

November 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

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

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.

NOVEMBER 17
10:00AM to 11:30AM
39 Onslow Cres

Saturday Drop-in Playgroups

Join us for a morning of learning activities, sensory play and a chance to connect with other families and caregivers.

For children ages 0-6 years.
Indoor shoes are required.

**NOVEMBER 15 &
NOVEMBER 22**
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 NOVEMBER 20

Free Virtual Workshops

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

Welcoming a 2nd Baby into Your Home

Congratulations! You are bringing a new baby home, an exciting – and overwhelming – time for everyone. How can you help your older child/ren manage this transition?

For parents who are expecting their 2nd child

When: November 3 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Grandparenting 101

You're about to become a Grandparent? Congratulations! You want to support the new family and be involved; you know babies haven't changed but did you know many recommendations have?

Car Seats, safe sleep, feeding recommendations and more!

For grandparents to be or of infants

When: November 10 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

The Whole-Body Connection:

Understanding Oral, Neck, and Postural Connection in Infants

Come explore how tension in the mouth, neck, and body can be interconnected and can influence an infant's overall function and development.

For parents and caregivers of infants

When: November 12 from 1:30 pm to 2:30 pm

Facilitator: Play On Pediatric Therapy

The Benefits of Outdoor Sensory Motor Play for Your Child

Don't let the November gloom keep you inside. Join us to investigate the benefits of nature-based outdoor play for your child (and yourself!)

For parents and caregivers of young children

When: November 18 from 11:30 am to 12:30 pm

Facilitator: On the Ball Pediatrics

Screens and Kids

A look into screens and their effects on our body as a whole through the lens of pediatric physiotherapy

For parents and caregivers of young children

When: November 21 from 12:00 pm to 1:00 pm

Facilitator: On the Ball Pediatrics

Ready, Set, Toilet!

Building Skills for Toileting Independence

Learn how occupational therapy helps children develop the sensory, motor, and routine-based skills needed for toileting success. Parents will learn practical strategies to support body awareness, regulation, and confidence during the toilet training journey.

For parents and caregivers of young children

When: November 25 from 10:30 am to 11:30 am

Facilitator: Play On Pediatric Therapy

Milestones Made Easy: Speech, Language, and Play

Curious about your child's speech and language development? Join us for an engaging workshop designed to help parents understand key milestones in speech, language, and play.

For parents and caregivers of young children

When: November 5 from 12:30 pm to 1:30 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: November 11 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Dressing Your Baby for Winter

Join us to chat about getting your baby dressed during these upcoming cold months. We will chat about car seats, snow suits, and babywearing, etc.

For parents and caregivers with infants

When: November 17 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Feeding, Speech and Oral Motor Skills

Wondering why your child struggles with chewing, swallowing, or pronouncing certain sounds? You'll learn simple, research-based strategies and fun exercises you can try at home.

For parents and caregivers of young children

When: November 19 from 6:00 pm to 7:00 pm

Facilitator: ABC Pediatric Therapies

Body Safety and Consent for Littles

It is never too soon to begin the discussion around Body Safety. Becoming comfortable and confident around bodily autonomy, consent and feeling safe begins early and develops with you and your child as they grow.

For parents and caregivers with young children

When: November 24 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Talking Together:

Speech and Language Milestones for 12–24 Months

Join us to learn what to expect as their child's communication skills grow between one and two years of age. The speech-language pathologist will share key milestones, early red flags, and practical tips to support language development through everyday play and routines.

For parents and caregivers of infants

When: November 27 from 12:30 pm to 1:30 pm

Facilitator: Play On Pediatric Therapy

More November Programs



FREE!!

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 NOVEMBER 17, 2025

KEEP AN EYE OUT FOR MONTHLY DATES!

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

EarlyON | mothercraft ottawa | Ottawa | Ontario



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, November 15 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 ottawa



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

East Central West Rural

Updated October 2025

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

To register scan below




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

NOVEMBER NIGHT WALK

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

Wednesday November 19
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 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
- **CHEO's Extensive Needs Services** <https://www.cheo.on.ca/en/clinics-services-programs/extensive-needs-service.aspx>

Community Information

- 2-1-1

Community Supports

- **OCISO** 613-725-5671 ext.316/ info@ociso.org/ 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 (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
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
- **Black Youth Helpline** 1-833-294-8650 or online at www.blackyouth.ca

Local Counselling Agencies

- <https://walkincounselling.com> - Now offering in-person options
- 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

Clothing Donation Closet

If you are in need of infant clothing sizes 0 to 12 months, please contact bpcp@mothercraft.com
BY APPOINTMENT ONLY!



For Fee Virtual Workshops November 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: November 9 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: November 23 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com