

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 Cooking with OCOF (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>10:00 am - 12:00 pm ³ Parent Support Group (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ⁴ Playgroup 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ⁵ Workshop (Family Budgeting/Shopping. Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	
7	<p>(All day) Centre Closed for Staff Professional Development ⁸</p>	<p>09:30 am - 11:30 am ⁹ Cooking with OCOF (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>09:30 am - 12:00 pm ¹⁰ Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ¹¹ Playgroup 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ¹² Workshop (Family Budgeting/Shopping Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	
14	<p>10:00 am - 12:00 pm ¹⁵ Cooking with Kids (Program for children ages 2 to 6 years of age. Please register by contacting Katie at 705-665-8563) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ¹⁶ Cooking with OCOF (School Lunch preparation. Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>09:30 am - 11:30 am ¹⁷ Children See Children Learn (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ¹⁸ Playgroup 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ¹⁹ Workshop (Family Budgeting/Shopping Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>10:00 am - 12:00 pm ²⁰ 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>
21		<p>09:30 am - 11:30 am ²³ Cooking with OCOF (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>09:30 am - 12:00 pm ²⁴ Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ²⁵ Playgroup 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ²⁶ Workshop (Family Budgeting/Shopping Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	
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Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Children See Children Learn

Parenting can be stressful. Research shows that punishments such as slapping, spanking or shaming do not work. There are more positive ways to teach your child that do work. Join us to learn ideas on guiding your child in a more positive way.

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.

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.

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!

Workshop

Workshops give parents / caregivers the opportunity to receive support, education and information on a variety of topics.

ADDRESS: 1960 Paris Street, Building C

Workshop - Apr 12,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Cooking with Kids - Apr 15,2024 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Apr 16,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Children See Children Learn - Apr 17,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Playgroup - Apr 18,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Special Event - Apr 20,2024 10:00 am

ADDRESS: 1960 Paris Street, Building C

NOTES: Must pre-register. Contact Denise at 705 822-4068 or denise.labelle@ocof.net

Cooking with OCOF - Apr 23,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Time for YOU - Apr 24,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Playgroup - Apr 25,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Workshop - Apr 26,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Cooking with Kids - Apr 29,2024 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Apr 30,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Cooking with OCOF - Apr 2,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Parent Support Group - Apr 3,2024 10:00 am

ADDRESS: 1960 Paris Street, Building C

Playgroup - Apr 4,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Workshop - Apr 5,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Apr 9,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Time for YOU - Apr 10,2024 9:30 am

ADDRESS: 1960 Paris Street, Building C

Playgroup - Apr 11,2024 9:30 am