

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 11:30 am <sup>1</sup> Cooking with OCOF (Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford  10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Levack Public School	<sup>2</sup>	<sup>3</sup>	<sup>4</sup>
<sup>5</sup>	<sup>6</sup>	09:00 am - 11:00 am <sup>7</sup> 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 Denise 705-822-4068 or Leesa 249-879-1873) Zoom	09:30 am - 11:30 am <sup>8</sup> Cooking with OCOF ( Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford  10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Levack Public School	<sup>9</sup>	<sup>10</sup>	<sup>11</sup>
<sup>12</sup>	<sup>13</sup>	04:00 pm - 05:00 pm <sup>14</sup> H.E.L.P. Toolbox Parenting Program Zoom	09:30 am - 11:30 am <sup>15</sup> Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) St. Alexander's Church, Chelmsford  10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Levack Public School	<sup>16</sup>	<sup>17</sup>	<sup>18</sup>
<sup>19</sup>	<sup>20</sup>	09:30 am - 11:00 am <sup>21</sup> 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 Denise 705-822-4068 or Leesa 249-879-1873) Zoom	10:00 am - 11:30 am <sup>22</sup> Infant Massage (Pre-registration is required - text 249-879-1873) Levack Public School	<sup>23</sup>	<sup>24</sup>	<sup>25</sup>
<sup>26</sup>	06:30 pm - 07:30 pm <sup>27</sup> Family Bingo (Pre-registration required-text-705-207-1960) Zoom	09:00 am - 11:00 am <sup>28</sup> Cooking with OCOF (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 Denise 705-822-4068 or Leesa 249-879-1873) Zoom	<sup>29</sup>	10:00 am <sup>30</sup> Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFC NENA)	<sup>31</sup>	

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.

## **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 - Mar 1, 2023 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

### **Infant Massage - Mar 1, 2023 10:00 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - Mar 7, 2023 9:00 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - Mar 8, 2023 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

### **Infant Massage - Mar 8, 2023 10:00 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - Mar 15, 2023 9:30 am**

ADDRESS: 100 Gaudette St. Chelmsford

### **Infant Massage - Mar 15, 2023 10:00 am**

ADDRESS: 100 High St., Levack

### **Cooking with Kids - Mar 21, 2023 9:30 am**

ADDRESS: 100 High St., Levack

### **Infant Massage - Mar 22, 2023 10:00 am**

ADDRESS: 100 High St., Levack

### **Cooking with OCOF - Mar 28, 2023 9:00 am**

ADDRESS: 100 High St., Levack