

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				04:30 pm to 08:00 pm Cooking with OCOF St. Vincent de Paul Society, Val Caron 1	10:00 am to 11:30 am Creating Healthy Babies Capreol Public Library 2	3
4	5	09:00 am to 11:30 am Playgroup Redwood Acres Public School, Hanmer 6	09:00 am to 11:15 pm Playgroup C.R. Judd Public School, Capreol 7	10:30 am to 12:00 pm Creating Healthy Babies (Chelmsford) Chelmsford Public School 8	10:00 am to 11:30 am Steps & Stages Capreol Public Library 9	10
11	09:30 am to 11:30 am Collective Kitchen Valley Pentacostal Church, Hanmer 12	09:00 am to 11:30 am Playgroup Redwood Acres Public School, Hanmer 13	09:00 am to 11:15 pm Playgroup C.R. Judd Public School, Capreol 14	09:00 am to 12:00 pm Collective Kitchen Valley Pentacostal Church, Hanmer 15	10:00 am to 11:30 am Creating Healthy Babies Redwood Acres Public School, Hanmer 16	17
18	12:00 am Family Day / Le jour de la famille . 12:00 am Centre Closed / Le centre est fermé .	09:00 am to 11:30 am Playgroup Redwood Acres Public School, Hanmer 20	09:00 am to 11:15 am Playgroup C.R. Judd Public School, Capreol 21	10:00 am to 11:30 am Workshop (Positive Discipline) Valley Pentacostal Church, Hanmer 22	10:00 am to 11:30 am Steps & Stages Redwood Acres Public School, Hanmer 23	24
25	10:00 am to 11:30 am Other (Parent Support Group) Capreol Public Library 26	09:00 am to 11:30 am Playgroup Redwood Acres Public School, Hanmer 27	09:00 am to 11:15 am Playgroup C.R. Judd Public School, Capreol 28			

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.

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

Cooking with OCOF - Feb 1, 2018 4:30 pm

ADDRESS: 2506 Old Hwy 69, Val Caron

Creating Healthy Babies - Feb 2, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Playgroup - Feb 6, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Feb 7, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Creating Healthy Babies - Feb 8, 2018 10:30 am

ADDRESS: Sudbury, ON P0M 1L0

Steps & Stages - Feb 9, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Collective Kitchen - Feb 12, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Playgroup - Feb 13, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Feb 14, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Collective Kitchen - Feb 15, 2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Creating Healthy Babies - Feb 16, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

Playgroup - Feb 20, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Feb 21, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Workshop - Feb 22, 2018 10:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes. NOTES: Learn positive & effective discipline strategies that are appropriate to the development of your child with the support of the "Children See, Children Learn" program.

Please call 705-969-4040 to register.

Steps & Stages - Feb 23, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

Other - Feb 26, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes. NOTES: A supportive and caring environment for parents who share similar struggles, joys, and experiences in raising children under the age of 6. Please call 705-969-4040 to register.

Playgroup - Feb 27, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Feb 28, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol