

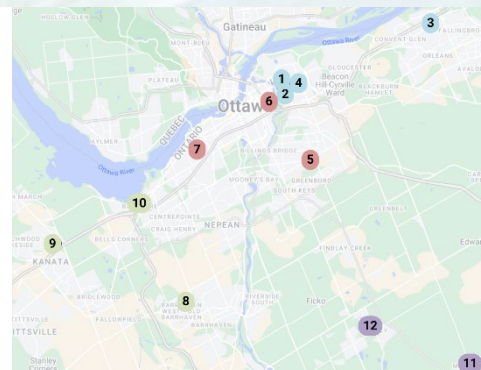


Parenting in Ottawa Drop-ins

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	November	Start Time	End Time
1	Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 4, 18, 25	1:30 pm	3:30 pm
2	Tungasuvvingat Inuit 282 Dupuis street, Ottawa <i>*reserved for Inuit clients only</i>	Wednesday 12, 26	10:00 am	12:00 pm
3	Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 6, 13, 20, 27	1:30 pm	3:30 pm
4	St. Laurent Complex 525 Côté Street, Ottawa	Sunday 2, 9, 16, 23, 30	10 am	12:30 pm
5	Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 3, 10, 17, 24	1pm	3pm
6	Parent Resource Centre 300 Goulburn Ave, Ottawa	Wednesday 26	1pm	3pm
7	Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 1, 8, 15, 22, 29	10 am	12:30 pm
8	Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 4, 18, 25	1 pm	3 pm
9	Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 5, 12, 19, 26	1 pm	3 pm
10	Bayshore Field House 175 Woodridge Crescent, Nepean	Friday 7, 14, 21, 28	10 am	12 pm
11	Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 3, 19	9 am	11 am
12	Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday -	10 am	12:00 pm

East Central West Rural

Updated October 2025

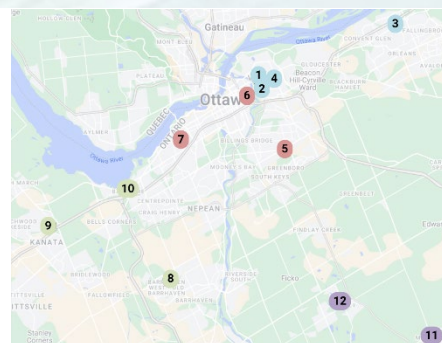


Carrefours Être parents à Ottawa

Soutien 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	Novembre	Début	Fin
1	Centre des services communautaires Vanier 270 avenue Marier, Vanier	mardi 4, 18, 25	13 h 30	15 h 30
2	Tungasuvvingat Inuit 282 rue Dupuis, Ottawa <i>*réservé aux clients inuit seulement</i>	mercredi 12, 26	10 h	12 h
3	Centre de ressources communautaires d'Orléans-Cumberland 240 boulevard Centrum, Orléans	jeudi 6, 13, 20, 27	13 h 30	15 h 30
4	Complexe St. Laurent 525 rue Côté, Ottawa	dimanche 2, 9, 16, 23, 30	10 h	12 h 30
5	Services à l'enfance Andrew Fleck 2330 promenade Don Reid #101, Ottawa	lundi 3, 10, 17, 24	13 h	15 h
6	Parent Resource Centre 300 avenue Goulburn, Ottawa	mercredi 26	13h	15h
7	Mothercraft Ottawa 475 avenue Evered, Ottawa	samedi 1, 8, 15, 22, 29	10 h	12 h 30
8	Bibliothèque d'Ottawa - succursale Ruth E. Dickinson 100 Malvern Drive, Nepean	mardi 4, 18, 25	13 h	15 h
9	Bibliothèque d'Ottawa - succursale Beaverbrook 2500 promenade Campeau, Kanata	mercredi 5, 12, 19, 26	13 h	15 h
10	Édifice communautaire de Bayshore 175 croissant Woodridge, Nepean	vendredi 7, 14, 21, 28	10 h	12 h
11	Rural Family Connections - Metcalfe 8243 rue Victoria, Metcalfe	lundi, mercredi 3, 19	9 h	11 h
12	Rural Family Connections & Bibliothèque d'Ottawa 1448 promenade Meadow, Greely	mardi -	10h	12 h

est centre ouest rural

Mis-à-jour octobre 2025