

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				<p>09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury</p> <p>01:00 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury</p>		
4	5	<p>09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury</p>	<p>10:30 am to 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury</p>	<p>09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury</p> <p>01:00 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury</p>	9	10
11	<p>10:30 am to 12:00 pm Ages & Stages MacLeod Public School, Sudbury</p>	<p>09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury</p>	<p>10:30 am to 12:00 pm Steps & Stages (Group 1 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury</p> <p>05:30 pm to 07:00 pm Dad's Night Adamsdale Public School, Sudbury</p>	<p>09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury</p> <p>10:30 am to 12:00 pm Steps & Stages (Group 2 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury</p> <p>01:00 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury</p>	<p>10:30 am to 12:00 pm Steps & Stages (Group 3 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury</p>	17
18	<p>12:00 am Family Day / Le jour de la famille .</p> <p>12:00 am Centre Closed / Le centre est fermé .</p>	<p>09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury</p> <p>10:00 am to 01:00 pm Cooking with OCOF Rumball Terrace</p>	<p>10:30 am to 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury</p>	<p>09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury</p> <p>01:00 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury</p>	<p>09:30 am to 11:30 am Playgroup Carl Nesbitt Public School</p>	24
25	<p>10:30 am to 12:00 pm Ages & Stages MacLeod Public School, Sudbury</p>	<p>09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury</p>	<p>10:30 am to 12:00 pm Parenting your 3-6 year old Minnow Lake Place, Sudbury</p>			

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

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

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 - Feb 1,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Feb 1,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Feb 6,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Creating Healthy Babies - Feb 7,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Feb 8,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Feb 8,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Ages & Stages - Feb 12,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

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

Playgroup - Feb 13,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Steps & Stages - Feb 14,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Dad's Night - Feb 14,2018 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes. FOOD SERVED: Supper.

Playgroup - Feb 15,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Steps & Stages - Feb 15,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Feb 15,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Steps & Stages - Feb 16,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Feb 20,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Cooking with OCOF - Feb 20,2018 10:00 am

ADDRESS: 1960 Paris Street, Sudbury

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

Creating Healthy Babies - Feb 21,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Feb 22,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Feb 22,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Feb 23,2018 9:30 am

ADDRESS: 1241 ROY ST, Sudbury

Ages & Stages - Feb 26,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

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

Playgroup - Feb 27,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Parenting your 3-6 year old - Feb 28,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury