

| Sunday/dimanche | Monday/lundi   | Tuesday/mardi   | Wednesday/mercredi   | Thursday/jeudi  | Friday/vendredi   | Saturday/samedi   |
|-----------------|--|---|--|---|---|---|
| 30              |  |   |  |   |   | 1   |
| 2               | <p><b>(All day)</b><br/><i>Labour Day / Fête du Travail</i></p> <p><b>(All day)</b><br/><i>Center Closed / Le centre est fermé</i></p> | <p><b>09:30 am - 11:30 am</b><br/><i>Playgroup</i><br/>Adamsdale Public School, Sudbury</p> | <p><b>10:30 am - 12:00 pm</b><br/><i>Creating Healthy Babies (Please call 705 222-1826 to pre-register)</i><br/>Minnow Lake Place, Sudbury</p>   | <p><b>01:00 pm - 02:30 pm</b><br/><i>Getting Healthy with OCOF</i><br/>Minnow Lake Place, Sudbury</p>   |   | <p><b>10:00 am - 12:00 pm</b><br/><i>Special Event</i><br/>Adamsdale Public School, Sudbury</p> |
| 9               |  | <p><b>09:30 am - 11:30 am</b><br/><i>Playgroup</i><br/>Adamsdale Public School, Sudbury</p> | <p><b>10:30 am - 12:00 pm</b><br/><i>Steps &amp; Stages</i><br/>Minnow Lake Place, Sudbury</p> <p><b>05:30 pm - 07:30 pm</b><br/><i>Dad's Night</i><br/>Adamsdale Public School, Sudbury</p> | <p><b>10:30 am - 12:00 pm</b><br/><i>Parenting your 3-6 year old</i><br/>Minnow Lake Place, Sudbury</p> <p><b>01:00 pm - 02:30 pm</b><br/><i>Getting Healthy with OCOF</i><br/>Minnow Lake Place, Sudbury</p> | <p><b>01:00 pm - 03:30 pm</b><br/><i>Open Door</i><br/>Minnow Lake Place, Sudbury</p>   |   |
| 16              | <p><b>10:30 am - 12:00 pm</b><br/><i>Collective Kitchen</i><br/>Minnow Lake Place, Sudbury</p>   | <p><b>09:30 am - 11:30 am</b><br/><i>Playgroup</i><br/>Adamsdale Public School, Sudbury</p> | <p><b>10:30 am - 12:00 pm</b><br/><i>Creating Healthy Babies</i><br/>Minnow Lake Place, Sudbury</p>  | <p><b>01:00 pm - 02:30 pm</b><br/><i>Getting Healthy with OCOF</i><br/>Minnow Lake Place, Sudbury</p>   | <p><b>10:00 am - 12:00 pm</b><br/><i>Parent Advisory Committee</i><br/>Minnow Lake Place, Sudbury</p> <p><b>01:00 pm - 03:30 pm</b><br/><i>Open Door</i><br/>Minnow Lake Place, Sudbury</p> |   |
| 23              | <p><b>04:00 pm - 08:00 pm</b><br/><i>Collective Kitchen</i><br/>Adamsdale Public School, Sudbury</p>                                   | <p><b>09:30 am - 11:30 am</b><br/><i>Playgroup</i><br/>Adamsdale Public School, Sudbury</p> | <p><b>10:30 am - 12:00 pm</b><br/><i>Steps &amp; Stages</i><br/>Minnow Lake Place, Sudbury</p>   | <p><b>01:00 pm - 02:30 pm</b><br/><i>Getting Healthy with OCOF</i><br/>Minnow Lake Place, Sudbury</p>   | <p><b>01:00 pm - 03:30 pm</b><br/><i>Open Door</i><br/>Minnow Lake Place, Sudbury</p>   |   |

**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.

## PROGRAM NOTES / MESSAGES CONCERNANT

## LES PROGRAMMES

**Playgroup - Sep 4, 2018 9:30 am**

ADDRESS: 181 First Avenue, Sudbury

**Creating Healthy Babies - Sep 5, 2018 10:30 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Getting Healthy with OCOF - Sep 6, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Special Event - Sep 8, 2018 10:00 am**

ADDRESS: 181 First Avenue, Sudbury

**Playgroup - Sep 11, 2018 9:30 am**

ADDRESS: 181 First Avenue, Sudbury

**Steps & Stages - Sep 12, 2018 10:30 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Dad's Night - Sep 12, 2018 5:30 pm**

ADDRESS: 181 First Avenue, Sudbury

**Parenting your 3-6 year old - Sep 13, 2018 10:30 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

**Getting Healthy with OCOF - Sep 13, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Open Door - Sep 14, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury

**Collective Kitchen - Sep 17, 2018 10:30 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Playgroup - Sep 18, 2018 9:30 am**

ADDRESS: 181 First Avenue, Sudbury

**Creating Healthy Babies - Sep 19, 2018 10:30 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Getting Healthy with OCOF - Sep 20, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Parent Advisory Committee - Sep 21, 2018 10:00 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Open Door - Sep 21, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury

**Collective Kitchen - Sep 24, 2018 4:00 pm**

ADDRESS: 181 First Avenue, Sudbury

CHILCARE: yes.

**Playgroup - Sep 25, 2018 9:30 am**

ADDRESS: 181 First Avenue, Sudbury

**Steps & Stages - Sep 26, 2018 10:30 am**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Getting Healthy with OCOF - Sep 27, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

**Open Door - Sep 28, 2018 1:00 pm**

ADDRESS: 1127 Bancroft Dr., Sudbury