

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	05:30 pm - 07:30 pm H.E.L.P. Toolbox Parenting Program Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol 01:00 pm - 02:30 pm Getting Healthy with OCOF Doug Mohns Tot Lot, Capreol	09:30 am - 11:30 am Parent Advisory Committee Valley Pentacostal Church, Hanmer 01:00 pm - 02:30 pm Learning Through Play C.R. Judd Public School, Capreol 04:30 pm - 07:30 pm Crock Pot Kitchen St. Vincent de Paul Society, Val Caron	10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library	
7	(All day) Thanksgiving Day / Action de grâces (All day) Center Closed / Le centre est fermé	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol	09:00 am - 12:00 pm Cooking with OCOF Trinity United Church, Capreol	10:00 am - 11:30 am Steps & Stages Capreol Public Library	13
14	09:30 am - 11:30 am Collective Kitchen Valley Pentacostal Church, Hanmer 05:30 pm - 07:30 pm H.E.L.P. Toolbox Parenting Program Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol 01:00 pm - 02:30 pm Getting Healthy with OCOF Raymond Plourde Arena Park, Val Caron	09:00 am - 12:00 pm Collective Kitchen Valley Pentacostal Church, Hanmer 10:00 am - 11:00 am Special Event (Outdoor Pumpkin Hunt) Centennial Arena, Hanmer 01:00 pm - 02:30 pm Learning Through Play C.R. Judd Public School, Capreol	10:00 am - 11:30 am Creating Healthy Babies Redwood Acres Public School, Hanmer	20
21	10:00 am - 11:30 am Parent Support Group Capreol Public Library 05:30 pm - 07:30 pm H.E.L.P. Toolbox Parenting Program Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol	01:00 pm - 02:30 pm Learning Through Play Capreol Public Library 05:30 pm - 07:30 pm Crock Pot Kitchen C.R. Judd Public School, Capreol	10:00 am - 11:30 am Steps & Stages Redwood Acres Public School, Hanmer	27
28	05:30 pm - 07:30 pm H.E.L.P. Toolbox Parenting Program Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Playgroup Redwood Acres Public School, Hanmer	09:00 am - 11:15 am Playgroup C.R. Judd Public School, Capreol 01:00 pm - 03:00 pm Triple P (Positive Parenting Program) Quick Tips Capreol Public Library			

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.

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.

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.

Learning Through Play

This program is focused around encouraging children's exploration, play & inquiry through invitations and early learning developmental activities.

Parent Advisory Committee

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

Parent Support Group

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

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.

Triple P (Positive Parenting Program) Quick Tips

During the session, the Triple P practitioner will provide support on specific parenting challenges or concerns with child's behaviour or development.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

H.E.L.P. Toolbox Parenting Program - Oct 1, 2018 5:30 pm

ADDRESS: 231 Martha St., Hanmer
CHILCARE: yes.

Playgroup - Oct 2, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Oct 3, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Getting Healthy with OCOF - Oct 3, 2018 1:00 pm

ADDRESS: Coulson St., Capreol

Parent Advisory Committee - Oct 4, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Learning Through Play - Oct 4, 2018 1:00 pm

ADDRESS: 8 Lincoln Cr., Capreol

Crock Pot Kitchen - Oct 4, 2018 4:30 pm

ADDRESS: 2506 Old Hwy 69, Val Caron

Creating Healthy Babies - Oct 5, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Playgroup - Oct 9, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Oct 10, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Cooking with OCOF - Oct 11, 2018 9:00 am

ADDRESS: 72 Young St., Capreol

CHILCARE: yes.

Steps & Stages - Oct 12, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Collective Kitchen - Oct 15, 2018 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

H.E.L.P. Toolbox Parenting Program - Oct 15, 2018 5:30 pm

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Playgroup - Oct 16, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Oct 17, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Getting Healthy with OCOF - Oct 17, 2018 1:00 pm

ADDRESS: 1919 Helene St., Val Caron

Collective Kitchen - Oct 18, 2018 9:00 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Special Event - Oct 18, 2018 10:00 am

ADDRESS: 4333 Centennial Drive, Hanmer

NOTES: Join us at the Sugarbush, Rainbow Route trail behind Centennial Arena for a walk in the trails and a pumpkin

hunt. Light snacks provided. Parking located by the baseball fields beside the arena. This is an outdoor event so please dress accordingly.

Learning Through Play - Oct 18, 2018 1:00 pm

ADDRESS: 8 Lincoln Cr., Capreol

Creating Healthy Babies - Oct 19, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

Parent Support Group - Oct 22, 2018 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

H.E.L.P. Toolbox Parenting Program - Oct 22, 2018 5:30 pm

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Playgroup - Oct 23, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Oct 24, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Learning Through Play - Oct 25, 2018 1:00 pm

ADDRESS: 9 Morin St., Capreol

Crock Pot Kitchen - Oct 25, 2018 5:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

CHILCARE: yes.

Steps & Stages - Oct 26, 2018 10:00 am

ADDRESS: 4625 Carl St., Hanmer

CHILCARE: yes.

H.E.L.P. Toolbox Parenting Program - Oct 29, 2018 5:30 pm

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

Playgroup - Oct 30, 2018 9:00 am

ADDRESS: 4625 Carl St., Hanmer

Playgroup - Oct 31, 2018 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Triple P (Positive Parenting Program) Quick Tips - Oct 31, 2018 1:00 pm

ADDRESS: 9 Morin St., Capreol