

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1	(All day) Centre Closed / Le centre est fermé	3	4	(All day) Center Closed for Staff Professional Development (All day) Développement professionnel pour les employés. Le centre est fermé.	(All day) Center Closed for Staff Professional Development (All day) Développement professionnel pour les employés. Le centre est fermé.	7
8	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Valley Pentacostal Church, Hanmer	10:00 am - 11:30 am Special Event (Sliding Fun) Valley Pentacostal Church, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library 01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom	09:00 am - 11:30 am Welcome Baby (Infant Massage Presentation. Pre-registration required. Text 705-207-1960) St. Anne School, Hanmer 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop. Text 705-822-4037) Trinity United Church, Capreol 12:30 pm - 02:00 pm Nobody's Perfect Parenting Program (Pre-registration, text 249-879-1873) St. Anne School, Hanmer	10:00 am - 11:30 am Creating Healthy Babies (Pre-registration is required - text 249-879-1873) Capreol Public Library	14
15	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol 05:00 pm - 07:00 pm Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	01:00 pm - 02:00 pm Infant Massage (Pre-registration is required) Zoom 05:30 pm - 07:30 pm Family Fun Night (In partnership with Magic Triangle. Pre-registration required, text 705-207-1960) St. Anne School, Hanmer	09:00 am - 11:30 am Welcome Baby (Pre-registration required. Text 705-207-1960) St. Anne School, Hanmer 12:30 pm - 02:00 pm Nobody's Perfect Parenting Program (Pre-registration is required - text 249-879-1873) St. Anne School, Hanmer	01:00 pm - 02:30 pm Special Event (Stay Tuned for Announcement) To Be Determined	21
22	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 12:30 pm - 02:00 pm Workshop (Financial Literacy - text 249-879-1873 to register) Capreol Public Library 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library 09:30 am - 11:30 am Hearing and Developmental Screening (To book an appointment, please text 705-822-4037) Capreol Public Library 10:00 am - 11:00 am Creating Healthy Babies (Pre-registration is required - text 249-879-1873) Zoom	09:00 am - 11:30 am Welcome Baby (Pre-registration required. Text 705-207-1960) St. Anne School, Hanmer 09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Text 705-822-4037 to register) Trinity United Church, Capreol 06:30 pm - 08:30 pm Dad's Night (Call or Text Rick at 705-207-0545) St. Anne School, Hanmer	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	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol 10:00 am - 11:30 am Time for YOU (Please text 705-822-4037 to register) Capreol Public Library 06:30 pm - 07:30 pm Family Bingo Zoom	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Leesa 249-879-1873) Zoom	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.

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.

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.

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.

Playgroup

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

Time for YOU

Parenting can be very rewarding and equally as challenging at times. Join us for some fun crafting opportunities and some well-deserved self-care. Take time to connect, relax and try new activities!

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.

Workshop

Workshops give parents / caregivers the opportunity to receive

support, education and information on a variety of topics.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Movement & Play - Jan 9,2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

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

ADDRESS: 231 Martha St., Hanmer

Special Event - Jan 10,2023 10:00 am

ADDRESS: 231 Martha St., Hanmer

Playgroup - Jan 11,2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Welcome Baby - Jan 12,2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Cooking with OCOF - Jan 12,2023 9:30 am

ADDRESS: 72 Young St., Capreol

Nobody's Perfect Parenting Program - Jan 12,2023 12:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

CHILCARE: yes.

Creating Healthy Babies - Jan 13,2023 10:00 am

ADDRESS: 9 Morin St., Capreol

Movement & Play - Jan 16,2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Cooking with OCOF - Jan 16,2023 5:00 pm

ADDRESS: 231 Martha St., Hanmer

Playgroup - Jan 17,2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Family Fun Night - Jan 18,2023 5:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

Welcome Baby - Jan 19,2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Nobody's Perfect Parenting Program - Jan 19,2023 12:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

CHILCARE: yes.

Movement & Play - Jan 23,2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Jan 24,2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Workshop - Jan 24,2023 12:30 pm

ADDRESS: 9 Morin St., Capreol

Playgroup - Jan 25,2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Hearing and Developmental Screening - Jan 25,2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Welcome Baby - Jan 26,2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Cooking with OCOF - Jan 26,2023 9:30 am

ADDRESS: 72 Young St., Capreol

Dad's Night - Jan 26,2023 6:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

Movement & Play - Jan 30,2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Time for YOU - Jan 30,2023 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Playgroup - Jan 31,2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer