

June 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

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 JUNE 6

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.

JUNE 16
10:00AM to 11:30AM
39 Onslow Cres

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 JUNE 19

Free Virtual Workshops

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

Babies and Boundaries

Family gatherings and summer holidays with babies and extended family can often be tricky. Come discuss setting boundaries and navigating family gatherings with your baby.

For parents and caregivers of infants

When: June 2 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Autism Early Signs

Autism varies widely in its severity and symptoms. Early identification greatly improves the chances of optimal outcomes by establishing appropriate educational supports, treatments and interventions from an early age. Join us to learn more about the early signs of autism, as well as tips and strategies that can be used at home to help.

For parents and caregivers of young children

When: June 6 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

Infant Summer Safety

Summer is almost here! Are you wondering what sun safety practices you should be following with your infant? Join us to find out best practices during the hot, hot weather!

For parents and caregivers with infants and/or expecting parents

When: June 9 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Tips to Support Transition from School to Summer Routines

School's out – now what? Join us to learn simple, OT-backed strategies to help your child shift smoothly from school routines to a summer that feels fun, flexible, and still grounded.

For parents and caregivers of young children

When: June 11 from 11:15 am to 12:15 pm

Facilitator: Play On Pediatrics

Storytime Secrets for the Summer

Soak up the sunshine and stories this summer! Looking for meaningful, screen-free ways to boost your child's language and literacy skills? Join us for a fun, interactive workshop designed to help you make the most of summer reading moments.

For parents and caregivers of young children

When: June 18 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

Hypermobility in Pediatrics: Why Should You Care?

What does hypermobility have to do with Autism, ADHD and Anxiety? It turns out, a whole lot! Come learn about recognizing and minimizing the stress on the body caused by hypermobility (super flexible joints!)

For parents and caregivers of young children

When: June 4 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

Sensory-Friendly Summer Holidays

Summer vacation is already chaotic enough on its own; join this presentation to learn a few tips and tricks on supporting your child through their fun in the sun!

For parents and caregivers of young children

When: June 9 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: June 10 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, International Board Certified Lactation Consultant

Messy Play with Infants & Toddlers

Need some fun and developmentally appropriate ideas for messy or sensory play with your infant and/or toddler? Join us to hear some creative ways to incorporate this kind of play into everyday life at home!

For parents and caregivers of infants 0 to 18 months old

When: June 16 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Keep your Kids Core Strong this Summer

A strong core is fundamental for so many reasons! Kids especially need this strong foundation. Michele will teach you some tips and tricks to help keep your child's core strong this summer - without just doing 'exercises' inside. Get your kids moving in some strategic ways to build their core & keep them having fun.

For parents and caregivers of young children

When: June 20 from 1:15 pm to 2:15 pm

Facilitator: Play On Pediatrics

Starting Solids Safely

Time to start solid foods? Concerned about safety, allergies or nutrition? Join us for a discussion on starting and sharing foods safely and enjoyably with less stress (but probably still lots of mess!).

For parents and caregivers with infants around 6 months of age

When: June 23 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

More June Programs

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!

MONDAY JUNE 16

SENSORY PLAYTIME WILL RETURN IN SEPTEMBER!

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

JOIN US! DROP-IN PLAYGROUP AT VAN LANG FIELDHOUSE FREE!



THURSDAYS

9:30 AM TO 11:00 AM

29 VAN LANG PVT

PLEASE BRING INDOOR SHOES

THIS PLAYGROUP WILL MOVE TO ROY DUNCAN PARK ON MONDAYS STARTING IN JULY

FOR MORE INFORMATION

TALOR.BENSON-HARPER@MOTHERCRAFT.COM

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.

Ruth E. Dickinson Library
Saturday, June 14
2:00 pm to 3:30 pm
100 Malvern Dr

This is the last Sensory Storytime until Fall

Library cards and all programs are FREE.
Don't have a card?
Sign up online at
<https://bibliottawallibrary.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

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	June	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 3, 10, 17, 24	1:30 pm	3:30 pm
2 Orleans-Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 5, 12, 19, 26	1:30 pm	3:30 pm
3 St. Laurent Complex 525 Côté Street, Ottawa	Sunday 1, 8, 15, 22, 29	10 am	12:30 pm
4 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 2, 9, 16, 23, 30	1 pm	3 pm
5 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 7, 14, 21, 28	10 am	12:30 pm
6 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 3, 10, 17, 24	1 pm	3 pm
7 Ottawa Public Library - Beaverbrook 2500 Campus Drive, Kanata	Wednesday 4, 11, 18, 25	1 pm	3 pm
8 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 6, 13, 20	10 am	12 pm
9 Metcalfe 5243 Victoria Street	Monday, Wednesday 2, 9	9 am	11 am

Parenting in Ottawa.ca
Elire-Parenta-Ottawa.ca

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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, June 14 9:00am - 11:00am

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

Playgroups in the Park are starting in July!

Keep an eye on the Mothercraft Ottawa Facebook page to stay up to date!

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
- **Coalition Ottawa** <https://coalitionottawa.ca/map/>

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

June 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: June 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: June 22 at 9:00 am

Fee: \$140/couple

For more information:
classes@mothercraft.com