

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	(All day) Centre Closed / Le centre est fermé ¹	09:00 am - 11:30 am ² Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:00 am - 11:15 am ³ Movement & Play C.R. Judd Public School, Capreol 01:00 pm - 02:00 pm Infant Massage Zoom	10:00 am - 11:30 am ⁴ Getting Healthy with OCOF (Stroller Walk) Valley East Public Library 01:00 pm - 02:30 pm Nobody's Perfect Capreol Public Library	10:00 am - 12:00 pm ⁵ Playgroup (Outdoor) Pinecrest Park, Val Caron	
	⁷ 09:30 am - 11:30 am ⁸ Car Seat Inspection Clinic (Registration Required) Raymond Plourde Arena Park, Val Caron	09:00 am - 11:30 am ⁹ Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:30 am - 12:00 pm ¹⁰ Playgroup Capreol Public Library 10:00 am - 11:00 am Creating Healthy Babies Zoom 01:00 pm - 02:00 pm Infant Massage Zoom	01:00 pm - 02:30 pm ¹¹ Nobody's Perfect Capreol Public Library	10:00 am - 12:00 pm ¹² Playgroup (Outdoor) Doug Mohns Tot Lot, Capreol	
	¹⁴ 10:00 am - 11:30 am ¹⁵ Family Yoga (Outdoor Family Yoga) Valley East Public Library	04:00 pm - 05:00 pm ¹⁶ H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	01:00 pm - 02:00 pm ¹⁷ Infant Massage Zoom	09:30 am - 11:30 am ¹⁸ Cooking with OCOF (Slow Cooker Workshop - Registration Required) Valley Pentacostal Church, Hanmer 01:00 pm - 02:30 pm Nobody's Perfect Capreol Public Library	09:00 am ¹⁹ Circle Time (Pre-recorded video in Facebook group called "Play") Facebook	
	²¹	09:00 am - 11:00 am ²² Special Event (Nature Hike and Picnic - Registration Required) Centennial Arena, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:30 am - 12:00 pm ²³ Playgroup Capreol Public Library 01:00 pm - 02:00 pm Infant Massage Zoom	09:30 am - 11:30 am ²⁴ Cooking with OCOF (Slow Cooker Workshop - Registration Required) Trinity United Church, Capreol 01:00 pm - 02:30 pm Nobody's Perfect Capreol Public Library	10:00 am - 11:30 am ²⁵ Creating Healthy Babies Capreol Public Library 10:00 am - 12:00 pm Special Event (End of Summer Family Fun Event, Registration Required) MacMillan Tot Lot, Val Caron	
	²⁸ 10:00 am - 11:30 am ²⁹ Family Yoga (Outdoor Family Yoga) Valley East Public Library 06:30 pm - 07:30 pm Family Bingo (Registration Required) Zoom	09:00 am - 11:30 am ³⁰ Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Stress Module - Must Pre-Register) Zoom	09:00 am - 11:15 am ³¹ Movement & Play C.R. Judd Public School, Capreol 01:00 pm - 02:00 pm 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 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.

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.

Nobody's Perfect

At Nobody's Perfect sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent. Sessions are based on what you and other parents want to learn about, not step by step from a book.

Playgroup

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

CHILCARE: yes.

Playgroup - Aug 12,2022 10:00 am

ADDRESS: Coulson St., Capreol

Family Yoga - Aug 15,2022 10:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Cooking with OCOF - Aug 18,2022 9:30 am

ADDRESS: 231 Martha St., Hanmer

Nobody's Perfect - Aug 18,2022 1:00 pm

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Special Event - Aug 23,2022 9:00 am

ADDRESS: 4333 Centennial Drive, Hanmer

Playgroup - Aug 24,2022 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with OCOF - Aug 25,2022 9:30 am

ADDRESS: 72 Young St., Capreol

Nobody's Perfect - Aug 25,2022 1:00 pm

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Creating Healthy Babies - Aug 26,2022 10:00 am

ADDRESS: 9 Morin St., Capreol

Special Event - Aug 26,2022 10:00 am

ADDRESS: MacMillan Drive, Val Caron

Family Yoga - Aug 29,2022 10:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - Aug 30,2022 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Movement & Play - Aug 31,2022 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Playgroup - Aug 2,2022 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Movement & Play - Aug 3,2022 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Getting Healthy with OCOF - Aug 4,2022 10:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Nobody's Perfect - Aug 4,2022 1:00 pm

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Playgroup - Aug 5,2022 10:00 am

ADDRESS: Pinecrest Tot Lot, Swanson Court

Car Seat Inspection Clinic - Aug 8,2022 9:30 am

ADDRESS: 1919 Helene St., Val Caron

Playgroup - Aug 9,2022 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Aug 10,2022 9:30 am

ADDRESS: 9 Morin St., Capreol

Nobody's Perfect - Aug 11,2022 1:00 pm

ADDRESS: 9 Morin St., Capreol