

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 12:00 pm Special Event (Kids & Seniors Intergenerational Program - Must pre register, please contact Denise at 705 822-4068 or denise.labelle@ocof.net) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play 1960 Paris Street, Sudbury	09:00 am - 12:00 pm Workshop (Family Budgeting/Shopping Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	
5	(All day) Centre Closed for Staff Professional Development	08:00 am Other (Center Closed) 1960 Paris Street, Sudbury	10:00 am - 12:00 pm Parent Support Group (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play 1960 Paris Street, Sudbury	09:00 am - 12:00 pm Workshop (Family Budgeting/Shopping/Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	
12		09:30 am - 12:00 pm Cooking with OCOF 1960 Paris Street, Sudbury 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 Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play 1960 Paris Street, Sudbury	08:00 am Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFCNENA) 1960 Paris Street, Sudbury	
19	(All day) Centre Closed / Le centre est fermé	10:00 am - 12:00 pm 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 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 Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play 1960 Paris Street, Sudbury	09:00 am - 12:00 pm Workshop (Family Budgeting/Shopping/Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury 04:00 pm - 05:30 pm Special Event (Neighbourhood Clean-Up) 1960 Paris Street, Sudbury	
26		09:30 am - 12:00 pm Cooking with OCOF 1960 Paris Street, Sudbury 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 Time for YOU (Time for You/Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play 1960 Paris Street, Sudbury	09:00 am - 12:00 pm Workshop (Family Budgeting/Shopping/Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	

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

# Additional Program Information / Information Additionnelle Concernant Les Programmes

## **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.

## **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 - May 24,2024 9:00 am**

ADDRESS: 1960 Paris Street, Building C

## **Special Event - May 24,2024 4:00 pm**

ADDRESS: 1960 Paris Street, Building C

## **Cooking with OCOF - May 28,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

## **Time for YOU - May 29,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

## **Movement & Play - May 30,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

## **Workshop - May 31,2024 9:00 am**

ADDRESS: 1960 Paris Street, Building C

## **PROGRAM NOTES / MESSAGES CONCERNANT**

### **LES PROGRAMMES**

#### **Special Event - May 1,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Movement & Play - May 2,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Workshop - May 3,2024 9:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Other - May 7,2024 8:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Parent Support Group - May 8,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Movement & Play - May 9,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Workshop - May 10,2024 9:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Cooking with OCOF - May 14,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Time for YOU - May 15,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Movement & Play - May 16,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Other - May 17,2024 8:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Cooking with OCOF - May 21,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

#### **Time for YOU - May 22,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

#### **Movement & Play - May 23,2024 9:30 am**