

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					10:00 am - 11:30 am <i>Creating Healthy Babies</i> Capreol Public Library	11:00 am - 03:00 pm <i>Other (Rayside Balfour Bike Rodeo)</i> Lionel E Lalonde Centre, Azilda
3	4	09:00 am - 11:30 am <i>Playgroup</i> Redwood Acres Public School, Hanmer  01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Doug Mohns Tot Lot, Capreol	09:00 am - 11:15 am <i>Playgroup</i> C.R. Judd Public School, Capreol	12:30 pm - 02:30 pm <i>Open Door</i> C.R. Judd Public School, Capreol  04:30 pm - 08:00 pm <i>Cooking with OCOF</i> St. Vincent de Paul Society, Val Caron	10:00 am - 11:30 am <i>Steps &amp; Stages</i> Capreol Public Library	9
10	11	09:00 am - 11:30 am <i>Playgroup</i> Redwood Acres Public School, Hanmer	09:00 am - 11:15 am <i>Playgroup</i> C.R. Judd Public School, Capreol	10:30 am - 12:00 pm <i>Creating Healthy Babies</i> Chelmsford Public School  12:30 pm - 02:30 pm <i>Open Door</i> C.R. Judd Public School, Capreol	15	16
(All day) <i>Father's Day / Fête des pères</i>	17	09:00 am - 11:30 am <i>Playgroup</i> Redwood Acres Public School, Hanmer	09:00 am - 11:15 am <i>Playgroup</i> C.R. Judd Public School, Capreol	09:00 am - 12:00 pm <i>Collective Kitchen</i> Valley Pentacostal Church, Hanmer  12:30 pm - 02:30 pm <i>Open Door</i> C.R. Judd Public School, Capreol	21	22
24	25	09:00 am - 11:30 am <i>Playgroup</i> Redwood Acres Public School, Hanmer  01:00 pm - 02:30 pm <i>Getting Healthy with OCOF</i> Raymond Plourde Arena Park, Val Caron	09:00 am - 11:15 am <i>Playgroup</i> C.R. Judd Public School, Capreol	10:30 am - 12:00 pm <i>Creating Healthy Babies</i> Chelmsford Public School  12:30 pm - 02:30 pm <i>Open Door</i> C.R. Judd Public School, Capreol	28	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

## 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.

## Getting Healthy with OCOF

This is a wellness program that promotes healthy and positive lifestyle choices.

## Open Door

Our Early ON Child & Family Center is open for families to drop-in to receive referrals, support, education and/or information from our trained and experienced staff.

## 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.

## Workshop

Workshops give parents / caregivers the opportunity to receive support, education and information on a variety of topics.

## PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

### Creating Healthy Babies - Jun 1, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### Other - Jun 2, 2018 11:00 am

ADDRESS: 239 Montée Principale, Azilda

### Playgroup - Jun 5, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

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

ADDRESS: Coulson St., Capreol

### Playgroup - Jun 6, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Open Door - Jun 7, 2018 12:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

### Cooking with OCOF - Jun 7, 2018 4:30 pm

ADDRESS: 2506 Old Hwy 69, Val Caron

### Steps & Stages - Jun 8, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### Workshop - Jun 11, 2018 9:30 am

ADDRESS: 9 Morin St., Capreol

NOTES: Come out and join Sue from Better Beginnings as she guides us through a Medicine Bag Making workshop. Explore Anishnaabe culture in this casual setting.

### Playgroup - Jun 12, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

### Playgroup - Jun 13, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Creating Healthy Babies - Jun 14, 2018 10:30 am

ADDRESS: Sudbury, ON P0M 1L0

CHILCARE: yes.

### Open Door - Jun 14, 2018 12:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

### Creating Healthy Babies - Jun 15, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

### Collective Kitchen - Jun 18, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

### Playgroup - Jun 19, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

### Playgroup - Jun 20, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Collective Kitchen - Jun 21, 2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

### Open Door - Jun 21, 2018 12:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

### Steps & Stages - Jun 22, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

### Parent Support Group - Jun 25, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### Playgroup - Jun 26, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

### Getting Healthy with OCOF - Jun 26, 2018 1:00 pm

ADDRESS: 1919 Helene St., Val Caron

### Playgroup - Jun 27, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Creating Healthy Babies - Jun 28, 2018 10:30 am

ADDRESS: Sudbury, ON P0M 1L0

CHILCARE: yes.

### Open Door - Jun 28, 2018 12:30 pm

ADDRESS: 8 Lincoln Cr., Capreol