



Valley East
705-969-4040

December/décembre 2017



Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					1 Creating Healthy Babies (Pre-register before 3:00 on Thursday Topic: PPMD) <i>Capreol Public Library</i> 10:00 am to 11:30 am	2
3	4	5 Playgroup (Walk to Post Office) <i>Redwood Acres Public School</i> 9:00 am to 11:30 am	6 Playgroup <i>C.R. Judd Public School</i> 9:00 am to 11:15 am	7 Community Kitchen (Registration Required) <i>St Vincent De Paul Society</i> 4:30 pm to 7:30 pm	8 Steps & Stages (Ages 1-4 yrs) (Pre-register before 3:00 on Thursday) <i>Capreol Public Library</i> 10:00 am to 11:30 am	9
10	11 Collective Kitchen Planning Session (Registration Required) <i>Valley Pentacostal Church</i> 9:30 am to 11:30 am	12 Playgroup <i>Redwood Acres Public School</i> 9:00 am to 11:30 am	13 Playgroup <i>C.R. Judd Public School</i> 9:00 am to 11:15 am	14 Collective Kitchen Cooking Session (Registration Required) <i>Valley Pentacostal Church</i> 9:00 am to 12:00 pm	15 Creating Healthy Babies (Pre-register before 3:00pm on Thursday Topic: Infant Care) <i>Redwood Acres Public School</i> 10:00 am to 11:30 am	16
17 Last Week of Programming (until January 08, 2018)	18 Festive Cookie Swap (Registration Required) <i>Capreol Public Library</i> 10:00 am to 11:00 am	19 Playgroup <i>Redwood Acres Public School</i> 9:00 am to 11:30 am	20 Playgroup <i>C.R. Judd Public School</i> 9:00 am to 11:15 am Family Fun Night (Registration Required) <i>Bishop Alexander Carter School</i> 5:30 pm to 7:00 pm	21	22 Steps & Stages (Ages 4 mths-1yr) (Pre-register before 3:00 on Thursday) <i>Redwood Acres Public School</i> 10:00 am to 11:30 am	23
24	25 Centre Closed / Le centre est fermé Christmas Day / Noël	26 Centre Closed / Le centre est fermé Boxing Day / Le lendemain de Noël	27 Centre Closed / Le centre est fermé	28 Centre Closed / Le centre est fermé	29 Centre Closed / Le centre est fermé	30
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Transportation & Child Care May Be Available

Additional Program Information

Steps & Stages

This program is offered to families with children between the ages of 0 and 3. Informal discussion groups cover topics relevant to this age group, including care and development.

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.

Parent Advisory Committee

These monthly meetings give members a chance to share ideas and suggestions about programs.

Family Fun Night

This program gives families the opportunity to interact together in an open and welcoming environment while participating in games and physical activities together. A healthy nutritious meal is served.

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 Discussion Groups

Parent Discussion Group offers families an opportunity to receive support and information on a variety of topics. Informal discussions give parents and caregivers the opportunity for personal growth and share with each other the joys and challenges of raising their children.

Parent Education Courses

These courses are offered in 3 to 12 week sessions with a wide variety of topics. In an open and supportive environment, parents and caregivers are shown tools to enhance their life and communication skills while learning positive discipline techniques.

Dad's Night

Dad's Night gives fathers 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.

Playgroup

This program gives parents and children the opportunity to interact together in an open and welcoming environment while participating in fun learning activities together.

Special Events

We hold special events from time to time to give members and staff a chance to socialize and have fun together.

Getting Healthy with OCOF

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

Notes

Like us on Facebook at [OCOF Hanmer Hub](#)

Walk to the Post Office: (Tuesday, December 5th) Children will have the opportunity to write a letter or draw a picture for Santa or a family member during playgroup, then we will be walking to the post office on Oscar Street to mail our letters. Please dress for the weather and bring your strollers, sleighs or wagons.

Festive Cookie Swap: (December 18th, 2017) A quick way to get your holiday baking done. Families will have the opportunity to bake cookies & then exchange them with other families. To register or for more information please call the office. Spaces Limited.

Locations

Hanmer Hub (Main Office)

539 Francis Street (Room 179)
Tel: (705) 969-4040

C.R. Judd Public School

8 Lincoln Cres. Capreol

Valley Pentacostal Church

231 Martha St., Hanmer, ON

Capreol Public Library

9 Morin St. Capreol

Redwood Acres Public School

4625 Carl St. Hanmer

St Vincent De Paul Society

2506 Old Highway 69, Val Caron

Bishop Alexander Carter School

539 Francis Street, Hanmer