharon Burgess, ABC Pediatric Therapies

Active Babies: Winter Edition

Join us for some tips and tricks to keep your baby moving during the winter months. We will chat about some fun indoor and outdoor hacks!

For parents and caregivers with infants 0 to 18 months old

When: January 26 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

From Crib to Bed

How to keep the transition smooth! We will discuss tips and tricks to help not lose too much sleep over it.

For parents and caregivers with children 12 months to 3 years old

When: January 19 from 1:30 pm to 2:30 pm

Facilitator: On the Ball Pediatrics

Childcare Options

Learn about the different types of child care and what is best suited for your family.

For parents and caregivers who are planning for daycare

When: January 31 from 10:00 am to 11:00 am

Facilitator: Beth McMillan, Mothercraft Ottawa

Starting Solids Safely

Time to start solid foods? Concerned about safety, allergies or nutrition? Join us for a discussion on starting and sharing foods safely and enjoyably with less stress (but probably still lots of mess!).

For parents and caregivers with infants around 6 months of age

When: January 17 from 10:00 am to 11:00 am

Facilitator: Beth McMillan, Mothercraft Ottawa

Infant Sleep & Night Time Parenting

What is normal? How do you manage night feeds? Come learn about infant sleep development and strategies for getting some rest.

For parents and caregivers with infants 0 to 12 months old

When: January 24 from 10:00 am to 11:00 am

Facilitator: Beth McMillan, Mothercraft Ottawa

More January Programs

parenting in Ottawa DROP-IN

SATURDAYS
from 10 am to 12:30pm

No appointment necessary, simply drop-in during the clinic's hours.
Clinics are closed on statutory holidays unless otherwise specified.

Do you have questions about your baby? Want to know if your child is on track? Do you have questions about your child's growth and development? We are here to help. The Parenting in Ottawa drop-ins are located across the City of Ottawa.

- Speak, in person, with a Public Health Nurse about parenting.
- Get support for infant feeding.
- Learn ways to help your child eat healthy and be active.
- Make sure your child is on track with their growth and development.
- Ask about your child's social and emotional development

The program is available to:
Parents of infants from birth to 12 months

SENSORY STORYTIME

Our storytime welcomes and respects the needs of children aged 0-6 years living with developmental disabilities and/or Autism, who may face barriers related to sensory experiences, show signs of, or are at risk for a developmental delay.

Ruth E. Dickinson Library
100 Malvern Dr. in Barrhaven
Register for your preferred session(s) at
BiblioOttawaLibrary.ca

Saturdays from 2:00 pm to 3:00 pm
January 14
February 11
March 25

Library cards and all programs are FREE. Don't have a card?
Sign up online at <https://biblioottawalibrary.ca/en/getacard>

A family member must be present for the entirety of the event.
For more information please contact Julio
Julio.reyes.cocka@mothercraft.com
613-728-1839

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Ottawa Public
Library
Bibliothèque
publique d'Ottawa

Winter 2023

School's Cool for Children with Autism

WHAT?

School's Cool is a FREE school readiness program which helps develop skills in preparation for kindergarten

WHERE?

Mothercraft Waterbridge Program
EarlyON Room at 75 Waterbridge Dr.

WHO?

Children with Autism diagnosis who are starting kindergarten in fall 2023

Open to families who have concerns about their child's development

HOW?

Email us to register or for more information:
talor.bensonharper@mothercraft.com

WHEN?

Starting January 24, 2023
Tuesday & Wednesday Afternoons
12:30 to 2:30 pm

mothercraft
ottawa



United Way
Centraide
Canada

Resource List

Emergency

- 9-1-1

Shelter

- 3-1-1
<https://ottawa.ca/en/family-and-social-services/housing>

Food

- **Ottawa Food Bank** 613-745-7001
<https://www.ottawafoodbank.ca/get-help/>

Health

- **Ottawa Public Health** 613-580-6744
www.ottawapublichealth.ca
www.santepubliqueottawa.ca
- **Telehealth Ontario/Telesante Ontario** 1-866-797-0000
TTY 1-866-797-0007

Community Information

- 2-1-1

Diverse Populations

- **OCISO** 613-725-5671 ext.316/ info@ociso.org/ www.ociso.org
Clinical Counselling and Mental Help support for immigrants and refugees
- **Hope for Wellness Help Line** 1-855-242-3310 or the online chat at [www.hopeforwellness.ca\(24/7\)](http://www.hopeforwellness.ca(24/7))
For immediate mental health counselling and crisis intervention to all Indigenous peoples across Canada
- **Unsafe at Home Ottawa** text 613-704-5535 or chat online at www.unsafeathomeottawa.ca
For Ottawa women living with violence and abuse
- **A Friendly Voice** 613-692-9992 or 1-855-892-9992
For isolated seniors
- **LGBTQ+ YouthLine** 1-800-268-9688 or online at www.youthline.ca
- **Black Youth Helpline** 1-833-294-8650 or online at www.blackyouth.ca

Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- www.counsellingconnect.org

Distress Lines

- Ottawa Distress Centre (24/7) 613-238-3311
- Centre d'aide (24/7) 1-866-277-3553
- Crisis Line/ Ligne de Crise (24/7) 613-722-6914
- Child, Youth and Family Crisis Line/ Ligne de Crise enfant, jeunes et familles (24/7) 613-260-2360
- Canada Suicide Prevention Service (24/7) 1-833-456-4566
- Kids Help Phone (24/7) 1-800-668-6868

- Parent Support Line 613-565-2467 ex 2 or information@parentresource.ca

Join us on YouTube

Venez nous rejoindre sur
YouTube

Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact bpcp@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

January 2023

Click on the hyperlinked titles to register through Eventbrite.

Baby's Here! Now What? Workshop

This virtual workshop was designed to compliment our prenatal class and is best suited for people in the 3rd trimester. Evidence based research and best practices guide the topics that should come in the instruction manual with a new baby, but don't! Newborn care and safety, reading infant cues, attachment parenting, mindful parenting tips, and resources/live demo of hands on activities help prepare you for life with a new baby. Evidence based resources and contact with your instructor via telephone/email to answer any additional questions are included.

When: January 8 at 9:00 am

Fee: \$125/ couple

Grandparenting 101

You're about to become a Grandparent? Congratulations! You want to support the new family and be involved; you know babies haven't changed but did you know many recommendations have? Come find out what is new in infant care and how you can best support the new parents in your life.

Car Seats, safe sleep, feeding recommendations and more!

When: January 17 from 7:00 pm to 8:30 pm

Fee: \$50/family

Prenatal Class

Offers a comprehensive overview of labour, delivery and a glimpse into the first 24 hours for both mom and baby. You will receive current evidence based information on stages/phases of labour, medical and non-medical pain relief options, hands on comfort measures, interventions, informed consent and an opportunity to try our pregnancy simulator for partners.

Suggested for the 3rd trimester.

When: January 29 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com