

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	06:00 pm - 07:00 pm <i>Getting Healthy with OCOF</i> 1960 Paris Street, Sudbury	03:30 pm - 05:30 pm <i>Collective Kitchen</i> MacLeod Public School, Sudbury	10:00 am - 12:00 pm <i>H.E.L.P. Toolbox Parenting Program</i> 1960 Paris Street, Sudbury 05:30 pm - 07:30 pm <i>Dad's Night</i> 1960 Paris Street, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 03:30 pm - 06:30 pm <i>Collective Kitchen</i> MacLeod Public School, Sudbury	10:30 am - 12:00 pm <i>Steps & Stages</i> 1960 Paris Street, Sudbury	
7	(All day) <i>Thanksgiving Day / Action de grâces</i> (All day) <i>Center Closed / Le centre est fermé</i>	04:00 pm - 06:00 pm <i>Getting Healthy with OCOF</i> 1960 Paris Street, Sudbury		09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 01:00 pm - 02:30 pm <i>Parent Advisory Committee</i> 1960 Paris Street, Sudbury		10:00 am - 12:00 pm <i>Special Event (Cooking With Kids)</i> 1960 Paris Street, Sudbury
14		10:00 am - 12:00 pm <i>Collective Kitchen</i> 1960 Paris Street, Sudbury	10:00 am - 12:00 pm <i>H.E.L.P. Toolbox Parenting Program</i> 1960 Paris Street, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 10:00 am - 01:00 pm <i>Collective Kitchen</i> 1960 Paris Street, Sudbury	10:30 am - 12:00 pm <i>Steps & Stages</i> 1960 Paris Street, Sudbury	
21	10:00 am - 12:00 pm <i>Playgroup</i> 1960 Paris Street, Sudbury		10:00 am - 12:00 pm <i>H.E.L.P. Toolbox Parenting Program</i> 1960 Paris Street, Sudbury	09:30 am - 11:30 am <i>Playgroup</i> MacLeod Public School, Sudbury 04:00 pm - 06:00 pm <i>Getting Healthy with OCOF</i> 1960 Paris Street, Sudbury		
28		03:30 pm - 05:30 pm <i>Collective Kitchen</i> MacLeod Public School, Sudbury	10:00 am - 12:00 pm <i>H.E.L.P. Toolbox Parenting Program</i> 1960 Paris Street, Sudbury			

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.

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.

H.E.L.P. Toolbox Parenting Program

H.E.L.P. (Healthy Emotions/Loving Parents) Toolbox is a program that provides participants with some of the tools and skills for coping with everyday stresses.

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

Getting Healthy with OCOF - Oct 1, 2018 6:00 pm

ADDRESS: 1960 Paris Street, Building C

NOTES: OCOF is supporting the Fair Food Market that runs from 5-6h30pm with an hour of fun filled family Zumba!.

Collective Kitchen - Oct 2, 2018 3:30 pm

ADDRESS: 23 Walford Rd., Sudbury

H.E.L.P. Toolbox Parenting Program - Oct 3, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Dad's Night - Oct 3, 2018 5:30 pm

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Playgroup - Oct 4, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Collective Kitchen - Oct 4, 2018 3:30 pm

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes.

Steps & Stages - Oct 5, 2018 10:30 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Getting Healthy with OCOF - Oct 9, 2018 4:00 pm

ADDRESS: 1960 Paris Street, Building C

Playgroup - Oct 11, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Parent Advisory Committee - Oct 11, 2018 1:00 pm

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Special Event - Oct 13, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

Collective Kitchen - Oct 16, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

H.E.L.P. Toolbox Parenting Program - Oct 17, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Playgroup - Oct 18, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Collective Kitchen - Oct 18, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Steps & Stages - Oct 19, 2018 10:30 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Playgroup - Oct 22, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

H.E.L.P. Toolbox Parenting Program - Oct 24, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.

Playgroup - Oct 25, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Getting Healthy with OCOF - Oct 25, 2018 4:00 pm

ADDRESS: 1960 Paris Street, Building C

Collective Kitchen - Oct 30, 2018 3:30 pm

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes.

H.E.L.P. Toolbox Parenting Program - Oct 31, 2018 10:00 am

ADDRESS: 1960 Paris Street, Building C

CHILCARE: yes.