

# A Culture of Caring

Our Children  
Our Future  
Nos enfants  
notre avenir



## INTRODUCTION

Our Children, Our Future/Nos enfants, notre avenir embraces the vision that *Children and families are the heart of our future*. Their future begins in the present through the playful educational experiences that children live as active participants and citizens with rights in early learning environments and childcare services.

Their future is also nurtured by environments that support a child's mental, physical, cognitive, and emotional well-being.

At the heart of our services are our families whose uniqueness and diversity we embrace. Families are competent, capable, curious, and full of potential.

Our capacity building efforts nurture our educators by providing them opportunities to share their experiential learning and orient staff reflections.



We have used the term "educator" throughout this document to refer to all who work with children and families in early years programs (e.g., centre- and homebased child care, child and family programs, before and after school programs). -How Does Learning Happen?

**VISION**  
Children and families are the heart of our future



**MISSION**  
Engaging children and families in fostering a healthy future for our communities



**VALUES**  
Development  
Inclusiveness  
Collaboration  
Excellence



## LICENSED CHILD CARE SERVICES

Our Educators deliver play-based programming for children from infancy to 12 years of age and ensure the overall health and safety and well-being of the children.

We invite our families' points of view and lively participation in our community through daily communication on site, by asking questions on values and their children's interests, and by inviting them to provide their perspectives on learning and our overall services. Our daily interactions with families offer a united and consistent support for their children and the opportunity to create a unique experience together.



## OUR SITES

### English Child Care Centres

Chelmsford Public (CVDCS), Chelmsford  
705-855-1115

C.R. Judd, Capreol  
705-885-1650

Sacred Heart, Espanola  
705-869-3171

St. Charles, Chelmsford  
705-855-4859

### French Child Care Centres

Alliance St-Joseph, Chelmsford  
705-855-7661

Félix-Ricard, Sudbury  
705-525-1616

Jean-Paul II, Val Caron  
705-897-2983

La Renaissance, Espanola  
705-869-4800

St-Dominique, Sudbury  
705-521-1033

St-Paul, Lively  
705-692-4002

## PROGRAMS FOR FAMILIES

Our EarlyON and Family Resource programs offer children, parents, and caregivers a warm and caring environment where we can foster participation in learning through a wide range of programs and services:

- Programs oriented especially for children up to six years old;
- Learning through play;
- Resources and information from professionals with knowledge of early childhood development;
- Information or referrals to specialized programs and services within the community;
- Opportunity to meet and make connections with families and their children;
- Opportunities for food education and hands-on learning.

### Playgroup

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

### Cooking with OCOF

Our Slow Cooker workshops and Community Kitchens are examples of cooking programs offered to parents and caregivers. They have the opportunity to learn about the importance of healthy eating and to develop their cooking skills while preparing healthy affordable meals for their families within a specific budget in a group environment.

### 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.

### Steps & Stages

This program offers families with children from infancy to 4 years of age an opportunity to receive information and support 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.

### Parent Education Programs

These programs offer parents/caregivers an opportunity to receive education and support through programs such as: Triple P (Positive Parenting Program), H.E.L.P. Tool Box, Nobody's Perfect, Bounce Back and Thrive, etc.

### Parent Support Groups

These discussion groups offer parents/caregivers an opportunity to receive support from others who share similar challenges, joys, and experiences in raising young children.

### Explorer's Club

This outdoor play-based program gives children and their parents/caregivers the opportunity to interact with the natural world around them. This program makes outdoor play fun, easy, and adventurous while providing developmentally appropriate learning opportunities that include risky play, land sustainability and environmentally friendly practices.

### 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 hot nutritious meal is served.

### 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 nutritious meal is served.

### Creating Healthy Babies - Prenatal Nutrition Program

This program offers expectant mothers' hands-on opportunities on how to meal prep nutritious meals, to learn about healthy eating and how to manage some of the discomforts that occur with pregnancy. We also provide education on a variety of topics from labor, birth & delivery to breastfeeding and the transition to parenthood. Assistance is provided for transportation and to obtain prenatal vitamins, milk, vegetables, fruit, eggs and other protein sources.

### 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.

### Getting Healthy with OCOF

Family Yoga, Zumbini, Movement & Play are a few examples of physical fitness and wellness programs offered to families to promote healthy and positive lifestyle choices.

### Special Events

We host special events from time to time to give members and staff a chance to socialize and have fun together. Some special events that we have had in the past include fire station tours, nature walks, beach & playground outings and much more.

### Car Seat Inspections

We offer car seat inspection clinics to parents/caregivers to learn how to safely install and use a car seat.

### Hearing and Developmental Screening

Individual screening is offered using a checklist designed to help monitor children's emotional, physical and overall development. Hearing test may also be available. This screening is intended for children ages 18 months and older.

### Transportation

Transportation may be available for registered participants.

### Childcare

Childcare may be available for registered participants during cooking and parenting programs.

## OUR SITES

### LaCloche

705-869-5545

 OCOF LaCloche

### Sudbury East

705-898-2754

 OCOF Sudbury East

### Sudbury

705-222-1826

 OCOF Sudbury

### Valley East/Capreol/Chelmsford/Onaping Falls

705-969-4040

 OCOF Hanmer

 OCOF Onaping Falls



## HEALTHY FOOD FOR KIDS

Healthy Food for Kids is a local initiative dedicated to raising awareness and funds to provide healthy food for kids in our community. Many of our programs seek to alleviate some of the stress that food insecurity places on families. We continue to assist more local families with young children who need real help right now.

### Infant Food Cupboard

The Infant Food Cupboard Program provides assistance to families with infants under the age of 42 months who need infant formula, milk or diapers. This is an emergency service only and is not intended to provide permanent support.

☎705-677-0931

### Emergency Food Program

Our main objective is to ensure families with young children experiencing food security issues have access to nutritious foods which are available in all of our programs. We provide:

- Fresh fruits and vegetables, whole grains and protein sources according to Canada's Food Guide;
- Nutrition training and education in the kitchen, which is a major component of our Food Security Program.



## COMMUNITY ENGAGEMENT

Our Children, Our Future/Nos enfants, notre avenir partners with various organizations to help foster a healthy future for children and families in our communities through various community activities:

### Toy Drives

This is a yearly campaign hoping to brighten the lives of local children who otherwise may not receive a gift for Christmas. Community partners are invited to join our organization to help make Christmas special by bringing joy with a toy to children in our community.

### Winter Clothing Drive

Every fall, Our Children, Our Future/Nos enfants, notre avenir assists with the collection of gently used coats, snow suits, boots and winter accessories such as toques, scarves and mittens from members of the community. We distribute all the goods to children and families in need.

### Adopt-A-Family Campaign

Our Children, Our Future/Nos enfants, notre avenir collaborates with community partners and individuals to support struggling families with food hampers and toys that are collected and gifted to families.

### Backpack Programs

Back-to-school backpacks, lunch bags, and school supplies are offered to children in need to ensure they have all the tools they need to begin their school year.

### Food Rescue

A community initiative aimed at making a greater impact by reducing food waste while feeding those in need.

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### Head Office

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