

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1 (All day) Centre Closed / Le centre est fermé	2 (All day) Centre Closed / Le centre est fermé	3	4	5 (All day) Center Closed for Staff Professional Development (All day) Développement professionnel pour les employés. Le centre est fermé.	6 (All day) Center Closed for Staff Professional Development (All day) Développement professionnel pour les employés. Le centre est fermé.	7
8	9	10 09:00 am - 11:00 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	11 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) St. Alexander's Church, Chelmsford 01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom	12	13	14
15	16	17 09:00 am - 11:00 am Cooking with OCOF (Community Kitchen- Please text 705-822-4037 to register) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	18 09:30 am - 11:30 am Cooking with OCOF (Community Kitchen- Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford 01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom	19	20	21
22	23	24 09:30 am - 11:00 am Cooking with Kids (Please text 705-822-4037 to register) Levack Public School 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	25 10:00 am - 11:00 am Creating Healthy Babies (Pre-registration is required - text 249-879-1873) Zoom	26	27 10:00 am Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFC NENA) Online	28
29 06:30 pm - 07:30 pm Family Bingo Zoom	30	31 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom				

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.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Cooking with OCOF - Jan 10, 2023 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Jan 11, 2023 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Cooking with OCOF - Jan 17, 2023 9:00 am

ADDRESS: 100 High St., Levack

Cooking with OCOF - Jan 18, 2023 9:30 am

ADDRESS: 100 Gaudette St. Chelmsford

Cooking with Kids - Jan 24, 2023 9:30 am

ADDRESS: 100 High St., Levack