

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
		<p><b>09:00 am - 11:30 am</b> 1 Playgroup St. Anne School, Hanmer</p> <p><b>04:00 pm</b> H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p><b>09:00 am - 11:15 am</b> 2 Movement &amp; Play C.R. Judd Public School, Capreol</p> <p><b>10:00 am - 11:00 am</b> Creating Healthy Babies Zoom</p> <p><b>01:00 pm - 02:00 pm</b> Infant Massage (Pre-registration is required) Zoom</p>	<p><b>09:00 am - 11:30 am</b> 3 Welcome Baby (Pre-registration required, text 705-207-1960 ) St. Anne School, Hanmer</p> <p><b>09:30 am - 11:30 am</b> Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Valley Pentacostal Church, Hanmer</p>	<p><b>10:00 am - 12:00 pm</b> 4 Explorers Club (Learning Through Outdoor Exploration. Text 705-207-1960 to register) Capreol Community Centre and Arena</p>	
6	<p><b>09:30 am - 11:30 am</b> 7 Triple P (Positive Parenting Program) Quick Tips (Text 705-822-4037 to book an appointment) Zoom</p>	<p><b>09:00 am - 11:30 am</b> 8 Playgroup St. Anne School, Hanmer</p> <p><b>04:00 pm</b> H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p><b>09:30 am - 12:00 pm</b> 9 Playgroup Capreol Public Library</p> <p><b>01:00 pm - 02:00 pm</b> Infant Massage (Pre-registration is required) Zoom</p>	<p><b>09:00 am - 11:30 am</b> 10 Welcome Baby (Pre-registration required, text 705-207-1960) St. Anne School, Hanmer</p> <p><b>09:30 am - 11:30 am</b> Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Trinity United Church, Capreol</p>	<p><b>09:00 am - 11:00 am</b> 11 Explorers Club (Learning Through Outdoor Exploration. Text 705-207-1960 to register) Pinecrest Park, Val Caron</p>	12
13	<p><b>10:00 am</b> 14 Other (Check out our YouTube channel for a variety of circle &amp; story time videos, craft videos and so much more! @OCOFC NENA) Online</p>	<p><b>09:00 am - 11:30 am</b> 15 Playgroup St. Anne School, Hanmer</p> <p><b>04:00 pm</b> H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p><b>09:00 am - 11:15 am</b> 16 Movement &amp; Play C.R. Judd Public School, Capreol</p> <p><b>01:00 pm - 02:00 pm</b> Infant Massage (Pre-registration is required) Zoom</p> <p><b>05:30 pm - 07:30 pm</b> Family Fun Night ( In partnership with Magic Triangle. Pre-registration required, text 705-207-1960 ) St. Anne School, Hanmer</p>	<p><b>09:00 am - 11:30 am</b> 17 Welcome Baby (Pre-registration required, text 705-207-1960) St. Anne School, Hanmer</p> <p><b>05:00 pm - 07:00 pm</b> Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Valley Pentacostal Church, Hanmer</p>	<p><b>10:00 am - 12:00 pm</b> 18 Explorers Club (Learning Through Outdoor Exploration. In Capreol off Lakeshore St., passed the Foodland) .</p> <p><b>10:00 am - 11:30 am</b> Creating Healthy Babies (register with Leesa at 249-879-1873) Capreol Public Library</p>	19
20	<p><b>10:00 am</b> 21 Other (Check out our YouTube channel for a variety of circle &amp; story time videos, craft videos and so much more! @OCOFC NENA) Online</p>	<p><b>09:00 am - 11:30 am</b> 22 Playgroup St. Anne School, Hanmer</p> <p><b>04:00 pm</b> H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p><b>09:30 am - 11:30 am</b> 23 Hearing and Developmental Screening (Text 705-822-4037 to book an appointment) Capreol Public Library</p> <p><b>09:30 am - 12:00 pm</b> Playgroup Capreol Public Library</p> <p><b>01:00 pm - 02:00 pm</b> Infant Massage (Pre-registration is required) Zoom</p>	<p><b>09:00 am - 11:30 am</b> 24 Welcome Baby (Pre-registration required, text 705-207-1960) St. Anne School, Hanmer</p> <p><b>09:30 am - 11:30 am</b> Cooking with OCOF (Community Kitchen- Text 705-822-4037 to register) Trinity United Church, Capreol</p> <p><b>06:30 pm - 08:30 pm</b> Dad's Night St. Anne School, Hanmer</p>	<p><b>10:00 am - 12:00 pm</b> 25 Explorers Club (Learning Through Outdoor Exploration. Text 705-207-1960 to register) Kin Park Playground, Bleazard Valley</p>	26
27	<p><b>10:00 am - 11:30 am</b> 28 Parent Support Group (Text 705-822-4037 to register. Limited Childcare Spaces) Capreol Public Library</p> <p><b>06:30 pm - 07:30 pm</b> Family Bingo (Pre-registration required) Facebook</p>	<p><b>09:00 am - 11:30 am</b> 29 Playgroup St. Anne School, Hanmer</p> <p><b>09:30 am - 11:00 am</b> Cooking with Kids St. Anne School, Hanmer</p> <p><b>04:00 pm</b> H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom</p>	<p><b>09:00 am - 11:15 am</b> 30 Movement &amp; Play C.R. Judd Public School, Capreol</p> <p><b>10:00 am - 11:00 am</b> Cooking with Kids C.R. Judd Public School, Capreol</p> <p><b>10:00 am - 11:00 am</b> Creating Healthy Babies Zoom</p> <p><b>01:00 pm - 02:00 pm</b> 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.

## **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.

## **Family Fun Night**

This program gives families the opportunity to interact together in an open and welcoming environment while participating in games and physical activities together. A healthy nutritious meal is served.

## **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.

## **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.

## **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.

## **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 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

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

ADDRESS: 8 Lincoln Cr., Capreol

### **Welcome Baby - Nov 3, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

### **Cooking with OCOF - Nov 3, 2022 9:30 am**

ADDRESS: 231 Martha St., Hanmer

### **Explorers Club - Nov 4, 2022 10:00 am**

ADDRESS: 20 Meehan St, Capreol

### **Playgroup - Nov 8, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

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

ADDRESS: 9 Morin St., Capreol

### **Welcome Baby - Nov 10, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

### **Cooking with OCOF - Nov 10, 2022 9:30 am**

ADDRESS: 72 Young St., Capreol

### **Explorers Club - Nov 11, 2022 9:00 am**

ADDRESS: Pinecrest Tot Lot, Swanson Court

### **Playgroup - Nov 15, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

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

ADDRESS: 8 Lincoln Cr., Capreol

### **Family Fun Night - Nov 16, 2022 5:30 pm**

ADDRESS: 4500 St. Michel St. Hanmer

### **Welcome Baby - Nov 17, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

### **Cooking with OCOF - Nov 17, 2022 5:00 pm**

ADDRESS: 231 Martha St., Hanmer

### **Explorers Club - Nov 18, 2022 10:00 am**

NOTES: Turn left on Lakeshore St. in Capreol and follow road to bridge. Drive over bridge and parking on left and the trail is on the right. Please call or text 705-822-4037.

### **Creating Healthy Babies - Nov 18, 2022 10:00 am**

ADDRESS: 9 Morin St., Capreol

### **Playgroup - Nov 22, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

### **Hearing and Developmental Screening - Nov 23, 2022 9:30 am**

ADDRESS: 9 Morin St., Capreol

### **Playgroup - Nov 23, 2022 9:30 am**

ADDRESS: 9 Morin St., Capreol

## **Welcome Baby - Nov 24, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

## **Cooking with OCOF - Nov 24, 2022 9:30 am**

ADDRESS: 72 Young St., Capreol

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

ADDRESS: 4500 St. Michel St. Hanmer

## **Explorers Club - Nov 25, 2022 10:00 am**

ADDRESS: 2732 Langdon Drive, Blezard Valley

## **Parent Support Group - Nov 28, 2022 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

## **Playgroup - Nov 29, 2022 9:00 am**

ADDRESS: 4500 St. Michel St. Hanmer

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

ADDRESS: 4500 St. Michel St. Hanmer

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

ADDRESS: 8 Lincoln Cr., Capreol

## **Cooking with Kids - Nov 30, 2022 10:00 am**

ADDRESS: 8 Lincoln Cr., Capreol