



**Our Children, Our Future**  
**Nos enfants, notre avenir**

# *Membership Guidelines*

  
sudbury**beststart**  
meilleur**départ**sudbury



# Hanmer Best Start Hub

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# Our Children, Our Future Hanmer Best Start Hub

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## A Best Start for Every Child

Best Start Hubs 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 12.

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

Stéphanie Fournier	Parent Resource Worker
Kim Richer	Parent Resource Worker
Leesa Froman	Parent Resource Worker
Stephanie Brazeau	Manager of Program Services



# Programs

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## 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.

## 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.

## 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.

## Dad's Night

This program gives fathers 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.

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

# While at the Playgroup...

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- 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.
- DO NOT leave your hot beverages unattended.
- 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

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## 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

Due to privacy concerns, you are understandingly asked to refrain from taking pictures while at our centre. Please note however that there is an agency camera available at your disposal; please see staff for further details.

## Cell Phones

Please put cell phones on vibrate during programs.

## Website

For more details and information please visit our websites:

<http://www.ocof.net>

<http://www.sudburyfamilies.ca>

## Facebook

Like our Facebook Page @OCOF Hanmer Hub



# General Information

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## Site Office

Bishop Alexander Carter School  
539 Francis Street  
Hanmer, Ontario P3P 1E6  
Phone: 705-969-4040  
Fax: 705-969-7173  
Email: hanmerhub@ocof.net

## Main Office

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

**WE ALSO OFFER OUTREACH IN THE FOLLOWING LOCATIONS**

## Red Wood Acres School

4625 Carl Street  
Hanmer, Ontario  
School Phone: 705-675-0202

## C.R. Judd

8 Lincoln Crescent  
Capreol, Ontario  
School Phone: 705-671-5953