

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
		<p>09:00 am - 11:00 am ¹ Cooking with OCOF (Slow Cooker Workshop) Leveck Public School</p> <p>04:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p>09:30 am - 11:30 am ² Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) St. Alexander's Church, Chelmsford</p> <p>10:00 am - 11:00 am Creating Healthy Babies Zoom</p> <p>01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom</p>	³	⁴	⁵
⁶	<p>09:30 am - 11:30 am ⁷ Triple P (Positive Parenting Program) Quick Tips (Text 705-822-4037 to book an appointment) Zoom</p>	<p>09:00 am - 11:00 am ⁸ Cooking with OCOF (Community Kitchen) Leveck Public School</p> <p>04:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p>09:30 am - 11:30 am ⁹ Cooking with OCOF (Community Kitchen- Text 705-822-4037 to register) St. Alexander's Church, Chelmsford</p> <p>01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom</p>	¹⁰	¹¹	¹²
¹³	<p>10:00 am ¹⁴ Other (Check out our YouTube channel for a variety of circle & story time videos, craft videos and so much more! @OCOF NENA) Online</p>	<p>09:30 am - 11:00 am ¹⁵ Cooking with Kids (Text 705-822-4037 to register) Leveck Public School</p> <p>04:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p>09:30 am - 11:30 am ¹⁶ Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) St. Alexander's Church, Chelmsford</p> <p>01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom</p>	¹⁷	¹⁸	¹⁹
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²⁷	<p>06:30 pm - 07:30 pm ²⁸ Family Bingo (Pre-registration required) Facebook</p>	<p>04:00 pm ²⁹ H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p>10:00 am - 11:00 am ³⁰ Creating Healthy Babies Zoom</p> <p>01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom</p>			

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.

Triple P (Positive Parenting Program) Quick Tips

During the session, the Triple P practitioner will provide support on specific parenting challenges or concerns with child's behaviour or development.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Cooking with OCOF - Nov 1, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Nov 2, 2022 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Cooking with OCOF - Nov 8, 2022 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Nov 9, 2022 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Cooking with Kids - Nov 15, 2022 9:30 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Nov 16, 2022 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford