

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	1	08:30 am to 04:00 pm Center Closed for Staff Professional Development 2	08:30 am to 04:00 pm Center Closed for Staff Professional Development 3	08:30 am to 04:00 pm Center Closed for Staff Professional Development 4	5	6
7	8	09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury 9	10:30 am to 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury 10 05:30 pm to 07:00 pm Dad's Night Adamsdale Public School, Sudbury	09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury 11 12:30 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	12	13
14	15	09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury 16	10:30 am to 12:00 pm Steps & Stages Minnow Lake Place, Sudbury 17	09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury 18 10:30 am to 12:00 pm Steps & Stages Minnow Lake Place, Sudbury 12:30 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	19	20
21	22	09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury 23	10:30 am to 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury 24	09:30 am to 11:30 am Playgroup MacLeod Public School, Sudbury 25 12:30 pm to 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	26	08:00 am Family Literacy Day / La journée de l'alphabétisation familiale 27
28	29	09:30 am to 11:30 am Playgroup Adamsdale Public School, Sudbury 30	10:30 am to 12:00 pm Parenting your 3-6 year old Minnow Lake Place, Sudbury 31			

Transportation & Child Care May Be Available

Additional Program Information

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

Center Closed for Staff Professional Development

Due to staff professional development during the first week of January, programs will not resume until January 8th 2018. If you require assistance during that time, please call and leave a message at the center as staff will be in and out of the office - if you require immediate assistance you can also call our main office at 705-677-0440.

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

Family Literacy Day / La journée de l'alphabétisation familiale

Held annually on January 27 to raise awareness of the importance of reading and engaging in other literacy-related activities as a family. Taking time every day to read or do a learning activity with your child is crucial to their development. Even just 15 minutes a day can improve a child's literacy skills dramatically. <http://abclifelifiteracy.ca/family-literacy>

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

Playgroup - Jan 9,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

FOOD SERVED: Snacks.

Creating Healthy Babies - Jan 10,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Dad's Night - Jan 10,2018 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes. FOOD SERVED: Supper.

Playgroup - Jan 11,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Snacks.

Getting Healthy with OCOF - Jan 11,2018 12:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Ages & Stages - Jan 15,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Jan 16,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

FOOD SERVED: Snacks.

Steps & Stages - Jan 17,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks. NOTES: Group 1

Playgroup - Jan 18,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Snacks.

Steps & Stages - Jan 18,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Getting Healthy with OCOF - Jan 18,2018 12:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Steps & Stages - Jan 19,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

FOOD SERVED: Snacks.

Playgroup - Jan 23,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

FOOD SERVED: Snacks.

Creating Healthy Babies - Jan 24,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Jan 25,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Snacks.

Getting Healthy with OCOF - Jan 25,2018 12:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Ages & Stages - Jan 29,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes. FOOD SERVED: Snacks.

Playgroup - Jan 30,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

FOOD SERVED: Snacks.

Parenting your 3-6 year old - Jan 31,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

FOOD SERVED: Snacks.