

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	07:00 am - 07:15 am Family Yoga (Pre recorded video in Family Wellness group) Facebook	10:00 am Busy Little Hands (Activity Kits-Pre-registration required) . 04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am Creating Healthy Babies (Pre-recorded video posted in the CHB group on Facebook) Facebook 10:00 am Families in the Kitchen (Valley East-Pre-registration Required) .	10:00 am Families in the Kitchen (Chelmsford-Pre-registration Required) .	08:00 am Mindfulness, Meditation and Gratitude (Pre recorded video in Family wellness group) Facebook 10:00 am Special Event (Outdoors "Walk and Talk" - pre-registration required) Capreol Public Library	
09:00 am Story Time (Pre-recorded in group called Play) Facebook	07:00 am - 07:15 am Family Yoga (Pre recorded video in Family Wellness group) Facebook	10:00 am Busy Little Hands (Activity Kits-Pre-registration required) . 04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am Families in the Kitchen (Capreol-Pre-registration required) . 08:00 pm Parent Chat (Parent Support group on Facebook) Zoom	10:00 am Families in the Kitchen (Onaping Falls- Pre-registration Required) . 06:30 pm - 07:30 pm Dad's Night (Register for access to zoom link) Zoom	08:00 am Mindfulness, Meditation and Gratitude (Pre recorded video in Family wellness group) Facebook 10:00 am Playgroup (Outdoors - Pre-registration required) Centennial Arena, Hanmer	
09:00 am Story Time (Pre-recorded in group called Play) Facebook	07:00 am - 07:15 am Family Yoga (Pre recorded video in Family Wellness group) Facebook	10:00 am Busy Little Hands (Activity Kits-Pre-registration required) . 04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am Creating Healthy Babies (Meeting online) Zoom 10:00 am Families in the Kitchen (Valley East-Pre-registration Required) .	10:00 am Families in the Kitchen (Chelmsford-Pre-registration Required) . 01:00 pm - 02:00 pm Infant Massage (Pre-Registration Required) Zoom	08:00 am Mindfulness, Meditation and Gratitude (Pre recorded video in Family wellness group) Facebook 10:00 am Special Event (Outdoors "Walk and Talk" - pre-registration required) Carole Richard Park, Val Caron	
09:00 am Story Time (Pre-recorded in group called Play) Facebook	07:00 am - 07:15 am Family Yoga (Pre recorded video in Family Wellness group) Facebook	10:00 am Busy Little Hands (Activity Kits-Pre-registration required) . 04:00 pm H.E.L.P. Toolbox Parenting Program (Coping Module - Must pre-register) Zoom	10:00 am Families in the Kitchen (Capreol-Pre-registration required) . 10:00 am Parent Chat (Parent Support group on Facebook) Zoom	11:00 am Families in the Kitchen (Onaping Falls- Pre-registration Required) . 01:00 pm - 02:00 pm Infant Massage (Pre-Registration Required) Zoom 06:30 pm - 07:30 pm Dad's Night (Register for access to zoom link) Zoom	08:00 am Mindfulness, Meditation and Gratitude (Pre recorded video in Family wellness group) Facebook 10:00 am Playgroup (Outdoors - Pre-registration required) To Be Determined	
09:00 am Story Time (Pre-recorded in group called Play) Facebook	07:00 am - 07:15 am Family Yoga (Pre recorded video in Family Wellness group) Facebook 06:30 pm Family Bingo (Pre-registration required) Zoom	10:00 am Busy Little Hands (Activity Kits-Pre-registration required) . 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

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.

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.

Playgroup

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

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Special Event - Nov 5, 2021 10:00 am

ADDRESS: 9 Morin St., Capreol

Playgroup - Nov 12, 2021 10:00 am

ADDRESS: 4333 Centennial Drive, Hanmer

Special Event - Nov 19, 2021 10:00 am

ADDRESS: 1709 George St. Val Caron