

| Sunday/dimanche | Monday/lundi                                                                                                                                                                        | Tuesday/mardi                                                                                                                                       | Wednesday/mercredi                                                                                                                        | Thursday/jeudi                                                                                                                                                            | Friday/vendredi                                                   | Saturday/samedi |
|-----------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|-----------------|
|                 | 1                                                                                                                                                                                   | 09:30 am - 11:30 am<br>Playgroup<br>Adamsdale Public School, Sudbury 2                                                                              | 10:30 am - 12:00 pm<br>Creating Healthy Babies<br>Minnow Lake Place, Sudbury 3                                                            | 01:00 pm - 02:30 pm<br>Getting Healthy with OCOF<br>Minnow Lake Place, Sudbury 4                                                                                          | 01:00 pm - 03:30 pm<br>Open Door<br>Minnow Lake Place, Sudbury 5  | 6               |
| 7               | (All day)<br>Thanksgiving Day / Action de grâces 8<br><br>(All day)<br>Center Closed / Le centre est fermé                                                                          | 09:30 am - 11:30 am<br>Playgroup<br>Adamsdale Public School, Sudbury 9                                                                              | 10:30 am - 12:00 pm<br>Steps & Stages<br>Minnow Lake Place, Sudbury 10<br><br>05:30 pm<br>Dad's Night<br>Adamsdale Public School, Sudbury | 10:30 am - 12:00 pm<br>Parenting your 3-6 year old<br>Minnow Lake Place, Sudbury 11<br><br>01:00 pm - 02:30 pm<br>Getting Healthy with OCOF<br>Minnow Lake Place, Sudbury | 01:00 pm - 03:30 pm<br>Open Door<br>Minnow Lake Place, Sudbury 12 | 13              |
| 14              | 10:30 am - 12:00 pm<br>Parent Advisory Committee<br>Minnow Lake Place, Sudbury 15                                                                                                   | 09:30 am - 11:30 am<br>Playgroup<br>Adamsdale Public School, Sudbury 16<br><br>09:30 am - 12:00 pm<br>Open Door<br>Adamsdale Public School, Sudbury | 10:30 am - 12:00 pm<br>Creating Healthy Babies<br>Minnow Lake Place, Sudbury 17                                                           | 01:00 pm - 02:30 pm<br>Getting Healthy with OCOF<br>Minnow Lake Place, Sudbury 18                                                                                         | 01:00 pm - 03:30 pm<br>Open Door<br>Minnow Lake Place, Sudbury 19 | 20              |
| 21              | 10:30 am - 12:00 pm<br>Collective Kitchen<br>Minnow Lake Place, Sudbury 22                                                                                                          | 09:30 am - 12:00 pm<br>Open Door<br>Adamsdale Public School, Sudbury 23<br><br>09:30 am - 11:30 am<br>Playgroup<br>Adamsdale Public School, Sudbury | 10:30 am - 12:00 pm<br>Steps & Stages<br>Minnow Lake Place, Sudbury 24                                                                    | 01:00 pm - 02:30 pm<br>Getting Healthy with OCOF<br>Minnow Lake Place, Sudbury 25                                                                                         | 01:00 pm - 03:30 pm<br>Open Door<br>Minnow Lake Place, Sudbury 26 | 27              |
| 28              | 04:00 pm - 08:00 pm<br>Collective Kitchen<br>Adamsdale Public School, Sudbury 29<br><br>05:00 pm - 07:30 pm<br>Special Event (Halloween Party )<br>Adamsdale Public School, Sudbury | 09:30 am - 11:30 am<br>Playgroup<br>Adamsdale Public School, Sudbury 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

## 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.

## 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.

## 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.

ADDRESS: 181 First Avenue, Sudbury

## Creating Healthy Babies - Oct 3, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Getting Healthy with OCOF - Oct 4, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Open Door - Oct 5, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

## Playgroup - Oct 9, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

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

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Dad's Night - Oct 10, 2018 5:30 pm

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes.

## Parenting your 3-6 year old - Oct 11, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

## Getting Healthy with OCOF - Oct 11, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Open Door - Oct 12, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

## Parent Advisory Committee - Oct 15, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Playgroup - Oct 16, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

## Open Door - Oct 16, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

## Creating Healthy Babies - Oct 17, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Getting Healthy with OCOF - Oct 18, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Open Door - Oct 19, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

## Collective Kitchen - Oct 22, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

## Open Door - Oct 23, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

## Playgroup - Oct 23, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

## Steps & Stages - Oct 24, 2018 10:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Getting Healthy with OCOF - Oct 25, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

## Open Door - Oct 26, 2018 1:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

## Collective Kitchen - Oct 29, 2018 4:00 pm

ADDRESS: 181 First Avenue, Sudbury

## Special Event - Oct 29, 2018 5:00 pm

ADDRESS: 181 First Avenue, Sudbury

## Playgroup - Oct 30, 2018 9:30 am

ADDRESS: 181 First Avenue, Sudbury

## PROGRAM NOTES / MESSAGES CONCERNANT

## LES PROGRAMMES

Playgroup - Oct 2, 2018 9:30 am