

September 2026

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions

EarlyON

Child and Family Centre

Sign Up for our Monthly
Newsletters & Updates:



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 SEPTEMBER 7

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

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

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.
Indoor shoes are required.

SEPTEMBER 21
10:00AM to 11:30AM
39 Onslow Cres

Autumn Evening Neighbourhood Walk

Join us for an evening stroll
around the neighbourhood.
Come enjoy some fresh air
after dinner and before
getting set for bed!

For children ages 3-6 years.
Registration required!

SEPTEMBER 23
6:00PM to 7:15PM
220 Stoneway Dr,
Nepean, ON K2G 6R2

Saturday in the Park with Monkey Rock

Join us for a morning of fun
outside with fun
entertainment while the
weather is still lovely!

For children ages 0-6 years.
No Registration Required

SEPTEMBER 19 & SEPTEMBER 26
10:00AM to 11:00AM
CRESTHAVEN PARK
28 Cresthaven Dr
Nepean, ON K2G 7B7

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 SEPTEMBER 17

Free Virtual Workshops

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

From Babbles to First Words

Let's help your baby learn through play, songs and everyday routines.

For parents and caregivers of infants

When: September 3 from 11:30 am to 12:30 pm

Facilitator: ABC Pediatric Therapies

Impact of Retained Reflexes

Are retained reflexes impacting my child's movement, behaviour and learning? This session will briefly cover what "retained primitive reflexes" actually means and why they are so significant. We'll discuss what's typical, what's worth a second look, and simple ways to support your child's development at home.

For parents and caregivers of young children

When: September 10 from 2:00 pm to 3:00 pm

Facilitator: Play On Pediatric Therapy

Navigating the Individual Education Plan:

An Introduction to School Support for Parents

Join us online for a crash course on understanding Individual Education Plans and how they can support your child in school!

For parents and caregivers of young children

When: September 16 from 7:00 pm to 8:00 pm

Facilitator: Sarah Hawn, Educational Consulting

Preschool Speech Guide from an SLP

Speech development in preschoolers can feel hard to read. A speech-language pathologist breaks down the key milestones, the signs that warrant a closer look and what early support actually looks like.

For parents and caregivers of young children

When: September 17 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

Returning to Work or School:

Preparing You and Your Little One

Heading back to work or school after mat/pat leave? Join us to discuss how you can prepare yourself and your little one. Strategies and tips for concerns such as starting childcare, negotiating feeding and sleep, pumping, division of labour at home and other issues.

For parents and caregivers with infants

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

Facilitator: Beth McMillan, Mothercraft Ottawa

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: September 8 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, IBCLC

How to Make Bedtime a Dream

Join us to learn some tips, tricks and approaches to supporting bedtime routines, bedtime transitions and quality sleep!

For parents and caregivers of young children

When: September 15 from 2:00 pm to 3:00 pm

Facilitator: On the Ball Pediatric Therapy

Circle of Security: 8 Week Virtual Series

Calling all parents and caregivers of infants, toddlers and children 6 years and under! Are you seeking a deeper connection with your child while navigating the ups and downs of parenthood? The Circle of Security Parenting Program is here to support you on your parenting journey.

For parents and caregivers with young children

When: Thursdays from 10:00 am to 11:30 am

From September 17 to November 5

Facilitator: Robyn Aaron

Core for Self-Regulation & School Success

Did you know ADHD, Autism and Anxiety, poor handwriting, fidgeting can all be improved by just working on your child's deep core? We will teach you the why and the how!

For parents and caregivers of young children

When: September 21 from 11:00 am to 12:00 pm

Facilitator: On the Ball Pediatric Therapies

16 Gestures by 16 Months

Join us for a fun and interactive workshop on the importance of gestures in the first 16 months of life! You will learn about the developmental milestones of gesture use and how gestures serve as powerful tools for expressing needs, initiating interactions, and conveying meaning before verbal language fully develops.

For parents and caregivers of infants

When: September 22 from 1:30 pm to 2:30 pm

Facilitator: ABC Pediatric Therapies

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: September 28 from 1:00 pm to 2:00 pm

Facilitator: Beth McMillan, Mothercraft Ottawa

More September 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, September 12 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	September	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 8, 15, 22, 29	1:30 pm	3:30 pm
2 Tungasuvvingat Inuit 282 Dupuis Street, Ottawa *For Inuit Families	Tuesday 1, 15, 29	1 pm	3:00 pm
3 Orleans-Cumberland CRC 240 Centrum Boulevard, Orleans	Thursday 3, 10, 17, 24	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Côte Street, Ottawa	Sunday 6, 13, 20, 27	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 14, 21, 28	1 pm	3pm
6 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 5, 12, 19, 26	10 am	12:30 pm
7 Ottawa Public Library - Ruth E. Dickinson 190 Malvern Drive, Nepean	Tuesday 1, 8, 15, 22, 29	1 pm	3 pm
8 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 2, 9, 16, 23	1 pm	3 pm
9 Bayshore Community Building 175 Woodridge Crescent, Nepean	Friday 4, 11, 18, 25	10 am	12 pm
10 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Wednesday 16	9 am	11 am
11 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 8	10 am	12:00 pm

East Central West Rural

Updated August 2020

OttawaPublicHealth.ca

Sante Publique Ottawa.ca

Playgroup in the Park with Mothercraft Ottawa

No Registration Required!

FREE!

FRIDAY MORNINGS
FOR THE MONTH OF SEPTEMBER 2026
DUNDONALD PARK
516 SOMERSET ST W

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

*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

Join us for 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
SEPTEMBER 21, 2026



10:00 AM TO 11:30 AM



39 ONSLOW CRES



KEEP AN EYE OUT FOR MONTHLY DATES!

EarlyON
Child and Family Centre

mothercraft
ottawa

Ottawa

Ontario

SCHOOL'S COOL



United Way
Centraide



School's Cool!



mothercraft
ottawa



for Children with Autism

School's Cool is a **FREE** school readiness program for children with an Autism diagnosis or who are currently waiting for a diagnosis.

★ Designed for children who will be starting **Kindergarten in Fall 2027**, this program provides a supportive, play-based environment where children can build skills and confidence as they prepare for school.



Sessions will be offered
Monday, Tuesday &
Wednesday afternoons.



SESSIONS FOCUS ON DEVELOPING SKILLS SUCH AS:



Social
Skills



Self-
Regulation



Transitions



Communication



Fine Motor
Skills



Following
Routines



Independence
& More!

MULTIPLE SESSIONS STARTING

SEPTEMBER 2026

TO

APRIL 2027



TO REGISTER:

To register for upcoming sessions or for the waitlist, please scan the QR code.



For more info contact: talor.benson-harper@mothercraft.com

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/ 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

September 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: September 13 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: September 27 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com