

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!

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
CLOSED SEPTEMBER 2

Home Childcare Provider Drop-in Playgroup

Join us for a morning of learning activities and a chance to connect with other home childcare providers.

For children ages 0-6 years.

Indoor shoes are required.

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

Playgroup in the Park 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 entertainment. Bring a blanket to sit on.

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

Parent & Caregiver 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

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

Sensory Play Time at Brantwood Fieldhouse

Join us for some fun sensory based activities and a chance to connect with other families and caregivers!

For children ages 0-6 years.
Spaces are limited.

SEPTEMBER 16
10:00AM to 11:30AM
39 Onslow Cres.

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

450 Laurier Drop-in Playgroup

Join us for a morning of learning and play with families and caregivers in the lounge!

For children ages 0-6 years.

Indoor shoes are required.

FRIDAYS
9:30AM to 11:00AM
450 Laurier Ave West

Indoor shoes are required for all playgroups!



Strollers & wagons are to be left outside the main entrance. Bring a cover if needed.



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

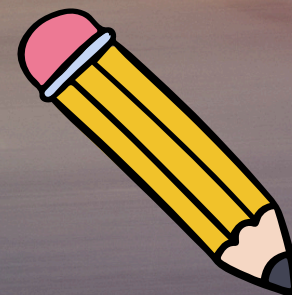
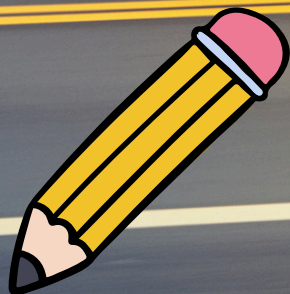
WEDNESDAYS
10:00AM to 12:00PM

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 19



Free Virtual Workshops

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

Returning to Work or 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 3 from 1:00 pm to 2:00 pm
Facilitator: Beth McMillan, Mothercraft Ottawa

How to Make Bedtime a "Dream Come True"

A few tips, tricks, and approaches to support bedtime routines, bedtime transitions, and quality sleep.

For parents and caregivers with young children

When: September 9 from 2:00 pm to 3:00 pm
Facilitator: On the Ball Pediatrics

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: September 17 from 1:00PM to 2:00PM
Facilitator: Beth McMillan, Mothercraft Ottawa

16 Gestures by 16 Months

Join a speech-language pathologist, for a fun and interactive workshop on the importance of gestures in the first 16 months of life! Participants will learn about the developmental milestones of gesture use and how gestures serve as powerful tools for expressing needs, initiating interactions, and conveying meaning before verbal language fully develops.

For parents and caregivers of young children

When: September 19 from 3:00 pm to 4:00 pm
Facilitator: ABC Pediatric Therapies

Car Seat Safety

Learn about car seat safety and correct use of car seats for children from birth to booster seats.

For parents and caregivers with infants

When: September 24 from 1:00 pm to 2:00 pm
Facilitator: Beth McMillan, Mothercraft Ottawa

School's In: Exercises for the Brain To Help With Learning and Concentrating in the Classroom

Come learn about some exercises to help with concentration and memory. Working on connecting the cerebellum, vestibular and visual systems to give superpowers to the learning brain.

For parents and caregivers with young children

When: September 4 from 2:00 pm to 3:00 pm
Facilitator: On the Ball Pediatrics

Choosing Childcare

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 10 from 1:00 pm to 2:00 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: September 10 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

How Can I Help My Child's Separation Anxiety?

Separation anxiety is common and some kids will outgrow it naturally. Others may continue to face challenges due to it.

Occupational Therapist, Jackie will demonstrate some strategies to help you help your child with their separation anxiety.

For parents and caregivers of young children

When: September 23 from 1:00 pm to 2:00 pm
Facilitator: Play On Pediatrics

Is My Child Coordinated Enough?

Learn why overall coordination is important in children, how to identify some red flags for poor coordination from an early age and some tips on how you can help.

For parents and caregivers of young children

When: September 26 from 1:00 pm to 2:00 pm
Facilitator: Play On Pediatrics

More September Programs

SENSORY storytime

Fall 2024

Come join us for Sensory Story time at the library! Our Storytime welcomes and respects the needs of children aged 0 to 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. Come play, connect, and sing along with us and other families in an sensory friendly environment! It's free and no registration required! *A family member must be present for the entirety of the event.*

St Laurent Library
515 Coté St
Thursdays
10:30 am to 12:00 pm
September 5
October 3
November 7
December 5

Greenboro Library
363 Lorry Greenberg Dr
Fridays
2:00 pm to 3:00 pm
September 27
October 25
November 22
December 6

Ruth E. Dickinson Library
100 Malvern Dr
Saturdays
2:00 pm to 3:30 pm
September 7
October 5
November 2
December 14

Library cards and all programs are FREE. Don't have a card? Sign up online at <https://bibliooottawalibrary.ca/en/getacard> For more information please contact talor.benson-harper@mothercraft.com 613-728-1839



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 5K9
September 19 @ 6:00 pm - 8:00 pm

Register by going to our website : www.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

SCHOOL'S COOL FOR CHILDREN WITH AUTISM

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

School's Cool is for children with Autism diagnosis who are starting kindergarten in fall of 2025.

Completing the registration form will allow us to plan for upcoming 2024-2025 sessions! Comment on your form if you have a preference for start date (fall 2024, winter 2025, etc.)

For more information:
talor.benson-harper@mothercraft.com
To register scan below or click this link to access this the Google Form



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/](mailto: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

September 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: September 8 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 22 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com