

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury 1	2
3	4	09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury 5	10:30 am - 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury 6	09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury 7	09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury 8	9
10	11	09:30 am - 11:30 pm Playgroup Adamsdale Public School, Sudbury 04:00 pm - 08:00 pm Cooking with OCOF Adamsdale Public School, Sudbury 12	10:30 am - 12:00 pm Steps & Stages (Group 2 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury 05:30 pm - 07:30 pm Dad's Night Adamsdale Public School, Sudbury 13	09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 10:30 am - 12:00 pm Steps & Stages (Group 2 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury 14	09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury 10:30 am - 12:00 pm Steps & Stages (Group 2 You must be pre-registered by Tuesday 2:00) Minnow Lake Place, Sudbury 15	16
(All day) Father's Day / Fête des pères 17	18	09:30 am - 11:30 pm Playgroup Adamsdale Public School, Sudbury 19	10:30 am - 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury 20	09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury 21	09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury 22	23
24	10:30 am - 12:00 pm Ages & Stages MacLeod Public School, Sudbury 25	09:30 am - 11:30 pm Playgroup Adamsdale Public School, Sudbury 26	10:30 am - 12:00 pm Parenting your 3-6 year old Minnow Lake Place, Sudbury 27	09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury 01:00 pm - 02:30 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury 28	09:30 am - 11:30 am Playgroup Carl Nesbitt Public School, Sudbury 29	30

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

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

This program gives fathers / male role models 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.

Parenting your 3-6 year old

This discussion group offers families with children between the ages of 3 and 6 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.

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 - Jun 1,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Playgroup - Jun 5,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Creating Healthy Babies - Jun 6,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 7,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie

Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

Getting Healthy with OCOF - Jun 7,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 8,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Ages & Stages - Jun 11,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

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

Playgroup - Jun 12,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Cooking with OCOF - Jun 12,2018 4:00 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes.

Steps & Stages - Jun 13,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Dad's Night - Jun 13,2018 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

Playgroup - Jun 14,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie

Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

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

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Jun 14,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 15,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

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

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 19,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Creating Healthy Babies - Jun 20,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 21,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

Getting Healthy with OCOF - Jun 21,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 22,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury

Ages & Stages - Jun 25,2018 10:30 am

ADDRESS: 23 Walford Rd., Sudbury

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

Playgroup - Jun 26,2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Parenting your 3-6 year old - Jun 27,2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Jun 28,2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

FOOD SERVED: Breakfast. FOOD DESCRIPTION: Fruit & veggie Trays, hummus, yogurt, cheese & crackers Kielbassa & cheese & Salsa omelette

Getting Healthy with OCOF - Jun 28,2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Playgroup - Jun 29,2018 9:30 am

ADDRESS: 1241 Roy St., Sudbury