

# August 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  
**CLOSED AUGUST 4**

### 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 AUGUST 21**

## 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  
**CLOSED AUGUST 4**

### 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

### 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 August Playgroups in the park schedule on page 3.

## Saturday in the Park!

### SING SONG PARTY TIME

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.

## Raising a Bilingual Child

Learn strategies to foster bilingual language skills in everyday routines. This is an interactive session designed to provide practical strategies and valuable insights into the intricacies of raising a bilingual child.

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

**When:** August 7 from 2:30 pm to 3:30 pm

**Facilitator:** ABC Pediatric Therapies

## 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:** August 12 from 7:00 pm to 8:00 pm

**Facilitator:** Beth McMillan,

International Board Certified Lactation Consultant

## Physio for School Readiness

Join us to explore some physio activities to support focus, attention, and school readiness!

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

**When:** August 8 from 1:30 pm to 2:30 pm

**Facilitator:** On the Ball Pediatrics

## Picky Eating 101

A pediatric occupational therapy perspective on feeding: what's going right, what's going wrong, and how to move forward!

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

**When:** August 14 from 2:00 pm to 3:00 pm

**Facilitator:** On the Ball Pediatrics

## Screen Time and Language Development: What do the Professionals Recommend?

Join us to learn about the impact of screen time on language development, and how you can turn screen time into an opportunity to help develop language and social emotional skills.

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

**When:** August 19 from 2:30 pm to 3:30 pm

**Facilitator:** ABC Pediatric Therapies

## More August Programs



**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	August	Start Time	End Time
1 Vanier Community Services Centre 270 Market Ave, Vanier	Tuesday 5, 12, 19, 26	1:30 pm	3:30 pm
2 Orleans-Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 7, 14, 21, 28	1:30 pm	3:30 pm
3 St. Laurent Complex 525 Côté Street, Ottawa	Sunday 3, 10, 17, 24, 31	10 am	12:30 pm
4 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 11, 18, 25	1 pm	3 pm
5 Parent Resource Centre 360 Goulburn Ave, Ottawa	Wednesday 28	1 pm	3 pm
6 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 2, 9, 16, 23, 30	10 am	12:30 pm
7 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 5, 12, 19, 26	1 pm	3 pm
8 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 6, 13, 20, 27	1 pm	3 pm
9 Bayshore Field House 175 Woodridge Crescent, Nepean	Closed	10 am	12 pm
10 Metcalfe 6243 Victoria Street	Wednesday 20	9 am	11 am

Updated July 2025

ParentingInOttawa.ca  
/EtreParentaOttawa.ca



**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, August 16 9:00am - 11:00am

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

# Playgroups in the Park

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

## PLAYGROUPS IN THE PARK AUGUST 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
4 <b>CLOSED</b>	5 The <b>ZOO CREW</b> <small>CA</small> HANDS-ON ANIMAL EVENTS Animals in the Park!	6 <b>LUV 2 GROOVE</b> Dance in the Park!	7 <b>LUV 2 GROOVE</b> Dance in the Park!
11  Music in the Park!	12  Music in the Park!	13 The <b>ZOO CREW</b> <small>CA</small> HANDS-ON ANIMAL EVENTS Animals in the Park!	14 <b>LUV 2 GROOVE</b> Dance in the Park!
18  Family Bootcamp in the Park!	19 <b>LUV 2 GROOVE</b> Dance in the Park!	20 <b>LUV 2 GROOVE</b> Dance in the Park!	21 The <b>ZOO CREW</b> <small>CA</small> HANDS-ON ANIMAL EVENTS Animals in the Park!
25	26	27	28
<b>NO PLAYGROUPS IN THE PARK AUGUST 25-28</b>			

For more information:  
[talor.benson-harper@mothercraft.com](mailto:talor.benson-harper@mothercraft.com)  
613-728-1839

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!

# School's Cool for Children with Autism

## SCHOOL'S COOL FOR CHILDREN WITH AUTISM

UPCOMING SESSIONS BEGIN  
IN SEPTEMBER!

School's Cool is a **FREE** school readiness program for children with an Autism diagnosis which helps develop skills in preparation for beginning kindergarten. This session is for children who are starting kindergarten in fall 2026.

### Next Session:

September 2 to October 15, 2025  
Monday, Tuesday & Wednesday afternoons.

*For more information:*

*[talor.benson-harper@mothercraft.com](mailto:talor.benson-harper@mothercraft.com)*

*To register scan below or click this link to access the*

*Google Form* 



United Way  
Centraide



mothercraft  
ottawa



*School's Cool!*



*We also have an ongoing list for other upcoming sessions,  
please fill out the form above for other sessions!*

# 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

### August 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:** August 10 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:** August 24 at 9:00 am

**Fee:** \$140/couple

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