

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
	<p>(All day) Centre Closed / Le centre est fermé ¹</p> <p>(All day) Easter Monday / Lundi de Pâques</p>	<p>09:30 am - 11:30 am ² Welcome Baby Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ³ Creating Healthy Babies (Must be expecting please contact Nicole at 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ⁴ Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>10:00 am - 12:00 pm ⁵ Parent Advisory Committee Carmichael Community Center</p> <p>12:00 pm - 03:00 pm Special Event (Massage by appointment - registration link on Facebook) Minnow Lake Place, Sudbury</p>	
⁷	<p>(All day) ⁸ Centre Closed for Staff Professional Development</p>	<p>09:30 am - 11:30 am ⁹ Welcome Baby Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ¹⁰ Steps & Stages (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ¹¹ Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>09:30 am - 11:30 am ¹² Slow Cooker Workshop (Must pre-register 705-822-3203) Carmichael Community Center</p>	¹³
¹⁴	<p>10:00 am - 11:30 am Workshop (Baby Basics - must preregister text 249-879-1873) Minnow Lake Place, Sudbury</p> <p>05:00 pm - 07:00 pm Dad's Night (Must pre-register call/text 705-822-3203) Carmichael Community Center</p> <p>Dad's Night (Must pre-register call/text 705-822-3203) Carmichael Community Center</p>	<p>09:30 am - 11:30 am ¹⁶ Welcome Baby Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ¹⁷ Creating Healthy Babies (Must be expecting please contact Nicole at 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ¹⁸ Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>10:00 am - 12:00 pm ¹⁹ Special Event (Pancakes for breakfast. Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	²⁰
²¹	<p>09:30 am ²² Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>09:30 am - 11:30 am ²³ Welcome Baby Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ²⁴ Steps & Stages (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>	<p>10:00 am - 11:30 am ²⁵ Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury</p>		²⁷
²⁸	<p>10:00 am - 11:30 am Workshop (Baby Basics - must preregister text 249-879-1873) Minnow Lake Place, Sudbury</p> <p>05:00 pm - 07:00 pm</p>	<p>09:30 am - 11:30 am ³⁰ Welcome Baby Minnow Lake Place, Sudbury</p>				

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

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.

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.

Getting Healthy with OCOF

This is a wellness program that promotes healthy and positive lifestyle choices.

Parent Advisory Committee

These meetings give members a chance to share ideas and suggestions about programs.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Welcome Baby - Apr 2, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies - Apr 3, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Apr 4, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Parent Advisory Committee - Apr 5, 2024 10:00 am

ADDRESS: Carmichael community center, 1388 Bellevue Ave
Sudbury

CHILCARE: yes.

Special Event - Apr 5, 2024 12:00 pm

ADDRESS: 1127 Bancroft Dr., Sudbury

Welcome Baby - Apr 9, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - Apr 10, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Apr 11, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Slow Cooker Workshop - Apr 12, 2024 9:30 am

ADDRESS: Carmichael community center, 1388 Bellevue Ave
Sudbury

CHILCARE: yes.

Dad's Night - Apr 15, 2024 5:00 pm

ADDRESS: Carmichael community center, 1388 Bellevue Ave
Sudbury

CHILCARE: yes.

Welcome Baby - Apr 16, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies - Apr 17, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Apr 18, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Slow Cooker Workshop - Apr 22, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Welcome Baby - Apr 23, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - Apr 24, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Apr 25, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Welcome Baby - Apr 30, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury