

September 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

No registration required! First come first serve basis!

Monday 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.

MONDAYS
9:30AM to 11:00AM
75 Waterbridge Dr
NO GROUP SEPTEMBER 4

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.

TUESDAYS
9:30AM to 11:00AM
475 Evered Ave

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.

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

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

**Indoor
shoes are
required
for all
playgroups!**



Story Time at Brantwood Fieldhouse

Join us for an interactive story time with activities to follow.

For children ages 0-6 years.

Spaces are limited.

Will take place the 3rd
Monday of every month.

SEPTEMBER 18
1:30PM to 2:15PM
39 Onslow Cres

NEW!
Monthly
program!

Weekly Virtual Programs

Registration required through Eventbrite!

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 SEPTEMBER 21

Free Virtual Workshops

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

Playing with Babies

Looking for creative ways to engage and play with your baby? How do babies play? Come and learn about play in this fun workshop!

For parents and caregivers of infants 0-12 months

When: September 5 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Choosing Child Care

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: September 12 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Poor Posture in School!

Tips on how to avoid poor posture and neck pain in school?

These also help with paying attention! Are you worried about your child's posture, the heavy bags they have to carry, the amount of sitting they do in a day? Worry no more. Our pediatric physiotherapist has some tips and tricks for your child. Learn about alignment, why it matters and which activities to do to counteract bad posture.

For parents and caregivers of children in school or entering school

When: September 14 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

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: September 21 from 7:00 pm to 9:00 pm

Facilitator: On the Ball Pediatrics

How to Support Children Who are Exploring Their Gender

Are you a parent or caregiver to a gender non-conforming, trans, gender diverse, or gender creative child? Join us discuss gender fluidity and to learn and share strategies and resources for supporting kids to explore and express their gender identity.

For parents and caregivers of young children

When: September 18 from 1:00 pm to 2:30 pm

Facilitator: Kaedan Seburn, MSW

Baby Led Weaning

Come discuss baby led weaning. We will discuss safety concerns and share ideas for safe foods and recipes!

For parents and caregivers who are getting ready to feed solids

When: September 26 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Rocking Regulation

Helping you to discover how to tune into your little one's regulation level, while learning to not only support them but also work on your own self-regulation and your family's! In such a busy world we often can forget to bring it back to basics, learning the skills of self-regulation and co-regulation will help to support skill building and bonding with you and your family.

For parents and caregivers with children from birth to 6 years old

When: September 8 from 1:00 pm to 2:00 pm

Facilitator: On the Ball Pediatrics

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: September 12 from 7:00 pm to 8:00 pm
or

September 26 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Returning to Work/School: Preparing You and Your Little One

Heading back to work or school after mat/pat leave? Join us to discuss how you can prepare yourself and your little one. Strategies and tips for concerns such as starting childcare, negotiating feeding and sleep, pumping, division of labour at home and other issues.

For parents and caregivers with infants 6-18 months old

When: September 19 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Discovering Dad: Adjusting to Parenthood

Fathers often feel like bystanders when a baby is on the way or has just arrived. It can be hard to know what to expect and how to feel connected to the new baby.

This will help Dads-to-be and new Dads reflect on their expectations of fatherhood and how it compares to their reality. Topics such as parenting identity, societal myths about fatherhood, attachment, relationships and parent mental health will be explored, with lots of opportunity for questions and discussion.

For fathers-to-be and fathers of infants 0 to 24 months

When: September 27 from 7:30 pm to 9:00 pm

Facilitator: Dr. Rana Pishva, C. Psych., Gilmour
Psychological Services

More September Programs

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 9

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

Fall 2023



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

WHERE: 475 Evered Ave
WHEN: Tuesday, Wednesday & Thursday
12:45 pm to 3:15 pm
September 12 to November 2

Email us to register or to receive more information!

talor.benson-harper@mothercraft.com



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.

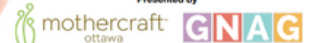
- Speak, in person, with a Public Health Nurse about parenting.
- Get support for infant feeding.
- Learn ways to help your child eat healthy and be active.
- Make sure your child is on track with their growth and development.
- Ask about your child's social and emotional development

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

Closed
September 2nd
and September
30th

Infant Massage

Presented by



Come bond with baby in this FREE
3 week class!

Fridays 9:30 - 11:00 am

September 15 - 29
October 13 - 27
November 10 - 24



Register
at
[Gnag.ca](https://gnag.ca)

**REGISTER HERE: Session starts
September 15th!**

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).
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 bpccp@mothercraft.com

BY APPOINTMENT ONLY!



For Fee Virtual Workshops

September 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: September 10 at 9:00 am

Fee: \$125/ 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: September 24 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com