

# April 2025

Mothercraft Ottawa  
475 Evered Ave.  
613-728-1839

EarlyONyva@mothercraft.com  
www.mothercraft.com

Email us if you have any questions



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



## Weekly Drop-In Playgroups

No registration required! First come first serve basis!

**Strollers &  
wagons are to  
be left outside  
the main  
entrance.**



### 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 APRIL 21**

### 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

### 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

### 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.benson-harper@mothercraft.com  
or msaba@cheo.on.ca

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

### Drop-in Playgroup at Van Lang Fieldhouse

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**

**THURSDAYS**  
9:30 AM to 11:00 AM  
29 Van Lang Pvt  
**NO GROUP APRIL 10**

### 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  
**NO GROUP APRIL 18**

### 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.**

**APRIL 28**  
10:00AM to 11:30AM  
39 Onslow Cres

### Saturday 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**

**APRIL 26**  
9:30AM to 11:00AM  
75 Waterbridge Dr

## 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.benson-harper@mothercraft.com

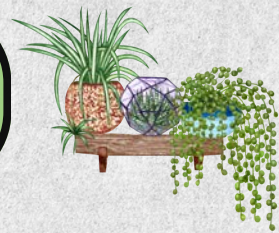
**THURSDAYS**  
8:00PM to 9:00PM  
**NO GROUP APRIL 17**





# Free Virtual Workshops

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



## Autism, Developmental Delay and Sensory Processing Disorders

Come learn about the importance of movement and sensory development from the lens of a pediatric physio. How the vestibular system, the deep core, the visual system and proprioception are all connected!

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

**When:** April 2 from 2:00 pm to 3:00 pm

**Facilitator:** On the Ball Pediatrics

## Raising a Bilingual Child

Learn strategies to foster bilingual language skills in your child. Join Chantal Lauzon, speech-language pathologist, for an interactive session designed to provide practical strategies and valuable insights into the intricacies of bilingual education.

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

**When:** April 4 from 11:00 am to 12:00 pm

**Facilitator:** ABC Pediatric Therapies

## Sleep Strategies

From infant to school age, sleep is so pivotal for our little ones to grow. Explore sleep norms, sleep hygiene and out of the box strategies that you can actually apply in your home, to help you and your little one to catch some extra zzz's.

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

**When:** April 7 from 11:30 am to 12:30 pm

**Facilitator:** On the Ball Pediatrics

## Language Development for Littles

Join us to learn about supporting language and communication skills for your baby. We will explore gentle and playful strategies to help your little one with language development emphasizing connection and communication. Learn about resources in the community for extra support.

*\*For parents and caregivers with infants\**

**When:** April 7 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:** April 8 from 7:00 pm to 8:00 pm

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

## Setting your Baby up for Success in their First 18 Months

Join this presentation by a pediatric physiotherapist that will guide parents & caregivers through key motor milestones in the first 18 months, offering practical strategies to support their baby's physical development for a strong foundation.

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

**When:** April 11 from 11:00 am to 12:00 pm

**Facilitator:** Play On Pediatrics

## Ask the Lactation Consultant

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

We are offering an "Ask the LC" virtual session.

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

*\*For parents who are expecting or of newborns\**

**When:** April 14 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Should I be Worried that my Child is a Picky Eater?

Picky eating is common among many toddlers and children as they grow and develop. In some cases, picky eating can be extreme, start at a very early age and can affect growth and development. Learn more about red flags to look for with your 'picky eater' and strategies you can implement at home now to support your picky eater.

*\*For parents and caregivers of infants\**

**When:** April 16 from 10:30 am to 11:30 am

**Facilitator:** Play On Pediatrics

## Body Safety and Consent

It is never too soon to begin the discussion around Body Safety. Becoming comfortable and confident around bodily autonomy, consent and feeling safe begins early and develops with you and your child as they grow.

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

**When:** April 28 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## 16 Gestures by 16 Months

Join in with Sharon Burgess, speech-language pathologist, for a fun and interactive workshop on the importance of gestures in the first 16 months of life!

*\*For parents and caregivers of infants\**

**When:** April 30 from 3:00 pm to 4:00 pm

**Facilitator:** ABC Pediatric Therapies

# More April 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 \$50 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  
Saturday, April 12 9:00 – 11:00am

Register by going to our website :  
[www.nationalcapitalfirstaid.com](http://www.nationalcapitalfirstaid.com)  
or calling us at 613-523-2519



**NEW!** **DROP-IN PLAYGROUP AT VAN LANG FIELDHOUSE** **FREE!**

Illustration of a child playing with blocks and a clock.

**THURSDAYS**  
9:30 AM TO 11:00 AM  
29 VAN LANG PVT  
PLEASE BRING INDOOR SHOES  
**"PLEASE NOTE THERE IS NO GROUP APRIL 10"**

FOR MORE INFORMATION  
TALOR.BENSON-HARPER@MOTHERCRAFT.COM

Logos: EarlyON, mothercraft, Ottawa, Ontario



## SENSORY storytime

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 is 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  
March 6  
April 3  
May 1

Greenboro Library  
363 Lorry Greenberg Dr  
**Fridays**  
2:00 pm to 3:00 pm  
March 28  
April 23  
May 23

Ruth E. Dickinson Library  
100 Malvern Dr  
**Saturdays**  
2:00 pm to 3:30 pm  
April 5  
*\*No group in March or May\**

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



**LA LECHE LEAGUE CANADA**  
Meets monthly at 475 Evered Ave  
April 12 at 10:00 am



**SENSORY PLAYTIME AT BRANTWOOD FIELDHOUSE**

**No Registration Required!**

Join us for a morning of learning and play with some fun sensory based activities and connect with other families and caregivers!  
**Come in clothes that can get messy/wet!**

**3RD MONDAY OF EVERY MONTH!**

**10:00 AM TO 11:30 AM**  
**39 ONSLOW GRES**

Logos: EarlyON, mothercraft, Ottawa, Ontario

**Parenting in Ottawa Drop-ins**

Free in-person support by a public health nurse for:

- Infant feeding
- Growth and Development
- Perinatal mental health and more!
- No appointment needed
- Scan the QR code for more information

Locations	Month	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 1, 8, 15, 22, 29	1:30 pm	3:30 pm
2 Orleans-Cumberland Community Resource Centre 240 Centrum Boulevard, Orleans	Thursday 3, 10, 17, 24	1:30 pm	3:30 pm
3 St. Laurent Complex 525 Coté Street, Ottawa	Sunday 6, 13, 20, 27	10 am	12:30 pm
4 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 7, 14, 28	1 pm	3 pm
5 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 5, 12, 19, 26	10 am	12:30 pm
6 Ottawa Public Library – Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 1, 8, 15, 22, 29	1 pm	3 pm
7 Ottawa Public Library – Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 2, 9, 16, 23, 30	1 pm	3 pm
8 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 4, 11, 25	10 am	12 pm
9 Metcalfe 8243 Victoria Street	Wednesday 16	9:30 am	11 am

Legend: East (blue), Central (red), West (green), Rural (purple)

Parenting in Ottawa.ca /Etre Parents a Ottawa.ca

Logos: Ottawa, Public Health Santé publique



# 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](http://www.ottawapublichealth.ca) [www.santepubliqueottawa.ca](http://www.santepubliqueottawa.ca)
- **Telehealth Ontario/Telesante Ontario** 1-866-797-0000 TTY 1-866-797-0007
- **Coalition Ottawa** <https://coalitionottawa.ca/map/>

## Community Information

- 2-1-1

## Community Supports

- **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)

### Clothing Donation Closet

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

BY APPOINTMENT ONLY!



## For Fee Virtual Workshops April 2025

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:** April 13 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:** April 27 at 9:00 am

**Fee:** \$140/couple

For more information:  
[classes@mothercraft.com](mailto:classes@mothercraft.com)