

2026

2026

January 2026

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions

Please note the
EarlyON's regular
drop-in programming
will resume on
January 12, 2026

Indoor shoes are
required for our
indoor playgroups!

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 JANUARY 5

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
CLOSED JANUARY 6

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
CLOSED JANUARY 7

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
talar.benson-harper@mothercraft.com
or msaba@cheo.on.ca

THURSDAYS
10:00AM to 11:30AM
75 Waterbridge Dr
CLOSED JANUARY 1

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
CLOSED JANUARY 8

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
CLOSED JANUARY 2 & 9

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.

JANUARY 19
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.

JANUARY 17 & JANUARY 24
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
talar.benson-harper@mothercraft.com

THURSDAYS
8:00PM to 9:00PM
NO GROUP JANUARY 1 & 22

Free Virtual Workshops

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

Starting Solids Safely

Time to start solid foods? Concerned about safety, allergies or nutrition? Join us for a discussion on starting and sharing foods safely and enjoyably with less stress (but probably still lots of mess!).

For parents and caregivers with infants around 6 months of age

When: January 12 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Raising a Bilingual Child

Navigating Bilingual Pathways: Join ABC Pediatric Therapies for a fun, interactive session where you'll explore practical tools and key insights to make bilingual learning smoother for your child.

For parents and caregivers of young children

When: January 14 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

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 young children

When: January 19 from 12:30 pm to 1:30 pm

Facilitator: On the Ball Pediatrics

Is My Child a Sensory Seeker or Sensory Avider?

This presentation helps parents quickly spot the signs of sensory-seeking and sensory-avoiding behaviours and understand what those patterns actually mean. You'll learn simple OT-backed strategies to support regulation, reduce daily battles, and help your child thrive in routines at home and school.

For parents and caregivers of young children

When: January 21 from 1:15 pm to 2:15 pm

Facilitator: Play On Pediatric Therapy

Baby Movers

Tips and tricks from a pediatric physiotherapist on your baby's gross motor development and how to recognize movement "red flags".

For parents and caregivers of infants

When: January 28 from 3:30 pm to 4:30 pm

Facilitator: On the Ball Pediatrics

Autism in the Early Years

Autism varies widely in its severity and symptoms. Early identification helps achieve positive outcomes in the areas of communication, play and language when evidence-based supports, treatments and interventions are in place from an early age.

For parents and caregivers of young children

When: January 30 from 11:00 am to 12:00 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: January 13 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

How to Support Essential Developmental Milestones for Babies 0 to 6 Months Old

Learn how physiotherapy supports early strength, coordination, and movement patterns that drive key milestones in the first six months. You'll learn simple, effective activities to help your baby build strong foundations for rolling, reaching, and exploring their world.

For parents and caregivers of young infants

When: January 15 from 10:30 am to 11:30 am

Facilitator: Play On Pediatric Therapy

Baby Led Weaning

Come discuss baby led weaning. We will discuss safety concerns and share ideas for safe foods and recipes!

For parents and caregivers who are getting ready to feed solids

When: January 19 from 1:30 pm to 2:30 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

16 Gestures by 16 Months

Join us for a fun and interactive workshop all about the power of gestures in your child's first 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 young children

When: January 26 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

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: January 29 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

More January 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 JANUARY 19, 2026

KEEP AN EYE OUT FOR MONTHLY DATES!

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

Early ON | mothercraft ottawa | Ottawa | Ontario

**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 **FREE!** Babes in arms, non-crawling infants are welcome.

For more information:
beth.mcmillan@mothercraft.com

mothercraft ottawa

COMING SOON!

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, January 17 from 9am - 11am
Register at www.nationalfirstaid.com
give us a call at 613 523-2519

  Mothercraft Ottawa
475 Evered Avenue
Ottawa, ON K1Z 5K9

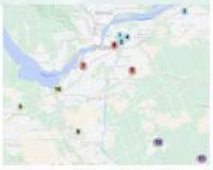
Etre Parent à Ottawa | Ottawa | Public Health
Santé publique

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	January	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 6, 13, 20, 27	1:30 pm	3:30 pm
2 Tungasuvvingat Inuit 282 Dupuis street, Ottawa *For Inuit Families	Monday 12, 26	10:00 am	12:00 pm
3 Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 8, 15, 22, 29	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Côte Street, Ottawa	Sunday 4, 11, 18, 25	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 5, 12, 19, 26	1pm	3pm
6 Parent Resource Centre 300 Goulburn Ave, Ottawa	Wednesday 28	1pm	3pm
7 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 3, 10, 17, 24, 31	10 am	12:30 pm
8 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 6, 13, 20, 27	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 7, 14, 21, 28	1 pm	3 pm
10 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 9, 16, 23, 30	10 am	12 pm
11 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 5, 21	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 13	10 am	12:00 pm

East Central West Rural

Updated December 2025

ParentingInOttawa.ca
EtreParentaOttawa.ca

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/EtreParentaOttawa

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!

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

January 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: January 11 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: January 25 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com