

# Practice Change Champions (PCC) Parenting Programs in Ottawa: Learn about opportunities for the families you work with. Resource Packet

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## Abstract

The following packet contains resources relevant to the Practice Change Champion Parenting Programs in Ottawa panel virtually held on April, 18 2023. Included are additional contact details and information on additional programs available in Ottawa



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*“Ensuring all children and youth in  
Ottawa can reach their full potential and grow up great”*

## Introduction

The Infant and Early Childhood Mental Health Education and Awareness (IECMH-EA) Task Group aims to create consistent messaging surrounding infant and early childhood mental health inclusive of prenatal and perinatal phases, family, the greater community, and culture. Primary areas of focus include:

- temperament
- self-regulation
- sense of agency
- brain development
- resiliency
- attachment



This endeavour led to the establishment of Practice Change Champions (PCC). PCC is an initiative seeking to provide resources and education for professionals working with young children, their families, and communities, on promotion and prevention, to strengthen overall professional capacity, and build community awareness on the importance of mental health in the early years.

IECMH-EA would like to thank you for participating in the PCC discussion group. We recognize and applaud your commitment to quality standards of practice within child focused sectors through your engagement in continuous professional development opportunities.

This resource has been prepared to support your practice and IECMH-EA hopes to see you at our next event.

For more information on Practice Change Champions, please visit the [Ottawa Child & Youth Initiative website](#).

| Resources for Parents and Families |         |
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| Title                              | Details |



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| <p><a href="#">Family Services Ottawa</a></p>                 | <p>Family Services Ottawa provides diverse counselling and support services to parents, families, and children.</p> <ul style="list-style-type: none"> <li>● <a href="#">Beyond the Baby Blues</a></li> <li>● <a href="#">Just for Dads</a></li> <li>● <a href="#">Effective Parenting Through Positive Discipline</a></li> <li>● <a href="#">Parenting with Confidence</a></li> <li>● <a href="#">Positive Discipline</a></li> <li>● <a href="#">Parenting for Connection</a></li> <li>● <a href="#">Parenting Through High Conflict, Separation, and Divorce</a></li> <li>● <a href="#">Anger Management... Especially for Parents</a></li> <li>● <a href="#">Parent Coaching</a></li> <li>● <a href="#">Connecting with Your Teen</a></li> </ul>   |
| <p><a href="#">Grandir Ensemble</a></p>                       | <p>Grandir Ensemble provides services to families, children, and parents whose first language is French. They offer various programs such as:</p> <ul style="list-style-type: none"> <li>● Play groups (0-6 years)</li> <li>● Baby Group (0-18 months)</li> <li>● Information and referral sessions</li> <li>● Toy Library</li> </ul> <p><b>Family Resource and Support Workers:</b><br/> Marine Noel- 613 789-3020, ext. 233 / 343 961-3456<br/> <a href="mailto:Marine.noel@grandirensemble.ca">Marine.noel@grandirensemble.ca</a></p> <p>Emelyne Ndayizeye- 613 789-3020, ext. 235 / 343 961-3612<br/> <a href="mailto:Emelyne.ndayizeye@grandirensemble.ca">Emelyne.ndayizeye@grandirensemble.ca</a></p> <p>To get more information on ON y va through Grandir Ensemble email: <a href="mailto:onyva@grandirensemble.ca">onyva@grandirensemble.ca</a>, call 613 789-3020 ext. 231 or, visit <a href="#">Grandir Ensemble: On y va</a></p> |
| <p><a href="#">EarlyON</a></p> <p><a href="#">On y va</a></p> | <p>Find an EarlyON centre near you in Ottawa</p>  |
| <p><a href="#">Buns in the Oven</a></p>                       | <p>Buns in the Oven is a weekly program for pregnant moms and their child up to six months of age, where they learn how to cook healthy meals and the benefits of healthy babies. To learn about a program running near you, visit <a href="#">Buns in the Oven</a>.</p> <p>Other resources for Buns in the Oven include:<br/> <a href="#">Vanier Community Services Centre Buns in the Oven</a></p> <p><a href="#">Somerset West Community Health Centre- Buns in the Oven</a></p>   |



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| <a href="#">St. Mary's Home</a>     | <p>St. Mary's Home provides comprehensive services, advocacy and programs for pregnant youth and young parent families in Ottawa.</p>   |
| <a href="#">SafeCare</a>            | <p>For more information about SafeCare:<br/> <a href="#">Brochure</a><br/> <a href="#">Parent Flyer</a></p>   |
| <a href="#">Bethany Hope Centre</a> | <p>Bethany Hope Centre provides programs and services for pregnant youth and young parent families.</p>   |
| <a href="#">Circle of Security</a>  | <p>More information about Circle of Security and what it is. This website also provides information on Circle of Security programs and resources for parents and professionals.</p>   |
| <a href="#">Youville Centre</a>     | <p>Youville Centre is an Accredited Child and Youth Mental Health Agency that serves adolescent mothers and their children. Youville's trauma-informed, holistic programs and services include: a fully accredited secondary school, crisis intervention, intensive mental health therapy and treatment, substance use counselling, collaborative problem solving, a licensed child development program with a focus on infant mental health, and attachment-based parenting programs with intervention and treatment. <b>Contact:</b> <a href="mailto:info@youvillecentre.org">info@youvillecentre.org</a></p> <p><b><u>Ujima Project at Youville Centre:</u></b><br/> The Ontario Association of Young Parent Agencies received a grant to establish Early Childhood Development Hubs throughout Ontario. The aim of this project is to improve early outcomes for young parents and their children across the province.<br/> As one of the hubs, Youville Centre hired an Early Literacy Specialist and Family Navigator. The Early Literacy Specialist supports early literacy and language development and promotes infant and early childhood mental health for young parents and their children from pregnancy to 6 years old. The Family Navigator is a key frontline contact for young parents and their children seeking resources to help them live independently in the community, including exploration of kinship or co-parenting options. <b>Contact: Early Literacy Specialist:</b> <a href="mailto:early_literacy@youvillecentre.org">early_literacy@youvillecentre.org</a><br/> <b>Family Navigator:</b> <a href="mailto:Familynavigator@youvillecentre.org">Familynavigator@youvillecentre.org</a></p> |
| <a href="#">Parenting in Ottawa</a> | <p>Parenting in Ottawa a <a href="#">phone service</a>, open to all residents of the City of Ottawa and available in over 170 languages:</p> <ul style="list-style-type: none"> <li>● Prenatal health advice</li> <li>● Breastfeeding support</li> </ul>  |



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| <p><a href="#">Parenting in Ottawa Drop Ins</a></p>                               | <ul style="list-style-type: none"> <li>● Help related to feeding baby/child</li> <li>● Advice about speech, language, and child growth/development</li> <li>● Answers to questions about immunization</li> <li>● Information about services in the community.</li> </ul> <p>Parenting in Ottawa also offers drop-in sessions for:</p> <ul style="list-style-type: none"> <li>● Infant feeding support</li> <li>● Learning ways to help children eat healthy and be active</li> <li>● Ensuring children are on track with growth and development</li> <li>● Opportunities to ask about children’s social/emotional development</li> </ul> |
| <p><a href="#">First Words</a></p>  | <p>First Words offers free preschool speech and language services to children ages 0 to school eligibility living in Ottawa and Renfrew County.</p>  |
| <p><a href="#">Parent Resource Centre</a></p>                                     | <p>The Parent Resource Centre helps build confident, resilient families by providing engaging, high-quality programs, a wide variety of social services and supportive resources for children, youth, parents, and caregivers.</p>   |
| <p><a href="#">Healthy Babies, Healthy Children</a></p>                           | <p>The Healthy Babies, Healthy Children program provides home visiting, to expectant mothers and families with children from birth to their transition to school. This program is designed to help parents who need more support to give their children a healthy start.</p>   |
| <p><a href="#">Ontario Native Women's Association</a></p>                         | <p><a href="#">Indigenous Healthy Babies Healthy Children</a> services explicitly for Indigenous mothers in Ontario.</p>   |
| <p><a href="#">Black Ottawa Connect- Rooted &amp; Resilient</a></p>               | <p>Rooted &amp; Resilient, run by Black Ottawa Connect, is a program for Black birthing people, providing support and resources ensuring the best possible birthing and early parenting experiences.</p>   |
| <p><a href="#">Mothercraft Ottawa: The Birth and Parent Companion Program</a></p> | <p>The Birth and Parent Companion Program at Mothercraft Ottawa provides one-to-one prenatal, labour/delivery, postnatal and parenting support to marginalized and at-risk families in Ottawa.</p>   |
| <p><a href="#">Centre for Inuit Families and Children</a></p>                     | <p>Inuit based parenting programs.</p>   |



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| <a href="#">Ottawa Childbirth Education Association</a>   | The Ottawa Childbirth Education Association provides Prenatal classes, the Bringing Baby Home class, CPR, and Infant Massage classes for expectant families in Ottawa.  |
| <a href="#">Minwaashin Lodge</a>                          | Sacred Child Program provides programs for positive Native parenting, and child resources.  |
| <a href="#">Ten Oaks Project</a>                          | Ten Oaks project provides services for parents who identify as 2SLGBTQ+, providing group discussions and workshops about parenting.<br><a href="#">Shaping Parenthood</a>   |
| <a href="#">Ottawa Child and Youth Initiative</a>         | The Ottawa Child and Youth Initiative is a collaboration with over 80 community organizations and agencies with a shared vision, mission and values. OCYI provides resources, workshops and <a href="#">Tip Sheets for Professionals</a> to support their work with families, children and parents. |
| <a href="#">South-East Ottawa Community Health Centre</a> | A Canadian prenatal health program that supports the health of pregnant mothers, children, and babies.  |

| Local Services Supporting Families  |  |
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| Name of Entity  | Details  |
| <a href="#">1Call1Click</a>   | 1Call1Click.ca is here to help children, youth (0-21 years) and families connect with the right mental health and addiction services and care when they need it.   |
| <a href="#">211 Ontario</a>   | 211 Ontario provides information about community and social services in the province of Ontario.   |
| <a href="#">Attachment Consultation and Education Service (ACES)</a>  | A clinic that supports children and youth up to 18 who are suspected of having an attachment disturbance or disorder.  |
| <a href="#">Best Start Resource Centre: Ontario's Maternal Newborn and Early Child Development Resource Centre (Best Start)</a> | Best Start is a bilingual health promotion organization that Works with diverse partners to build healthy, equitable and thriving communities. It supports service providers who work in preconception health, prenatal health, and early child development. |
| <a href="#">Centre D'Appui et de Prévention (CAP)</a>   | The CAP offers mental health services, addiction services, and other therapeutic services to francophone individuals and families in Ontario. Children and youth remain at the heart of their mission.   |



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| <a href="#">Community Navigation of Eastern Ontario (CNEO)</a>     | <p>Formerly known as the Community Information Centre of Ottawa (CICO), the CNEO is a non-profit, bilingual organization that helps to connect people through mediated access to community, social, health and governmental services in their community.</p>     |
| <a href="#">Counselling Connect</a>                                | <p>Counselling Connect provides quick access to a free phone or video counselling session, available in English and French. This service is for everyone: children, youth, adults and families in Ottawa and the surrounding area. There is no waiting list.</p> |
| <a href="#">Crossroads: Children’s Mental Health Centre</a>        | <p>Crossroads Children’s Mental Health Centre is a leader in developing and delivering a range of individualized mental health services solely for children under the age of 12 and their loved ones.</p>  |
| <a href="#">Ontario EarlyON and Family Centre Portal</a>           | <p>EarlyON Child and Family Centres offer free, high-quality programs for Ontario families and children from birth to 6 years old. This virtual directory supports those seeking to identify a centre.</p>   |
| <a href="#">Ottawa Based Community and Health Resource Centres</a> | <p>The Community Health and Resource Centre supports the Ottawa community in locating the community centre within their residential neighbourhood.</p>   |
| <a href="#">Parent Resource Centre (PRC)</a>                       | <p>The PRC helps build confidence, resilient families by providing engaging high-quality programs, a wide variety of social services and supportive resources for children, youth, parents, and caregivers.</p>  |
| <a href="#">Parenting in Ottawa</a>                                | <p>Created by Ottawa Public Health (OPH) and other community partners, Parenting in Ottawa was designed to ease parenting by sharing a wide variety of information related to caregiving.</p>  |
| <a href="#">Pause. Moments Matter in the Life of a Child</a>       | <p>The Pause. Moments Matter in the Life of a Child Campaign was created by the Infant and Early Childhood Mental Health (IECMH) Initiative to raise awareness about the importance of infant and early childhood mental health.</p>                             |
| <a href="#">Pleo</a>   | <p>Pleo’s mission is to foster positive outcomes for families with children to age 25 facing mental health challenges by providing family peer support and by amplifying the family voice for system change.</p>   |
| <a href="#">Vanier Children’s Mental Wellness</a>                  | <p>The Vanier Children’s Mental Wellness is a charitable organization that offers assessment and treatment for infants, children, youth, and their families to support their challenges and to promote wellness.</p>   |





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| <a href="#">Wabano Centre for Aboriginal Health</a> | <p>The Wabano Centre for Aboriginal Health offers support to the members of Ottawa’s Indigenous community through the provision of healthcare, mental health programs, cultural events, classes, and other collaborations with local social service providers.</p>     |
| <a href="#">Ottawa Public Health</a>                | <p>Ottawa Public Health provides an updated list of programs that support the mental health of new parents, children, and families.</p> <p>Ottawa Public Health also provides support on <a href="#">immunizations</a> and <a href="#">dental health services</a>.</p> |

| <b>National Services Supporting Families</b>                                  |  |
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| <b>Name of Entity</b>   | <b>Details</b>   |
| <a href="#">Anxiety Canada</a>  | <p>Anxiety Canada’s mission is to reduce the barrier of anxiety so Canadians can live the life they want. Offering trusted resources and programs to help people better understand and manage anxiety—and find the relief they need.</p> |
| <a href="#">Child Welfare League of Canada (CWLC)</a>                         | <p>A membership based charitable organization dedicated to promoting the safety and wellbeing of young people and their families, especially those who are vulnerable and marginalized.</p>  |
| <a href="#">Infant and Early Mental Health Promotion (IEMHP)</a>              | <p>The IEMHP is an organization which improves outcomes across the lifespan through translating and promoting the science of early mental health into practice with families during pregnancy, infancy, and early childhood.</p>         |
| <a href="#">Psychology Canada, Strong Minds Strong Kids</a>                   | <p>Strong Minds Strong Kids, Psychology Canada is committed to promoting the mental well-being of children and youth in Canada through the promotion of resilience.</p>  |
| <a href="#">Public Health Agency of Canada: Social Determinants of Health</a> | <p>The social determinants of health influence the health of populations and include social support networks, education, healthy child development, culture, and others.</p>   |
| <a href="#">The Attachment Network of Manitoba</a>                            | <p>The Attachment Network of Manitoba provides information on caregiver/child attachment, research, resources, training, and workshops.</p>  |