

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			10:00 am - 11:30 am <i>Creating Healthy Babies (Must be expecting please contact Nicole at 705-822-3203)</i> Minnow Lake Place, Sudbury	10:00 am - 11:30 am <i>Getting Healthy with OCOF (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury	10:00 am - 11:30 am <i>Special Event (Community Gardens)</i> Minnow Lake Place, Sudbury	
5	05:00 pm - 07:00 pm <i>Dad's Night (Must pre-register call/text 705-822-3203)</i> Carmichael Community Center (All day) <i>Centre Closed for Staff Professional Development</i>	09:30 am - 11:30 am <i>Welcome Baby</i> Minnow Lake Place, Sudbury	10:00 am - 11:30 am <i>Steps & Stages (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury	10:00 am - 11:30 am <i>Getting Healthy with OCOF (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Slow Cooker Workshop (Must pre-register call/text 705-822-3203)</i> Carmichael Community Center	11
12	10:00 am - 11:30 am <i>Workshop (Baby Basics - must preregister text 249-879-1873)</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Welcome Baby</i> Minnow Lake Place, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873)</i> Zoom	10:00 am - 11:30 am <i>Creating Healthy Babies (Must be expecting please contact Nicole at 705-822-3203)</i> Minnow Lake Place, Sudbury	10:00 am - 11:30 am <i>Getting Healthy with OCOF (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Slow Cooker Workshop (Must pre-register call/text 705-822-3203)</i> Carmichael Community Center	18
19	(All day) <i>Centre Closed / Le centre est fermé</i>	09:30 am - 11:30 am <i>Welcome Baby</i> Minnow Lake Place, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873)</i> Zoom	10:00 am - 11:30 am <i>Steps & Stages (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury	08:00 am <i>Other (Center Closed for Staff Professional Development)</i> Minnow Lake Place, Sudbury		25
26	09:30 am - 12:00 pm <i>Slow Cooker Workshop</i> Minnow Lake Place, Sudbury	09:30 am - 11:30 am <i>Welcome Baby</i> Minnow Lake Place, Sudbury 04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (Must pre-register, call/text Denise 705-822-4068 or Leesa 249-879-1873)</i> Zoom	10:00 am - 11:30 am <i>Steps & Stages (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury	10:00 am - 11:30 am <i>Getting Healthy with OCOF (Must pre-register call/text 705-822-3203)</i> Minnow Lake Place, Sudbury		

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.

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.

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.

Workshop

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

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Creating Healthy Babies - May 1, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - May 2, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Special Event - May 3, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Dad's Night - May 6, 2024 5:00 pm

ADDRESS: Carmichael community center, 1388 Bellevue Ave

Sudbury

CHILCARE: yes. FOOD SERVED: Supper. FOOD

DESCRIPTION: sub and salad

Welcome Baby - May 7, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - May 8, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - May 9, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Slow Cooker Workshop - May 10, 2024 9:30 am

ADDRESS: Carmichael community center, 1388 Bellevue Ave

Sudbury

CHILCARE: yes.

Workshop - May 13, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Welcome Baby - May 14, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies - May 15, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - May 16, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Slow Cooker Workshop - May 17, 2024 9:30 am

ADDRESS: Carmichael community center, 1388 Bellevue Ave

Sudbury

CHILCARE: yes.

Welcome Baby - May 21, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - May 22, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Other - May 23, 2024 8:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Slow Cooker Workshop - May 27, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Welcome Baby - May 28, 2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - May 29, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - May 30, 2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.