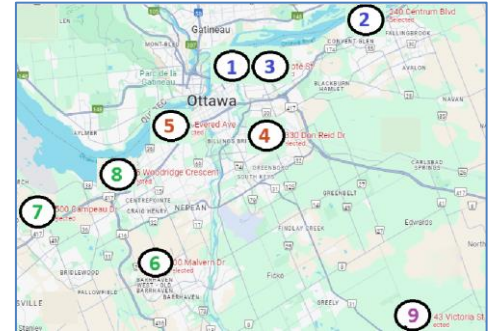




Parenting in Ottawa Drop-ins

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	Month	Start Time	End Time
1 Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 1, 8, 15, 22, 29	1:30 pm	3:30 pm
2 Orléans-Cumberland Community Resource Centre 240 Centrum Boulevard, Orléans	Thursday 3, 10, 17, 24	1:30 pm	3:30 pm
3 St. Laurent Complex 525 Côté Street, Ottawa	Sunday 6, 13, 20, 27	10 am	12:30 pm
4 Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 7, 14, 28	1 pm	3 pm
5 Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 5, 12, 19, 26	10 am	12:30 pm
6 Ottawa Public Library – Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 1, 8, 15, 22, 29	1 pm	3 pm
7 Ottawa Public Library – Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 2, 9, 16, 23, 30	1 pm	3 pm
8 Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 4, 11, 25	10 am	12 pm
9 Metcalfe 8243 Victoria Street	Wednesday 16	9:30 am	11 am

■ East
 ■ Central
 ■ West
 ■ Rural

Updated March 2025

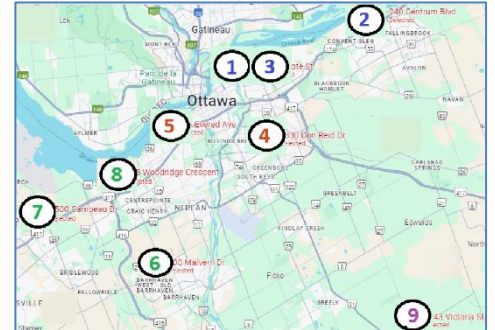




Carrefours Être parents à Ottawa

Soutien gratuit en personne par une infirmière en santé publique :

- Nutrition des enfants
- Croissance et développement
- Santé mentale périnatale et plus!
- Sans rendez-vous
- Balayez le code QR pour plus d'info



Emplacements	Mois	Début	Fin
1 Centre des services communautaires Vanier 270 avenue Marier, Vanier	mardi 1, 8, 15, 22, 29	13 h 30	15 h 30
2 Centre de ressources communautaires d'Orléans-Cumberland, 240 boulevard Centrum, Orléans	jeudi 3, 10, 17, 24	13 h 30	15 h 30
3 Complexe St. Laurent 525 rue Côté, Ottawa	dimanche 6, 13, 20, 27	10 h	12 h 30
4 Services à l'enfance Andrew Fleck 2330 promenade Don Reid #101, Ottawa	lundi 7, 14, 28	13 h	15 h
5 Mothercraft Ottawa 475 avenue Evered, Ottawa	samedi 5, 12, 19, 26	10 h	12 h 30
6 Bibliothèque d'Ottawa – succursale Ruth E. Dickinson 100 Malvern Drive, Nepean	mardi 1, 8, 15, 22, 29	13 h	15 h
7 Bibliothèque d'Ottawa – succursale Beaverbrook 2500 promenade Campeau, Kanata	mercredi 2, 9, 16, 23, 30	13 h	15 h
8 Édifice communautaire de Bayshore 175 croissant Woodridge, Nepean	vendredi 4, 11, 25	10 h	12 h
9 Metcalfe 8243 rue Victoria	mercredi 16	9 h 30	11 h

est centre ouest rural

Mis-à-jour mars 2025

