

Human Needs Task Force Fact Sheet on EarlyON Programs

The information and resources below are provided by EarlyON Child and Family Centres working to ensure families in Ottawa have access to children’s programs and resources during the current COVID-19 pandemic in three (3) categories of services in Ottawa (Main Stream services, Indigenous-led services, and Francophone services).

Most EarlyON programming is available virtually so families can contact any of the resources, regardless of location.

To learn more about EarlyON resources and supports available in the community, please call the **Parent Support Line at 613-565-2467, ext.2.**

Call 2-1-1 for information on the full range of community, social, government and health services and programs available in Ottawa, and how to access them.



Phone



Online



Resources

Main Stream EarlyON Programs

Andrew Fleck Children’s Services

Contact information

Email - EarlyOnOttawasouth@afchildrensservices.ca

Website - afchildrensservices.ca

Programs offered

- Daily online newsletters - simple activity ideas, parenting resources, links to community resources, staff videos, videos of science experiments, and links to the weekly live circle time event
- Art kits - materials such as paper, paint, pipe cleaners, pompoms, etc. (limited quantity)
- Email support - answering specific questions or just reaching out to check-in
- Virtual parent education opportunities and evening coffee chats

Date last modified: May 11, 2020

Human Needs Task Force Contact Information
HNTF@ottawa.ca | 613-580-2424 ext. 26753

ottawa.ca  3-1-1
TTY/ATS 613-580-2401

Carlington Community Health Centre

Contact information

Phone - **613-722-4000, ext. 303**

Email - mcuburu@carlington.ochc.org, abakar@carlington.ochc.org, rsaid@carlington.ochc.org

Programs offered

- Online newsletters
- YouTube channel – book reading and activities
- Weekly live circle time
- Virtual one-on-one support with a registered Early Childhood Educator (email to schedule a time)
- Virtual parenting support groups for new and expecting parents
- Virtual breastfeeding and infant feeding support (ext. 319)
- Self-baby weigh-in service

Centrepointe Childcare Services

Contact information

Phone - **613-225-4819** or **613-302-5949**

Email - lee@centrepointechildcareservices.com

Website - centrepointechildcareservices.com

Facebook - [facebook.com/centrepointechildcareservice](https://www.facebook.com/centrepointechildcareservice)

Programs offered

- Online workshops - baby sign and attachment (two parts)
- Online groups - weekly parent support group and collaboration early childhood education group
- Resources - sent out
- Circle time taping for families

Centretown Community Health Centre

Contact information

Phone - **613-233-4443** (ask to speak with Early Years and EarlyON team)

Email - info@centretownchc.org

Website - centretownchc.org/programs-services/early-years-earlyon-child-and-family-centre/

Programs offered

- Telephone wellness check-in calls to families - staff call to see how families are doing, refer families to resources (financial assistance, breastfeeding support, food security, mental health services or educational services), provide parenting and early childhood development support
- Access to basics (for families in need) - baby supplies, breastfeeding supplies and early learning supplies
- Telephone breastfeeding support (appointment only) - on-site appointment scheduled as needed
- Self-baby weigh-in service - non-medical service that allows mothers at risk to weigh their babies at CCHC

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City View Centre for Child and Family Services

Contact information

Phone - **613-825-5990**

Email - EarlyONyva@cityviewcentre.ca or c.girard@cityviewcentre.ca

Website - cityviewcentre.ca

Facebook - facebook.com/City-View-Centre-for-Child-and-Family-Services-623950088063196/

Programs offered

- Online newsletters (posted on website) – virtual circle time and short webinars
- Email support - answering specific questions or just reaching out to check-in
- Phone - messages are checked daily

Mothercraft Ottawa

Contact information

Phone - **613-728-1839, ext.289**

Email - earlyONyva@mothercraft.com

Website - mothercraft.com

Facebook - facebook.com/MothercraftOttawa/

Instagram - [@mothercraftottawa](https://www.instagram.com/mothercraftottawa)

Youtube - tinyurl.com/MothercraftEarlyON

Programs offered

- Virtual support groups - parents of children with special needs and post partum support groups
- Virtual classes – cooking, dancing, story time, school readiness, yoga
- One-on-one support/referrals
- Clothes closet (by appointment)
- Activity kit distribution (by appointment)
- Virtual workshops (breastfeeding, child development)
- YouTube videos and resources

Nepean-Rideau-Osgoode Community Resource Centre

Contact information

Phone - **613-596-5626, ext.253** (Rana Awni)

Email - rawni@nroccr.org

Programs offered

- Weekly online/live sessions - circle time, mom and baby time and story time
- Email support - resources/tips and activities

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Ottawa-Carleton District School Board (OCDSB)

Contact information

Phone - 613-325-5139

Email - deborah.stowe@ocdsb.ca

Website - sites.google.com/ocdsb.ca/earlyon/home

Programs offered

- Website (all the OCDSB EarlyON Centres) - learning invitations, virtual recorded circle time, family activity ideas, photo galleries, child development and parent education resources, along with continued parent support

Ottawa Catholic School Board (OCSB)

Divine Infant EarlyON Centre

Email - Supervisor: maureen.gibbons@ocsb.ca
and assistant Supervisor: melinda.bugakun@ocsb.ca

Our Lady of Mount Carmel EarlyON Centre

Email - Jennie.Galbraith@ocsb.ca

St. Elizabeth EarlyON Centre

Email - Megan.Lord@ocsb.ca

Prince of Peace EarlyON Centre

Email - Natasha.Khan@ocsb.ca

Twitter - [@EarlyONPrinceofPeace](https://twitter.com/EarlyONPrinceofPeace)

Katimavik EarlyON Centre

Email - KatimavikResource@ocsb.ca

Facebook - [Katimavik EarlyON Child and Family Centre](#)

Charlemagne EarlyON Centre

Email - Supervisor: Kelly.blais@ocsb.ca

Assistant Supervisor: Jenna.sylvester@ocsb.ca

Facebook – [Charlemagne EarlyON Centre](#)

YouTube - m.youtube.com/channel/UCXvRp8tisAfKgX73iGe8d7w

Programs offered

- Email newsletters - songs, finger plays, recipes, open ended art activities, links to resources for parental supports and community services

Programs offered

- Facebook - online programming (e.g. library); other EarlyON centres; resources and supports for parents; local, provincial and national links with information related to COVID-19; activity ideas; stories; physical, sensory and art activities; messages of support and encouragement

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Orléans-Cumberland Community Resource Centre

Contact information

Phone - **613-830-4357**

Email - earlyonyva@crcoc.ca

Website - crcoc.ca

Facebook - facebook.com/OCCRC.CRCOC/

Programs offered

- Telephone family resource workers - support to families with children from birth to age 6, and child development inquiries
- Virtual circle time (Tuesday and Thursday – 10 am)
- Virtual baby group (birth to age 1) on Monday afternoons
- Virtual Parent/Child workshops on various topics - to come
- Virtual resources - pedagogical documentation to explore and observe how children learn and develop
- Email newsletters

The Parent Resource Centre

Contact information

Phone - **613-565-2467**

Email - information@parentresource.ca

Website - parentresource.ca

Facebook - facebook.com/pg/parentresourcecentre/posts/?ref=page_internal

EarlyON Staff

Susan (613) 565-2467 ext. 225

sduke@parentresource.ca (speaks English)

Niuma (613) 565-2467 ext. 226

nmohamed@parentresource.ca (speaks Arabic, English)

Kimberley (613) 565-2467 ext. 238

khogan@parentresource.ca (speaks English, French)

Programs offered

Virtual groups:

- Parent Escape Zoom (peer support)
- Crafty Escape Zoom (arts and crafts)
- Circle Time Escape Zoom (songs and activities)

- Virtual workshops - Baby chats (sign language, sleep and routines, home safety)
- PRC Art Packs - phone Niuma to arrange safe curbside pickup of PRC Art Packs. Pick-ups by appointment on Mondays from 9 am to noon
- Email support – responding to inquiries and providing guidance and resources
- Telephone support – one-to-one connection and engagement with parents and caregivers
- Newsletters by email

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Pinecrest-Queensway Community Health Centre

Contact information

Phone - **613-820-4922, ext.3599**
Email - **Parent.ed@pqchc.com**

Facebook - **EarlyON Centre – Pinecrest
Queensway Community Health Centre**
Instagram - **@earlyonpinecrestqueensway**

Programs offered

- Virtual workshops - stress management during the COVID-19 pandemic, child development, nutrition, support for new and expectant parents, and skills development
- Virtual groups – circle time, movement and exercise games, mindfulness sessions
- One-to-one phone support for parents/caregivers – topics related to child development and parenting (please note: this is not counselling)
- Phone lactation consultation (appointment only – Monday to Friday – 8:30 am - 4:30 pm) - on-site appointment scheduled, as needed
- No-Tech-Required program information (email for information) – chalk walks, book walks, scavenger hunts

Live and Learn Child and Family Centre, under Rural Family Connections

Contact information

Phone - **613-821-2899**
Email - **Liveandlearn@bellnet.ca**

Facebook - **Live and Learn EarlyON playgroups**

Programs offered

- Virtual playgroups, activities and resources

South-East Ottawa Community Health Centre

Contact information

Phone - **613-737-7195, ext.3131**
Email - **staceys@seochc.on.ca**
Facebook - **facebook.com/groups/169746887645012/?epa=SEARCH_BOX**

Programs offered

- Virtual playgroup, circle videos, activities and resources
- Wellness checks
- Access to practical supports: food, diapers

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Somerset West Community Health Centre

Contact information

EarlyON Staff - Leslie (**613-238-8214, ext. 2503**; llavigne@swchc.on.ca - speaks English),
Kimberly (**613-238-8214, ext. 2504**; kvanderm@swchc.on.ca - speaks French and English),
Haishan (hachen@swchc.on.ca - speaks Mandarin and English),
Hanna (**613-238-8214, ext.2507**; hhan@swchc.on.ca - speaks Mandarin and English)

Website - swchc.on.ca/our-programs

YouTube - youtube.com/channel/UCRsG2IUoE242NoUNiWco5Rg/playlists

Programs offered

- Virtual workshops and support groups:
swchc.on.ca/sites/default/files/Posters/Parent_Support_Spring_2020.pdf
- Virtual Circle Time through Zoom and Facebook:
swchc.on.ca/sites/default/files/Posters/Virtual_Circle_Time_2020.pdf
- One-to-one phone support, information and referrals for parents/caregivers

Vanier Community Service Centre

Contact information

Phone - **613-744-2892, ext.1432**

Email - EarlyONyva@cscvanier.com

Website - cscvanier.com

Facebook - facebook.com/cscvanier/

Programs offered

- Weekly online newsletter - information on resources and activities for different age groups
- Virtual programming via Facebook and Zoom - songs, story time, crafts, workshops, and more
- Phone calls with an Early Childhood Educator for information and support
- Baby cupboard (appointment only) - diapers and formula
- Delivery of emergency food and/or craft materials
- Website information – crisis counselling, legal aid, employment services, settlement services, and food bank

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Western Ottawa Community Resource Centre

Contact information

Phone - 613-591-3686, ext.245

Email - EarlyONyva@wocrc.ca

Website - wocrc.ca/program/earlyon-cfc-programs-and-workshops/

Facebook - facebook.com/WOCRC.CRCOO/

Instagram - instagram.com/earlyonyva.wo/

Twitter - twitter.com/WOCRC_CRCOO

Programs offered

- Weekly online newsletter - information on resources and activities for different age groups
- Virtual daily programming through Zoom (Telehealth membership) – StoryTime, CircleTime, Zumbini, Baby and Me, and more
- Virtual workshops - infant massage, sleep education, parenting support, story massage, and more
- Family navigation and additional one-on-one support for families is available virtually

Indigenous-led EarlyON Programs

Inuuqatigiit Centre for Inuit Children, Youth and Families

Contact information

Email - executivedirector@inuuqatigiit.ca

Facebook - facebook.com/OttInuuqatigiit/

Programs offered

- Online programs - family well being, mental health, finance, social navigators, youth and elders
- Food services - food cards, grocery delivery (Fridays)
- Resource kits - weekly delivery of educational kits for all our clients' children, along with baked goods and food cards

Makonsag in partnership with Minwaashin Lodge

Contact information

Phone - 613-724-5844

Email - info@makonsag.ca

Website - makonsag.ca

Programs offered

- Wellness check-ins and resource navigation with families
- Food bank services
- Educational care bundles (activities, seeds, etc.)

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Odawa Native Friendship Centre

Contact information

Phone - **613-518-0992**
Email - earlyyears@odawa.on.ca
Website - odawa.on.ca

Programs offered

- Email updates – activities for families (interesting walks in neighbourhoods), resources for learning Indigenous language, Indigenous music and entertainment
- Friendship box deliveries – food, diapers, beading projects, toys and activities for children
- Food bank and emergency supply deliveries

Tungasuvvingat Inuit

Contact information

Community Action Program for Children (families with children 0-6 years):
Melinda Shambare **(613) 402-1468** or capc@tungasuvvingatinuit.ca
Early Years Culture Worker: Darcy Kablalik **(613) 858-9109** or eyculture@tungasuvvingatinuit.ca
Pre/post-natal: Courtney Clyne **(613) 402-3704** or prepostnatal@tungasuvvingatinuit.ca

Programs offered

- Food security program (food bank)
- Gift cards for craft supplies
- Virtual meeting drop-in through Zoom (coming soon)

Wabano Centre for Aboriginal Health

Contact information

Phone - Mary Fisher **613-748-0657, ext.279**
Email – mfisher@wabano.com

Programs offered

- Virtual daily wellness checks
- Activities and updates on our Wabano Kids Facebook page (@WabanoKids)
- Advocacy and case management
- Children's Aid Society - attending home visits at a safe distance
- Deliveries – food boxes for families, hot meals, activities for kids, cultural and educational supplies, diapers and wipes, toiletries, cleaning supplies, and list of resources.

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Francophone Services

Les services à l'enfance Grandir ensemble

Contact information

Phone – **613-789-3020, ext. 231**

Email – **ONyva@grandiresemble.ca**

Website – **grandiresemble.ca/services-a-la-petite-enfance-et-a-la-famille/centre-on-y-va-grandiresemble**

Weekly newsletter - **grandiresemble.ca/infolettre-5**

Programs offered

Virtual programs:

- Virtual playgroups – circle and story time
- Discussion and support groups for parents
- Telephone discussion with staff to obtain support, information and resources
- Access by email

Services à l'enfance et à la famille La Coccinelle

Site Béatrice-Desloges, Site Reine-des-Bois, Site Saint-Guillaume, Site Des Voyageurs, Site La Vérendrye

Contact information

Email – **beatrice.desloges@lacoccinelle.com**

Website – **lacoccinelle.com** sous l'onglet Centre ON y va

Programs offered

- Selection of activities in French for families to do at home
- We are also offering information and referrals to families according to their needs, as well as sharing community resources by email to families (e.g. online webinars for parents)

Centre des services communautaires Vanier

Contact information

Phone – **613-744-2892, ext. 1432**

Email – **EarlyONyva@cscvanier.com**

Website – **cscvanier.com**

Facebook – **facebook.com/cscvanier/**

Programs offered

- Weekly online newsletter - information on resources and activities for different age groups
- Virtual programming via Facebook and Zoom - songs, story time, crafts, workshops, and more
- Phone calls with an Early Childhood Educator for information and support
- Baby cupboard (appointment only) - diapers and formula
- Delivery of emergency food and/or craft materials
- Website information – crisis counselling, legal aid, employment services, settlement services, and food bank

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