

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
30						1
2	(All day) Centre Closed for Staff Professional Development	09:30 am - 11:30 am Welcome Baby (Drop in for families with babies between the ages of 4-12 months) Minnow Lake Place, Sudbury	09:45 am - 11:30 am Creating Healthy Babies Prenatal Program (Cooking with a Dietician - Please contact Nicole at 705-822-3203) Public Health Sudbury & Districts	10:00 am - 11:30 am Getting Healthy with OCOF (Four Week Shape-Up Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	09:30 am - 11:30 am Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	8
9	10:00 am - 11:30 am Workshop (Baby Basics for Newcomers - must preregister text 249-879-1873) Minnow Lake Place, Sudbury 05:00 pm Dad's Night Carmichael Community Center	09:30 am - 11:30 am Welcome Baby (Drop in for families with babies between the ages of 4-12 months) Minnow Lake Place, Sudbury	10:00 am - 11:30 am Steps & Stages (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	10:00 am - 11:30 am Getting Healthy with OCOF (Four Week Shape-Up Must pre register call/text 705-822-3203) Minnow Lake Place, Sudbury	10:00 am - 12:00 pm Workshop (Budgeting Workshop must pre-register call/text 705-822-3203) Carmichael Community Center	15
16	10:00 am - 11:30 am Workshop (Baby Basics for Newcomers - must preregister text 249-879-1873) Minnow Lake Place, Sudbury	09:30 am - 11:30 am Welcome Baby (Drop in for families with babies between the ages of 4-12 months) Minnow Lake Place, Sudbury	10:00 am - 11:30 am Creating Healthy Babies Prenatal Program (Please contact Nicole at 705-822-3203) Minnow Lake Place, Sudbury	10:00 am - 11:30 am Getting Healthy with OCOF (Four Week Shape-Up Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	09:30 am - 11:30 am Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	22
23	09:30 am - 12:00 pm Cooking with OCOF (Nigerian Jollof Rice & Chicken (Must be pre registered)) Carmichael Community Center 10:00 am - 11:30 am Workshop (Baby Basics for Newcomers - must preregister text 249-879-1873) Minnow Lake Place, Sudbury	09:30 am - 11:30 am Welcome Baby (Drop in for families with babies between the ages of 4-12 months) Minnow Lake Place, Sudbury	10:00 am - 11:30 am Steps & Stages (Must pre-register call/text 705-822-3203) Minnow Lake Place, Sudbury	10:00 am - 11:30 am Getting Healthy with OCOF (Four Week Shape-Up Celebration) Minnow Lake Place, Sudbury	01:00 pm - 03:00 pm Special Event (Family Fun Day - Games, Activities, Prizes, Family Movie) Carmichael Community Center	29

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.

Creating Healthy Babies Prenatal Program

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.

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

Welcome Baby - Jun 4,2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies Prenatal Program - Jun 5,2024 9:45 am

ADDRESS: 1300 Paris St., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Jun 6,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Slow Cooker Workshop - Jun 7,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Workshop - Jun 10,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Dad's Night - Jun 10,2024 5:00 pm

ADDRESS: 1388 Bellevue Ave Sudbury

Welcome Baby - Jun 11,2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - Jun 12,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Getting Healthy with OCOF - Jun 13,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Workshop - Jun 14,2024 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

Workshop - Jun 17,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Welcome Baby - Jun 18,2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Creating Healthy Babies Prenatal Program - Jun 19,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Jun 20,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Slow Cooker Workshop - Jun 21,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

Cooking with OCOF - Jun 24,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Workshop - Jun 24,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Welcome Baby - Jun 25,2024 9:30 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Steps & Stages - Jun 26,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Jun 27,2024 10:00 am

ADDRESS: 1127 Bancroft Dr., Sudbury

Special Event - Jun 29,2024 1:00 pm

ADDRESS: 1388 Bellevue Ave Sudbury