



être parent à parenting in **Ottawa**

Ottawa | Public Health  
Santé publique

## 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	May	Start Time	End Time
<b>1</b> Vanier Community Services Centre 270 Marier Ave, Vanier	Tuesday 5, 12, 19, 26	1:30 pm	3:30 pm
<b>2</b> Tungasuvvingat Inuit 282 Dupuis street, Ottawa <i>*For Inuit Families</i>	Monday 4	10:00 am	12:00 pm
<b>3</b> Orléans-Cumberland CRC 240 Centrum Boulevard, Orléans	Thursday 7, 14, 21, 28	1:30 pm	3:30 pm
<b>4</b> St. Laurent Complex 525 Côté Street, Ottawa	Sunday 3, 10, 17, 24, 31	10 am	12:30 pm
<b>5</b> Andrew Fleck Children's Services 2330 Don Reid Drive #101, Ottawa	Monday 4, 11, 25	1pm	3pm
<b>6</b> Parent Resource Centre 300 Goulburn Ave, Ottawa	Wednesday 27	1pm	3pm
<b>7</b> Canadian Mothercraft of Ottawa 475 Evered Avenue, Ottawa	Saturday 2, 9, 16, 23, 30	10 am	12:30 pm
<b>8</b> Ottawa Public Library - Ruth E. Dickinson 100 Malvern Drive, Nepean	Tuesday 5, 12, 19, 26	1 pm	3 pm
<b>9</b> Ottawa Public Library - Beaverbrook 2500 Campeau Drive, Kanata	Wednesday 6, 13, 20, 27	1 pm	3 pm
<b>10</b> Bayshore Community Building 175 Woodridge Crescent, Nepean	Friday 1, 8, 15, 22, 29	10 am	12 pm
<b>11</b> Rural Family Connections, Metcalfe 8243 Victoria Street, Metcalfe	Monday, Wednesday 4, 20	9 am	11 am
<b>12</b> Rural Family Connections & Ottawa Public Library 1448 Meadow Drive, Greely	Tuesday 12	10 am	12:00 pm

East Central West Rural

Updated april 2026



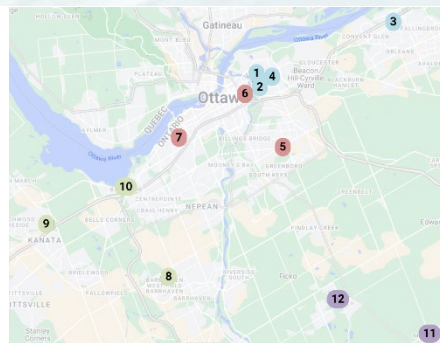


## Carrefours Être parents à Ottawa

Soutien en personne par une infirmière en santé publique pour:

- Nutrition des enfants
- Croissance et développement
- Santé mentale périnatale et plus!
- Sans rendez-vous

✓ Balayez le code QR pour plus d'info



Emplacements	mai	Début	Fin
<b>1</b> Centre des services communautaires Vanier 270 avenue Marier, Vanier	mardi 5, 12, 19, 26	13 h 30	15 h 30
<b>2</b> Tungasuvvingat Inuit 282 rue Dupuis, Ottawa *Pour les familles inuites	lundi 4	10 h	12 h
<b>3</b> Centre de ressources communautaires d'Orléans-Cumberland 240 boulevard Centrum, Orléans	jeudi 7, 14, 21, 28	13 h 30	15 h 30
<b>4</b> Complexe St. Laurent 525 rue Côté, Ottawa	dimanche 3, 10, 17, 24, 31	10 h	12 h 30
<b>5</b> Services à l'enfance Andrew Fleck 2330 promenade Don Reid #101, Ottawa	lundi 4, 11, 25	13 h	15 h
<b>6</b> Parent Resource Centre 300 avenue Goulburn, Ottawa	mercredi 27	13h	15h
<b>7</b> Mothercraft Ottawa 475 avenue Evered, Ottawa	samedi 2, 9, 16, 23, 30	10 h	12 h 30
<b>8</b> Bibliothèque d'Ottawa - succursale Ruth E. Dickinson 100 Malvern Drive, Nepean	mardi 5, 12, 19, 26	13 h	15 h
<b>9</b> Bibliothèque d'Ottawa - succursale Beaverbrook 2500 promenade Campeau, Kanata	mercredi 6, 13, 20, 27	13 h	15 h
<b>10</b> Édifice communautaire de Bayshore 175 croissant Woodridge, Nepean	vendredi 1, 8, 15, 22, 29	10 h	12 h
<b>11</b> Rural Family Connections - Metcalfe 8243 rue Victoria, Metcalfe	lundi, mercredi 4, 20	9 h	11 h
<b>12</b> Rural Family Connections & Bibliothèque d'Ottawa 1448 promenade Meadow, Greely	mardi 12	10h	12 h

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Mis-à-jour avril 2026