

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1	(All day) Centre Closed / Le centre est fermé 2	3	4	(All day) Center Closed for Staff Professional Development 5 (All day) Développement professionnel pour les employés. Le centre est fermé.	(All day) Center Closed for Staff Professional Development 6 (All day) Développement professionnel pour les employés. Le centre est fermé.	7
8	09:30 am Nobody's Perfect Parenting Program (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 9	10:00 am Welcome Baby (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 10	10:00 am Creating Healthy Babies (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 11	10:00 am Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 12	13	14
15	09:30 am Nobody's Perfect Parenting Program (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 16	10:00 am Cooking with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 17	10:00 am Steps & Stages (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 18	10:00 am Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 19	20	21
22	09:30 am Nobody's Perfect Parenting Program (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 23	10:00 am Welcome Baby (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 24	10:00 am Creating Healthy Babies (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 25	10:00 am Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 26	27	28
29	09:30 am Nobody's Perfect Parenting Program (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 30	10:00 am Cooking with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 31				

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 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.

Getting Healthy with OCOF

This is a wellness program that promotes healthy and positive lifestyle choices.

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.

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.

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.

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Jan 19,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Nobody's Perfect Parenting Program - Jan 23,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: This group is full

Welcome Baby - Jan 24,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: Must be 3 months or older.

Creating Healthy Babies - Jan 25,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Jan 26,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Nobody's Perfect Parenting Program - Jan 30,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: This group is full

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

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: Must be 3 months or older.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Nobody's Perfect Parenting Program - Jan 9,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: This group is full

Welcome Baby - Jan 10,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: Must be 3 months or older.

Creating Healthy Babies - Jan 11,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Jan 12,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Nobody's Perfect Parenting Program - Jan 16,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: This group is full

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

ADDRESS: 1127 Bancroft Dr., Sudbury

NOTES: Must be 3 months or older.

Steps & Stages - Jan 18,2023 10:00 am