

| Sunday/dimanche | Monday/lundi  | Tuesday/mardi   | Wednesday/mercredi   | Thursday/jeudi   | Friday/vendredi  | Saturday/samedi |
|-----------------|---|---|--|--|--|-----------------|
|                 |   | <p><b>09:30 am - 11:30 am</b> 1<br/><i>Explorers Club</i><br/>Downe Playground</p> <p><b>10:00 am - 11:00 am</b><br/><i>Children See Children Learn (Please contact Denise at 705 822-4068 to pre register)</i><br/>Zoom</p> <p><b>04:00 pm</b><br/><i>H.E.L.P. Toolbox Parenting Program ( Must pre-register call/ text 705 822-4068)</i><br/>Zoom</p>   | <p><b>09:00 am - 11:00 am</b> 2<br/><i>Movement &amp; Play</i><br/>Ernie Checkers Public School, Sudbury</p> <p><b>01:00 pm - 02:00 pm</b><br/><i>Open Door (please contact Denise at 705822-4068)</i><br/>1960 Paris Street, Sudbury</p>        | <p><b>09:30 am - 11:30 am</b> 3<br/><i>Playgroup</i><br/>Lockerby School, Sudbury</p> <p><b>09:30 am - 10:30 am</b><br/><i>Parent Support Group (please contact Denise at 705 822-4068 to pre-register)</i><br/>Zoom</p> <p><b>10:00 am - 11:30 am</b><br/><i>Infant Massage (Pre-registration is required - text 249-879-1873)</i><br/>Minnow Lake Place, Sudbury</p> | <p><b>10:00 am - 11:30 am</b> 4<br/><i>Craft Corner (For children 2 to 6 years old, limited space. Contact Katie 705-507-9282.)</i><br/>Minnow Lake Place, Sudbury</p>   |                 |
| 6               | <p><b>09:30 am - 11:30 am</b> 7<br/><i>Playgroup</i><br/>Carl Nesbitt Public School, Sudbury</p>  | <p><b>09:30 am - 11:30 am</b> 8<br/><i>Explorers Club</i><br/>Downe Playground</p> <p><b>09:30 am - 12:00 pm</b><br/><i>Cooking with OCOF</i><br/>1960 Paris Street, Sudbury</p> <p><b>10:00 am - 11:30 am</b><br/><i>Creating Healthy Babies</i><br/>Minnow Lake Place, Sudbury</p> <p><b>04:00 pm</b><br/><i>H.E.L.P. Toolbox Parenting Program ( Must pre-register call/ text 705 822-4068)</i><br/>Zoom</p> | <p><b>09:00 am - 11:00 am</b> 9<br/><i>Movement &amp; Play</i><br/>Ernie Checkers Public School, Sudbury</p> <p><b>06:30 pm - 08:30 pm</b><br/><i>Dad's Night</i><br/>Ernie Checkers Public School, Sudbury</p>                                  | <p><b>10:00 am - 11:30 am</b> 10<br/><i>Infant Massage (Pre-registration is required - text 249-879-1873)</i><br/>Minnow Lake Place, Sudbury</p> <p><b>10:30 am - 01:30 pm</b><br/><i>Special Event (Winter Clothes Closet, Kids crafts &amp; "Grab &amp; Go" bag of fresh produce for all attendees )</i><br/>1960 Paris Street, Sudbury</p>                          | <p><b>10:00 am - 11:30 am</b> 11<br/><i>Craft Corner (For children 2 to 6 years old, limited space. Contact Katie 705-507-9282.)</i><br/>Minnow Lake Place, Sudbury</p>  | 12              |
| 13              | <p><b>09:30 am - 11:30 am</b> 14<br/><i>Playgroup</i><br/>Carl Nesbitt Public School, Sudbury</p> <p><b>12:30 pm - 01:30 pm</b><br/><i>Open Door (Call or Text Rick @ 705-207-0545 to register)</i><br/>Downe Playground</p>  | <p><b>09:30 am - 11:30 am</b> 15<br/><i>Explorers Club</i><br/>Downe Playground</p> <p><b>10:00 am - 11:00 am</b><br/><i>Other (Healthy Families with Nancy from PHSD)</i><br/>Zoom</p> <p><b>04:00 pm</b><br/><i>H.E.L.P. Toolbox Parenting Program ( Must pre-register call/ text 705 822-4068)</i><br/>Zoom</p>  | <p><b>09:00 am - 11:00 am</b> 16<br/><i>Movement &amp; Play</i><br/>Ernie Checkers Public School, Sudbury</p> <p><b>10:00 am - 11:00 am</b><br/><i>Children See Children Learn (Contact Denise at 705 822-4068 to pre register)</i><br/>Zoom</p> | <p><b>10:00 am - 11:00 am</b> 17<br/><i>Parent Support Group</i><br/>Zoom</p> <p><b>10:00 am - 11:30 am</b><br/><i>Infant Massage (Pre-registration is required - text 249-879-1873)</i><br/>Minnow Lake Place, Sudbury</p>  | <p><b>10:00 am - 11:30 am</b> 18<br/><i>Craft Corner (For children 2 to 6 years old, limited space. Contact Katie 705-507-9282.)</i><br/>Minnow Lake Place, Sudbury</p> <p><b>11:00 am - 12:00 pm</b><br/><i>Family Bingo (Call Rick @ 705-207-0545 to register )</i><br/>Zoom</p> | 19              |
| 20              | <p><b>09:30 am - 11:30 am</b> 21<br/><i>Playgroup</i><br/>Carl Nesbitt Public School, Sudbury</p> <p><b>10:00 am - 12:00 pm</b><br/><i>Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register. Limited Spaces)</i><br/>Minnow Lake Place, Sudbury</p> | <p><b>09:30 am - 11:30 am</b> 22<br/><i>Explorers Club</i><br/>Downe Playground</p> <p><b>10:00 am - 11:30 am</b><br/><i>Creating Healthy Babies</i><br/>Minnow Lake Place, Sudbury</p> <p><b>04:00 pm</b><br/><i>H.E.L.P. Toolbox Parenting Program ( Must pre-register call/ text 705 822-4068)</i><br/>Zoom</p>  | <p><b>09:00 am - 11:00 am</b> 23<br/><i>Movement &amp; Play</i><br/>Ernie Checkers Public School, Sudbury</p>  | <p><b>09:30 am - 11:30 am</b> 24<br/><i>Playgroup</i><br/>Lockerby School, Sudbury</p> <p><b>10:00 am - 11:30 am</b><br/><i>Infant Massage (Pre-registration is required - text 249-879-1873)</i><br/>Minnow Lake Place, Sudbury</p> <p><b>06:30 pm - 08:30 pm</b><br/><i>Dad's Night</i><br/>St. Anne School, Hanmer</p>  | <p><b>10:00 am - 11:30 am</b> 25<br/><i>Craft Corner (For children 2 to 6 years old, limited space. Contact Katie 705-507-9282.)</i><br/>Minnow Lake Place, Sudbury</p>  | 26              |
| 27              | <p><b>09:30 am - 11:30 am</b> 28<br/><i>Playgroup</i><br/>Carl Nesbitt Public School, Sudbury</p>   | <p><b>09:30 am - 12:30 pm</b> 29<br/><i>Cooking with OCOF ( 8 members only- contact Denise at 705 822-4068 for pre-registration)</i><br/>1960 Paris Street, Sudbury</p> <p><b>09:30 am - 11:30 am</b><br/><i>Explorers Club</i><br/>Downe Playground</p> <p><b>04:00 pm</b><br/><i>H.E.L.P. Toolbox Parenting Program ( Must pre-register call/ text 705 822-4068)</i><br/>Zoom</p>                             | <p><b>09:00 am - 11:00 am</b> 30<br/><i>Movement &amp; Play</i><br/>Ernie Checkers Public School, Sudbury</p>  |  |  |                 |

# Additional Program Information / Information Additionnelle Concernant Les Programmes

## Children See Children Learn

Parenting can be stressful. Research shows that punishments such as slapping, spanking or shaming do not work. There are more positive ways to teach your child that do work. Join us to learn ideas on guiding your child in a more positive way.

## 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.

## Dad's Night

This program gives fathers / male role models and children the opportunity to interact together in an open and welcoming environment while participating in discussion, games and physical activities together. A healthy nutritious meal is served.

## Explorers Club

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

## 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.

## Open Door

Our EarlyON Child & Family Center is open for families to drop-in to receive referrals, support, education and/or information from our trained and experienced staff.

## Parent Support Group

Join us in a supportive and caring environment for parents/caregivers who share similar challenges, joys, and experiences in raising children under the age of 6.

## Playgroup

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

## PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

### Explorers Club - Nov 1,2022 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada  
FOOD SERVED: Supper. FOOD DESCRIPTION: ham or chicken pineapple

### Movement & Play - Nov 2,2022 9:00 am

ADDRESS: 1570 Agincourt Avenue Sudbury

### Open Door - Nov 2,2022 1:00 pm

ADDRESS: 1960 Paris Street, Building C

### Playgroup - Nov 3,2022 9:30 am

ADDRESS: 1391 Ramsey View Ct., Sudbury

### Infant Massage - Nov 3,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Craft Corner - Nov 4,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Playgroup - Nov 7,2022 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Explorers Club - Nov 8,2022 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

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

ADDRESS: 1960 Paris Street, Building C

### Creating Healthy Babies - Nov 8,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Movement & Play - Nov 9,2022 9:00 am

ADDRESS: 1570 Agincourt Avenue Sudbury

### Dad's Night - Nov 9,2022 6:30 pm

ADDRESS: 1570 Agincourt Avenue Sudbury

### Infant Massage - Nov 10,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Special Event - Nov 10,2022 10:30 am

ADDRESS: 1960 Paris Street, Building C

### Craft Corner - Nov 11,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Playgroup - Nov 14,2022 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Open Door - Nov 14,2022 12:30 pm

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

### Explorers Club - Nov 15,2022 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

FOOD SERVED: Supper. FOOD DESCRIPTION: ham or chicken

pineapple

### Movement & Play - Nov 16,2022 9:00 am

ADDRESS: 1570 Agincourt Avenue Sudbury

### Infant Massage - Nov 17,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Craft Corner - Nov 18,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Playgroup - Nov 21,2022 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Cooking with OCOF - Nov 21,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Explorers Club - Nov 22,2022 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

### Creating Healthy Babies - Nov 22,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

### Movement & Play - Nov 23,2022 9:00 am

ADDRESS: 1570 Agincourt Avenue Sudbury

### Playgroup - Nov 24,2022 9:30 am

ADDRESS: 1391 Ramsey View Ct., Sudbury

### Infant Massage - Nov 24,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Dad's Night - Nov 24,2022 6:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

### Craft Corner - Nov 25,2022 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

### Playgroup - Nov 28,2022 9:30 am

ADDRESS: 1241 Roy St., Sudbury

### Cooking with OCOF - Nov 29,2022 9:30 am

ADDRESS: 1960 Paris Street, Building C

### Explorers Club - Nov 29,2022 9:30 am

ADDRESS: Downland Ave, Greater Sudbury P3A 5T4, Canada

### Movement & Play - Nov 30,2022 9:00 am

ADDRESS: 1570 Agincourt Avenue Sudbury