

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			03:00 pm - 05:00 pm <sup>1</sup> Bounce Back and Thrive! Parenting Program (Trista & Denise) Zoom			
5	6	04:00 pm - 05:00 pm <sup>7</sup> 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 - 12:00 pm <sup>8</sup> Slow Cooker Workshop (Please call Denise 705 822-4068 to pre register) 1960 Paris Street, Sudbury 03:00 pm - 05:00 pm Bounce Back and Thrive! Parenting Program (Trista & Denise) Zoom	11:00 am - 12:00 pm <sup>9</sup> Open Door (Contact Denise to pre register at 705 822-4068) 1960 Paris Street, Sudbury		
12	10:00 am - 12:00 pm <sup>13</sup> Special Event (Indoor Fishing at the Southridge Mall) To Be Determined	10:00 am <sup>14</sup> Special Event (Meet Denise for a fun day of Science Call 705 822-4068 to register ) To Be Determined 10:00 am Special Event (Meet Rick for a fun day of Science Call 705-207-0545 to register ) . 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom	03:00 pm - 05:00 pm <sup>15</sup> Bounce Back and Thrive! Parenting Program (Trista & Denise) Zoom	08:00 am <sup>16</sup> Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFC NENA		
19		10:00 am - 12:00 pm <sup>21</sup> Cooking with OCOF (pre registration contact Denise at 705 822-4068) 1960 Paris Street, Sudbury 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	03:00 pm - 05:00 pm <sup>22</sup> Bounce Back and Thrive! Parenting Program (Trista & Denise) Zoom	11:00 am - 12:30 pm <sup>23</sup> Cooking with Kids (Please contact Denise at 705 822-4068 to pre-register) 1960 Paris Street, Sudbury		
26		04:00 pm - 05:00 pm <sup>28</sup> H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873) Zoom	03:00 pm - 05:00 pm <sup>29</sup> Bounce Back and Thrive! Parenting Program (Trista & Denise) Zoom	10:00 am - 12:30 pm <sup>30</sup> Parent Support Group (please call Denise at 705 822-4068 to pre-register) 1960 Paris Street, Sudbury		

# Additional Program Information / Information Additionnelle Concernant Les Programmes

## **Bounce Back and Thrive! Parenting Program**

ADDRESS: 1960 Paris Street, Building C

This is a 10-session parenting program. You will learn skills to achieve family calm and happiness: Build resilience in everyday interactions with your children; let go of stress allowing you to solve problems or conflicts; teach your children to manage anger, frustration, and stress; assist your children in improving their confidence and self-esteem.

## **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.

## **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.

## **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.

## **PROGRAM NOTES / MESSAGES CONCERNANT**

### **LES PROGRAMMES**

#### **Slow Cooker Workshop - Mar 8, 2023 10:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Open Door - Mar 9, 2023 11:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Special Event - Mar 13, 2023 10:00 am**

NOTES: Please Contact Denise at 705 822-4068 or Rick at 705 207-0545 to pre-Register.

#### **Special Event - Mar 14, 2023 10:00 am**

NOTES: Bag snacks

#### **Cooking with OCOF - Mar 21, 2023 10:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Cooking with Kids - Mar 23, 2023 11:00 am**

ADDRESS: 1960 Paris Street, Building C

NOTES: Pre registered members only

#### **Parent Support Group - Mar 30, 2023 10:00 am**