

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
		<p>10:00 am - 12:00 pm 1 <i>Playgroup</i> Webbwood Public Library</p> <p>10:00 am - 11:30 am <i>Explorers Club</i> Boogie Mountain, Espanola</p> <p>12:30 pm - 02:30 pm <i>Cooking with OCOF</i> Espanola United Church</p> <p>07:30 pm - 09:00 pm <i>Nobody's Perfect Parenting Program (Registration Required (6wks))</i> Zoom</p>	<p>10:00 am - 11:00 am 2 <i>Creating Healthy Babies</i> Zoom</p> <p>01:00 pm - 02:00 pm <i>Infant Massage (Pre-registration is required)</i> Zoom</p>	<p>09:30 am - 12:00 pm 3 <i>Bounce Back and Thrive! Parenting Program (Registration required)</i> Zoom</p> <p>09:30 am - 11:30 am <i>Playgroup</i> Massey Arena</p> <p>10:00 am - 12:00 pm <i>Playgroup (1/2 indoor & 1/2 outdoor)</i> LaCloche EarlyON Center</p> <p>01:00 pm - 03:00 pm <i>Groupe de jeux</i> LaCloche EarlyON Center</p>	<p>09:00 am - 11:30 am 4 <i>Playgroup (Indoor Drop In)</i> LaCloche EarlyON Center</p> <p>09:30 am - 12:30 pm <i>Triple P (Positive Parenting Program) Group</i> Zoom</p>	
6	<p>10:00 am - 12:00 pm 7 <i>Welcome Baby</i> LaCloche EarlyON Center</p>	<p>10:00 am - 12:00 pm 8 <i>Playgroup</i> Nairn Community Centre</p> <p>10:00 am - 11:30 am <i>Explorers Club</i> Boogie Mountain, Espanola</p> <p>12:30 pm - 02:30 pm <i>Cooking with OCOF</i> Massey Arena</p> <p>07:30 pm - 09:00 pm <i>Nobody's Perfect Parenting Program (Registration Required (6wks))</i> Zoom</p>	<p>10:00 am - 11:30 am 9 <i>Steps & Stages</i> LaCloche EarlyON Center</p> <p>01:00 pm - 02:00 pm <i>Infant Massage (Pre-registration is required)</i> Zoom</p>	<p>09:30 am - 12:00 pm 10 <i>Bounce Back and Thrive! Parenting Program (Registration required)</i> Zoom</p> <p>09:30 am - 11:30 am <i>Playgroup</i> Massey Arena</p> <p>10:00 am - 12:00 pm <i>Playgroup (1/2 indoor & 1/2 outdoor)</i> LaCloche EarlyON Center</p> <p>01:00 pm - 03:00 pm <i>Groupe de jeux</i> LaCloche EarlyON Center</p>	<p>09:00 am - 11:30 am 11 <i>Playgroup (Indoor Drop In)</i> LaCloche EarlyON Center</p>	12
13	<p>10:00 am - 12:00 pm 14 <i>Welcome Baby</i> LaCloche EarlyON Center</p>	<p>10:00 am - 12:00 pm 15 <i>Playgroup</i> Webbwood Public Library</p> <p>10:00 am - 11:30 am <i>Explorers Club</i> Boogie Mountain, Espanola</p> <p>12:30 pm - 02:30 pm <i>Cooking with OCOF</i> Espanola United Church</p> <p>07:30 pm - 09:00 pm <i>Nobody's Perfect Parenting Program (Registration Required (6wks))</i> Zoom</p>	<p>01:00 pm - 02:00 pm 16 <i>Infant Massage (Pre-registration is required)</i> Zoom</p>	<p>09:30 am - 12:00 pm 17 <i>Bounce Back and Thrive! Parenting Program (Registration required)</i> Zoom</p> <p>09:30 am - 11:30 am <i>Playgroup</i> Massey Arena</p> <p>10:00 am - 12:00 pm <i>Playgroup (1/2 indoor & 1/2 outdoor)</i> LaCloche EarlyON Center</p> <p>01:00 pm - 03:00 pm <i>Groupe de jeux</i> LaCloche EarlyON Center</p>	<p>09:00 am - 11:30 am 18 <i>Playgroup (Indoor Drop In)</i> LaCloche EarlyON Center</p> <p>09:30 am - 12:30 pm <i>Triple P (Positive Parenting Program) Group</i> Zoom</p>	19
20	<p>10:00 am - 12:00 pm 21 <i>Welcome Baby</i> LaCloche EarlyON Center</p>	<p>10:00 am - 11:30 am 22 <i>Explorers Club</i> Boogie Mountain, Espanola</p> <p>10:00 am - 12:00 pm <i>Playgroup</i> Nairn Community Centre</p> <p>12:30 pm - 02:30 pm <i>Cooking with OCOF</i> Espanola United Church</p> <p>07:30 pm - 09:00 pm <i>Nobody's Perfect Parenting Program (Registration Required (6wks))</i> Zoom</p>	<p>10:00 am - 11:30 am 23 <i>Steps & Stages</i> LaCloche EarlyON Center</p> <p>01:00 pm - 02:00 pm <i>Infant Massage (Pre-registration is required)</i> Zoom</p>	<p>09:30 am - 11:30 am 24 <i>Playgroup</i> Massey Arena</p> <p>09:30 am - 12:00 pm <i>Bounce Back and Thrive! Parenting Program (Registration required)</i> Zoom</p> <p>10:00 am - 12:00 pm <i>Playgroup (1/2 indoor & 1/2 outdoor)</i> LaCloche EarlyON Center</p> <p>01:00 pm - 03:00 pm <i>Groupe de jeux</i> LaCloche EarlyON Center</p>	<p>09:00 am - 11:30 am 25 <i>Playgroup (Indoor Drop In)</i> LaCloche EarlyON Center</p>	26
27	<p>10:00 am - 12:00 pm 28 <i>Welcome Baby</i> LaCloche EarlyON Center</p>	<p>10:00 am - 11:30 am 29 <i>Explorers Club</i> Boogie Mountain, Espanola</p> <p>10:00 am - 11:30 am <i>Special Event (Nature Walk-scavenger hunt)</i> Black Creek Nature Trail</p> <p>12:30 pm - 02:30 pm <i>Cooking with OCOF</i> Espanola United Church</p> <p>07:30 pm - 09:00 pm <i>Nobody's Perfect Parenting Program (Registration Required (6wks))</i> Zoom</p>	<p>10:00 am - 11:00 am 30 <i>Creating Healthy Babies</i> Zoom</p> <p>01:00 pm - 02:00 pm <i>Infant Massage (Pre-registration is required)</i> 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

Bounce Back and Thrive! Parenting Program

This is a 10-session parenting program. You will learn skills to achieve family calm and happiness: Build resilience in everyday interactions with your children; let go of stress allowing you to solve problems or conflicts; teach your children to manage anger, frustration, and stress; assist your children in improving their confidence and self-esteem.

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.

Groupe de jeux

Ce programme d'apprentissage par le jeu fournit aux enfants et aux parents/tuteurs l'occasion d'interagir dans un environnement ouvert et accueillant tout en participant ensemble à des activités pédagogiques favorisant l'engagement et l'inclusion.

Nobody's Perfect Parenting Program

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.

Steps & Stages

This discussion group offers families with children from infancy to 4 years of age an opportunity to receive support and information on a variety of age-appropriate topics. Informal discussions give parents and caregivers the opportunity for personal growth and to share with each other the joys and challenges of raising their young children.

Triple P (Positive Parenting Program) Group

Group Triple P offers support to help you manage your child's behaviour and prevents the kinds of problems that make your family life stressful. It also provides parenting techniques and strategies to help you set up routines that work for your family. This is a 4 week in class parenting program with telephone consultations to follow. Please go to <https://triplepsudbury.ca> to register.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Nov 1,2022 10:00 am

ADDRESS: 16 Main St., Webbwood

FOOD SERVED: Snacks. FOOD DESCRIPTION: Yogurt, granola

Explorers Club - Nov 1,2022 10:00 am

ADDRESS: 926 Mead Blvd., Espanola

Cooking with OCOF - Nov 1,2022 12:30 pm

ADDRESS: 137 Sheppard St., Espanola

CHILCARE: yes. FOOD SERVED: Supper. FOOD DESCRIPTION: meatballs & sauce, fried rice & orange chicken

Playgroup - Nov 3,2022 9:30 am

ADDRESS: 455 Government Rd., Massey

Playgroup - Nov 3,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Groupe de jeux - Nov 3,2022 1:00 pm

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 4,2022 9:00 am

ADDRESS: 273 Mead Boulevard, Espanola

FOOD SERVED: Snacks. FOOD DESCRIPTION: Yogurt, Berries, granola

Welcome Baby - Nov 7,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 8,2022 10:00 am

ADDRESS: 64 McIntyre St., Nairn Centre

FOOD SERVED: Snacks. FOOD DESCRIPTION: cheese, carrots, yogurt

Explorers Club - Nov 8,2022 10:00 am

ADDRESS: 926 Mead Blvd., Espanola

Cooking with OCOF - Nov 8,2022 12:30 pm

ADDRESS: 455 Government Rd., Massey

Steps & Stages - Nov 9,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 10,2022 9:30 am

ADDRESS: 455 Government Rd., Massey

Playgroup - Nov 10,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Groupe de jeux - Nov 10,2022 1:00 pm

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 11,2022 9:00 am

ADDRESS: 273 Mead Boulevard, Espanola

FOOD SERVED: Snacks. FOOD DESCRIPTION: Yogurt, Berries, granola

Welcome Baby - Nov 14,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 15,2022 10:00 am

ADDRESS: 16 Main St., Webbwood

FOOD SERVED: Snacks. FOOD DESCRIPTION: Yogurt, granola

Explorers Club - Nov 15,2022 10:00 am

ADDRESS: 926 Mead Blvd., Espanola

Cooking with OCOF - Nov 15,2022 12:30 pm

ADDRESS: 137 Sheppard St., Espanola

CHILCARE: yes. FOOD SERVED: Supper. FOOD DESCRIPTION: meatballs & sauce, fried rice & orange chicken

Playgroup - Nov 17,2022 9:30 am

ADDRESS: 455 Government Rd., Massey

Playgroup - Nov 17,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Groupe de jeux - Nov 17,2022 1:00 pm

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 18,2022 9:00 am

ADDRESS: 273 Mead Boulevard, Espanola

FOOD SERVED: Snacks. FOOD DESCRIPTION: Yogurt, Berries, granola

Welcome Baby - Nov 21,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Explorers Club - Nov 22,2022 10:00 am

ADDRESS: 926 Mead Blvd., Espanola

Playgroup - Nov 22,2022 10:00 am

ADDRESS: 64 McIntyre St., Nairn Centre

FOOD SERVED: Snacks. FOOD DESCRIPTION: cheese, carrots, yogurt

Cooking with OCOF - Nov 22,2022 12:30 pm

ADDRESS: 137 Sheppard St., Espanola

CHILCARE: yes. FOOD SERVED: Supper. FOOD DESCRIPTION: meatballs & sauce, fried rice & orange chicken

Steps & Stages - Nov 23,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 24,2022 9:30 am

ADDRESS: 455 Government Rd., Massey

Playgroup - Nov 24,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Groupe de jeux - Nov 24,2022 1:00 pm

ADDRESS: 273 Mead Boulevard, Espanola

Playgroup - Nov 25,2022 9:00 am

ADDRESS: 273 Mead Boulevard, Espanola

FOOD SERVED: Snacks. FOOD DESCRIPTION: Yogurt, Berries, granola

Welcome Baby - Nov 28,2022 10:00 am

ADDRESS: 273 Mead Boulevard, Espanola

Explorers Club - Nov 29,2022 10:00 am

ADDRESS: 926 Mead Blvd., Espanola

Special Event - Nov 29,2022 10:00 am

ADDRESS: 64 Penage Lake Rd, Espanola

Cooking with OCOF - Nov 29,2022 12:30 pm

ADDRESS: 137 Sheppard St., Espanola

CHILCARE: yes. FOOD SERVED: Supper. FOOD

DESCRIPTION: meatballs & sauce, fried rice & orange chicken