

# September 2025

Mothercraft Ottawa  
475 Evered Ave.  
613-728-1839

EarlyONyva@mothercraft.com

www.mothercraft.com

Email us if you have any questions

Regular programming  
resumes week of  
September 8!

## 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  
**NO GROUP SEPT 1**

### 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**  
9:00AM to 10:30AM  
75 Waterbridge Dr  
**NO GROUP SEPT 2**

### 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**  
9:00AM to 10:30AM  
75 Waterbridge Dr  
**NO GROUP SEPT 3**

### 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  
**NO GROUP SEPT 4**

### 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 SEPT 5**

### 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.**

**SEPTEMBER 15**  
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**

**SEPTEMBER 20 & 27**  
9:30AM to 11:00AM  
Location TBD - See on Facebook!

## 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 SEPT 18**





# Free Virtual Workshops

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

## Helping Your Child Manage Daily Routines:

### *Reducing Stress for Parents and Child*

A look into tools and strategies that will streamline your routines, support tricky transitions, and keep everyone regulated throughout the day.

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

**When:** September 9 from 12:30 pm to 1:30 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:** September 9 from 7:00 pm to 8:00 pm

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

## Choosing Childcare

Learn about the different types of child care and what is best suited for your family.

*\*For parents and caregivers who are planning for daycare\**

**When:** September 15 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Phonological Awareness Activities

Let's explore the critical role of phonological awareness in early literacy development. This session is designed specifically for parents, caregivers, and educators of preschool-aged children, offering practical techniques to promote phonological awareness in a fun and interactive way.

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

**When:** September 16 from 3:00 pm to 4:00 pm

**Facilitator:** ABC Pediatric Therapies

## How Can I Help My Child's Separation Anxiety?

Separation anxiety is common and some kids will outgrow it naturally. Others may continue to face challenges due to it. Join us to discover some strategies to help you help your child with their separation anxiety.

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

**When:** September 22 from 1:15 pm to 2:15 pm

**Facilitator:** Play On Pediatric Therapy

## 16 Gestures by 16 Months

Discover the key developmental milestones of gesture use and learn how gestures help babies express needs, start interactions, and communicate meaning before words emerge.

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

**When:** September 24 from 1:00 pm to 2:00 pm

**Facilitator:** ABC Pediatric Therapies

## My Child's Feet Turn In: Should I Be Concerned?

In-toeing, or pigeon-toed walking, is when a child's feet point inward while standing or walking. Some kids outgrow it naturally, while others may benefit from support. This presentation will explore what causes in-toeing and how pediatric physiotherapy can help.

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

**When:** September 25 from 1:15 pm to 2:15 pm

**Facilitator:** Play On Pediatric Therapy

## Stop Tip-Toeing around Toe Walking!

An approachable guide to pediatric toe-walking: What is it? Why do kids do it? And what should we be doing about it?

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

**When:** September 26 from 12:00 pm to 1:00 pm

**Facilitator:** On the Ball Pediatrics

## 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, negotiating feeding and sleep, pumping, division of labour at home and other issues.

*\*For parents and caregivers with infants 6-18 months old\**

**When:** September 29 from 1:00 pm to 2:00 pm

**Facilitator:** Beth McMillan, Mothercraft Ottawa



# More September Programs

## Drop-in Playgroup at 450 Laurier

Join us for a **FREE** morning filled with fun learning activities and the opportunity to connect with other families!



Creativity



Exploration



Community

Starting September 12, 2025  
Fridays from 9:30 am to 11:00 am

450 Laurier Ave W  
Located in the Lounge

For parents and caregivers with children 0-6 years

For more information:  
taylor.benson-harper@mothercraft.com  
613-728-1839

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## 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 SEPTEMBER 15**

KEEP AN EYE OUT FOR MONTHLY DATES!

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

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Ontario



### 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	September	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave., Vanier	Tuesday 9, 16, 23	1:30 pm	3:30 pm
2 Tungasuvvingat Inuit 282 Dupont Street, Ottawa *reserved for Inuit clients only	Wednesday 17	10:00 am	12:00 pm
3 Orleans-Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 4, 11, 18, 25	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Coit Street, Ottawa	Sunday 7, 14, 21, 28	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Road Drive #101, Ottawa	Monday 8, 15, 22, 29	1pm	3pm
6 Parent Resource Centre 300 Goulburn Ave., Ottawa	Wednesday 24	1pm	3pm
7 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 6, 13, 20, 27	10 am	12:30 pm
8 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 2, 9, 16, 23	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 3, 10, 17, 24	1 pm	3 pm
10 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 12, 19, 26	10 am	12 pm
11 Rural Family Connections - Metcalfe 8243 Victoria Street, Metcalfe	Wednesday 17	9 am	11 am
12 Ottawa Public Library - Greely 1448 Meadow Drive, Greely	Tuesday 9	10 am	12:00 pm

East Central West Rural

Updated August 2025

ParentingInOttawa.ca  
EtteParentaOttawa.ca

f /ParentingInOttawa  
/EtteParentaOttawa

### 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, September 13 9:00am - 11:00am

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

NATIONAL CAPITAL  
FIRST AID

mothercraft



# 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 8 to October 22, 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/>
- **Kids Come First** (1call1click.ca) 1-877-377-7775 for children and youth (birth to 21yrs) mental health support

## 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 September 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:** September 14 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:** September 28 at 9:00 am

**Fee:** \$140/couple

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