



April 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 APRIL 6

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
CLOSED APRIL 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.
APRIL 20
 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.
APRIL 18 & APRIL 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 APRIL 16



Free Virtual Workshops

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

Boundaries and Babies

Adjusting to life with a new baby can bring up lots of questions—especially when it comes to setting boundaries with family and friends.

Come chat about ways to communicate your needs, feel confident in your choices, and navigate visits and expectations with your baby.

For expecting parents and parents of infants

When: April 13 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Fine Motor Development at Home

A look at fine motor development in babies and young childhood; what we want to see and how we can support their little hands!

For parents and caregivers of young children

When: April 14 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

Hypermobility in Pediatrics: Why Should You Care?

What does hypermobility have to do with Autism, ADHD and Anxiety? It turns out, a whole lot! Come learn about recognizing and minimizing the stress on the body caused by hypermobility (super flexible joints!)

For parents and caregivers of young children

When: April 20 from 3:00 pm to 4:00 pm

Facilitator: On the Ball Pediatrics

All About Phonological Skills

Let's explore the critical role of phonological awareness in early literacy development. This session is designed specifically for parents, caregivers, and educators of preschool-aged children, offering practical techniques to promote phonological awareness in a fun and interactive way.

For parents and caregivers of young children

When: April 21 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

Supporting Speech Sound Development at Home

Parents will learn simple, evidence-based techniques to encourage clearer production and strengthen early communication skills during daily routines.

For parents and caregivers of young children

When: April 23 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

Laying the Foundation 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 session will offer interactive techniques and practical activities designed to foster early speech development.

For parents and caregivers of infants

When: April 28 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

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: April 14 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

Adding a 2nd Baby to Your Family

Welcoming a second baby is exciting—but it can also bring big changes for the whole family. This workshop explores how to prepare your older child, adjust to new routines, and support everyone's emotions during the transition. Come connect, share experiences, and gain practical tips for navigating life with two little ones.

For parents and caregivers growing their family

When: April 20 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Toe Walking in Toddlers

Let's break down when toe-walking is part of typical development and when it may need further assessment. Parents will learn how physiotherapy evaluates underlying strength, range of motion, and sensory factors, and what early intervention can look like if support is needed.

For parents and caregivers of young children

When: April 21 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: April 21 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Body Safety & 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 of young children

When: April 27 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Strategies to Support Picky Eating

Learn why selective eating happens and how sensory, motor, and regulation factors can impact your child's relationship with food. Parents will leave with practical occupational therapy strategies to reduce mealtime stress and expand food variety in a supportive, realistic way.

For parents and caregivers of young children

When: April 29 from 10:30 am to 11:30 am

Facilitator: Play On Pediatric Therapy

More April Programs



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	April	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 Tungasuvvingat Inuit 282 Dupuis street, Ottawa *For Inuit Families	Monday 20	10:00 am	12:00 pm
3 Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 2, 9, 16, 23, 30	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Côté Street, Ottawa	Sunday 12, 19, 26	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 13, 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 Community Building 175 Woodridge Crescent, Nepean	Friday 10, 17, 24	10 am	12 pm
11 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Wednesday 15	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 14	10 am	12:00 pm

Parenting In Ottawa.ca
EtreParentaOttawa.ca

#Parenting In Ottawa
/Etre Parenta Ottawa

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!

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 9-week series!**
Babes in arms, non-crawling infants are welcome.

MORE SESSIONS COMING IN MAY! KEEP AN EYE OUT ON EVENTBRITE FOR REGISTRATION FORMS.

For more information:
beth.mcmillan@mothercraft.com

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, April 18 9:00am – 11:00am
Register by going to our website: www.nationalcapitalfirstaid.com
or calling us at 613-523-2519

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 April 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: April 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: April 26 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com