

June 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 JUNE 29

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
LAST GROUP BEFORE SUMMER PROGRAMMING BEGINS IS JUNE 23

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
LAST GROUP BEFORE SUMMER PROGRAMMING BEGINS IS JUNE 24

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
LAST GROUP BEFORE SUMMER PROGRAMMING BEGINS IS JUNE 25

Dundonald Playgroup in the Park
 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
 9:30AM to 11:00AM
 Dundonald Park
 516 Somerset St W
LAST GROUP BEFORE SUMMER PROGRAMMING BEGINS IS JUNE 26

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.
JUNE 15
 10:00AM to 11:30AM
 39 Onslow Cres
LAST GROUP BEFORE SUMMER!

Weekly Virtual Programs
 Registration required through Eventbrite!

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

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 JUNE 18

Sign Up for our Monthly Newsletters & Updates:


Free Virtual Workshops

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

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: June 3 from 3:00 pm to 4:00 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: June 9 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, IBCLC

Torticollis and Plagiocephaly:

Red flags & tips that work to unwind those tiny turners!

Join us to learn how to identify early signs of both torticollis and plagiocephaly and implement practical strategies to help infants achieve good head & neck alignment!

For parents and caregivers of infants

When: June 15 from 11:30 am to 12:30 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: June 16 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

Supporting Speech Sound Development

Learn how speech-language strategies can help children learn and practice early speech sounds during daily routines. Parents will learn simple, evidence-based techniques to encourage clearer production and strengthen early communication skills.

For parents and caregivers of young children

When: June 17 from 2:15 pm to 3:15 pm

Facilitator: Play On Pediatrics

Choosing Childcare

Learn about the different types of child care and what is best suited for your family.

For families who are planning for daycare

When: June 22 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

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: June 8 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

The Whole Body Connection:

Understanding Oral, Neck, and Postural Connection in Infants

Explore how tension in the mouth, neck, and body can be interconnected and can influence an infant's overall function and development. Parents will learn common signs of oral muscle tension, reduced strength, or poor coordination, and how these may appear during breathing, latching/feeding and movements.

For parents and caregivers of infants

When: June 12 from 11:30 am to 12:30 pm

Facilitator: Play On Pediatric Therapy

Messy Play with Babies & 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 & toddlers

When: June 15 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

Tantrums vs Meltdowns

What's the difference between meltdowns and tantrums and why should we care? Join us as we comb through the world of big feelings!

For parents and caregivers of young children

When: June 16 from 2:30 pm to 3:30 pm

Facilitator: On the Ball Pediatrics

Transition from School to Summer Routines

When school ends, so does the predictability your child depends on. Join us for practical tools to create summer routines that support your child's sensory needs, emotional regulation, and overall wellbeing.

For parents and caregivers of young children

When: June 18 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatrics

No Flashcards Needed:

Building Language in Everyday Summer Moments

Join us for a fun, practical summer workshop designed to show you how to turn everyday routines into rich language-learning opportunities—no flashcards, drills, or extra prep required.

For parents and caregivers of young children

When: June 30 from 1:00 pm to 2:00 pm

Facilitator: ABC Pediatric Therapies

More June 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, June 13 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	June	Start Time	End Time
1 Vanier Community Services Centre 270 Marie Ave, Vanier	Tuesday 2, 9, 16, 23, 30	1:30 pm	3:30 pm
2 Temagami Inuit Inuit 282 Dupuis street, Ottawa *For Inuit Families	Monday 1, 15	10:00 am	12:00 pm
3 Orleans-Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 4, 11, 18, 25	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Côté Street, Ottawa	Sunday 7, 14, 21, 28	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 1, 8, 15, 22, 29	1pm	3pm
6 Parent Resource Centre 300 Goulburn Ave, Ottawa	Wednesday 24	1pm	3pm
7 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 6, 13, 20, 27	10 am	12:30 pm
8 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 2, 9, 16, 23, 30	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2501 Campus Drive, Kanata	Wednesday 3, 10, 17, 24	1 pm	3 pm
10 Bayshore Community Building 175 Woodridge Crescent, Nepean	Friday 5, 12, 19	10 am	12 pm
11 Rural Family Connections, Metcalfe 5243 Victoria Street, Metcalfe	Monday, Wednesday 1, 17	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 9	10 am	12:00 pm

East Central West Rural Updated May 2026

Parenting In Ottawa.ca /EtreParentaOttawa.ca #ParentingInOttawa /EtreParentaOttawa



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



Children's Services
Services à l'enfance

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 JUNE 15, 2026

KEEP AN EYE OUT FOR MONTHLY DATES!

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

EarlyON Ottawa Ontario Mothercraft

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

EarlyON Ottawa Ontario Mothercraft

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 June 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: June 14 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: June 28 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com