

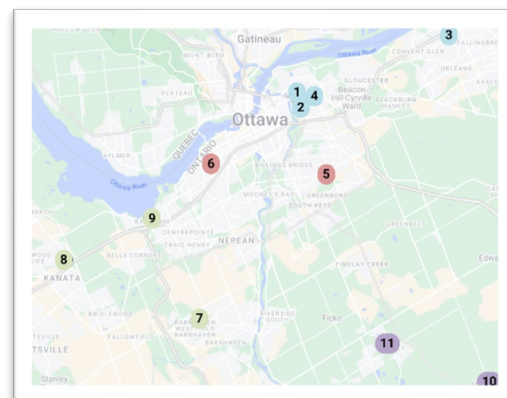


Parenting in Ottawa Drop-ins

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

East
 Central
 West
 Rural

Updated August 2026

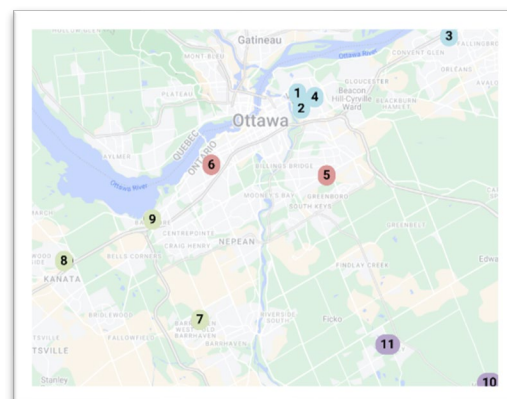


Carrefours Être parents à Ottawa

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

est centre ouest rural

Mis-à-jour août 2026