

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	1	2 10:00 am - 12:00 pm Crock Pot Kitchen Levack Public School 01:00 pm - 02:30 pm Open Door Levack Public School	3	4	5	6
7	8 <b>(All day)</b> Thanksgiving Day / Action de grâces  <b>(All day)</b> Center Closed / Le centre est fermé	9 09:30 am - 12:30 pm Cooking with OCOF Levack Public School 01:00 pm - 02:30 pm Open Door Levack Public School	10 10:00 am - 01:00 pm Cooking with OCOF Chelmsford Public School	11 10:30 am - 12:00 pm Creating Healthy Babies Chelmsford Public School	12	13
14	15	16 10:00 am - 12:00 pm Crock Pot Kitchen Levack Public School 01:00 pm - 02:30 pm Open Door Levack Public School	17 05:30 pm - 07:30 pm Dad's Night Chelmsford Public School	18	19	20
21	22 09:30 am - 12:30 pm Cooking with OCOF Levack Public School 01:00 pm - 02:30 pm Open Door Levack Public School	23 03:30 pm - 05:30 pm Crock Pot Kitchen Chelmsford Public School	24 10:30 am - 12:00 pm Creating Healthy Babies Chelmsford Public School	25	26	27
28	29 10:00 am - 11:30 am Cooking with Kids Levack Public School 01:00 pm - 02:30 pm Open Door Levack Public School	30	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 Kids**

Children between the ages of 2.5 to 12 years old will have the opportunity to learn basic cooking skills by preparing pre-selected recipes with the support from their accompanied parent / caregiver.

## **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.

## **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.

## **Crock Pot Kitchen - Oct 24, 2018 3:30 pm**

ADDRESS: 121 Charlotte Avenue, Chelmsford

CHILCARE: yes.

## **Creating Healthy Babies - Oct 25, 2018 10:30 am**

ADDRESS: 121 Charlotte Avenue, Chelmsford

## **Cooking with Kids - Oct 30, 2018 10:00 am**

ADDRESS: 100 High St. Levack

## **Open Door - Oct 30, 2018 1:00 pm**

ADDRESS: 100 High St. Levack

## **PROGRAM NOTES / MESSAGES CONCERNANT**

### **LES PROGRAMMES**

#### **Crock Pot Kitchen - Oct 2, 2018 10:00 am**

ADDRESS: 100 High St. Levack

#### **Open Door - Oct 2, 2018 1:00 pm**

ADDRESS: 100 High St. Levack

#### **Cooking with OCOF - Oct 9, 2018 9:30 am**

ADDRESS: 100 High St. Levack

#### **Open Door - Oct 9, 2018 1:00 pm**

ADDRESS: 100 High St. Levack

#### **Cooking with OCOF - Oct 10, 2018 10:00 am**

ADDRESS: 121 Charlotte Avenue, Chelmsford

#### **Creating Healthy Babies - Oct 11, 2018 10:30 am**

ADDRESS: 121 Charlotte Avenue, Chelmsford

#### **Crock Pot Kitchen - Oct 16, 2018 10:00 am**

ADDRESS: 100 High St. Levack

#### **Open Door - Oct 16, 2018 1:00 pm**

ADDRESS: 100 High St. Levack

#### **Dad's Night - Oct 17, 2018 5:30 pm**

ADDRESS: 121 Charlotte Avenue, Chelmsford

#### **Cooking with OCOF - Oct 23, 2018 9:30 am**

ADDRESS: 100 High St. Levack

#### **Open Door - Oct 23, 2018 1:00 pm**

ADDRESS: 100 High St. Levack