

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 12:00 pm Playgroup Capreol Public Library	09:30 am - 11:30 am Cooking with OCOF (Please text 705-822-4037 to register) Valley Pentacostal Church, Hanmer 10:00 am - 11:30 am Creating Healthy Babies (Pre-registration is required - text 249-879-1873) Valley East Public Library	09:00 am - 11:30 am Welcome Baby (pre-registration required. text-705-207-1960) Valley East Public Library	
5	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 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 - 12:00 pm Playgroup Capreol Public Library	09:30 am - 11:30 am Cooking with OCOF (Please text 705-822-4037 to register) Trinity United Church, Capreol	09:00 am - 11:30 am Welcome Baby (pre-registration required. text-705-207-1960) Valley East Public Library	11
12	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol	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 06:00 pm - 07:30 pm Family Fun Night (GYMZONE - In partnership with Magic triangle. Pre-registration required. 705-207-1960.) Valleyview Community Church, Blezard Valley	09:30 am - 12:00 pm Playgroup Capreol Public Library	10:00 am - 11:30 am Creating Healthy Babies (Pre-registration is required - text 249-879-1873) Valley East Public Library 05:00 pm - 07:00 pm Cooking with OCOF (Please text 705-822-4037 to register) Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Welcome Baby (pre-registration required. text-705-207-1960) Valley East Public Library	18
19	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 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 - 12:00 pm Playgroup Capreol Public Library	09:30 am - 11:30 am Cooking with OCOF (Please text 705-822-4037 to register) Trinity United Church, Capreol 06:30 pm - 08:30 pm Dad's Night St. Anne School, Hanmer	09:00 am - 11:30 am Welcome Baby (pre-registration required. text-705-207-1960) Valley East Public Library 10:00 am - 11:30 am Time for YOU ((Group 1) Please text 705-822-4037 to register) Capreol Public Library	25
26	09:00 am - 11:15 am Movement & Play C.R. Judd Public School, Capreol 06:30 pm - 07:30 pm Family Bingo (Pre-registration required-text-705-207-1960) 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 Denise 705-822-4068 or Leesa 249-879-1873) Zoom	09:00 am - 03:30 pm Car Seat Inspection Clinic (By appointment - call 705-969-8685 ext. 590) Lionel E Lalonde Centre, Azilda 09:30 am - 12:00 pm Playgroup (Focus Group 10:30-11:30 - \$25 gift card for participating) Capreol Public Library	10:00 am Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFCENNA)	09:00 am - 11:30 am Welcome Baby (pre-registration required. text-705-207-1960) Valley East Public Library 10:00 am - 11:30 am Time for YOU ((Group 2) Please text 705-822-4037 to register) Capreol Public Library	31

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Car Seat Inspection Clinic

Learn to safely install and use your car seat.

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.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Mar 1, 2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with OCOF - Mar 2, 2023 9:30 am

ADDRESS: 231 Martha St., Hanmer

FOOD SERVED: Snacks. FOOD DESCRIPTION: Hummus, cracker & fruit

Creating Healthy Babies - Mar 2, 2023 10:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Welcome Baby - Mar 3, 2023 9:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Movement & Play - Mar 6, 2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Mar 7, 2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

H.E.L.P. Toolbox Parenting Program - Mar 7, 2023 4:00 pm

FOOD DESCRIPTION: NA

Playgroup - Mar 8, 2023 9:30 am

ADDRESS: 9 Morin St., Capreol

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

ADDRESS: 72 Young St., Capreol

FOOD SERVED: Snacks. FOOD DESCRIPTION: fruit, veggies & muffins

Welcome Baby - Mar 10, 2023 9:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Movement & Play - Mar 13, 2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Family Fun Night - Mar 14, 2023 6:00 pm

ADDRESS: 2891 Martin Rd, Blezard Valley

Playgroup - Mar 15, 2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Creating Healthy Babies - Mar 16, 2023 10:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

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

ADDRESS: 231 Martha St., Hanmer

Welcome Baby - Mar 17, 2023 9:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Movement & Play - Mar 20, 2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Mar 21, 2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Mar 22, 2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with OCOF - Mar 23, 2023 9:30 am

ADDRESS: 72 Young St., Capreol

Dad's Night - Mar 23, 2023 6:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

Welcome Baby - Mar 24, 2023 9:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Time for YOU - Mar 24, 2023 10:00 am

ADDRESS: 9 Morin St., Capreol

Movement & Play - Mar 27, 2023 9:00 am

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Mar 28, 2023 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Car Seat Inspection Clinic - Mar 29, 2023 9:00 am

ADDRESS: 239 Montée Principale, Azilda

Playgroup - Mar 29, 2023 9:30 am

ADDRESS: 9 Morin St., Capreol

Welcome Baby - Mar 31, 2023 9:00 am

ADDRESS: 4100 Elmview Drive, Hanmer

Time for YOU - Mar 31, 2023 10:00 am

ADDRESS: 9 Morin St., Capreol