

CONFERENCE CHARITY



The [Canadian Mothercraft of Ottawa-Carleton](#) (Mothercraft Ottawa) is a charitable non-profit organization founded in 1944 with the purpose of enhancing the well-being of families through responsive, high quality programming and services aimed at parents and their children, from pregnancy to 12 years of age. For seven decades, Mothercraft Ottawa has been helping Ottawa families through their many child and family service programs which include comprehensive prenatal classes, perinatal support, parenting classes, workshops and drop-in play groups. The organization also offers centre-based and licensed home child care for infants, toddlers, preschool and school age children, before-and-after school programs, an alternative kindergarten program, and school readiness programs.

The only one of its kind in Ottawa, the award-winning Birth and Parent Companion Program (BPCP) provides one-on-one support to at risk, expectant women during the entire pregnancy, birth, post partum and early childhood phases. The goal of this program is to help build healthier families and stronger communities by supporting women and families to feel empowered, informed and confident throughout labour, delivery, and parenthood. The Birth and Parent Companion Program clients include young families, single mothers, isolated women, new Canadians/refugee women and those living with addiction, mental health issues, domestic abuse and other life challenges. Since the early 1990's, our trained volunteers have been providing non-judgmental one-on-one emotional support, advocacy and access to community resources. Through its programming, the BPCP is able to reach many families in the community who would otherwise find themselves navigating the ups and downs of pregnancy and the early years of parenting on their own.