

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				10:00 am - 11:30 am Getting Healthy with OCOF (stroller walk) Carole Richard Park, Val Caron	10:00 am - 12:00 pm Special Event (End of Summer Celebrarion (must pre-register)) MacMillan Tot Lot, Val Caron	
4	(All day) Centre Closed / Le centre est fermé  (All day) Labour Day / Fête du Travail	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 09:00 am - 11:00 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Chelmsford Public School 10:00 am - 11:00 am Creating Healthy Babies Zoom 01:00 pm - 02:00 pm Infant Massage	09:00 am - 11:30 am Welcome Baby (for families with babies ages 0-12 months) St. Anne School, Hanmer 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Trinity United Church, Capreol	10:00 am - 12:00 pm Explorers Club (Learning Through Outdoor Exploration) Doug Mohns Tot Lot, Capreol	10
11	10:00 am Circle Time (Pre-recorded in group called Play) Facebook	09:00 am - 11:00 am Cooking with OCOF (Community Kitchen- Text 705-822-4037 to register) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom	09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Chelmsford Public School 01:00 pm - 02:00 pm Infant Massage Zoom	09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Valley Pentacostal Church, Hanmer 01:00 pm - 02:00 pm Nobody's Perfect (Virtual - Behaviour) Zoom	10:00 am - 11:30 am Special Event (Scavenger hunt) Kaimo Beach, Blezard Valley	17
18	09:00 am - 11:30 am Car Seat Inspection Clinic (Child Passenger Safety Week - Drop-in to get your car seat checked - Locations to be announced!)	09:00 am - 10:30 am Cooking with Kids (Text 705-822-4037 to register.) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Chelmsford Public School 01:00 pm - 02:00 pm Infant Massage Zoom	09:00 am - 11:30 am Welcome Baby (for families with babies ages 0-12 months) St. Anne School, Hanmer 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Trinity United Church, Capreol	10:00 am - 11:30 am Creating Healthy Babies Capreol Public Library	24
25	06:30 pm - 07:30 pm Family Bingo (Pre-registration required) Zoom (All day) Center Closed for Staff Professional Development  (All day) Développement professionnel pour les employés. Le centre est fermé.	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Anger Module - Must Pre-Register) Zoom	09:00 am - 11:15 am Playgroup Capreol Public Library 09:30 am - 11:30 am Hearing and Developmental Screening (Text 705-822-4037 to register.) Capreol Public Library 01:00 pm - 02:00 pm Infant Massage Zoom	01:00 am - 02:00 pm Nobody's Perfect (Virtual - Parenting) Zoom 05:00 pm - 07:00 pm Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Valley Pentacostal Church, Hanmer	10:00 am - 12:00 pm Explorers Club (Learning Through Outdoor Exploration) Carole Richard Park, Val Caron	

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.

## **Explorers Club**

This outdoor play-based program gives children and their parents/caregivers the opportunity to interact with the natural world around them.

## **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.

## **Hearing and Developmental Screening**

Individual screening will be taking place using a checklist designed to help monitor your child's development. Hearing tests will also be available. This screening is meant for children ages 18 months and older.

## **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.

## **Welcome Baby**

Welcome Baby inspires parents/caregivers with babies up to 12 months of age to explore, interact and research with materials which supports curiosity, learning and development.

ADDRESS: 1709 George St. Val Caron

## **Special Event - Sep 2, 2022 10:00 am**

ADDRESS: MacMillan Drive, Val Caron

## **Playgroup - Sep 6, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

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

ADDRESS: 100 High St., Levack

## **Movement & Play - Sep 7, 2022 9:00 am**

ADDRESS: 8 Lincoln Cr., Capreol

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

ADDRESS: 121 Charlotte Avenue, Chelmsford

## **Welcome Baby - Sep 8, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

## **Cooking with OCOF - Sep 8, 2022 9:30 am**

ADDRESS: 72 Young St., Capreol

## **Explorers Club - Sep 9, 2022 10:00 am**

ADDRESS: Coulson St., Capreol

NOTES: This outdoor play-based program gives children and their parents/caregivers the opportunity to interact with the natural world around them.

## **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 OCOF - Sep 15, 2022 9:30 am**

ADDRESS: 231 Martha St., Hanmer

## **Special Event - Sep 16, 2022 10:00 am**

ADDRESS: 2632, 2998 Sandy Beach Rd, Blezard Valley

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

ADDRESS: 100 High St., Levack

## **Movement & Play - Sep 21, 2022 9:00 am**

ADDRESS: 8 Lincoln Cr., Capreol

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

ADDRESS: 121 Charlotte Avenue, Chelmsford

## **Welcome Baby - Sep 22, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

## **Cooking with OCOF - Sep 22, 2022 9:30 am**

ADDRESS: 72 Young St., Capreol

## **Creating Healthy Babies - Sep 23, 2022 10:00 am**

ADDRESS: 9 Morin St., Capreol

## **Playgroup - Sep 27, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

## **Playgroup - Sep 28, 2022 9:00 am**

ADDRESS: 9 Morin St., Capreol

## **Hearing and Developmental Screening - Sep 28, 2022 9:30 am**

ADDRESS: 9 Morin St., Capreol

## **Cooking with OCOF - Sep 29, 2022 5:00 pm**

ADDRESS: 231 Martha St., Hanmer

## **Explorers Club - Sep 30, 2022 10:00 am**

ADDRESS: 1709 George St. Val Caron

NOTES: This outdoor play-based program gives children and their parents/caregivers the opportunity to interact with the natural world around them.

## **PROGRAM NOTES / MESSAGES CONCERNANT**

## **LES PROGRAMMES**

**Getting Healthy with OCOF - Sep 1, 2022 10:00 am**