

# October 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

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  
**CLOSED OCTOBER 13**

### 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

### 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

### 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 OCTOBER 2**

### 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 OCTOBER 3**

### 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.**

**OCTOBER 20**  
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**

**OCTOBER 18 & 25**  
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 OCTOBER 16**





# Free Virtual Workshops

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



## 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:** October 6 from 1:00 pm to 2:00 pm  
**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Core for Self-Regulation and School Success

Did you know ADHD, Autism and Anxiety, poor handwriting, fidgeting can all be improved by just working on your child's deep core? We will teach you the why and the how!

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

**When:** October 10 from 12:00 pm to 1:00 pm  
**Facilitator:** On the Ball Pediatrics

## Conscience phonologique et lecture

Les recherches liées à la Science of Reading sont claires : la conscience phonologique est un élément clé pour que les enfants apprennent à lire.

*\*Pour les parents, éducateurs et personnes aidantes\**

**Quand:** le 15 octobre de 1:00 pm à 2:00 pm  
**Animé par:** ABC Pediatric Therapies

## Raising a Bilingual Child

This interactive workshop is designed to help parents navigate the world of bilingual language development. This session will give you the tools and confidence to nurture your child's bilingual journey at home and beyond!

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

**When:** October 22 from 6:00 pm to 7:00 pm  
**Facilitator:** ABC Pediatric Therapies

## Early Language Success: How AAC Can Help

This presentation by an SLP will introduce parents to the role of Augmentative and Alternative Communication in supporting speech and language development. Discover practical ways AAC can encourage your child's communication, connection, and confidence from the start.

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

**When:** October 23 from 1:00 pm to 2:00 pm  
**Facilitator:** Play On Pediatric Therapy

## Picky Eating with Toddlers

Learn why toddlers become picky, what's normal, and real-life strategies to make mealtimes easier – without pressure, bribing, or battles.

*\*For parents and caregivers with toddlers\**

**When:** October 27 from 1:00 pm to 2:00 pm  
**Facilitator:** Beth McMillan, Mothercraft Ottawa

## From Tummy Time to First Steps: Why Core Strength Matters

This presentation by a pediatric Physiotherapist will guide parents through the importance of core strength in early development. You'll learn how a strong core supports rolling, crawling, sitting, and walking, and discover practical ways to help your baby build this foundation for future gross motor skills.

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

**When:** October 7 from 11:00 am to 12:00 pm  
**Facilitator:** Play On Pediatric Therapy

## 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:** October 14 from 7:00 pm to 8:00 pm

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

## Breast Pumps and Making Pumping Work for You

Is pumping for you? What is the best pump? How do I make sure that the pump fits and works efficiently? Do I need to pump? Come find out about breast pumps!

*\*For pumping parents\**

**When:** October 20 from 1:00 pm to 2:00 pm  
**Facilitator:** Beth McMillan, Mothercraft Ottawa

## Toileting Your Little Turkey

Toileting can be a spooky task but it doesn't have to be overwhelming! Join us as we take a deeper dive into supporting toilet training from a range of sensory, environmental, and motivational perspectives!

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

**When:** October 24 from 1:30 pm to 2:30 pm  
**Facilitator:** On the Ball Pediatrics

## Sleep Success: Practical Strategies for Toddlers and Preschoolers

This presentation by a pediatric OT will explore common sleep challenges in early childhood and provide parents with evidence-based strategies to create healthy, consistent sleep routines. Learn how to support your child in developing restful sleep that benefits the whole family.

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

**When:** October 29 from 1:00 pm to 2:00 pm  
**Facilitator:** Play On Pediatric Therapy



# More October Programs

## SCHOOL'S COOL FOR CHILDREN WITH AUTISM

### UPCOMING SESSIONS THROUGHOUT WINTER & SPRING 2026

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:

**November 3 to December 17, 2025**

**Monday, Tuesday & Wednesday afternoons.**

#### For more information:

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

To register scan below



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

## 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, October 11 9:00am - 11:00am**

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



## Conversations in Colour: Creative Journaling for Postpartum Wellness

Journaling and art-making is good for the body, mind & spirit!

Join us in a supportive group setting to explore relevant topics and begin a creative journaling self-care practice.

#### Topics include:

- ✦ Navigating changing identities
- ✦ Cultivating self-kindness
- ✦ Your personal journey as a parent

This 10 week **FREE** group will be led by an art therapy intern and an experienced perinatal outreach worker.

For new parents.

Young, non-crawling infants are welcome!

Fridays from 10:00 am to 11:30 am  
October 3 to December 5, 2025  
Register by September 26, 2025

For more information, email:  
[beth.mcmillan@mothercraft.com](mailto:beth.mcmillan@mothercraft.com)

**REGISTER NOW**



All materials will be provided by Mothercraft



## 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 OCTOBER 20, 2025**

KEEP AN EYE OUT FOR MONTHLY DATES!

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



## 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	October	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave., Vanier	Tuesday 7, 14, 21, 28	1:30 pm	3:30 pm
2 Tungasavivingat Inuit 282 Dupasle Street, Ottawa (reserved for Inuit clients only)	Wednesday 1, 15, 29	10:00 am	12:00 pm
3 Orleans Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 2, 9, 16, 23, 30	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Coia Street, Ottawa	Sunday 5, 12, 19, 26	10 am	12:30 pm
5 Andrew Flack Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 6, 20, 27	1pm	3pm
6 Parent Resource Centre 300 Goulburn Ave., Ottawa	Wednesday 22	1pm	3pm
7 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 4, 11, 18, 25	10 am	12:30 pm
8 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 7, 14, 21, 28	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 1, 8, 15, 22, 29	1 pm	3 pm
10 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 3, 10, 17, 24, 31	10 am	12 pm
11 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 6, 15	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1488 Meadow Drive, Guelph	Tuesday 14	10 am	12:00 pm

East Central West Rural

Updated September 2023

Parenting in Ottawa.ca  
Etre Parent a Ottawa.ca



/ParentingInOttawa  
/EtreParentaOttawa

## OCTOBER NIGHT WALK

Join us for a walk in the neighbourhood when the sun goes down!

Wednesday October 29 from 6:30 pm to 7:30 pm

Meet outside 75 Waterbridge Dr at 6:15 pm

**REGISTRATION REQUIRED!**

**FREE!**

For children 3-6 years





# 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 October 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:** October 12 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:** October 26 at 9:00 am

**Fee:** \$140/couple

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