

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1 <i>(All day)</i> <i>Centre Closed / Le centre est fermé</i>	2 <i>(All day)</i> <i>Centre Closed / Le centre est fermé</i>	3	4	5 <i>(All day)</i> <i>Center Closed for Staff Professional Development</i> <i>(All day)</i> <i>Développement professionnel pour les employés. Le centre est fermé.</i>	6 <i>(All day)</i> <i>Center Closed for Staff Professional Development</i> <i>(All day)</i> <i>Développement professionnel pour les employés. Le centre est fermé.</i>	7
8	9	10 09:30 am - 12:00 pm <i>Cooking with OCOF (Denise)</i> 1960 Paris Street, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Leesa & Denise)</i> Zoom	11 10:00 am - 11:30 am <i>Parent Support Group</i> 1960 Paris Street, Sudbury	12 10:00 am - 11:00 am <i>Children See Children Learn</i> Zoom	13	14
15	16	17 10:00 am <i>Cooking with OCOF (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Leesa & Denise)</i> Zoom	18 01:00 pm <i>Open Door (Plz contact Denise at 705 822-4068 to pre register)</i> 1960 Paris Street, Sudbury	19	20	21
22	23	24 09:30 am - 12:00 pm <i>Cooking with OCOF (Denise)</i> 1960 Paris Street, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Leesa & Denise)</i> Zoom	25 10:00 am - 11:30 am <i>Parent Support Group</i> 1960 Paris Street, Sudbury	26 10:00 am - 11:00 am <i>Children See Children Learn</i> Zoom	27	28
29	30	31 10:00 am <i>Cooking with OCOF (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Leesa & Denise)</i> Zoom				

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

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.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Cooking with OCOF - Jan 10,2023 9:30 am

ADDRESS: 1960 Paris Street, Building C

Parent Support Group - Jan 11,2023 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Jan 17,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: Must be 3 months or older.

Open Door - Jan 18,2023 1:00 pm

ADDRESS: 1960 Paris Street, Building C

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

ADDRESS: 1960 Paris Street, Building C

Parent Support Group - Jan 25,2023 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Jan 31,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: Must be 3 months or older.