

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
30						1
2	<p>(All day) Center Closed / Le centre est fermé</p> <p>(All day) Labour Day / Fête du Travail</p>	<p>03:30 pm - 05:30 pm Collective Kitchen MacLeod Public School, Sudbury</p>	<p>05:00 pm - 07:30 pm Dad's Night Nepahwin Beach, Sudbury</p>	<p>09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury</p>	<p>03:30 pm - 06:30 pm Collective Kitchen MacLeod Public School, Sudbury</p>	8
9		<p>06:00 pm - 08:00 pm Workshop (Family Social Activities) Rumball Terrace, Sudbury</p>		<p>09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury</p> <p>01:00 pm - 02:30 pm Parent Advisory Committee Rumball Terrace, Sudbury</p>	<p>10:30 am - 12:00 pm Steps & Stages Rumball Terrace, Sudbury</p>	15
16	<p>04:00 pm - 06:00 pm Cooking with Kids Rumball Terrace, Sudbury</p>	<p>09:00 am - 11:00 am Collective Kitchen Rumball Terrace, Sudbury</p>	<p>10:00 am - 12:00 pm H.E.L.P. Toolbox Parenting Program Rumball Terrace, Sudbury</p>	<p>09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury</p>	<p>09:00 am - 12:00 pm Collective Kitchen Rumball Terrace, Sudbury</p>	22
23			<p>10:00 am - 12:00 pm H.E.L.P. Toolbox Parenting Program Rumball Terrace, Sudbury</p>	<p>09:30 am - 11:30 am Playgroup MacLeod Public School, Sudbury</p>	<p>10:30 am - 12:00 pm Steps & Stages Rumball Terrace, Sudbury</p>	29

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 Kids

Children between the ages of 2.5 to 12 years old will have the opportunity to learn basic cooking skills by preparing pre-selected recipes with the support from their accompanied parent / caregiver.

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.

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.

Workshop

Workshops give parents / caregivers the opportunity to receive support, education and information on a variety of topics.

CHILCARE: yes.

Workshop - Sep 11, 2018 6:00 pm

ADDRESS: 1960 Paris Street, Sudbury

Playgroup - Sep 13, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Parent Advisory Committee - Sep 13, 2018 1:00 pm

ADDRESS: 1960 Paris Street, Sudbury

CHILCARE: yes.

Steps & Stages - Sep 14, 2018 10:30 am

ADDRESS: 1960 Paris Street, Sudbury

Cooking with Kids - Sep 17, 2018 4:00 pm

ADDRESS: 1960 Paris Street, Sudbury

Collective Kitchen - Sep 18, 2018 9:00 am

ADDRESS: 1960 Paris Street, Sudbury

CHILCARE: yes. NOTES: Planning Session

H.E.L.P. Toolbox Parenting Program - Sep 19, 2018 10:00 am

ADDRESS: 1960 Paris Street, Sudbury

CHILCARE: yes.

Playgroup - Sep 20, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Collective Kitchen - Sep 21, 2018 9:00 am

ADDRESS: 1960 Paris Street, Sudbury

CHILCARE: yes. NOTES: Cooking session

H.E.L.P. Toolbox Parenting Program - Sep 26, 2018 10:00 am

ADDRESS: 1960 Paris Street, Sudbury

CHILCARE: yes.

Playgroup - Sep 27, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Steps & Stages - Sep 28, 2018 10:30 am

ADDRESS: 1960 Paris Street, Sudbury

CHILCARE: yes.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Collective Kitchen - Sep 4, 2018 3:30 pm

ADDRESS: 23 Walford Rd., Sudbury

CHILCARE: yes.

Dad's Night - Sep 5, 2018 5:00 pm

ADDRESS: 1742 Paris St., Sudbury

Playgroup - Sep 6, 2018 9:30 am

ADDRESS: 23 Walford Rd., Sudbury

Collective Kitchen - Sep 7, 2018 3:30 pm

ADDRESS: 23 Walford Rd., Sudbury