November 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:

If you or your children are feeling sick PLEASE stay home & join us another day!

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

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

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.

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.

NOVEMBER 16
10:00AM to 11:30AM
39 Onslow Cres

Evening Drop-in Playgroup

Join us for an evening drop-in playgroup where children and adults can connect with others in their communities while enjoying fun activities and play opportunities.

For children ages 0-6 years.
Indoor shoes are required.

NOVEMBER 19
5:30PM to 7:00PM
75 Waterbridge Dr

Saturday Drop-in Playgroup

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.

NOVEMBER 14
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 NOVEMBER 19

EarlyON Centres are open to all families in Ontario. They offer free, high-quality drop-in programs for families and children from birth to 6 years old.

Free Virtual Workshops

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

Screen Time & Speech Development

How much screen time is too much? Join us to explore the latest research on screen time and language development. Learn practical strategies to turn screen time into meaningful opportunities for building language, social, and emotional skills.
For parents and caregivers of young children
When: November 10 from 1:30 pm to 2:30 pm
Facilitator: ABC Pediatric Therapies

Kids and Screen's:

A Pediatric Physio's Perspective

A look into screens and their effects on our body as a whole through the lens of pediatric physiotherapy.
For parents and caregivers of young children
When: November 11 from 3:30 pm to 4:30 pm
Facilitator: On the Ball Pediatric Therapy

More Than Words:

Helping Your Child Communicate Before They Can Talk

Those few minutes on the floor are doing more than you think. See 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: November 20 from 11:00 am to 12:00 pm
Facilitator: Play On Pediatric Therapy

Co-Co for Co-Regulation

Join us to discover the importance of co-regulation, its impact on your child's emotional development, and practical strategies to support your child's individual sensory and emotional regulation challenges!
For parents and caregivers of young children
When: November 24 from 3:00 pm to 4:00 pm
Facilitator: On the Ball Pediatric Therapies

Navigating Changes in your Relationship

In this workshop we will explore how becoming parents can shift communication, intimacy, roles, expectations and the ways couples connect with each other. We'll talk openly about the challenges that arise, while also highlighting practical strategies for staying connected, supporting each other and nurturing your relationship in this new stage of life.
For parents and caregivers of young children
When: November 27 from 1:00 pm to 2:00 pm
Facilitator: Liam Skinner, RP

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: November 10 from 7:00 pm to 8:00 pm
Facilitator: Beth McMillan, IBCLC

I'm Worried About My Baby's Head Shape and Tilt

A physiotherapist helps explain torticollis and palgiocepahly and shares positioning tips and playful tummy time ideas that support healthy head shape and neck movement, plus clear guidance on when it's time to get your baby checked.
For parents and caregivers of infants
When: November 13 from 10:00 am to 11:00 am
Facilitator: Play On Pediatric Therapy

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: November 24 from 11:00 am to 12:00 pm
Facilitator: Michael Dougan, M.Ed., RP

From Meltdowns to Moving On

Getting dressed, leaving the house, coming to the dinner table: daily transitions can turn into daily battles. Learn some real-life strategies, like visual cues, countdowns and sensory supports, that help your child move from one thing to the next with more ease.
For parents and caregivers of young children
When: November 25 from 1:15 pm to 2:15 pm
Facilitator: Play On 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: November 30 from 2:00 pm to 3:00 pm
Facilitator: ABC Pediatric Therapies

More November 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

National Capital First Aid | mothercraft ottawa

Mothercraft Ottawa
475 Evered Avenue
Ottawa, ON K1Z 5K9
Saturday, November 14 9:00am – 11:00am
Register by going to our website : www.nationalcapitalfirstaid.com or calling us at 613-523-2519



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

East Central West Rural

Updated October 2026

OttawaPublicHealth.ca SantePubliqueOttawa.ca

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School's Cool!

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!

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For Fee Virtual Workshops

November 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: November 8 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: November 22 at 9:00 am

Fee: $140/couple

For more information:
courtney.holmes@mothercraft.com