

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	(All day) Centre Closed / Le centre est fermé ¹	04:00 pm - 05:00 pm ² H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	01:00 pm - 02:00 pm ³ Infant Massage Zoom			
7		04:00 pm - 05:00 pm ⁹ H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	10:00 am - 11:00 am ¹⁰ Creating Healthy Babies Zoom 01:00 pm - 02:00 pm Infant Massage Zoom			
14		09:00 am - 11:00 am ¹⁶ Cooking with OCOF (Community Kitchen- Registration Required) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:30 am - 11:30 am ¹⁷ Cooking with OCOF (Slow Cooker Workshop- Registration Required) Chelmsford Public School 01:00 pm - 02:00 pm Infant Massage Zoom			
21	09:30 am - 11:30 am ²² Car Seat Inspection Clinic (Registration Required) I J Coady Memorial Arena, Levack	09:00 am - 10:30 am ²³ Cooking with Kids (Registration Required) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:30 am - 11:30 am ²⁴ Cooking with OCOF (Slow Cooker Workshop- Registration Required) Chelmsford Public School 01:00 pm - 02:00 pm Infant Massage Zoom			
28	06:30 pm - 07:30 pm ²⁹ Family Bingo (Registration Required) Zoom	04:00 pm - 05:00 pm ³⁰ H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	01:00 pm - 02:00 pm ³¹ Infant Massage Zoom			

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Car Seat Inspection Clinic

Learn to safely install and use your car seat.

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.

Cooking with OCOF

This program offers parents and caregivers the opportunity to learn about the importance of healthy eating and to develop their cooking skills by preparing healthy affordable meals.

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.

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.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Cooking with OCOF - Aug 16, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Aug 17, 2022 9:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford

Car Seat Inspection Clinic - Aug 22, 2022 9:30 am

ADDRESS: 13 2nd Ave N, Levack

Cooking with Kids - Aug 23, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Aug 24, 2022 9:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford