

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) Easter Monday / Lundi de Pâques  (All day) Centre Closed / Le centre est fermé	3 09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	4 09:00 am - 11:15 pm Playgroup C.R. Judd Public School, Capreol	5	6 10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library	7
8	9	10 09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	11 09:00 am - 11:15 pm Playgroup C.R. Judd Public School, Capreol	12 10:30 am - 12:00 pm Creating Healthy Babies Chelmsford Public School  04:30 pm - 08:00 pm Cooking with OCOF St. Vincent de Paul Society, Val Caron	13 10:00 am - 11:30 am Steps & Stages Capreol Public Library	14
15	16 09:30 am - 11:30 am Collective Kitchen Valley Pentacostal Church, Hanmer	17 09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	18 09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol	19 09:00 am - 12:00 pm Collective Kitchen Valley Pentacostal Church, Hanmer	20 10:00 am - 11:30 am Creating Healthy Babies Redwood Acres Public School, Hanmer	21
22 (All day) Earth Day / Jour de la Terre	23	24 09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	25 09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol	26 10:00 am - 11:30 am Workshop (Kids Have Stress Too for Preschoolers) Valley Pentacostal Church, Hanmer	27 10:00 am - 11:30 am Steps & Stages Redwood Acres Public School, Hanmer	28
29	30 10:00 am - 11:30 am Parent Support Group Capreol Public Library					

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

# Additional Program Information / Information Additionnelle Concernant Les Programmes

## Collective Kitchen

This program offers parents and caregivers the opportunity to get together to enhance their skills in planning and cooking nutritious meals for their families on a budget. Each program is held in 2 sessions: a planning session and a cooking session.

## 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.

## Parent Support Group

Join us in a supportive and caring environment for parents/caregivers who share similar challenges, joys, and experiences in raising children under the age of 6.

## 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.

## Workshop

Workshops give parents / caregivers the opportunity to receive support, education and information on a variety of topics.

CHILCARE: yes.

## Cooking with OCOF - Apr 12, 2018 4:30 pm

ADDRESS: 2506 Old Hwy 69, Val Caron

NOTES: Light supper provided.

## Steps & Stages - Apr 13, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

## Collective Kitchen - Apr 16, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

## Playgroup - Apr 17, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

## Playgroup - Apr 18, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

## Collective Kitchen - Apr 19, 2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

## Creating Healthy Babies - Apr 20, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

## Playgroup - Apr 24, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

## Playgroup - Apr 25, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

## Workshop - Apr 26, 2018 10:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes. NOTES: Join us to learn the signs & strategies of stress in pre-schoolers.

## Steps & Stages - Apr 27, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

## Parent Support Group - Apr 30, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

## PROGRAM NOTES / MESSAGES CONCERNANT

### LES PROGRAMMES

#### Playgroup - Apr 3, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

#### Playgroup - Apr 4, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

#### Creating Healthy Babies - Apr 6, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

#### Playgroup - Apr 10, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

#### Playgroup - Apr 11, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

#### Creating Healthy Babies - Apr 12, 2018 10:30 am

ADDRESS: Sudbury, ON P0M 1L0