

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

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

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

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

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

A physiotherapist helps explain torticollis and plagiocephaly 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

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

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

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

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



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

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

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 Côte 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 2025

Ottawa Public Health.ca Sante Publique Ottawa.ca

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

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