

August 2024



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 & Virtual Programs

Virtual Programs require registration 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

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.

WEDNESDAYS
1:30PM to 3:00PM
475 Evered Ave

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 AUGUST 15

Playgroups in the Park!

No Registration Required! Last day of parks is August 22nd.

Dundonald Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be entertainment for everyone. Bring a blanket to sit on!

MONDAYS
9:30AM to 11:00AM
516 Somerset St W
CLOSED AUGUST 5

Roy Duncan Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be music in the park! Bring a blanket to sit on. There is a small splash pad! Bring your water gear and towels!

TUESDAYS
9:30AM to 11:00AM
295 Churchill Ave N

Fisher Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be entertainment for everyone. There is a splash pad! Bring your water gear and towels!

WEDNESDAYS
9:30AM to 11:00AM
250 Holland Ave

Cresthaven Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be entertainment for everyone.

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

Entertainment at the parks may vary! Last day of Playgroups in the Park is August 22.

Saturday in the Park!

Zoo Crew

August 17 from 9:30 am to 10:30 am

Cresthaven Park
28 Cresthaven Dr.

Free Virtual Workshops

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

Laying the Foundations for First Words

Join us to discover the crucial pre-speech skills a child needs in order to be able to say their first words. This engaging session will offer interactive techniques and practical activities designed to foster early speech development. Whether you're a parent, a caregiver, or an REECE, you'll gain valuable insights and effective strategies to support a child's communication journey.

For parents and caregivers of young children

When: August 8 from 12:00 pm to 1:00 pm

Facilitator: ABC Pediatric Therapies

Bedwetting and Constipation

Are they connected? What can you do if your child is struggling with either one and learn how to recognize signs and symptoms? (yes there are some easy ones to check without an internal exam!)

For parents and caregivers of young children

When: August 7 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

Why Might Children Need Orthotics?

Join our expert physiotherapist for an informative workshop designed to educate parents on the benefits and proper use of orthotics for children. Learn how orthotics can enhance your child's mobility, support healthy growth, and address common pediatric foot and gait issues.

For parents and caregivers of young children

When: August 14 from 1:00 pm to 2:00 pm

Facilitator: Play On 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: August 13 from 7:00 pm to 8:00 pm

or

August 20 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Mindfulness Practices to Keep Children's Anxiety in Check

Discover how mindfulness techniques can help reduce your child's anxiety in this engaging workshop led by a skilled occupational therapist. Gain practical tools and strategies to incorporate mindfulness into daily routines, promoting a calmer and more focused mindset for your child.

For parents and caregivers of young children

When: August 20 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

Helping Your Child Manage Daily Routines:

Reducing Stress for Parents & Child

A look into tools and strategies that will streamline your routines, support tricky transitions, and keep everyone regulated throughout the day.

For parents and caregivers of young children

When: August 15 from 1:30 pm to 2:30 pm

Facilitator: On the Ball Pediatrics

More August Programs



FIRST AID FOR PARENTS AND GRANDPARENTS

This one-of-a-kind comprehensive 2 hour class offers EASY TO UNDERSTAND instructions on how to help your newborn or child in many different first aid and emergency situations

Cost \$45 per participant

Included Topics:
When to call 911
Choking
CPR
Breathing Emergencies
Severe Allergic Reactions
Eye/Ear injuries
Wounds
Burns
Poisonings

Mothercraft Ottawa
475 Evered Avenue Ottawa, ON K1Z 5K6
Saturday, August 17th 9am - 11am

Register by going to our website:
nationalcapitalfirstaid.com
or calling us at 613-523-2519



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

More August Programs

PLAYGROUPS IN THE PARK AUGUST 2024

MONDAYS
Dundonald Park
516 Somerset St W
K1R 5J9

TUESDAYS
Roy Duncan Park
295 Churchill Ave N
K1Z 5B7

WEDNESDAYS
Fisher Park
250 Holland Ave
K1Y 0Y5

THURSDAYS
Cresthaven Park
28 Cresthaven Dr
K2G 7B7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
For more information: talor.benson-harper@mothercraft.com 613-728-1839			The ZOO CREW 1 HANDS-ON ANIMAL EVENTS Animals at the Park!
5 CLOSED	6 SING SONG PARTY TIME Music in the Park!	7 LUV 2 GROOVE Dance in the Park!	8 MONKEY ROCK MUSIC Music in the Park!
12 The ZOO CREW HANDS-ON ANIMAL EVENTS Animals at the Park!	13 SING SONG PARTY TIME Music in the Park!	14 SING SONG PARTY TIME Music in the Park!	15 LUV 2 GROOVE Dance in the Park!
19 The ZOO CREW HANDS-ON ANIMAL EVENTS Animals at the Park!	20 SING SONG PARTY TIME Music in the Park!	21 The ZOO CREW HANDS-ON ANIMAL EVENTS Animals at the Park!	22 SING SONG PARTY TIME Music in the Park!

Last day of Playgroups in the Park is August 22nd.

Playgroups in the Park run from 9:30 am to 11:00 am

Crafts, Messy paint activities, and Gross Motor activities: 9:30 am to 11:00 am

Entertainment: ~10:00 am to 11:00 am

Please be sure to bring a blanket or towel to sit on during entertainment and a water bottle and sunscreen!

Some parks offer a splash pad as well - bringing extra clothes is recommended!

Community Resources

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/>
- **Food support for young parents** <http://bethanyhopecentre.org/nourish-family-food>
- **Good Food** <https://goodfoodlink.ca/>
- **Ottawa Food Partnership** <https://ottawacommunityfoodpartnership.ca/>

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

Community Supports

- **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

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

August 2024

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 11 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: August 25 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com