



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

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
CLOSED JULY 1
RESCHEDULED FOR JULY 2

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 JULY 16

Playgroups in the Park

No registration required!

Playgroups in the Park begin Monday July 6, 2026.

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

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. There is a splash pad! Bring your water gear and towels!

WEDNESDAYS
9:30AM to 11:00AM
49 Fairmont Ave
CLOSED JULY 1

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.

THURSDAYS
9:30AM to 11:00AM
28 Cresthaven Dr
NO GROUP JULY 2

Entertainment at the parks include:

   

See July Playgroups in the park schedule on page 3.



Monkey Rock Saturdays in the Park!

CRESTHAVEN PARK

July 25 from 10:00AM to 11:00AM
28 Cresthaven Dr, K2G 7B7
Bring a blanket to sit on!

HINTONBURG PARK

August 22 from 10:00AM 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.

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: July 8 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

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: July 14 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: July 14 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan,

International Board Certified Lactation Consultant

I Get By With a Little Help From My Friends

An occupational therapist's perspective on socialization, social milestones, social expectations, and their application to the school environment.

For parents and caregivers of young children

When: July 21 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatrics

How Parenthood Changes Your Relationship:

Why couples drift apart and how to find your way back to each other

You love your children deeply but some days it feels like you've lost each other in the process. If you've ever felt disconnected, stuck in the same arguments, or frustrated by an unbalanced division of responsibilities, you're not alone.

For parents and caregivers of young children

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

Facilitator: Zara Arshad, MSc, RP, CC-PMH

More July 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, July 18 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	July	Start Time	End Time
1 Vaux Community Services Centre 278 Marie Ave, Vanier	Tuesday 7, 14, 21, 28	1:30 pm	3:30 pm
2 Tempsavvngat Inuit 282 Dupuis street, Ottawa *For Inuit Families	Monday 13, 27	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 5, 12, 19, 26	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 6, 13, 20, 27	1pm	3pm
6 Parent Resource Centre 309 Goulbourn 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. Dickson 160 Malvern Drive, Nepean	Tuesday 7, 14, 21, 28	1 pm	3 pm
9 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 8, 15, 22, 29	1 pm	3 pm
10 Bayshore Community Building 175 Woodside Crescent, Nepean	Friday	10 am	12 pm
11 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 8, 22	9 am	11 am
12 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday	10 am	12:00 pm

East Central West Rural

ParentingInOttawa.ca
EtreParentaOttawa.ca

Updated June 2017

JULY PLAYGROUPS IN THE PARK!



PLAYGROUPS IN THE PARK JULY 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
 6 Music in the Park!	 7 Sports in the Park!	 8 Dance in the Park!	 9 Animals in the Park!
 13 Music in the Park!	 14 Music in the Park!	 15 Animals in the Park!	 16 Music in the Park!
 20 Dance in the Park!	 21 Music in the Park!	 22 Music in the Park!	 23 Dance in the Park!
 27 Animals in the Park!	 28 Sports in the Park!	 29 Music in the Park!	 30 Music in the Park!

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 JULY 25, 2026 AT CRESTHAVEN PARK FOR **MONKEY ROCK IN THE PARK!**

28 CRESTHAVEN DR, K2G 7B7 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!



For Fee Virtual Workshops July 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: July 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: July 26 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com