

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	09:30 am Story Time Facebook	04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am Open Door (South End Area - Must pre-register call/ text 705-822-4068) Zoom 10:00 am - 11:00 am Creating Healthy Babies (Must pre-register call/text 705-822-3203) Zoom	10:00 am - 11:00 am Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Online 10:00 am Families in the Kitchen (South End Area - Must pre-register call/ text 705-822-4068) Facebook 11:00 am Families in the Kitchen (Must pre-register call/text 705-822-3203) Facebook	10:00 am Families in the Kitchen (Call or Text Rick @ 705-207-0545) To Be Determined	10:00 am Craft Corner (Pre-recorded in group called Play) Facebook
7	09:00 am Playgroup (Geocache Style) Facebook	10:00 am Children See Children Learn (Must pre-register call/ text 705-822-4068) Zoom 10:00 am - 11:00 am Parent Support Group (Must pre-register call/text 705-822-3203) Zoom 04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am - 11:00 am Creating Healthy Babies Zoom 01:00 pm Open Door (New Sudbury) Zoom	10:00 am Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 06:30 pm - 07:30 pm Dad's Night (Register for access to zoom link) Zoom	09:30 am - 11:00 am Playgroup Downe Playground	10:00 am Craft Corner (Pre-recorded in group called Play) Facebook
14	09:30 am Story Time Facebook	04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am - 11:00 am Creating Healthy Babies Zoom 01:00 pm Open Door (New Sudbury) Zoom	10:00 am - 11:00 am Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	10:00 am Families in the Kitchen (Call or Text Rick @ 705-207-0545) To Be Determined	10:00 am Craft Corner (Pre-recorded in group called Play) Facebook
21	09:00 am Playgroup (Geocache Style) Facebook	04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am - 11:00 am Parent Support Group (Must pre-register call/text 705-822-3203) Zoom 02:00 pm Open Door (Minnow Lake area) Zoom	10:00 am - 11:00 am Getting Healthy with OCOF (Must pre-register call/text) Minnow Lake Place, Sudbury 10:00 am Families in the Kitchen (South End Area - Must pre-register call/ text 705-822-4068) Facebook 06:30 pm - 07:30 pm Dad's Night (Register for access to zoom link) Zoom	09:30 am - 11:00 am Playgroup Downe Playground	10:00 am Craft Corner (Pre-recorded in group called Play) Facebook
28	09:30 am Story Time Facebook	10:00 am - 01:00 pm Special Event (Pop up Information Booth) Place Hurtubise, Sudbury 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must pre-register) Zoom				

Additional Program Information / Information Additionnelle Concernant Les Programmes

Children See Children Learn

Parenting can be stressful. Research shows that punishments such as slapping, spanking or shaming do not work. There are more positive ways to teach your child that do work. Join us to learn ideas on guiding your child in a more positive way.

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.

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.

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.

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 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

By engaging in play, the children and their parents/caregivers learn together in an open, welcoming, inviting, and inclusive environment.

FOOD SERVED: Supper. FOOD DESCRIPTION: ham or chicken

pineapple

Getting Healthy with OCOF - Nov 25, 2021 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Nov 26, 2021 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

NOTES: call Rick at 705-222-1826 Ext 267

Special Event - Nov 30, 2021 10:00 am

ADDRESS: 1950 Lasalle, Sudbury

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Families in the Kitchen - Nov 5, 2021 10:00 am

FOOD SERVED: Supper. FOOD DESCRIPTION: ham or chicken
pineapple

Getting Healthy with OCOF - Nov 11, 2021 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Playgroup - Nov 12, 2021 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

NOTES: call Rick at 705-222-1826 Ext 267

Getting Healthy with OCOF - Nov 18, 2021 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Families in the Kitchen - Nov 19, 2021 10:00 am