

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 12:00 pm Playgroup Capreol Public Library	09:30 am - 11:30 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Valley Pentacostal Church, Hanmer	09:00 am - 11:30 am Welcome Baby (pre-registration required 705-207-1960) Valley East Public Library	
5	(All day) Centre Closed for Staff Professional Development	08:00 am Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFLNENA)		09:30 am - 11:00 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Trinity United Church, Capreol		
12	05:00 pm - 07:00 pm Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Valley Pentacostal Church, Hanmer	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 Playgroup Capreol Public Library	10:00 am - 11:30 am Special Event (Gardening Activity. Please call or text 705-822-4037 to register. One kit per family.) Howard Armstrong Recreation Centre, Hanmer	09:00 am - 11:30 am Welcome Baby (Please text or call to register at 249-879-1873) Valley East Public Library	
19	(All day) Centre Closed / Le centre est fermé	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  05:00 pm - 07:00 pm Family Fun Night ((Please call or text 705-822-4037 to register)) St. Anne School, Hanmer	09:30 am - 12:00 pm Playgroup (Indigenous Led Programming) Capreol Public Library	09:30 am - 11:00 am Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Trinity United Church, Capreol	10:00 am - 12:00 pm Time for YOU (Please text or call 705-822-4037 to register.) Capreol Public Library	
26	05:00 pm - 07:00 pm Dad's Night (Please text or call 705-521-3568 to register the Thursday before.) Valley East Lions Club Hall	10:00 am - 11:30 am Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873) Copper Cliff Library  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 Playgroup Capreol Public Library  09:30 am - 11:30 am Hearing and Developmental Screening (Please text or call 705-822-4037 to book an appointment) Capreol Public Library		09:00 am - 11:30 am Welcome Baby (Please text or call to register at 249-879-1873) Valley East Public Library	

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.

## **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.

## **Family Fun Night**

This program gives families the opportunity to interact together in an open and welcoming environment while participating in games and physical activities together. A healthy nutritious meal is served.

## **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.

## **Hearing and Developmental Screening**

Individual screening will be taking place using a checklist designed to help monitor your child's development. Hearing tests will also be available. This screening is meant for children ages 18 months and older.

## **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!

## **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.

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

## **Playgroup - May 15,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

## **Special Event - May 16,2024 10:00 am**

ADDRESS: 4040 Elmview Dr, Hanmer

NOTES: Join us this morning at the gazebo at the Howard Armstrong where families are invited to partake in a gardening experience. Each household will receive their very own gardening kit. Parents/caregivers and children will come together to create their own personalized container garden to take home. Please call or text 705-822-4037 to register. Limited Kits.

## **Welcome Baby - May 17,2024 9:00 am**

ADDRESS: 4100 Elmview Drive, Hanmer

## **Family Fun Night - May 21,2024 5:00 pm**

ADDRESS: 4500 St. Michel St. Hanmer

## **Playgroup - May 22,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

## **Cooking with OCOF - May 23,2024 9:30 am**

ADDRESS: 72 Young St., Capreol

## **Time for YOU - May 24,2024 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

## **Dad's Night - May 27,2024 5:00 pm**

ADDRESS: 4611 St-Joseph St., Hanmer

## **Infant Massage - May 28,2024 10:00 am**

ADDRESS: 11 Balsam St, Copper Cliff

## **Playgroup - May 29,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

## **Hearing and Developmental Screening - May 29,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

## **Welcome Baby - May 31,2024 9:00 am**

ADDRESS: 4100 Elmview Drive, Hanmer

## **PROGRAM NOTES / MESSAGES CONCERNANT**

### **LES PROGRAMMES**

#### **Playgroup - May 1,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

#### **Cooking with OCOF - May 2,2024 9:30 am**

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

#### **Welcome Baby - May 3,2024 9:00 am**

ADDRESS: 4100 Elmview Drive, Hanmer

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

ADDRESS: 72 Young St., Capreol

#### **Cooking with OCOF - May 13,2024 5:00 pm**