

# August 2023

Mothercraft Ottawa  
475 Evered Ave.  
613-728-1839

EarlyONyva@mothercraft.com  
www.mothercraft.com

Email us if you have any questions

## Weekly Drop-In Playgroups & Support Groups!

### Westboro Infant Drop-in Playgroup

Join us for an indoor playgroup specifically for infants 0 to 12 months old.

*Spaces are limited, please only 1 adult per infant present at playgroup.*

**Indoor shoes are required.**

**MONDAYS**  
9:30AM to 11:00AM  
475 Evered Ave  
**NO GROUP AUGUST 7**

### 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 12:00PM

### 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 AUGUST 17**

### 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  
**NO GROUP AUGUST 10**

## Playgroups in the Park!

No registration required!  
Last Day for Parks is August 25, 2023

### Roy Duncan Park

Join us for some outdoor fun, arts and crafts and a chance to connect with other families.

**Zoo Crew will join us at 10:00am**

Roy Duncan Park has a small splash pad!

**MONDAYS**  
9:30AM to 11:00AM  
295 Churchill Ave N  
**NO PARK AUGUST 7**

### Dundonald Park

Join us for some outdoor fun, arts and crafts and a chance to connect with other families.

**Sing Song Party Time will join us at 10:00am**

**\*Zoo Crew on August 1\***

**TUESDAYS**  
9:30AM to 11:00AM  
516 Somerset St W

### Fisher Park

Join us for some outdoor fun, arts and crafts and a chance to connect with other families.

**Sing Song Party Time will join us at 10:00am**

**\*Zoo Crew on August 2\***  
Fisher Park has a splash pad to enjoy!

**WEDNESDAYS**  
9:30AM to 11:00AM  
18 Byron Ave

### Cresthaven Park

Join us for some outdoor fun, arts and crafts and a chance to connect with other families.

**Junkyard Symphony will join us at 10:00am**

**THURSDAYS**  
9:30AM to 11:00AM  
28 Cresthaven Dr

**\*Entertainment at the parks may vary!\***

**Saturday in the Park!**  
**Junkyard Symphony**  
August 19 from 9:45 am to 10:45 am  
Cresthaven Park  
28 Cresthaven Dr.



# Free Virtual Workshops

**\*All virtual workshops require registration\***  
Click on the hyperlinked event to register through Eventbrite.

## School Readiness

Get a jump start on helping your little ones feel more prepared for fall. Learn which skills to prioritize and lessen the stress of this big transition for your family. From making new friends, increasing tolerance for seated activities to toileting readiness!

**\*This session will help families with preschool age children to feel more COOL about starting SCHOOL\***

**When:** August 4 from 1:00 pm to 2:00 pm

**Facilitator:** On the Ball Pediatrics

## Screens and Kids

Tips and tricks from a physiotherapist and mother of 4. Are you struggling with balancing screen time with your child? Why is it so hard to disconnect them? Do you get tantrums when it's time to shut it off? As a mother of 4 and pediatric physiotherapist, Liane has been through it all and brings you some of her best tips and tricks.

**\*For parents and caregivers with children from birth to 6 years\***

**When:** August 10 from 2:00 pm to 3:00 pm

**Facilitator:** On the Ball Pediatrics

## Hitting and How to Handle It!

Hitting is a common concern for parents and caregivers of toddlers. It can be triggering behaviour that can cause worry and stress for families at home, at childcare and other situations. Come learn about possible causes as well as strategies for dealing with the big feelings – for children and adults - around hitting.

**\*For parents and caregivers with young children\***

**When:** August 15 from 12:00 pm to 1:00 pm

**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:** August 15 from 7:00 pm to 8:00 pm

**Facilitator:** Beth McMillan,  
International Board Certified Lactation Consultant

## Individualized Education Programs (IEP's)

Understanding IEP's, how to make choices as parents and Special Equipment Amount (SEA) equipment.

**\*Great information for all parents/caregivers of children entering school or attending school\***

**When:** August 17 from 7:00 pm to 8:00 pm

**Facilitator:** On the Ball Pediatrics

## Reading Readiness

This workshop explores the skills that are the foundation for reading success in the 1st year of a child's life. Join us to learn all about the developmental milestones that kids need to meet in order to help them become successful readers later on.

**\*For parents and caregivers of young children\***

**When:** August 22 from 12:00 pm to 1:00 pm

**Facilitator:** Sharon Burgess, ABC Pediatric Therapies

## 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 2024.



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

Session to start in September!  
Details to be confirmed.

Email us to register or to receive more information!

[taylor.benson-harper@mothercraft.com](mailto:taylor.benson-harper@mothercraft.com)



**Starting in September!  
Register now!**



# More August Programs

## August Playgroups in the Park!

Join us for some **FREE** outdoor fun, arts and crafts and a chance to connect with other families.

Playgroups run from 9:30am to 11:00am until **August 25**.  
Entertainment starts at 10:00am

### MONDAYS

**Roy Duncan Park**  
295 Churchill Ave N



Roy Duncan Park has a small splash pad!

**NO PARK AUGUST 7**

### TUESDAYS

**Dundonald Park**  
516 Somerset St W



\* Zoo Crew August 1 \*

### WEDNESDAYS

**Fisher Park**  
18 Byron Ave



Fisher Park has a splash pad to enjoy!

\* Zoo Crew August 2 \*

### THURSDAYS

**Cresthaven Park**  
28 Cresthaven Dr



\*Entertainment at the parks may vary!\*  
For more information call 613-728-1839

### Saturday in the Park!

**Junkyard Symphony**

August 19 from 9:45 am to 10:45 am  
Cresthaven Park  
28 Cresthaven Dr.

EarlyON  
Child and Family Centres

Ontario

Ottawa

mothercraft  
ottawa

## 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 3:00 pm to 4:30 pm  
September 9  
October 21  
November 4  
December 2

Library cards and all programs are **FREE**. Don't have a card? Sign up online at <https://bibliottawalibrary.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

Back in  
September!  
New Time!



**Infant Massage**  
Presented by  
mothercraft **GNAG**  
Come bond with baby in this **FREE** 3 week class!  
Fridays 9:30 - 10:00 am  
September 15 - 29,  
October 13 - 27  
or  
November 10 - 24  
Register  
Group.ca

**Keep an eye on GNAG for September's session starting September 15th!**

## parenting in Ottawa DROP-IN

**SATURDAYS**  
from 10:00am 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



# 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](http://www.ottawapublichealth.ca)  
[www.santepubliqueottawa.ca](http://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](mailto:info@ociso.org)/ [www.ociso.org](http://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](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](http://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](http://www.youthline.ca)
- **Black Youth Helpline** 1-833-294-8650 or online at [www.blackyouth.ca](http://www.blackyouth.ca)

## Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- [www.counsellingconnect.org](http://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](mailto:information@parentresource.ca)

Join us on YouTube

Venez nous joindre sur  
YouTube

## Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact [bpccp@mothercraft.com](mailto:bpccp@mothercraft.com)

**BY APPOINTMENT ONLY!**





## For Fee Virtual Workshops

**August 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:** August 13 at 9:00 am

**Fee:** \$125/ couple

### **Ask the Lactation Consultant**

Have questions about breast/chestfeeding? Pumping? Anything infant feeding related?

Mothercraft Ottawa is pleased to offer "Ask the LC" virtual sessions.

Bring your questions and chat with an IBCLC (International Board Certified Lactation Consultant).

**When:** August 8 from 1:00 pm to 2:30 pm

**Fee:** \$30/ couple

### **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:** August 27 at 9:00 am

**Fee:** \$140/couple

**For more information:  
classes@mothercraft.com**