

August 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 & Virtual Programs

No registration required for playgroups. Virtual programs require registration through Eventbrite.

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 AUGUST 3

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

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

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 AUGUST 13

Playgroups in the Park

No registration required!

NO PLAYGROUPS IN THE PARK WEEK OF AUGUST 24

Roy Duncan Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!
Starting around 10:00AM there will be entertainment for everyone. Bring a blanket to sit on. There is a small splash pad! Bring your water gear and towels!

MONDAYS
9:30AM to 11:00AM
295 Churchill Ave N
CLOSED AUGUST 3

Stonecrest Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!
Starting around 10:00AM there will be entertainment for everyone. Bring a blanket to sit on. There is a small splash pad! Bring your water gear and towels!

TUESDAYS
9:30AM to 11:00AM
220 Stoneway Dr

Hintonburg Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!
Starting around 10:00AM there will be entertainment for everyone. Bring a blanket to sit on. There is a small splash pad! Bring your water gear and towels!

WEDNESDAYS
9:30AM to 11:00AM
49 Fairmont Ave

Cresthaven Park

Join us for some outdoor fun! There will be messy paint activities, crafts and more!
Starting around 10:00AM there will be entertainment for everyone. Bring a blanket to sit on.

THURSDAYS
9:30AM to 11:00AM
28 Cresthaven Dr

Entertainment at the parks include:



See July Playgroups in the park schedule on page 3.

Monkey Rock Saturdays in the Park!

HINTONBURG PARK

August 22 from 10:00 AM to 11:00 AM
49 Fairmont Ave, K1Y 1X4

Splash pad on site! Bring a blanket to sit on!



Stay up to date!



Free Virtual Workshops

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

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: August 4 from 3:30 pm to 4:30 pm

Facilitator: On the Ball Pediatrics

More Than Play:

How Your Child's Hands are Prepping for School

Squishing, threading, tearing, building – it all counts. Discover how simple fine motor play at home lays the foundation for the handwriting and tool use skills your child will need in school.

For parents and caregivers of young children

When: August 11 from 12:00 pm to 1:00 pm

Facilitator: Play On Pediatric Therapy

Is My Toddler on Track?

A Physio's Guide to Movement Milestones

Wondering if your toddler's walking, climbing, or coordination is where it should be? A physiotherapist breaks down what to expect – and when it might be worth a closer look.

For parents and caregivers of infants and toddlers

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

Facilitator: Play On Pediatric Therapy

From ABCs to Reading

Join us to better understand what phonological awareness is, why it's so important when it comes to learning to read and write, and what can be done to help children succeed when it comes time for them to learn.

For parents and caregivers of young children

When: August 11 from 2:00 pm to 3:00 pm

Facilitator: ABC Pediatric Therapies

Packing Healthy Lunches for Picky Eaters

The new school year is upon us - let's figure out how to pack lunches for your picky eater!! Join us for 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: August 17 from 1:00 pm to 2:00 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: August 18 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,
International Board Certified Lactation Consultant

Physio for School Readiness

Join us for some ideas of physio activities to support focus, attention, and school readiness!

For parents and caregivers of young children

When: August 24 from 3:00 pm to 4:00 pm

Facilitator: On the Ball Pediatrics

More August 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, August 15 9:00am - 11:00am

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



MONKEY ROCK IN THE PARK!

Monkey Rock at Hintonburg Park

FREE!
For children 0-6 years with their parent/caregivers (All are welcome!)

Saturday August 22, 2026
from 10:00 am to 11:00 am
49 Fairmont Ave
K1Y 1X4

Bring a blanket or mat to sit on.
No Registration Required!

This event will take place rain or shine!
Watch Mothercraft Ottawa's Facebook page for cancellations due to weather.



Parenting in Ottawa Drop-ins

Free in-person support by a Public Health Nurse for:

- Infant feeding
- Growth and Development
- Perinatal mental health and support
- No appointment needed

Scan the QR code for more information

Locations	August	Start Time	End Time
1. Vanier Community Services Centre 270 Macfarlane Ave., Vanier	Tuesday 4, 11, 18, 25	1:30 pm	3:30 pm
2. Thompsonville Youth 282 Dupont Street, Ottawa - For Youth Families	Tuesday 4, 18	1 pm	3:00 pm
3. Ottawa-Cumberland CBC 248 Carleton Boulevard, Ottawa	Thursday 6, 13, 20, 27	1:30 pm	3:30 pm
4. St. Laurent Complex 525 Cote Street, Ottawa	Sunday 2, 9, 16, 23, 30	10 am	12:30 pm
5. Andrew Fleck Children's Services 2338 Oak Road Drive #101, Ottawa	Monday 10, 17, 24, 31	1 pm	3pm
6. Parent Resource Centre 368 Goulburn Ave., Ottawa	Wednesday 3, 10, 17, 24, 31	1 pm	3pm
7. Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 6, 13, 20, 27, 30	10 am	12:30 pm
8. Ottawa Public Library - Roth E. Dickinson 180 Malvern Drive, Nepean	Tuesday 4, 11, 18, 25	1 pm	3 pm
9. Ottawa Public Library - Beaverbrook 2500 Campus Drive, Kanata	Wednesday 5, 12, 19, 26	1 pm	3 pm
10. Bayshore Community Building 175 Woodridge Crescent, Nepean	Friday Summer Closure	10 am	12 pm
11. Royal Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Wednesday 10	9 am	11 am
12. Royal Family Connections & Ottawa Public Library 1441 Meadow Drive, Greely	Tuesday Summer Closure	10 am	12:00 pm

Parenting in Ottawa.ca
Ottawa Parental Ottawa.ca

AUGUST PLAYGROUPS IN THE PARK!



PLAYGROUPS IN THE PARK AUGUST 2026

FREE!

For children 0-6yrs and parent/caregivers

**NO REGISTRATION
REQUIRED!**

MONDAYS

Roy Duncan Park
295 Churchill Ave N
K1Z 5B7

TUESDAYS

Stonecrest Park
220 Stoneway Dr
K2G 6R2

WEDNESDAYS

Hintonburg Park
49 Fairmont Ave
K1Y 1X4

THURSDAYS

Cresthaven Park
28 Cresthaven Dr
K2G 7B7

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3 	4  Music in the Park!	5  Animals in the Park!	6  Dance in the Park!
10  Dance in the Park!	11  Animals in the Park!	12  Sports in the Park!	13  Dance in the Park!
17  Animals in the Park!	18  Sports in the Park!	19  Music in the Park!	20  Music in the Park!
27	28	29	30

NO PLAYGROUPS IN THE PARK THIS WEEK!

Playgroups in the Park run from 9:30AM to 11:00AM

Crafts, Messy Play, and Gross Motor: 9:30AM to 10:45AM

Entertainment: ~10:00AM to 11:00AM

Please be sure to bring a blanket or towel to sit on during entertainment as well as a water bottle, hat and sunscreen!

Some parks offer a splash pad as well - bring a change of clothes!

Follow Mothercraft Ottawa's Facebook page for any news or cancellations!

To stay up to date
on all things park:



For more information:
earlyonyva@mothercraft.com

JOIN US ON SATURDAY AUGUST 22, 2026 AT HINTONBURG PARK FOR **MONKEY ROCK IN THE PARK!**

49 FAIRMONT AVE, K1Y 1X4 FROM 10:00AM TO 11:00AM



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!



mothercraft™
ottawa

For Fee Virtual Workshops August 2026

Click on the hyperlinked titles to register through Eventbrite.

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: August 23 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com