

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi			
				1	2	3			
4	<p>(All day) Centre Closed / Le centre est fermé</p> <p>(All day) Labour Day / Fête du Travail</p>	<p>5</p> <p>09:00 am - 11:00 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Levaack Public School</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom</p>	<p>6</p> <p>09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Chelmsford Public School</p> <p>10:00 am - 11:00 am Creating Healthy Babies Zoom</p> <p>01:00 pm - 02:00 pm Infant Massage Zoom</p>	7	8	9	10		
11	12	<p>09:00 am - 11:00 am Cooking with OCOF (Community Kitchen- Text 705-822-4037 to register) Levaack Public School</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom</p>	13	<p>09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Chelmsford Public School</p> <p>01:00 pm - 02:00 pm Infant Massage Zoom</p>	14	<p>01:00 pm - 02:00 pm Nobody's Perfect (Virtual - Behaviour) Zoom</p>	15	16	17
18	19	<p>09:00 am - 10:30 am Cooking with Kids (Text 705-822-4037 to register.) Levaack Public School</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom</p>	20	<p>09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Chelmsford Public School</p> <p>01:00 pm - 02:00 pm Infant Massage Zoom</p>	21	22	23	24	
25	<p>06:30 pm - 07:30 pm Family Bingo (Pre-registration required) Zoom</p> <p>(All day) Center Closed for Staff Professional Development</p> <p>(All day) Développement professionnel pour les employés. Le centre est fermé.</p>	26	<p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom</p>	27	<p>01:00 pm - 02:00 pm Infant Massage Zoom</p>	28	<p>01:00 am - 02:00 pm Nobody's Perfect (Virtual - Parenting) Zoom</p>	29	30

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

Additional Program Information / Information Additionnelle Concernant Les Programmes

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.

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.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Cooking with OCOF - Sep 6, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Sep 7, 2022 9:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford

Cooking with OCOF - Sep 13, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Sep 14, 2022 9:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford

Cooking with Kids - Sep 20, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Sep 21, 2022 9:30 am

ADDRESS: 121 Charlotte Avenue, Chelmsford