

March 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!



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



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

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

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 MARCH 7

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.

MARCH 17
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

MARCH 22
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 MARCH 20

Free Virtual Workshops

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

Infant Sleep and 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: March 3 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Core, Core, Core!

Did you know ADHD, Autism and Anxiety, poor handwriting, fidgeting can all be improved by just working on your child's deep core? We will teach you the why and the how!

For parents and caregivers of young children

When: March 5 from 3:00 pm to 4:00 pm

Facilitator: On the Ball Pediatrics

Welcoming a New Baby into your Family

Congratulations! You are bringing a new baby home, an exciting – and overwhelming – time for everyone. How can you help your older child/ren manage this transition? Come learn and discuss with other parents.

For parents who are expecting or of newborns

When: March 10 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Breast Pumps and Making Pumping Work for You

Is pumping for you? What is the best pump? How do I make sure that the pump fits and works efficiently? Do I need to pump? Come find out about breast pumps!

For parents and caregivers of infants

When: March 17 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

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, division of labour at home and other issues.

For parents and caregivers with infants 6-18 months old

When: March 24 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

ScreenTime:

What the Experts Want you to Know

Wondering how screen time affects your child's development? Screen time includes TV, tablets, smartphones, and any digital media, but not all screen time is created equal!

For parents and caregivers of preschool age children

When: March 5 from 11:30 am to 12:30 pm

Facilitator: ABC Pediatric Therapies

Spring into Sensory

A messy look into sensory processing, sensory modulation, and expanding your child's sensory experiences!

For parents and caregivers of young children

When: March 10 from 11:30 am to 12:30 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: March 11 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Crawling Confidently: A Key Milestone in Your Child's Development

We'll explore how crawling serves as more than just a mode of transportation—it's a critical foundation for your child's physical, cognitive, and sensory development. You'll learn why this milestone matters so much and offer practical ways to support your little one!

For parents and caregivers of infants

When: March 21 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatrics

Milestones Made Easy: Speech, Language and Play

Curious about your child's speech and language development? Join us for an engaging workshop designed to help parents understand key milestones in speech, language, and play.

For parents, caregivers and educators of young children

When: March 26 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

Co-regulation:

To Help Support Emotional Regulation

Discover how co-regulation—the supportive emotional connection between you and your child—serves as the foundation for developing lifelong emotional regulation skills. You'll learn practical every day strategies.

For parents and caregivers of young children

When: March 27 from 2:00 pm to 3:00 pm

Facilitator: Play On Pediatrics

More March 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 5K9
Saturday, March 15 - 9:00 - 11:00am

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




Winter 2025

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
February 6
March 6

Greenboro Library
363 Lorry Greenberg Dr
Fridays
2:00 pm to 3:00 pm
February 28
March 27

Ruth E. Dickinson Library
100 Malvern Dr
Saturdays
2:00 pm to 3:30 pm
February 8

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









LA LECHE LEAGUE
CANADA

Meets monthly at
475 Evered Ave

GNAG

FREE! Glebe Baby Club
(Newborn - Walking)
Thursdays 1:00 pm to 2:30 pm
January 16 to March 27
(ex March 13)

REGISTER HERE THROUGH GNAG

Ottawa | Public Health
Santé publique

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



Locations	February	Start Time	End Time
Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 4, 11, 18, 25	1:30 pm	3:30 pm
Orleans-Cumberland Community Resource Centre 240 Centrum Boulevard, Orleans	Thursday 6, 13, 20, 27	1:30 pm	3:30 pm
St. Laurent Complex 525 Côté Street, Ottawa	Sunday 2, 9, 16, 23	10 am	12:30 pm
Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 3, 10, 24	1 pm	3 pm
Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 1, 8, 15, 22	10 am	12:30 pm
Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 4, 11, 18, 25	1 pm	3 pm
Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 5, 12, 19, 26	1 pm	3 pm
Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 7, 14, 21, 28	10 am	12 pm
Metcalfe 8243 Victoria Street	Wednesday 19	9:30 am	11 am

East Central West Rural

Updated January 2025

Need more information? Please visit
<https://www.parentinginottawa.ca/en/breastfeeding/breastfeeding-resources-in-ottawa.aspx>
or scan the QR Code.



Ottawa Public Health
Santé Publique Ottawa

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
- **Cold Weather Safety Resources:**
 - Winter safety: Advice for parents and kids | Caring for kids
 - Cold Weather - Ottawa Public Health
 - Cold Weather Resources 2024/25 – For service providers and community agencies

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 bpcp@mothercraft.com
BY APPOINTMENT ONLY!



For Fee Virtual Workshops March 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: March 9 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: March 23 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com