

| Sunday/dimanche | Monday/lundi | Tuesday/mardi | Wednesday/mercredi | Thursday/jeudi | Friday/vendredi | Saturday/samedi |
|-----------------|--|--|---|---|--|-----------------|
| | | | | <p>09:00 am - 11:00 am <i>L'apprentissage par le jeu</i> École St-Joseph, Espanola</p> <p>01:00 pm - 03:00 pm <i>Learning Through Play</i> Massey Public Library</p> | <p>09:00 am - 11:30 am <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>10:00 am - 11:45 am <i>Playgroup</i> Webbwood Public Library</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> | |
| 4 | 5 | <p>09:00 am - 11:30 am <i>Playgroup</i> St. Mary's School, Massey</p> <p>11:30 am - 02:30 pm <i>Cooking with OCOF</i> Espanola United Church</p> <p>01:00 pm - 02:30 pm <i>Triple P (Positive Parenting Program) One on one</i> Sacred Heart School, Espanola</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> Sacred Heart School, Espanola</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>03:00 pm - 04:30 pm <i>Creating Healthy Babies</i> Espanola High School</p> | <p>09:00 am - 11:30 am <i>Groupe de jeux</i> École St-Joseph, Espanola</p> <p>01:00 pm - 03:00 pm <i>Learning Through Play</i> Massey Public Library</p> | <p>09:00 am - 11:30 am <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>10:00 am - 11:45 am <i>Playgroup</i> Webbwood Public Library</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> | 10 |
| 11 | <p>01:30 pm - 02:30 pm <i>Virtual Discussion Group</i> Online</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> St. Mary's School, Massey</p> <p>01:00 pm - 02:30 pm <i>Triple P (Positive Parenting Program) One on one</i> Sacred Heart School, Espanola</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> Sacred Heart School, Espanola</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>06:00 pm - 07:30 pm <i>Playgroup</i> A.B. Ellis Public School, Espanola</p> | <p>09:00 am - 11:00 am <i>L'apprentissage par le jeu</i> École St-Joseph, Espanola</p> <p>01:00 pm - 03:00 pm <i>Learning Through Play</i> Massey Public Library</p> | <p>09:00 am - 11:30 am <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>10:00 am - 11:45 am <i>Playgroup</i> Webbwood Public Library</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> | 17 |
| 18 | <p>01:30 pm - 02:30 pm <i>Virtual Discussion Group</i> Online</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> St. Mary's School, Massey</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> Sacred Heart School, Espanola</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>03:00 pm - 04:30 pm <i>Creating Healthy Babies</i> Espanola High School</p> | <p>09:00 am - 11:30 am <i>Groupe de jeux</i> École St-Joseph, Espanola</p> <p>01:00 pm - 03:00 pm <i>Learning Through Play</i> Massey Public Library</p> <p>06:00 pm - 08:30 pm <i>Triple P (Family Transitions) Group</i> Sacred Heart School, Espanola</p> | <p>09:00 am - 11:30 am <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>10:00 am - 11:45 am <i>Playgroup</i> Webbwood Public Library</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> | 24 |
| 25 | <p>01:30 pm - 02:30 pm <i>Virtual Discussion Group</i> Online</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> St. Mary's School, Massey</p> <p>01:00 pm - 03:00 pm <i>Steps & Stages</i> Sacred Heart School, Espanola</p> | <p>09:00 am - 11:30 am <i>Playgroup</i> Sacred Heart School, Espanola</p> <p>12:30 pm - 03:00 pm <i>Other (Open Door)</i> Sacred Heart School, Espanola</p> <p>06:00 pm - 07:30 pm <i>Playgroup</i> S. Geiger Public School, Massey</p> | <p>01:00 pm - 03:00 pm <i>Learning Through Play</i> Massey Public Library</p> <p>06:00 pm - 08:30 pm <i>Triple P (Family Transitions) Group</i> Sacred Heart School, Espanola</p> | <p>(All day) <i>Good Friday / Vendredi saint</i></p> <p>(All day) <i>Centre Closed / Le centre est fermé</i></p> | 31 |

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

Additional Program Information / Information Additionnelle Concernant Les Programmes

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.

Groupe de jeux

Ce programme fournit aux parents et aux enfants l'occasion de participer ensemble à des activités divertissantes d'apprentissage.

L'apprentissage par le jeu

Ce programme offre aux jeunes enfants des expériences et des environnements qui encouragent l'apprentissage par l'exploration, le jeu et l'enquête.

Learning Through Play

This program is focused around encouraging children's exploration, play & inquiry through invitations and early learning developmental activities.

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.

Triple P (Family Transitions) Group

Family Transitions is designed for parents who are experiencing personal distress from separation or divorce, which is impacting on or complicating their parenting. It is delivered to parents before they complete Level 4 Group or Standard Triple P and consists of five sessions. Please go to <https://triplepsudbury.ca> to register.

Triple P (Positive Parenting Program) One on one

Meet with an accredited Triple P consultant for one-on-one sessions (two to four sessions) to help parents focus on a specific parenting challenge. With coaching, parents will learn and practice parenting strategies and will monitor their child's progress. Triple P Consultations are available for any parent who wants active skills training and wants to help change their child's behaviour. Please go to <https://www.triplepsudbury.ca/en/> to register.

Virtual Discussion Group

This online virtual discussion group offers parents/caregivers the opportunity to receive support and information on a variety of

age-appropriate topics from the comfort of your own home.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

L'apprentissage par le jeu - Mar 1,2018 9:00 am

ADDRESS: 333 Mead Blvd., Espanola

Learning Through Play - Mar 1,2018 1:00 pm

ADDRESS: 187 Grove St., Massey

Other - Mar 2,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 2,2018 10:00 am

ADDRESS: 16 Main St., Webbwood

Other - Mar 2,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 6,2018 9:00 am

ADDRESS: 290 Algoma St., Massey

Cooking with OCOF - Mar 6,2018 11:30 am

ADDRESS: 137 Sheppard St., Espanola

CHILCARE: yes.

Triple P (Positive Parenting Program) One on one - Mar 6,2018 1:00 pm

ADDRESS: 128 Park St., Espanola

CHILCARE: yes.

Playgroup - Mar 7,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Other - Mar 7,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Creating Healthy Babies - Mar 7,2018 3:00 pm

ADDRESS: 147 Spruce Ave., Espanola

Groupe de jeux - Mar 8,2018 9:00 am

ADDRESS: 333 Mead Blvd., Espanola

Learning Through Play - Mar 8,2018 1:00 pm

ADDRESS: 187 Grove St., Massey

Other - Mar 9,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 9,2018 10:00 am

ADDRESS: 16 Main St., Webbwood

Other - Mar 9,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 13,2018 9:00 am

ADDRESS: 290 Algoma St., Massey

Triple P (Positive Parenting Program) One on one - Mar 13,2018 1:00 pm

ADDRESS: 128 Park St., Espanola

CHILCARE: yes.

Playgroup - Mar 14,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Other - Mar 14,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 14,2018 6:00 pm

ADDRESS: 164 Mead Blvd., Espanola

L'apprentissage par le jeu - Mar 15,2018 9:00 am

ADDRESS: 333 Mead Blvd., Espanola

Learning Through Play - Mar 15,2018 1:00 pm

ADDRESS: 187 Grove St., Massey

Other - Mar 16,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 16,2018 10:00 am

ADDRESS: 16 Main St., Webbwood

Other - Mar 16,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 20,2018 9:00 am

ADDRESS: 290 Algoma St., Massey

Playgroup - Mar 21,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Other - Mar 21,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Creating Healthy Babies - Mar 21,2018 3:00 pm

ADDRESS: 147 Spruce Ave., Espanola

Groupe de jeux - Mar 22,2018 9:00 am

ADDRESS: 333 Mead Blvd., Espanola

Learning Through Play - Mar 22,2018 1:00 pm

ADDRESS: 187 Grove St., Massey

Triple P (Family Transitions) Group - Mar 22,2018 6:00 pm

ADDRESS: 128 Park St., Espanola

NOTES: Registration is required by calling 705-869-5545 or 705-222-9202

Other - Mar 23,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 23,2018 10:00 am

ADDRESS: 16 Main St., Webbwood

Other - Mar 23,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 27,2018 9:00 am

ADDRESS: 290 Algoma St., Massey

Steps & Stages - Mar 27,2018 1:00 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 28,2018 9:00 am

ADDRESS: 128 Park St., Espanola

Other - Mar 28,2018 12:30 pm

ADDRESS: 128 Park St., Espanola

Playgroup - Mar 28,2018 6:00 pm

ADDRESS: 355 Government Rd. W, Massey

Learning Through Play - Mar 29,2018 1:00 pm

ADDRESS: 187 Grove St., Massey

Triple P (Family Transitions) Group - Mar 29,2018 6:00 pm

ADDRESS: 128 Park St., Espanola

NOTES: Registration is required by calling 705-869-5545 or 705-222-9202