

February 2026

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 FEBRUARY 16

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
9:30AM to 11:00AM
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
9:30AM to 11:00AM
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.

FEBRUARY 23
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.

FEBRUARY 21 & 28
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

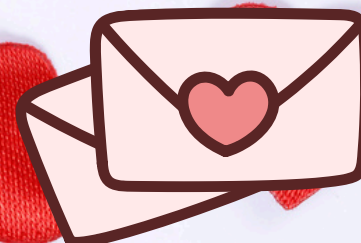
WEDNESDAYS
10:00AM to 12:00PM

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 FEBRUARY 19



Free Virtual Workshops

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

Screen Time and Language Development: What Do the Professionals Say?

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: February 2 from 11:30 am to 12:30 pm

Facilitator: ABC Pediatric Therapies

Infant Mental Health

Join us to talk about healthy social and emotional development. Learn about attachment and how infants form and learn about experiencing, expressing and regulating emotions through relationships with family and others.

For parents of infants

When: February 2 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Important Visual Skills for School

This presentation highlights the key visual and visual-motor skills children need for early school success, including tracking, focusing, and hand-eye coordination. Parents will learn practical OT strategies to build these skills through simple play and everyday activities.

For parents and caregivers of young children

When: February 4 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

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: February 9 from 11:30 am to 12:30 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: February 10 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Chronic Constipation in Toddlers and Children

This presentation explains how pediatric physiotherapy can improve chronic constipation by strengthening core muscles, improving pelvic floor coordination, and supporting healthy movement patterns. Parents will learn practical strategies to help their child poop more comfortably and consistently.

For parents and caregivers of young children

When: February 17 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

Laying the Foundations for First Words

Join us to discover the crucial pre-speech skills a child needs in order to be able to say their first words. This engaging session will offer interactive techniques and practical activities designed to foster early speech development. You'll gain valuable insights and effective strategies to support a child's communication journey.

For parents and caregivers of young children

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

Facilitator: ABC Pediatric Therapies

Infant Sleep and Nighttime Parenting

What is normal? How do you manage night feeds? Come learn about infant sleep development and strategies for getting some rest.

For parents and caregivers of infants

When: February 23 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Physical Literacy

Movement is so important for our children's wellbeing! Come and learn about what you can do to help your children keep their bodies active!

For parents and caregivers of young children

When: February 25 from 3:30 pm to 4:30 pm

Facilitator: On the Ball Pediatrics

Building Language into Routines

This presentation shows parents how to turn daily moments like meals, bath time, and play into powerful language-building opportunities. The speech-language pathologist will share simple strategies that boost vocabulary, connection, and communication skills throughout the day.

For parents and caregivers of young children

When: February 26 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

Storytime Secrets:

Easy Ways to Make Reading Fun and Engaging


Are you looking for fun and practical ways to spark your child's love for books? Join us for this free interactive workshop where you'll learn how storytime helps build language, literacy, and social skills and tips for choosing engaging, age-appropriate books.

For parents and caregivers of young children

When: February 27 from 11:00 am to 12:00 pm

Facilitator: ABC Pediatric Therapies

More February Programs




Etre Parenta Ottawa | Ottawa | Public Health
Santé publique

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

East Central West Rural

Updated January 2025

ParentingInOttawa.ca
EtreParentaOttawa.ca

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/EtreParentaOttawa



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 FEBRUARY 23, 2026

KEEP AN EYE OUT FOR MONTHLY DATES!

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

EarlyON mothercraft Ottawa Ottawa Ontario



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 such as social, self-regulation, transitions, fine motor etc., in preparation for beginning kindergarten.

These sessions are for children who are starting kindergarten in fall 2026 and will be offered on Monday, Tuesday & Wednesday afternoons.

For more information: talor.benson-harper@mothercraft.com

To register scan below or click this link to access the Google Form




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

United Way Centraide mothercraft Ottawa





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

Saturday, February 14 from 9am - 11am

Register at www.nationalfirstaid.com give us a call at 613 523-2519



NATIONAL CAPITAL FIRST AID

mothercraft Ottawa

Mothercraft Ottawa
475 Evered Avenue
Ottawa, ON K1Z 5K9



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, and your personal journey as a parent. This group will be led by an art therapy intern and experienced perinatal outreach worker.

This group is a **FREE** 10-week series!

Babes in arms, non-crawling infants are welcome.

Tuesdays starting February 17th, 2026 from 9:30 am to 11:30 am at 475 Evered Ave

Click here to register!

For more information: beth.mcmillan@mothercraft.com

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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 February 2026

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: February 8 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: February 22 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com