

	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi	
<b>Mothercraft Ottawa</b> <b>475, avenue Evered Avenue</b>	<b>Bilingual Drop-in Playgroup</b> <b>Groupe de jeu Bilingue</b> 9:15 to 11:15 9 h 15 à 11 h 15	<b>Groupe de jeu pour les familles qui parlent le français</b> 9 h 15 à 11 h 15 <b>Invités spéciaux</b> <b>1 mai: Santé dentaire</b>	<b>Drop-in Playgroup</b> 9:15 to 11:15 <b>Special guest</b> <b>May 16: Dental Health</b>	<b>Ottawa Children's Treatment Centre Specialized Playgroup (ENG/FR)</b> 9:00 to 11:00	<b>Drop-in Playgroup</b> 9:15 to 11:15	<b>Drop-in Playgroup</b> 9:00 to 11:00 <b>Except long weekends and the 4th Saturday of each month</b>	
	<b>Closed</b> <b>Fermé</b>	12:00 to 1:00 pm 12 h 00 à 13 h 00	12:00 to 1:00 pm 12 h 00 à 13 h 00	12:00 to 1:00 pm 12 h 00 à 13 h 00	12:00 to 1:00 pm 12 h 00 à 13 h 00		
		<b>Infant Drop-in Playgroup</b> <b>Birth to 12 months</b> 1:15 to 3:15 <b>Special guest</b> <b>May 8: Dental Health</b>		<b>Drop-in Playgroup</b> 1:15 to 3:15 <b>Birth to 6 years</b>	<b>Breastfeeding Drop-in</b> 1:30 to 3:00 	<b>La Leche</b> 10:00 to 11:30 <b>Breastfeeding Drop-in</b> <b>Centre de soutien d'allaitement</b> 10:00 to 12:30 10 h 00 à 12 h 30	

**INFORMATION AND REFERRAL**

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

**MONDAY TO FRIDAY:** 7:30 am to 12:00 pm / 1:00 pm to 4:00 pm

**INFORMATION ET AIGUILLAGE**

Pour toutes informations à propos des services à l'enfance et des services de soutien à la famille, veuillez composer le (613) 728-1839 poste 0 ou envoyez-nous un courriel au [oeycottawacentre@mothercraft.com](mailto:oeycottawacentre@mothercraft.com).

**LUNDI AU VENDREDI:** 7 h 30 à 12 h 00 / 13 h 00 à 16 h 00

**Nouveau**

**LES BONS CONTES FONT LES BONS AMIS**

Les Bons Contes Font Les Bons Amis est un programme hebdomadaire à partir du 11 avril 2012 tous les mercredis de 12 h 45 à 13 h 45 à la bibliothèque de la succursale Rosemount (18 Rosemount Ave.) Pour les familles qui ont le goût de se plonger au cœur de la culture française. Un moment qui rassemble enfants et parents pour partager les joies des comptines, des histoires et des chansons. \*\*\*Notre personnel dévoué et enthousiaste offre une atmosphère stimulante et de soutien où les contes et la chanson sont à l'honneur. Pour plus d'informations communiquez avec Cathy 613-728-1839 poste 0.



**SCHOOL'S COOL** **New Session**

School's Cool is a **free** kindergarten readiness course which engages children ages 3 to 5 years in the joy and excitement of learning. This program helps young children develop the skills they need to succeed in school through a rich variety of new and exciting experiences. Registration is required. Contact: Danielle Labelle at 613-728-1839 ext. 238.

**When:** Monday, Tuesday and Wednesday - April 30 to June 20  
**Time:** 9:00 am to 12:00 pm  
**Location:** Connaught Public School, 1149 Gladstone Avenue



**NEW**

**Join our new French immersion drop-in play group...** For families and caregivers who speak French as well as those who wish to immerse themselves in a French environment! Monday mornings from 9:15-11:15 .

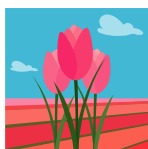
**Présentons notre nouveau groupe de jeu d'immersion française...** Pour les familles et les responsables de garde francophones ainsi que ceux qui désirent vivre pleinement l'immersion française avec leurs enfants! Lundi matin de 9 h 15 à 11 h 15.

**Toy Lending Library/Joujouthèque**

Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
11:15 to 11:45 11 h 15 à 11 h 45	11:15 to 11:45 11 h 15 à 11 h 45	11:15 to 11:45 11 h 15 à 11 h 45		11:15 to 11:45 11 h 15 à 11 h 45	11:00 to 11:30 11 h 00 à 11 h 30
	3:15 to 3:45 15 h 15 à 15 h 45		3:15 to 3:45 15 h 15 à 15 h 45		

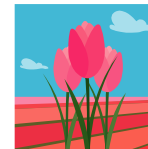


## Workshops/Ateliers

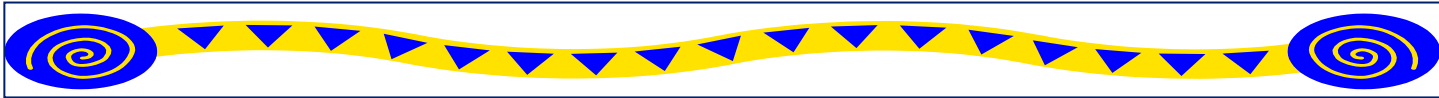


Please note that registration is required for workshops. Please call Cathy at 613-728-1839 ext.248  
L'inscription est requise pour participer aux ateliers. S.V.P appeler Cathy au 613-728-1839 poste 248

**Registration will begin April 2nd at 9:30 a.m./Les inscriptions débuteront le 2 avril à 9 h 30**











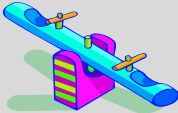
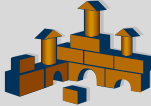











<b><u>Registration required/Inscription requise</u></b>	
<p><b><u>Salsa Babies:</u></b> With the little ones snuggled into baby carriers, new parents learn basic steps to popular Latin Dances, while babies shake maracas and bounce along to the Salsa beat. This event offers a great workout, a chance to socialize with other parents, and an opportunity to introduce one's child to music and movement. For babies 3 to 12 months.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, April 4 <b>OR</b> Wednesday, May 2</p> <p><b><u>Time:</u></b> 1:30 pm to 2:30 pm</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Sharon</p>
<p><b><u>Créer une routine familiale:</u></b> Les routines prévisibles aident les enfants à mieux réussir à l'école. Ils se sentent sécurisés... et les parents se sentent plus en contrôle de la vie de famille. Mais il n'y a pas de recette qui fonctionne pour tout le monde. Comment planifier une routine qui réussira pour <i>votre</i> famille? Dans cet atelier, vous apprendrez les facteurs importantes à considérer. Vous verrez aussi comment résoudre des problèmes de discipline en ajustant la routine. (Convient aux parents d'enfants âgés de 3 à 6 ans).</p> <p><b><u>This workshop is offered in french only</u></b></p>	<p><b><u>Quand:</u></b> jeudi le 12 avril</p> <p><b><u>Heure:</u></b> 18 h 30 à 20 h 30</p> <p><b><u>Lieu:</u></b> Mothercraft Ottawa</p> <p><b><u>Animatrice:</u></b> Betsy Mann</p>
<p><b><u>Postnatal Exercise:</u></b> An effective strength training workout that allows you to bond with your baby. Build strength, tone muscles, regain functional movement, improve your posture and bounce back after childbirth, all while having fun with your baby. Use your baby as resistance and strengthen your back, legs, upper body and core. This workshop is for mothers/fathers and babies from 8 weeks to 12 months.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, April 18</p> <p><b><u>Time:</u></b> 1:00 pm to 2:00 pm</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Sarah Zahab</p>
<p><b><u>The Magic Of Reading:</u></b> This workshop focuses on ways to make the precious time you spend reading with your child even more fun. We will look at ways to take the books you are already reading and use them to start developing some of the early reading skills that will help them on their journey to literacy. More importantly, we are going to look at ways that you can make your child love books and reading even more than they already do.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Thursday, April 19</p> <p><b><u>Time:</u></b> 6:30 pm to 8:00 pm</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Les MacFarlane</p>
<p><b><u>Infant Massage:</u></b> This 3 session workshop will allow parents to learn how to massage their baby to help improve sleep, bonding, development and more. For babies under 9 months.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Saturday, April 21, 28 and May 5</p> <p><b><u>Time:</u></b> 10:00 am to 11:00 am</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Cyndy Gervais</p>
<p><b><u>Comfort Measures Refresher:</u></b> Come join an experienced Doula as you go over all the tips, tool and strategies to provide comfort and support during your labour:</p> <ul style="list-style-type: none"> <li>• Basic relaxation and rhythmic breathing</li> <li>• Comfort measures, devices and positions</li> <li>• Techniques to help with back pain and labor progress</li> </ul> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Monday, April 30 <b>OR</b> Thursday, June 21</p> <p><b><u>Time:</u></b> 6:30 pm to 8:30 pm</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Shannon McFarlane</p>
<p><b><u>Sexuality During Pregnancy And Post-partum:</u></b> Nothing raises as many eyebrows as the subject of sex during pregnancy. The body undergoes so many changes, and your sexuality is no different. An opportunity to learn and discuss some of the physical and emotional changes that might occur and a few solutions. *A safe and private group for only women*</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, May 9</p> <p><b><u>Time:</u></b> 6:30 pm to 8:30 pm</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Shannon McFarlane</p>
<p><b><u>Good Discipline, Better Behaviour :</u></b> What to do when children's unacceptable behaviour causes a problem for parents? This workshop suggests several steps to try before using heavy measures. Tired of repeating yourself and not being obeyed? Come learn new techniques to add to your repertoire.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Thursday, May 10</p> <p><b><u>Time:</u></b> 6:30 pm to 8:30 pm</p> <p><b><u>Location:</u></b> Mothercraft Ottawa</p> <p><b><u>Facilitator:</u></b> Betsy Mann</p>



<p><b><u>Baby Signs and Songs:</u></b> Learn to communicate with your baby before they talk by learning through songs and signs. Babies under 18 months are welcome. Limit of 12 babies.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, May 16, 23 and 30 <b><u>Time:</u></b> 3:00 pm to 4:00 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Marie-Claude Pilon</p>
<p><b><u>The Wonder Of Mathematics:</u></b> This practical workshop will explore the idea of mathematics in your child's everyday life. We will learn how to use everyday opportunities to solve mathematical problems, discover the wonder of mathematics and foster a passion for numbers and mathematical learning.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Thursday, May 17 <b><u>Time:</u></b> 6:30 pm to 8:00 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Les MacFarlane</p>
<p><b><u>Optimal Foetal Positioning And Your Labour:</u></b> It is known that a mother's position and movement could influence the way her baby lay in the womb in the final weeks of pregnancy. Many difficult labours result from 'malpresentation', where the baby's position makes it hard for the head to move through the pelvis, so changing the way the baby lies could make birth easier for mother and child. Come and learn how you can encourage and influence your baby to the optimal position.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, May 23 <b><u>Time:</u></b> 6:30 pm to 8:30 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Shannon McFarlane</p>
<p><b><u>Massage pour bébé:</u></b> Cet atelier de 3 sessions permettra aux parents d'apprendre comment masser leur bébé pour aider à améliorer le temps du repos, l'attachement, le développement et beaucoup plus.</p> <p><b><u>This workshop is offered in french only</u></b></p>	<p><b><u>Quand:</u></b> samedi le 2, 9 et 16 juin <b><u>Heure:</u></b> 10 h 00 à 11 h 00 <b><u>Lieu:</u></b> Mothercraft Ottawa <b><u>Animatrice:</u></b> Marie-Claude Pilon</p>
<p><b><u>Tickles and Tunes for Infants and Toddlers:</u></b> Songs, fingerplays, tickles and tunes, to delight and entertain even the smallest child. We will reach for the stars, zoom to the moon, dance and identify the colours of our clothes. We will tell a story with our hands and sing a few of our favourite songs. Infants to 2 1/2 years old.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, June 6 <b><u>Time:</u></b> 1:30 pm to 2:30 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Kathy Reid-Naiman</p>
<p><b><u>Tickles and Tunes for Preschoolers:</u></b> Songs, fingerplays, tickles and tunes, to delight and entertain even the smallest child. We will reach for the stars, zoom to the moon and hop like bunnies. We will play musical 'freeze tag' to a catchy fiddle tune. We will identify the colours of our clothes, tell a story with our hands and sing a few of our favourite songs. Children 2 1/2 to 6 years of age.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, June 6 <b><u>Time:</u></b> 3:00 pm to 4:00 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Kathy Reid-Naiman</p>
<p><b><u>Rivalité entre frères et sœurs:</u></b> Dès l'arrivée du deuxième enfant, les parents devront gérer cette nouvelle catégorie de relations humaines. Comment encourager la bonne entente entre frères et soeurs? Pourquoi ne peuvent-ils ou elles pas être toujours bons amis et nous laisser tranquilles! Cet atelier traitera des sources des rivalités et comment les parents peuvent contribuer à une plus grande harmonie dans la vie familiale.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>Quand:</u></b> jeudi le 7 juin <b><u>Heure:</u></b> 18 h 30 à 20 h 30 <b><u>Lieu:</u></b> Mothercraft Ottawa <b><u>Animatrice:</u></b> Betsy Mann</p>
<p><b><u>Post-Natal Zumba:</u></b> Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba® Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students. An exciting, spicy, hip swivelling workout where African, Caribbean and Latin dance moves are combined with aerobics/fitness. For parents and babies 0-12 months. Bring water and a towel.</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, June 13 <b><u>Time:</u></b> 1:00 pm to 2:00 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Margo Sargent</p>
<p><b><u>Beyond Time Outs:</u></b> This workshop explores the difference between discipline and punishment, offers valuable advice on setting reasonable limits and looks at effective discipline techniques that really work!</p> <p><b><u>Cet atelier est offert en anglais seulement</u></b></p>	<p><b><u>When:</u></b> Wednesday, June 13 <b><u>Time:</u></b> 6:30 pm to 8:30 pm <b><u>Location:</u></b> Mothercraft Ottawa <b><u>Facilitator:</u></b> Margo Sargent</p>



Community Site Locations							
	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi	Location
Bethany Hope Centre	Drop-in Playgroup for young parents 25 years and under and their children 6 years and under 10:00 to 12:00					Alumni Drop-In Playgroup Every 4th Saturday of each month 10:00 to 12:00	1140 Wellington Street West
Somerset West CH Centre		Drop-in Playgroup 9:00 to 11:00		Drop-in Playgroup 9:00 to 11:00			7 Stonehurst Avenue
Dalhousie Community Centre			Kids Corner Drop-in Playgroup 9:00 to 11:30				755 Somerset Street West
Boys and Girls Club					Drop-in Playgroup 9:30 to 11:30		1463 Prince of Wales Drive
Bellevue Community Centre					Groupe de jeux pour les familles qui parlent le français 9 h 30 à 11 h 30		1475, avenue Caldwell
Sandy Hill CHC		Drop-in Playgroup 9:30 to 11:30					88 Main Street
Bibliothèque Succursale Rosemount			Les Bons Contes Font Les Bons Amis 12 h 45 à 13 h 45				18, avenue Rosemount
Connaught Public School	 School's Cool Starting April 30 9:00 to 12:00 Registration required	School's Cool Starting April 30 9:00 to 12:00 Registration required	School's Cool Starting April 30 9:00 to 12:00 Registration required	Early Learning Program Drop-In 12:30 to 2:30			1149 Gladstone Avenue
Children's Village	Drop-In Playgroup 1:45 to 3:15						333 Churchill Avenue
Centennial Public School					Early Learning & Health Program 2 to 5 years of age 12:30 to 2:30		376 Gloucester Street



**Program Closures**  
**Fermeture de programmes**

Please note all programs will be closed from Friday, April 6 to Monday, April 9th inclusive for Easter and Saturday, May 19th to Monday, May 21st inclusive for Victoria Day.

Veuillez prendre note que tous nos programmes seront fermés le vendredi 6 avril jusqu'au lundi 9 avril inclusivement pour Pâques ainsi que le samedi 19 mai jusqu'au lundi 21 mai inclusivement à l'occasion de la fête de la Reine.

**Reminders/Rappels**

**Ontario Early Years Centre At Mothercraft Ottawa**  
**Centre de la petite enfance à Mothercraft Ottawa**

Nut-free environment!



Milieu sans noix!

Indoor shoes please



Souliers d'intérieur

