

October 2026

Mothercraft Ottawa
475 Evered Ave.
613-728-1839

EarlyONyva@mothercraft.com
www.mothercraft.com

Email us if you have any questions

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 OCTOBER 12

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
CLOSED OCTOBER 15

450 Laurier Drop-in Playgroup

Join us for a morning of
learning and play with
families and caregivers in
the lounge!

For children ages 0-6 years.

Indoor shoes are required.

BEGINS OCTOBER 9
FRIDAYS
9:30AM to 11:00AM
450 Laurier Ave West

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.

OCTOBER 19
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!

OCTOBER 28
6:00PM to 7:15PM
220 Stoneway Dr,
Nepean, ON K2G 6R2

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.

OCTOBER 17 & 24
9:30AM to 11:00AM
75 Waterbridge Dr

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 OCTOBER 22

Free Virtual Workshops

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

Recipe for First Words

Discover how everyday ingredients and simple activities can help support your child's language development! Join us for fun, easy ideas you can use at home to encourage communication, build vocabulary, and help little ones find their words through play and daily routines.

For parents and caregivers of infants

When: October 1 from 12:30 pm to 1:30 pm

Facilitator: ABC Pediatric Therapies

Raising a Bilingual Child

Join us 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: October 13 from 1:30 pm to 2:30 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: October 13 from 7:00 pm to 8:00 pm

Facilitator: Beth McMillan, IBCLC

Separation Anxiety:

Tips for Supporting Your Child Through it

Separation anxiety isn't a sign something's wrong – it's a sign your child's brain is doing exactly what it's supposed to. An OT explains the developmental story behind back-to-school tears and how to work with it, not against it.

For parents and caregivers of young children

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

Facilitator: Play On Pediatric Therapy

Hypermobility in Pediatrics:

Why Should You Care?

What does hypermobility have to do with Autism, ADHD and Anxiety? It turns out, a whole lot! Come learn about recognizing and minimizing the stress on the body caused by hypermobility (super flexible joints!)

For parents and caregivers of young children

When: October 19 from 11:00 am to 12:00 pm

Facilitator: On the Ball Pediatric Therapy

From Tummy Time to First Steps

Those few minutes on the floor are doing more than you think. A physiotherapist shows how each stage, from lifting their head to pulling up to stand, lays the groundwork for walking, and how to support it through everyday play.

For parents and caregivers of young children

When: October 20 from 11:00 am to 12:00 pm

Facilitator: Play On Pediatric Therapy

Boo, Books and Bubbles

Fun, simple and festive activities to help build language and communication skills

For parents and caregivers of infants

When: October 21 from 3:00 pm to 4:00 pm

Facilitator: ABC Pediatric Therapies

Lunch Box Wins

Make school lunches easier, healthier, and less stressful!

Join us for simple tips, creative ideas, and practical strategies to help take the guesswork out of packing lunches your kids will love.

For parents and caregivers of young children

When: October 26 from 10:00 am to 11:00 am

Facilitator: ABC Pediatric Therapies

Dads Become Parents, too!

"Dads" become parents too—but when it comes to mental health support, they can sometimes feel like an afterthought. Drawing on the presenter's lived experience as a dad and professional experience as a mental health professional, this presentation explores the often-overlooked mental health experiences of fathers and the gaps and limitations in programs and resources available to them.

For parents and caregivers of young children

When: October 27 from 10:00 am to 11:00 am

Facilitator: Michael Dougan, M.Ed., RP

Toileting Your Little Turkey

Toileting can be a spooky task but it doesn't have to be overwhelming! Join us as we take a deeper dive into supporting toilet training from a range of sensory, environmental, and motivational perspectives!

For parents and caregivers of young children

When: October 27 from 3:00 pm to 4:00 pm

Facilitator: On the Ball Pediatric Therapies

More October 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, October 17 9:00am - 11:00am

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



Strengthening parenting in Ottawa

Ottawa | Public Health
Santé publique

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	October	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 6, 13, 20, 27	1:30 pm	3:30 pm
2 Tungasuvvingat Inuit 282 Dupuis street, Ottawa *For Inuit Families	Tuesday 13, 27	1 pm	3:00 pm
3 Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 1, 8, 15, 22, 29	1:30 pm	3:30 pm
4 St. Laurent Complex 525 Côte Street, Ottawa	Sunday 4, 11, 18, 25	10 am	12:30 pm
5 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 5, 19, 26	1 pm	3pm
6 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 3, 10, 17, 24, 31	10 am	12:30 pm
7 Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 6, 13, 20, 27	1 pm	3 pm
8 Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 7, 14, 21, 28	1 pm	3 pm
9 Bayshore Community Building 175 Woodridge Crescent, Nepean	Friday 2, 9, 16, 23, 30	10 am	12 pm
10 Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 5, 21	9 am	11 am
11 Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 13	10 am	12:00 pm

East Central West Rural

Updated September 2026

OttawaPublicHealth.ca

Santé Publique Ottawa.ca

Playgroup in the Park with Mothercraft Ottawa

No Registration
Required!

FREE!

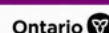


FRIDAY OCTOBER 2
DUNDONALD PARK
516 SOMERSET ST W

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:
talar.benson-harper@mothercraft.com



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
- **Alternate Neighbourhood Crisis Response** - Non-police, community-led, culturally sensitive and equity centered dispatch service
- **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 October 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: October 25 at 9:00 am

Fee: \$140/couple

For more information:
courtney.holmes@mothercraft.com