

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	(All day) Centre Closed / Le centre est fermé <sup>1</sup>	04:00 pm - 05:00 pm <sup>2</sup> H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom		09:30 am - 11:30 am <sup>4</sup> Playgroup (In case of rain meet at Downe Park Club House, 1311 Gemmell St.) Nepahwin Beach, Sudbury	10:00 am - 11:30 am <sup>5</sup> Family Bingo (Registration is required, call/text Rick at 705-207-0545) Zoom	
7		04:00 pm - 05:00 pm <sup>9</sup> H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	01:00 pm <sup>10</sup> Open Door (Call Denise at 705-822-4068) 1960 Paris Street, Sudbury	09:30 am - 11:00 am <sup>11</sup> Playgroup 1960 Paris Street, Sudbury  01:30 pm - 03:00 pm Playgroup 1960 Paris Street, Sudbury	09:30 am - 10:30 am <sup>12</sup> Parent Support Group (Must pre-register, call/text 705-822-4068) Zoom	13
14		04:00 pm - 05:00 pm <sup>16</sup> H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom			09:30 am - 10:30 am <sup>19</sup> Children See Children Learn (Must pre register, call/text 705-822-4068) Zoom	20
21		04:00 pm - 05:00 pm <sup>23</sup> H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:30 am - 12:00 pm <sup>24</sup> Cooking with OCOF (Must pre-register, call/text 705-822-4068) 1960 Paris Street, Sudbury	09:30 am - 11:30 am <sup>25</sup> Playgroup (Call or Text Rick at 705-207-0545) DJ Hancock Memorial Park, Sudbury		27
28		04:00 pm - 05:00 pm <sup>30</sup> H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:30 am - 12:00 pm <sup>31</sup> Cooking with OCOF (Must pre-register, call/text 705-822-4068) 1960 Paris Street, Sudbury			

# 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.

## **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.

## **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.

## **PROGRAM NOTES / MESSAGES CONCERNANT**

### **LES PROGRAMMES**

#### **Playgroup - Aug 4,2022 9:30 am**

ADDRESS: 1742 Paris St., Sudbury

#### **Open Door - Aug 10,2022 1:00 pm**

ADDRESS: 1960 Paris Street, Building C

#### **Playgroup - Aug 11,2022 9:30 am**

ADDRESS: 1960 Paris Street, Building C

NOTES: Let's play in the Air condition Gymnasium in Building C.

#### **Playgroup - Aug 11,2022 1:30 pm**

ADDRESS: 1960 Paris Street, Building C

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

ADDRESS: 1960 Paris Street, Building C

#### **Playgroup - Aug 25,2022 9:30 am**

ADDRESS: 120 Walford Rd., Sudbury

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

#### **Cooking with OCOF - Aug 31,2022 9:30 am**

ADDRESS: 1960 Paris Street, Building C