

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			10:00 am Steps & Stages (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	10:00 am Getting Healthy with OCOF Minnow Lake Place, Sudbury	09:30 am Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury 10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Minnow Lake Place, Sudbury	
5	09:30 am Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	09:30 am Welcome Baby (3-12 months) Minnow Lake Place, Sudbury	10:00 am Creating Healthy Babies (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	10:00 am Getting Healthy with OCOF Minnow Lake Place, Sudbury	10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Minnow Lake Place, Sudbury	11
12	08:00 am Other Check out our other sites or our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOF NENA		08:00 am Other Check out our other sites or our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOF NENA		10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Minnow Lake Place, Sudbury	18
19		08:00 am Other Check out our other sites or our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOF NENA		Other Check out our other sites or our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOF NENA	10:00 am - 11:30 am Infant Massage (Pre-registration is required - text 249-879-1873) Minnow Lake Place, Sudbury	25
26		09:30 am Welcome Baby (0-12 months/Drop in) Minnow Lake Place, Sudbury	10:00 am Creating Healthy Babies (Must be expecting please contact Nicole at 705-822-3203) Minnow Lake Place, Sudbury	10:00 am Getting Healthy with OCOF Minnow Lake Place, Sudbury	09:30 am Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	

Additional Program Information / Information Additionnelle Concernant Les Programmes

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.

Slow Cooker Workshop

This program offers parents and caregivers the opportunity to prepare healthy affordable slow cooker meals and learn about the importance of healthy eating.

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

Welcome Baby - Mar 28,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies - Mar 29,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Mar 30,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Slow Cooker Workshop - Mar 31,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Steps & Stages - Mar 1,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Mar 2,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Slow Cooker Workshop - Mar 3,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Infant Massage - Mar 3,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Slow Cooker Workshop - Mar 6,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Welcome Baby - Mar 7,2023 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies - Mar 8,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Mar 9,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Infant Massage - Mar 10,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Infant Massage - Mar 17,2023 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Infant Massage - Mar 24,2023 10:00 am