

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi				
31					01:30 am - 03:30 pm Open Door Minnow Lake Place, Sudbury	2				
3	4	09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury	05:30 pm - 07:30 pm Dad's Night Adamsdale Public School, Sudbury	6	10:30 am - 12:00 pm Steps & Stages Minnow Lake Place, Sudbury	7	10:30 am - 12:00 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	8	01:30 pm - 03:30 pm Open Door Minnow Lake Place, Sudbury	9
10	11	10:30 am - 12:00 pm Parent Advisory Committee Minnow Lake Place, Sudbury	12	10:30 am - 11:30 am Creating Healthy Babies Minnow Lake Place, Sudbury	13	10:30 am - 12:00 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	14	01:30 pm - 03:30 pm Open Door Minnow Lake Place, Sudbury	15	16
17	18	09:30 am - 11:30 am Playgroup Adamsdale Public School, Sudbury	19	05:30 pm - 07:30 pm Dad's Night Adamsdale Public School, Sudbury	20	10:30 am - 12:00 pm Getting Healthy with OCOF Minnow Lake Place, Sudbury	21	01:30 pm - 03:30 pm Open Door Minnow Lake Place, Sudbury	22	23
24	25	10:30 am - 12:00 pm Parenting your 3-6 year old Minnow Lake Place, Sudbury	26	10:30 am - 12:00 pm Creating Healthy Babies Minnow Lake Place, Sudbury	27	10:30 am - 12:00 pm Steps & Stages Minnow Lake Place, Sudbury	28	01:30 pm - 03:30 pm Open Door / Porte Ouverte Minnow Lake Place, 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

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.

Open Door

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

Open Door / Porte Ouverte

Our EarlyON Child & Family Center is open for families to drop-in to receive referrals, support, education and/or information from our trained and experienced staff. / Notre Centre pour l'enfant et la famille On y va est ouvert et notre équipe de professionnels hautement qualifiés est disponible (sans rendez-vous) pour les familles qui sont à la recherche d'information, d'éducation, de soutien et/ou d'orientation vers des services spécialisés.

Parent Advisory Committee

These meetings give members a chance to share ideas and suggestions about programs.

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

Open Door - Mar 1,2019 1:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Mar 5,2019 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Steps & Stages - Mar 6,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Dad's Night - Mar 6,2019 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

Getting Healthy with OCOF - Mar 7,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Open Door - Mar 8,2019 1:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

Parent Advisory Committee - Mar 11,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - Mar 12,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Creating Healthy Babies - Mar 13,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Mar 14,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Open Door - Mar 15,2019 1:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Mar 19,2019 9:30 am

ADDRESS: 181 First Avenue, Sudbury

Dad's Night - Mar 20,2019 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Mar 21,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Open Door - Mar 22,2019 1:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

Parenting your 3-6 year old - Mar 26,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies - Mar 27,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - Mar 28,2019 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Open Door / Porte Ouverte - Mar 29,2019 1:30 pm

ADDRESS: 1127 Bancroft Dr., Sudbury