



Our Children, Our Future
Nos enfants, notre avenir

Membership Guidelines



Minnow Lake Place

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Our Children, Our Future Minnow Lake Place

A Best Start for Every Child

We offer children and their families a place to meet, to learn and to grow together.

Our Children, Our Future / Nos enfants, notre avenir is a registered, charitable, non-profit organization committed to meeting the needs of expectant parents and families with children from birth to age 6.

We offer programs and services to parents and children that foster a supportive and welcoming environment for all families. We provide all family members with resources and tools to help them lead healthy lifestyles together in support of becoming part of a healthy family and a healthy community.

Our Vision

Empowering and supporting children as well as families to foster a healthy future for our communities.

Our Values

Development, Inclusiveness, Excellence, Collaboration

Staff

Cherese Scherbak	Parent Resource Worker
Nicole Jameus	Parent Resource Worker
Dan Boivin	Manager of Program Services



Programs

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, eggs and other protein sources are also provided free to participants.

Playgroup

This program gives parents and children the opportunity to interact together in an open and welcoming environment while participating in fun learning activities together.

Triple P (Positive Parenting Program)

Triple P is for every parent, whether you have a specific problem, or are just looking for advice on common, everyday issues. It provides easy to use tips and new ideas that will help you build confidence and new skills. From seminars and phone support, to one-on-one consultations and parenting groups, Triple P has a format to support every parent.

Steps and Stages

This program is offered to families with children between the ages of 0 and 3. Informal discussion groups cover topics relevant to this age group, including care and development.

Parent Advisory Committee

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

Special Events

We hold special events from time to time to give members and staff a chance to socialize and have fun together. Some special events that we have had in the past include fire station tours, nature walks, beach & playground outings and much more.

Family Fun Night

This program gives families the opportunity to interact together in an open and welcoming environment while participating in games and physical activities together. A healthy nutritious meal is served.

Getting Healthy with OCOF

This is a fitness program that promotes healthy and positive lifestyle choices.

PLEASE CALL THE SITE OFFICE TO REGISTER FOR ANY OF THESE PROGRAMS.

While at the Playgroup...

- Children must be supervised at all times by a parent or caregiver.
- In an effort to maintain a positive, comfortable environment, physical, verbal aggression is not permitted.
- The use of inappropriate language is not permitted.
- You will be asked to leave if you or your child is ill as the germs may spread to other people in attendance.
- Please do not give food to a child you are not supervising.
- Parents are to participate in their children's activities (painting, crafts, and story time).
- Snacks must be eaten while sitting in the designated snack area.
- Children must always be accompanied in the washroom by parent or caregiver.
- For sanitary purposes, please put any toys that were in a child's mouth in the dirty toy basket for disinfection.
- We encourage children and parents to participate during circle time activities. If your child does not want to participate, please play quietly in a different area.
- Please use your walking feet and indoor voices.
- Indoor footwear must be worn at all times.
- No outside beverages or food at Adamsdale events.
- Please keep personal toys at home.
- Participants are required to help with clean up.
- Diapers must be changed at the diaper changing area.

Getting Started

Attendance Sheet

Upon arrival, please be sure to sign the attendance sheet.

Membership & Renewal

All program participants are required to complete a registration package. This enables us to obtain statistical information for our organization. An annual renewal is necessary.

Snacks & Refreshments

At every program a healthy snack is available for all participants.

Childcare

Child care may be available during workshops, discussion groups and parenting courses.

Keep Centre Clean

Participants are required to help clean i.e.: wash the high chairs, dishes and tidy up the playroom at the end of playgroup.

Donations

We continue to welcome donations of non-perishable food, diapers and craft supplies, etc...

Parent Involvement

Any contribution you make to the agency (such as donations of items, cleaning, laundry, etc.) is appreciated. Ask staff to see how you can get involved.

Resources

We have a variety of resources available for parents and caregivers.

Transportation

Transportation may be available to attend programs. Please see staff for more details.

Pictures

For confidentiality reasons, pictures taken at the center can be used for your own personal album but please do not share them with other parents or publish them for any other use (i.e. Facebook, Twitter).

Cell Phones

Please put cell phones on vibrate during programs.

Website

For more details and information please visit our website:

<http://www.ocof.net>

Facebook

Like our Facebook Page @OCOF Sudbury and South Central Hub



General Information

Site Office

1127 Bancroft Drive
Sudbury, Ontario P3B 1R6
Phone: 705-222-1826
Fax: 705-560-0425
Email: mlp@ocof.net

Main Office

201 Jogues Street
Sudbury, Ontario P3C 5L7
Phone: 705-677-0440
Fax: 705-673-3354

WE ALSO OFFER OUTREACH AT THE FOLLOWING LOCATION

Adamsdale Public School

181 First Avenue
Sudbury, Ontario
School Phone: 705-566-6020