

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:00 am - 11:30 am Playgroup Doug Mohns Tot Lot, Capreol 1	10:00 am - 02:00 pm Special Event (Kivi Park) Kivi Park, Sudbury 2	10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library 3	09:00 am - 06:00 pm Special Event (Capreol Days) Capreol Legion 4
5	(All day) Center Closed / Le centre est fermé 6 (All day) Civic Holiday / Congé civique	09:00 am - 11:30 am Playgroup Theresa Playground, Hanmer 7	09:00 am - 11:30 am Playgroup Ella Lake, Capreol 8	10:30 am - 12:00 pm Creating Healthy Babies (Chelmsford) Chelmsford Public School 01:00 pm - 03:00 pm Playgroup Capreol Public Library 9	10:00 am - 11:30 am Steps & Stages Capreol Public Library 10	11
12	13	09:00 am - 11:30 am Playgroup Kalmo Beach, Blezard Valley 14	09:00 am - 11:30 am Playgroup C.R. Judd Public School, Capreol 15	10:00 am - 12:00 pm Special Event (Splash Pad Fun) Splash Pad, Hanmer 01:00 pm - 02:30 pm Getting Healthy with OCOF Doug Mohns Tot Lot, Capreol 16	10:00 am - 11:30 am Creating Healthy Babies Redwood Acres Public School, Hanmer 17	18
19	09:30 am - 11:30 am Collective Kitchen Valley Pentacostal Church, Hanmer 10:00 am - 11:00 am Special Event (Family Zumba) Jean-Paul II, Val Caron 01:00 pm - 02:30 pm Special Event (Science Fun) Capreol Public Library 20	09:00 am - 11:30 am Playgroup Splash Pad, Hanmer 21	09:00 am - 11:30 am Playgroup Ella Lake, Capreol 05:00 pm - 08:00 pm Special Event (Dad's Night: Grillmasters) Redwood Acres Public School, Hanmer 22	09:00 am - 12:00 pm Collective Kitchen Valley Pentacostal Church, Hanmer 10:30 am - 12:00 pm Creating Healthy Babies (Chelmsford) Chelmsford Public School 01:00 pm - 03:00 pm Learning Through Play Capreol Public Library 23	10:00 am - 11:30 am Steps & Stages Redwood Acres Public School, Hanmer 24	25
26	10:00 am - 11:30 am Parent Support Group Capreol Public Library 27	09:00 am - 11:30 am Playgroup Kin Park Playground, Blezard Valley 28	09:00 am - 11:30 am Playgroup Doug Mohns Tot Lot, Capreol 29	10:00 am - 11:30 am Getting Healthy with OCOF Raymond Plourde Arena Park, Val Caron 30	09:00 am - 03:00 pm Car Seat Inspection Clinic . 31	

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

Additional Program Information / Information Additionnelle Concernant Les Programmes

Car Seat Inspection Clinic

Learn to safely install and use your car seat.

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.

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.

Getting Healthy with OCOF

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

Learning Through Play

This program is focused around encouraging children's exploration, play & inquiry through invitations and early learning developmental activities.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Aug 1, 2018 9:00 am

ADDRESS: Coulson St., Capreol

Special Event - Aug 2, 2018 10:00 am

ADDRESS: 4472 Long Lake Rd, Sudbury

NOTES: A school bus will be available to drive parents/caregivers and children to Kivi Park. Bus will depart from Bishop Alexander Carter School at 10am and will return at 2pm.

Creating Healthy Babies - Aug 3, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Special Event - Aug 4, 2018 9:00 am

ADDRESS: 16 Young St, Capreol

Playgroup - Aug 7, 2018 9:00 am

ADDRESS: Carmen Street, Hanmer

Playgroup - Aug 8, 2018 9:00 am

ADDRESS: Capreol Lake Rd., Capreol

Creating Healthy Babies - Aug 9, 2018 10:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford

CHILCARE: yes.

Playgroup - Aug 9, 2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Steps & Stages - Aug 10, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

Playgroup - Aug 14, 2018 9:00 am

ADDRESS: 2632, 2998 Sandy Beach Rd, Blezard Valley

Playgroup - Aug 15, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Special Event - Aug 16, 2018 10:00 am

ADDRESS: 4040 Elmview Dr, Hanmer

Getting Healthy with OCOF - Aug 16, 2018 1:00 pm

ADDRESS: Coulson St., Capreol

Creating Healthy Babies - Aug 17, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

Collective Kitchen - Aug 20, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Special Event - Aug 20, 2018 10:00 am

ADDRESS: 2965 Hope Street, Val Caron

Special Event - Aug 20, 2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Playgroup - Aug 21, 2018 9:00 am

ADDRESS: 4040 Elmview Dr, Hanmer

Playgroup - Aug 22, 2018 9:00 am

ADDRESS: Capreol Lake Rd., Capreol

Special Event - Aug 22, 2018 5:00 pm

ADDRESS: 4625 Carl St., Hanmer

NOTES: Instructor, Stephanie Piche will host a mini BBQ training session with grilling tips for Dad's. Burgers & hot dogs - children's games and a chance to win the BBQ! Spaces limited, please call Rick at 705-969-4040 ext: 279 to register.

Collective Kitchen - Aug 23, 2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Creating Healthy Babies - Aug 23, 2018 10:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford

CHILCARE: yes.

Learning Through Play - Aug 23, 2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Steps & Stages - Aug 24, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

Parent Support Group - Aug 27, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Playgroup - Aug 28, 2018 9:00 am

ADDRESS: 2732 Langdon Drive, Blezard Valley

Playgroup - Aug 29, 2018 9:00 am

ADDRESS: Coulson St., Capreol

Getting Healthy with OCOF - Aug 30, 2018 10:00 am

ADDRESS: 1919 Helene St., Val Caron