

Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
<b>Postpartum Support Drop-in</b> <b>10:00am to 12:00pm</b> <b>For mothers and infants</b> <b>0 to 12 months</b>  <b>CLOSED/FERMÉ</b> <b>Feb 18 fév</b>	<b>Groupe de jeu pour les familles qui parlent le français</b> <b>9 h à 11 h</b>  <b>CLOSED/FERMÉ</b> <b>Jan 1 jan</b>	<b>Groupe d'immersion en français</b> <b>9 h à 11 h</b> <b>French Immersion Playgroup</b> <b>9:00am to 11:00am</b> <b>Van Lang Field House</b> <b>29 Van Lang Pvt.</b>	<b>CHEO Development and Rehabilitation Program</b> <b>9:00am to 11:00am</b> <b>Programme de développement et de réadaptation du CHEO</b> <b>9 h à 11 h</b>  <b>Postpartum Support Drop-in</b> <b>9:30am to 11:30am</b> <b>265 Carling Ave.</b> <b>For mothers and infants</b> <b>0 to 12 months</b>	<b>Drop-in Playgroup</b> <b>9:00am to 11:00am</b>  <b>Early Learning and Health Program</b> <b>9:30am to 11:30am</b> <b>450 Laurier Ave.</b> <b>*As of Jan 11*</b>	<b>New Dads: Providing Postpartum Support Drop-in</b> <b>9:30am to 11:30am</b> <b>Every 2<sup>nd</sup> &amp; 3<sup>rd</sup> Saturday of each month</b>  <b>Drop-in Playgroup</b> <b>9:00am to 11:00am</b> <b>CLOSED every 1<sup>st</sup> &amp; 4<sup>th</sup> Saturday of each month and long weekends.</b> <b>FERMÉ chaque 1<sup>er</sup> et 4<sup>e</sup> samedi du mois et les longues fin de semaines.</b> <b>CLOSED/FERMÉ</b> <b>Jan 5, 26 jan</b> <b>Feb 2, 16, 23 fév</b> <b>Mar 2, 23 mar</b>
<b>Closed / Fermé</b> <b>12:00 to 1:00 pm / 12 h à 13 h</b>					<b>Parenting in Ottawa Drop-in</b> <b>*Prenatal to 12 months*</b> <b>10:00am to 12:30pm</b>  <b>La Leche League</b> <b>10:00am to 11:30am</b> <b>Every 3<sup>rd</sup> Saturday of each month</b> <a href="https://www.lllc.ca/lllc-ottawa-saturday-couples">https://www.lllc.ca/lllc-ottawa-saturday-couples</a>
<b>Drop-in Playgroup Seahorses Gym Squad</b> <b>6:00pm to 7:30pm</b> <b>*As of Jan 7*</b> <b>Connaught Public School</b> <b>1149 Gladstone Ave.</b> <b>For Male Family Members, Friends, Caregivers, Guardians with children ages 3 to 6 years old</b> <b>CLOSED/FERMÉ</b> <b>Feb 18 fév</b> <b>March 11 mar</b>		<b>Les Bons Contes Font Les Bons Amis</b> <b>13 h 30 à 14 h 30</b> <b>Van Lang Field House</b> <b>29 Van Lang Pvt.</b>	<b>Infant Drop-in Playgroup</b> <b>1:15pm to 3:00pm</b> <b>For infants</b> <b>0 to 12 months</b>	<b>Breastfeeding Support Drop-in</b> <b>1:30pm to 3:00pm</b>	

## Around the Rainbow Groups

For more information, please contact  
 Lisa Montroy at 613-725-3601 ext.105  
[lmontroy@familyservicesottawa.org](mailto:lmontroy@familyservicesottawa.org)



**Rainbow Families Art & Play:** For queer & trans parents, caregivers, families, children and youth. For families with gender creative, gender independent and trans children and youth. Join us in art & play activities while connecting with other families. We will have indoor and outdoor activities for all ages.

**When:** January 12  
 February 2  
 March 2  
**Time:** 1:00 pm to 4:00 pm  
**Location:** Mothercraft Ottawa  
 475 Evered Ave.

**INFORMATION AND REFERRAL**

For any information on EarlyON Services or Family Support Programs, please call 613-728-1839 ext. 0 or e-mail us at [EarlyONyva@mothercraft.com](mailto:EarlyONyva@mothercraft.com).

**MONDAY TO FRIDAY:** 7:30 am to 12 pm / 1 pm to 4 pm



**INFORMATION ET AIGUILLAGE**

Pour toutes informations du programme ON y va, veuillez composer le 613-728-1839 poste 0 ou envoyez-nous un courriel au [EarlyONyva@mothercraft.com](mailto:EarlyONyva@mothercraft.com).

**LUNDI AU VENDREDI:** 7 h 30 à 12 h / 13 h à 16 h

## Workshops/Ateliers

Please note that registration is required for these workshops. Please call 613-728-1839 ext.248  
L'inscription est requise pour participer à ces ateliers. S.V.P appeler 613-728-1839 poste 248  
Registration will begin January 9<sup>th</sup>, 2019 at 9:30am / Les inscriptions débuteront le 9 janvier 2019 à 9 h 30

**Baby Signs and Songs:** In this 2 session series, learn to communicate with your baby before they talk, by learning signs and songs.

**When: MONDAY**

January 21 and 28

**Time:** 1:30 pm to 2:30 pm

**Location:** Mothercraft Ottawa  
475 Evered Ave.

**Facilitator:** Marie-Claude Pilon

**For parents and caregivers of infants under 18 months**

**Cet atelier est offert en anglais seulement**

**When: WEDNESDAY**

February 6 and 13

**Time:** 10:30 am to 11:30 am

**Location:** Mothercraft Ottawa  
475 Evered Ave.

**Facilitator:** Marie-Claude Pilon

**\*Be sure to review the dates, time and  
location of the  
session you select.\***

**Exploring Breastfeeding:** Breast/chestfeeding is natural, but it doesn't necessarily come naturally. Do you have one or more nurslings? Do you have any burning questions or nursing issues that you would like to address? This workshop will explore breast/chestfeeding by exposing some common myths. Participants are encouraged to come with questions for the La Leche League Volunteer.

**For families with children under the age of six years old.**

**Cet atelier est offert en anglais seulement.**

**When:** February 27

**Time:** 1:30pm to 2:30pm

**Location:** Mothercraft Ottawa

**Facilitator:** Liette Connolly,  
La Leche League  
Volunteer

**Sing Song Party Time!** It's never too early to start learning about the importance of caring for our environment and all the wonderful creatures on the Earth! Derek starts each class with some basic yoga and then plays silly songs that foster an appreciation for living healthy and being environmentally aware. Children are encouraged to 'join the band' by using percussion instruments, playing eco-themed games and of course dancing!

**For families with children under the age of six years old.**

**Cet atelier est offert en anglais seulement.**

**When:** March 4

**Time:** 10:00am to 10:45am

**Location:** Van Lang Field House  
29 Van Lang Pvt.

**Facilitator:** Derek McKinley

**Infant Massage:** This 3 session workshop will allow parents to learn how to massage their baby which will help improve sleep, bonding, development and more.

**For parents and caregivers of infants under 9 months.**

**Cet atelier est offert en anglais seulement.**

**When:** March 6, 13 and 20

**Time:** 10:30 am to 11:30 am

**Location:** Mothercraft Ottawa  
475 Evered Ave.

**Facilitator:** Marie-Claude Pilon

**Autism Ontario– Diagnosis, now what?:** You have the diagnosis for your child but you don't know what your next step should be. We will discuss the steps to take once a child has received a diagnosis of Autism Spectrum Disorder. From funding, to educational resources, private options, to events in the community. Appropriate for any families with a new diagnosis.

**For families with children under the age of six years old.**

**Cet atelier est offert en anglais seulement.**

**When:** March 7

**Time:** 6:30pm to 8:30pm

**Location:** Mothercraft Ottawa

**Facilitator:** Kelsey McDaniel

**Power Of Dads:** A parenting workshop for fathers and male caregivers of children birth to 6 years. Learn about child development and new ways to help your child reach their full potential!

**For families with children under the age of six years old.**

**Cet atelier est offert en anglais seulement.**

**When:** March 21

**Time:** 6:30pm to 8:30pm

**Location:** Mothercraft Ottawa

**Facilitator:** Dave Elder-PHN

**Baby & Toddler Sleep Seminar:** We will discuss the importance of sleep, including how much sleep babies need, how many naps they require at various ages, common baby sleep challenges, and important tips that can get parents started on the road to great sleep for baby. We will also be available to answer individual questions. Let's get some amazing, healthy rest for the whole family!

**For families with children newborn to 2.5 years old.**

**Cet atelier est offert en anglais seulement.**

**When:** March 27

**Time:** 1:30 pm to 2:30 pm

**Location:** Mothercraft Ottawa

**Facilitator:** Erin Junker  
Paediatric Sleep Consultant

## TOY LENDING LIBRARY / JOUJOUTHÈQUE

Tuesday/mardi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
11:00am to 11:30am 11 h à 11 h 30	3:00pm to 3:30pm 15 h à 15 h 30	11:00am to 11:30am 11 h à 11 h 30	11:00am to 11:30am 11 h à 11 h 30
CLOSED/FERMÉ Jan 1 jan			CLOSED/FERMÉ Jan 5, 26 jan Feb 2, 16, 23 fév Mar 2, 23 mar