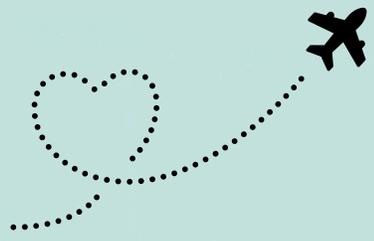




March 2026
 Mothercraft Ottawa
 475 Evered Ave.
 613-728-1839
 EarlyONyva@mothercraft.com
 www.mothercraft.com
 Email us if you have any questions



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

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
NO GROUP MARCH 19

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.
MARCH 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.
MARCH 14 & MARCH 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 MARCH 19

Free Virtual Workshops

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

Screen Time and Speech What the Research Says

Learn practical strategies to turn screen time into meaningful opportunities for building language, social, and emotional skills.

For parents and caregivers of young children

When: March 5 from 11:30 am to 12:30 pm

Facilitator: ABC Pediatric Therapies

Messy Play with Infants and Toddlers

Need some fun and developmentally appropriate ideas for messy or sensory play with your infant and/or toddler? Join us for some creative ways to incorporate this kind of play into everyday life at home!

For parents and caregivers of infants and young toddlers

When: March 9 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Co-Co for Coregulation

Join us to discover the importance of co-regulation, its impact on your child's emotional development, and practical strategies to support your child's individual sensory and emotional regulation challenges!

For parents and caregivers of young children

When: March 10 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

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: March 11 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

16 Gestures by 16 Months

Come learn 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 infants

When: March 18 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

Core, Core, Core

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: March 23 from 3:00 pm to 4:00 pm

Facilitator: On the Ball Pediatrics

"W Sitting"

Is it Good, Bad or Does it Even Matter?

This presentation explains what W-sitting means for your child's hips, core strength, and movement development.

Parents will learn when it's simply a phase and when physiotherapy strategies can help support stronger sitting and play positions.

For parents and caregivers of young children

When: March 6 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

Introducing My Baby to Solids

Join us to learn readiness signs, safe progression, and the motor and sensory skills involved in starting solids.

You'll learn practical Occupational Therapy strategies to build positive early feeding experiences and set the stage for confident, independent eating.

For parents and caregivers of infants

When: March 10 from 12:00 pm to 1:00 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: March 10 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Reading With Your Baby

Love of language and reading can be fostered from the start. Come learn about how to start using books and story time with your little one.

For parents and caregivers of infants

When: March 16 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Returning to Work or School:

Preparing You and Your Little One

Join us to discuss how you can prepare yourself and your little one for your return to work! Strategies and tips for concerns such as starting childcare, division of labour at home and other issues.

For parents and caregivers of infants

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

Facilitator: Beth McMillan, Mothercraft Ottawa

Playing with Babies

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: March 30 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

More March 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 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!



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, March 14 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

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	March	Start Time	End Time
1 Vanier Community Services Centre 270 Marie Ave, Vanier	Tuesday 3, 10, 17, 24, 31	1:30 pm	3:30 pm
2 Tungasuvviat Inuit 282 Dupain Street, Ottawa /Yor Inuit Families	Monday 9, 23	10:00 am	12:00 pm
3 Orleans-Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 5, 12, 19, 26	1:30 pm	3:30 pm
4 St. Laurent Complex 325 Côté Street, Ottawa	Sunday 1, 8, 15, 22, 29	10 am	12:30 pm
5 Andrew Fleck Children's Services 2338 Don Reid Drive #101, Ottawa	Monday 2, 9, 16, 23, 30	1pm	3pm
6 Parent Resource Centre 305 Goulbourn Ave, Ottawa	Wednesday 18	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 160 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 173 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

Legend: ■ East ■ Centre ■ West ■ Rural

Update February 2024

ParentingInOttawa.ca
EtreParent@Ottawa.ca

ParentingInOttawa
EtreParent@Ottawa

SENSORY PLAYTIME AT BRANTWOOD FIELDHOUSE

FREE!!

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 MARCH 23, 2026

KEEP AN EYE OUT FOR MONTHLY DATES!

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



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.

New sessions will be released mid-March

For more information:
beth.mcmillan@mothercraft.com

mothercraft ottawa

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/](mailto: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
- **City of Ottawa Child Services (Daycare):** Childrens Services Appointment Booking 613-580-2424, ext. 24100 **NEW!!**

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 March 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: March 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: March 22 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com