

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1 (All day) Easter Sunday / Dimanche de Pâques	2 (All day) Centre Closed / Le centre est fermé (All day) Easter Monday / Lundi de Pâques	3 09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury	4 10:30 am - 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury	5 09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	6 09:30 am - 11:30 pm Playgroup Carl Nesbitt Public School, Sudbury	7
8	9	10 09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury 04:00 pm - 08:00 pm Cooking with OCOF Adamsdale Public School, Sudbury	11 10:30 am - 12:00 pm Steps & Stages (Group 1 You must be preregistered by Tuesday 3:00) Minnow Lake Place, Sudbury 05:30 pm - 07:30 pm Dad's Night Adamsdale Public School, Sudbury	12 09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 10:30 am - 12:00 pm Steps & Stages (Group 2 You must be pre-registered by Tuesday 3:00) Minnow Lake Place, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	13 09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury 10:30 am - 12:00 pm Steps & Stages (Group 3 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury	14
15	16 10:30 am - 12:00 pm Ages & Stages MacLeod Public School, Sudbury	17 09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury	18 10:30 am - 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury	19 09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	20 09:30 am - 11:30 pm Playgroup Carl Nesbitt Public School, Sudbury	21
22 (All day) Earth Day / Jour de la Terre	23	24 09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury	25 10:30 am - 12:00 pm Parenting your 3-6 year old Minnow Lake Place, Sudbury	26 09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	27 09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury	28
29	30 10:30 am - 12:00 pm Ages & Stages MacLeod Public School, Sudbury					

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Ages & Stages

This discussion group offers families with children between the ages of 0 and 4 an opportunity to receive support and information on a variety of age-appropriate topics. Informal discussions give parents and caregivers the opportunity for personal growth and to share with each other the joys and challenges of raising their young

Cooking with OCOF

This program offers parents and caregivers the opportunity to learn about the importance of healthy eating and develop their cooking skills to prepare healthy affordable meals.

Creating Healthy Babies

This program offers expectant mothers the opportunity to receive emotional, educational and nutritional support to assist them in developing a healthy baby during their pregnancy. Good Food Bags containing fresh fruits and vegetables, milk, juice, eggs and other protein sources are also provided free to participants.

Dad's Night

This program gives fathers / male role models and children the opportunity to interact together in an open and welcoming environment while participating in discussion, games and physical activities together. A healthy nutritious meal is served.

Getting Healthy with OCOF

This is a wellness program that promotes healthy and positive lifestyle choices.

Playgroup

This play-based program gives children and their parents/caregivers the opportunity to interact together in an open and welcoming environment while participating in engaging and inclusive learning activities together.

Steps & Stages

This discussion group offers families with children between the ages of 0 and 4 an opportunity to receive support and information on a variety of age-appropriate topics. Informal discussions give parents and caregivers the opportunity for personal growth and to share with each other the joys and challenges of raising their young children.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Apr 3,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Creating Healthy Babies - Apr 4,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Apr 5,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Apr 5,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Apr 6,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Playgroup - Apr 10,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Cooking with OCOF - Apr 10,2018 4:00 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes. NOTES: You must be pre-registered. Space is limited

Steps & Stages - Apr 11,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Dad's Night - Apr 11,2018 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes.

Playgroup - Apr 12,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Steps & Stages - Apr 12,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Apr 12,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Apr 13,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Steps & Stages - Apr 13,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Ages & Stages - Apr 16,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes. NOTES: You must be pre-registered by Friday 12:00

Playgroup - Apr 17,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Creating Healthy Babies - Apr 18,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Apr 19,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Apr 19,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Apr 20,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Playgroup - Apr 24,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Parenting your 3-6 year old - Apr 25,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Apr 26,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Apr 26,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Apr 27,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Ages & Stages - Apr 30,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes. NOTES: You must be pre-registered by Friday 12:00