

# July 2025

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 & Virtual Programs

No registration required for playgroups. Virtual programs require registration through Eventbrite.

### 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.

**MONDAYS**  
9:30AM to 11:00AM  
475 Evered Ave

### 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

### Drop-in Playgroup with CHEO

A playgroup for families who are CHEO clients/waiting for services or have concerns about their child's development. A CHEO staff available for support.

For more information contact  
talor.benson-harper@mothercraft.com  
or msaba@cheo.on.ca

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

### 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 JULY 17**

## Playgroups in the Park

No registration required!

### 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 for everyone. Bring a blanket to sit on. There is a small splash pad! Bring your water gear and towels!

**MONDAYS**  
9:30AM to 11:00AM  
295 Churchill Ave N

### Cresthaven Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be entertainment for everyone.

**TUESDAYS**  
9:30AM to 11:00AM  
28 Cresthaven Dr  
**CLOSED JULY 1**

### Stonecrest Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be entertainment for everyone. Bring a blanket to sit on. There is a small splash pad! Bring your water gear and towels!

**WEDNESDAYS**  
9:30AM to 11:00AM  
220 Stoneway Dr

### Fisher Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!

Starting around 10:00AM there will be entertainment for everyone. There is a splash pad! Bring your water gear and towels!

**THURSDAYS**  
9:30AM to 11:00AM  
250 Holland Ave

Entertainment at the parks include:



See July Playgroups in the park schedule on page 3.

## Saturdays in the Park!

### FAMILY PILATES IN THE PARK

July 19 from 10:00 am to 11:00 am  
Fisher Park  
250 Holland Ave



### FAMILY CROSSFIT IN THE PARK

August 16 from 10:00 am to 11:00 am  
Cresthaven Park  
28 Cresthaven Dr.





# Free Virtual Workshops

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

## 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:** July 8 from 7:00 pm to 8:00 pm

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

## 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:** July 14 from 11:30 am to 12:30 pm

**Facilitator:** On the Ball Pediatrics

## 16 Gestures by 16 Months

Join us 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 infants\**

**When:** July 15 from 2:30 pm to 3:30 pm

**Facilitator:** ABC Pediatric Therapies

## Autism in the Early Years

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:** July 29 from 2:30 pm to 3:30 pm

**Facilitator:** ABC Pediatric Therapies

# More Parent/Caregiver Support

## 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, July 12 9:00am – 11:00am**

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	July	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 8, 15, 22, 25	1:30 pm	3:30 pm
2 Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 3, 10, 17, 24, 31	1:30 pm	3:30 pm
3 St. Laurent Complex 525 Côte 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, 21, 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 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 closed	10 am	12 pm
9 Metcalfe 8243 Victoria Street	Monday, Wednesday 7, 16	9 am	11 am

East Central West Rural

Updated May 2025

[ParentingInOttawa.ca](http://ParentingInOttawa.ca)  
[EtreParentaOttawa.ca](http://EtreParentaOttawa.ca)

[/Parenting in Ottawa](https://www.facebook.com/ParentingInOttawa)  
[/Etre Parenta Ottawa](https://www.facebook.com/EtreParentaOttawa)



# Playgroups in the Park

**FREE!**  
for children 0-6yrs  
and parent/caregivers

## PLAYGROUPS IN THE PARK JULY 2025







**NO  
REGISTRATION  
REQUIRED!**

**MONDAYS**  
Roy Duncan Park  
295 Churchill Ave N  
K1Z 5B7

**TUESDAYS**  
Cresthaven Park  
28 Cresthaven Dr  
K2G 7B7

**WEDNESDAYS**  
Stonecrest Park  
220 Stoneway Dr  
K2G 6R2

**THURSDAYS**  
Fisher Park  
250 Holland Ave  
K1Y 0Y5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
For more information: talar.benson-harper@mothercraft.com 613-728-1839	 1	 2 Animals in the Park!	 3 Music in the Park!
 7 Music in the Park!	 8 Music in the Park!	 9 Dance in the Park!	 10 Animals in the Park!
 14 Music in the Park!	 15 Animals in the Park!	 16 Music in the Park!	 17 Pilates in the Park!
 21 Music in the Park!	 22 Music in the Park!	 23 Animals in the Park!	 24 Animals in the Park!
 28 Music in the Park!	 29 Crossfit in the Park!	 30 Music in the Park!	 31 Dance in the Park!

Playgroups in the Park run from 9:30 am to 11:00 am

Activities: Crafts, Messy Play, and Gross Motor: 9:30 am to 10:45 am

Entertainment: ~10:00 am to 11:00 am

Please be sure to bring a blanket or towel to sit on during entertainment;  
a water bottle, hat and sunscreen!

Some parks offer a splash pad as well - bringing extra clothes is recommended!

Keep an eye on Mothercraft Ottawa's Facebook page for any news or cancellations!



# 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 July 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:** July 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:** July 27 at 9:00 am

**Fee:** \$140/couple

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