

# May 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 MAY 19**

### 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

### 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.**

**MAY 26**  
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**

**MAY 24**  
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 MAY 15**







# Free Virtual Workshops

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



## W Sitting:

### Is it Good, Bad or Does it even Matter?

"W-sitting" is a common position many children adopt while playing, but it often sparks concern among parents and professionals. So—is it really harmful, totally fine, or somewhere in between? Let's unpack what the research says and what actually matters for your child's development.

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

**When:** May 1 from 11:00 am to 12:00 pm

**Facilitator:** Play On Pediatrics

## Physiotherapy for Babies!

What does a baby physiotherapy assessment look like? What are the red flags we look for for torticollis, gross motor delays...etc..? And of course tips to ease your mind and help your baby thrive!

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

**When:** May 7 from 2:00 pm to 3:00 pm

**Facilitator:** On the Ball Pediatrics

## Toileting How Two's

Explore ways to make starting your toileting journey less intimidating! Using a strengths based and child led approach to help engage your little one in reaching their big milestone.

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

**When:** May 12 from 11:30 am to 12:30 pm

**Facilitator:** On the Ball Pediatrics

## Virtual Infant Massage

Infant massage virtual workshop will cover the basics of Infant Massage to foster communication and loving touch between you and your baby. Infant massage is helpful for calming, supporting sleep, play time and encouraging the bond you share with your baby.

*\*For parents and caregivers with infants 2 months to 12 months\**

**When:** May 12 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:** May 13 from 7:00 pm to 8:00 pm

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

## Baby Led Weaning

Come discuss baby led weaning. We will discuss safety concerns and share ideas for safe foods and recipes!

*\*For parents and caregivers who are getting ready to feed solids\**

**When:** May 26 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Making Fine Motor Activities Fun to Prepare for School

As children get ready for school, developing strong fine motor skills is key for tasks like printing, cutting, and managing classroom tools. In this session, we'll explore fun, play-based ways to build these skills at home—no worksheets required!

*\*For parents and caregivers of preschoolers\**

**When:** May 29 from 11:00 am to 12:00 pm

**Facilitator:** Play On Pediatrics

## Tiny Talkers - Building Foundational Skills

Through fun tips, everyday routines, and easy-to-do activities, you'll discover how to turn daily life into a language-rich adventure. This workshop is perfect for parents who want to help their child grow into a confident Tiny Talker—one giggle, gesture, and word at a time!

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

**When:** May 14 from 3:00 pm to 4:00 pm

**Facilitator:** ABC Pediatric Therapies

## Letters and Sounds

Join us to better understand what phonological awareness is, why it's so important when it comes to learning to read and write, and what can be done to help children succeed when it comes time for them to learn.

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

**When:** May 28 from 3:00 pm to 4:00 pm

**Facilitator:** ABC Pediatric Therapies





# More May 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 MAY 26  
MONDAY JUNE 16**

**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 a 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://bibliootawalibrary.ca/en/getacard>  
For more information please contact  
taylor.benson-harper@mothercraft.com  
613-728-1839



**LA LECHE LEAGUE  
CANADA**

Meets monthly at 475 Evered Ave  
10:00 am

## 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**

**Thursday, May 17 6:00pm - 8:00pm**  
Register by going to our website:  
[www.nationalcapitalfirstaid.com](http://www.nationalcapitalfirstaid.com)  
or calling us at 613-523-2519



### 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 Cote 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 2600 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 5243 Victoria Street	Wednesday 16	9:30 am	11 am

East Central West Rural

Updated March 2025

[ParentingInOttawa.ca](http://ParentingInOttawa.ca)  
[EtreParentaOttawa.ca](https://www.facebook.com/EtreParentaOttawa)

[/ParentingInOttawa](https://www.facebook.com/EtreParentaOttawa)  
[/EtreParentaOttawa](https://www.facebook.com/EtreParentaOttawa)



# 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 May 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:** May 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:** May 25 at 9:00 am

**Fee:** \$140/couple

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