

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi	
1	(All day) Canada Day / Le Jour du Canada (All day) Center Closed / Le centre est fermé	2 09:00 am - 11:30 am Playgroup Kalmo Beach, Blezard Valley	3 09:00 am - 11:30 am Playgroup Doug Mohns Tot Lot, Capreol	4 10:00 am - 11:30 am Special Event (Creepy Crawler Walk) Valley East Public Library 01:00 pm - 02:30 pm Getting Healthy with OCOF Doug Mohns Tot Lot, Capreol	5 10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library	6 10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library	7
8	9	10 09:00 am - 11:30 am Playgroup Kin Park Playground, Blezard Valley	11 09:00 am - 11:30 am Playgroup Ella Lake, Capreol	12 10:30 am - 12:00 pm Creating Healthy Babies (Chelmsford) Chelmsford Public School 01:00 pm - 03:00 pm Playgroup Capreol Public Library	13 10:00 am - 11:30 am Steps & Stages Capreol Public Library 12:30 pm - 02:30 pm Car Seat Inspection Clinic Capreol Public Library	14	
15	16 09:30 am - 11:30 am Collective Kitchen Valley Pentacostal Church, Hanmer 01:00 pm - 02:30 pm Special Event (Science Fun) Capreol Public Library	17 09:00 am - 11:30 am Playgroup Theresa Playground, Hanmer	18 09:00 am - 11:30 am Playgroup C.R. Judd Public School, Capreol	19 09:00 am - 12:00 pm Collective Kitchen Valley Pentacostal Church, Hanmer	20 10:00 am - 11:30 am Creating Healthy Babies Redwood Acres Public School, Hanmer	21	
22	23 10:00 am - 11:30 am Parent Support Group Capreol Public Library 01:00 pm - 02:30 pm Special Event (Science Fun) Capreol Public Library	24 09:00 am - 11:30 am Playgroup Kalmo Beach, Blezard Valley	25 09:00 am - 11:30 am Playgroup Doug Mohns Tot Lot, Capreol	26 09:30 am - 11:30 am Crock Pot 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	27 10:00 am - 11:30 am Steps & Stages Redwood Acres Public School, Hanmer	28	
29	30 10:00 am - 11:30 am Getting Healthy with OCOF Raymond Plourde Arena Park, Val Caron 01:00 pm - 02:30 pm Special Event (Science Fun) Capreol Public Library	31 09:00 am - 11:30 am Playgroup Splash Pad, Hanmer					

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 - Jul 3,2018 9:00 am

ADDRESS: 2632, 2998 Sandy Beach Rd, Blezard Valley

Playgroup - Jul 4,2018 9:00 am

ADDRESS: Coulson St., Capreol

Special Event - Jul 5,2018 10:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

NOTES: Please meet at the parking lot behind the library at the north end of the soccer field.

Getting Healthy with OCOF - Jul 5,2018 1:00 pm

ADDRESS: Coulson St., Capreol

Creating Healthy Babies - Jul 6,2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Playgroup - Jul 10,2018 9:00 am

ADDRESS: 2732 Langdon Drive, Blezard Valley

Playgroup - Jul 11,2018 9:00 am

ADDRESS: Capreol Lake Rd., Capreol

Creating Healthy Babies - Jul 12,2018 10:30 am

ADDRESS: Sudbury, ON P0M 1L0

CHILCARE: yes.

Playgroup - Jul 12,2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Steps & Stages - Jul 13,2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Car Seat Inspection Clinic - Jul 13,2018 12:30 pm

ADDRESS: 9 Morin St., Capreol

Collective Kitchen - Jul 16,2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Special Event - Jul 16,2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Playgroup - Jul 17,2018 9:00 am

ADDRESS: Carmen Street, Hanmer

Playgroup - Jul 18,2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Collective Kitchen - Jul 19,2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Creating Healthy Babies - Jul 20,2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

Parent Support Group - Jul 23,2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Special Event - Jul 23,2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Playgroup - Jul 24,2018 9:00 am

ADDRESS: 2632, 2998 Sandy Beach Rd, Blezard Valley

Playgroup - Jul 25,2018 9:00 am

ADDRESS: Coulson St., Capreol

Crock Pot Kitchen - Jul 26,2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Creating Healthy Babies - Jul 26,2018 10:30 am

ADDRESS: Sudbury, ON P0M 1L0

CHILCARE: yes.

Learning Through Play - Jul 26,2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Steps & Stages - Jul 27,2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

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

ADDRESS: 1919 Helene St., Val Caron

Special Event - Jul 30,2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Playgroup - Jul 31,2018 9:00 am

ADDRESS: 4040 Elmview Dr, Hanmer