

May 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 MAY 18

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 Paul Dewar 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
9:30AM to 11:00AM
29 Van Lang Pvt

Dundonald Playgroup in the Park

NEW!

Join us for a morning of play outside in the fresh air! Crafts and/or sensory activities along with entertainment that joins us around 10:00AM.

For children ages 0-6 years.

FRIDAYS STARTING MAY 8
9:30AM to 11:00AM
Dundonald Park
516 Somerset St W

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.

MAY 25
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.

MAY 23 & MAY 30
9:30AM to 11:00AM
75 Waterbridge Dr

Looking Ahead:

Our agency is
CLOSED Friday June 5, 2026
for an agency-wide professional development opportunity!



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

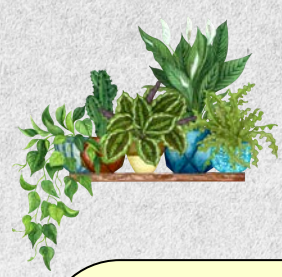
Are you a parent/caregiver of a child 6 years and under with special needs? Join us and other parents to share, connect & support one another.

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

THURSDAYS
8:00PM to 9:00PM
NO GROUP MAY 21

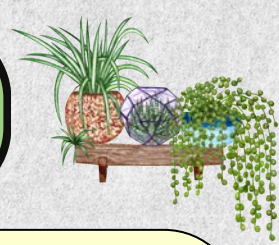
Sign Up for our Monthly Newsletters & Updates:





Free Virtual Workshops

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



Virtual Infant Massage

Infant massage virtual workshop will cover the basics of Infant Massage to foster communication and loving touch between you and your baby. Infant massage is helpful for calming, supporting sleep, play time and encouraging the bond you share with your baby.

For parents and caregivers with infants 2 months to 12 months

When: May 4 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Packing Healthy Lunches for Picky Eaters

The school year is almost over - but you still need to pack lunches for your picky eater!! Join a Registered Holistic Nutritionist as she walks you through quick tips, simple swaps, and realistic ideas to make packing healthy lunches feel doable - even with a picky eater!

For parents and caregivers of young children

When: May 11 from 10:00 am to 11:00 am

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: May 12 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

The Benefits of Outdoor Sensory Motor Play and Your Child

Don't let the rainy gloomy weather 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: May 19 from 2:00 pm to 3:00 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: May 26 from 1:00 pm to 2:00 pm

Facilitator: Play On Pediatric Therapy

16 Gestures by 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 and toddlers

When: May 5 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

Summer Safety for Babies

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

Facilitator: Beth McMillan, Mothercraft Ottawa

Your Baby's First Words

Join us to explore how early communication develops, what really counts as “first words,” and simple, everyday strategies you can use to help your child understand and start using words.

For parents and caregivers of infants

When: May 19 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 with infants 0 to 12 months old

When: May 25 from 1:00PM to 2:00PM

Facilitator: Beth McMillan, Mothercraft Ottawa

Physiotherapy for Babies!

What does a baby physiotherapy assessment look like? What are the red flags we look for for Torticollis, Gross Motor Delays...etc.? And of course tips to ease your mind and help your baby thrive!

For parents and caregivers of infants

When: May 25 from 3:00 pm to 4:00 pm

Facilitator: On the Ball Pediatrics

Co-regulation to Support Regulation

Discover how co-regulation—the supportive emotional connection between you and your child—serves as the foundation for developing lifelong emotional regulation skills. In this presentation, I'll share practical strategies that you can use every day to help your child manage big feelings while strengthening your relationship.

For parents and caregivers of young children

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

Facilitator: Play On Pediatrics



More May Programs



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, May 16 9:00am - 11:00am

Register by going to our website:
www.nationalcapitalfirstaid.com
or calling us at 613-523-2519



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	May	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 6, 12, 19, 26	1:30 pm	3:30 pm
2 Tungasuvvingat Inuit 282 Dupuis Street, Ottawa "For Inuit Families"	Monday 4	10:00 am	12:00 pm
3 Orleans-Cumberland CRC 246 Centum Boulevard, Orleans	Thursday 7, 14, 21, 28	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Coët Street, Ottawa	Sunday 3, 10, 17, 24, 31	10 am	12:30 pm
5 Andrew Flack Children's Services 2335 Don Road Drive #151, Ottawa	Monday 4, 11, 18	1pm	3pm
6 Parent Resource Centre 366 Goulburn Ave, Ottawa	Wednesday 27	1pm	3pm
7 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 2, 9, 16, 23, 30	10 am	12:30 pm
8 Ottawa Public Library - Ruth E. Dickison 150 Malvern Drive, Nepean	Tuesday 5, 12, 19, 26	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 6, 13, 20, 27	1 pm	3 pm
10 Bayshore Community Building 175 Woodridge Crescent, Nepean	Friday 1, 8, 15, 22, 29	10 am	12 pm
11 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 4, 20	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 12	10 am	12:00 pm

Legend: East Central West Rural

Parenting in Ottawa.ca
Ere Parent a Ottawa.ca



Help shape the future of EarlyON in Ottawa!

If you have or are using EarlyON services in Ottawa, we want to hear from you! Scan the code to learn more and provide feedback.



[Engage.Ottawa.ca/EarlyON](https://engage.ottawa.ca/EarlyON)



Children's Services
Services à l'enfance

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 MAY 25, 2026

KEEP AN EYE OUT FOR MONTHLY DATES!

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

Logos: EarlyON, mothercraft Ottawa, Ottawa, Ontario

Playgroup in the Park with Mothercraft Ottawa

FRIDAY MORNINGS
MAY 8 UNTIL JUNE 26, 2026
NO PLAYGROUP FRIDAY JUNE 5, 2026

DUNDONALD PARK
516 SOMERSET ST W

9:30am to 11:00am
Entertainment starts around 10:00am

Entertainment consists of The Zoo Crew, Luv2Groove and Sing Song Party Time!

*Sensory Activities & Crafts will be available, be sure to wear clothing that can get messy!

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

Logos: EarlyON, Ottawa, Ontario, 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

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 May 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: May 17 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: May 24 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com