

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				09:30 am - 11:30 am Parent Advisory Committee Valley Pentacostal Church, Hanmer 1	10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library 2	3
4	5	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer 6	09:00 am - 11:15 pm Playgroup C.R. Judd Public School, Capreol 7	10:00 am - 11:30 am Creating Healthy Babies Chelmsford Public School 8	10:00 am - 11:30 am Steps & Stages Capreol Public Library 9	10
11	10:00 am - 11:30 am Other (Parent Support Group) Capreol Public Library 12	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer 13	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol 14	10:00 am - 11:30 am Workshop (Making Time for Two) Valley Pentacostal Church, Hanmer 15	10:00 am - 11:30 am Creating Healthy Babies Redwood Acres Public School, Hanmer 16	17
18	09:30 am - 11:30 am Collective Kitchen Valley Pentacostal Church, Hanmer 19	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer 20	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol 21	09:00 am - 12:00 pm Collective Kitchen Valley Pentacostal Church, Hanmer 22	10:00 am - 11:30 am Steps & Stages Redwood Acres Public School, Hanmer 23	24
25	09:30 am - 11:30 am Collective Kitchen Trinity United Church, Capreol 26	09:00 am - 11:30 pm Playgroup Redwood Acres Public School, Hanmer 27	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol 28	09:00 am - 12:00 pm Collective Kitchen Trinity United Church, Capreol 29	(All day) Good Friday / Vendredi saint 30  (All day) Centre Closed / Le centre est fermé	31

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.

## 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.

## Parent Advisory Committee

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

## 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

### Parent Advisory Committee - Mar 1, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

### Creating Healthy Babies - Mar 2, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

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

ADDRESS: 4625 Carl St., Hanmer

### Playgroup - Mar 7, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Creating Healthy Babies - Mar 8, 2018 10:00 am

ADDRESS: Sudbury, ON P0M 1L0

CHILCARE: yes.

### Steps & Stages - Mar 9, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### Other - Mar 12, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes. NOTES: Join us in a supportive and caring environment for parents/caregivers who share similar struggles, joys, and experiences in raising children under the age of 6.

Please call 705-969-4040 to register.

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

ADDRESS: 4625 Carl St., Hanmer

### Playgroup - Mar 14, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Workshop - Mar 15, 2018 10:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes. NOTES: Join us to learn some practical strategies to help you cope with making time for more than one child.

### Creating Healthy Babies - Mar 16, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

### Collective Kitchen - Mar 19, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

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

ADDRESS: 4625 Carl St., Hanmer

### Playgroup - Mar 21, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Collective Kitchen - Mar 22, 2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

### Steps & Stages - Mar 23, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

### Collective Kitchen - Mar 26, 2018 9:30 am

ADDRESS: 72 Young St., Capreol

CHILCARE: yes.

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

ADDRESS: 4625 Carl St., Hanmer

### Playgroup - Mar 28, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

### Collective Kitchen - Mar 29, 2018 9:00 am

ADDRESS: 72 Young St., Capreol

CHILCARE: yes.