

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				<p><b>09:30 am - 11:00 am</b><sup>1</sup> Cooking with OCOF - Families in the Kitchen (Families In the Kitchen. Parents with children ages 4-6 Please text 705-822-4037 to register) Valley Pentacostal Church, Hanmer</p> <p><b>12:30 pm - 02:00 pm</b> Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873) Valley East Public Library</p>	<p><b>09:00 am - 11:30 am</b><sup>2</sup> Car Seat Inspection Clinic (To book an appointment, please text 705-822-4037. Limited Spaces) Valley East Public Library</p> <p><b>09:30 am - 12:00 pm</b> Welcome Baby Valley East Public Library</p>	<p><b>3</b></p>
4	<p><b>(All day)</b><sup>5</sup> Centre Closed / Le centre est fermé</p> <p><b>(All day)</b> Centre Closed / Le centre est fermé</p>	<p><b>10:00 am - 12:00 pm</b><sup>6</sup> Special Event (Walk/Activities: In partnership with Magic Triangle: call or text 705-207-1960 to register) Howard Armstrong Recreation Centre, Hanmer</p>	<p><b>10:00 am - 11:30 pm</b><sup>7</sup> Nobody's Perfect Parenting Program (4 week program text 249-879-1873 to register) Capreol Public Library</p>	<p><b>09:30 am - 12:00 pm</b><sup>8</sup> Special Event (outdoor activities ) C.R. Judd Public School, Capreol</p> <p><b>09:30 am - 11:00 am</b> Cooking with OCOF - Families in the Kitchen (Parents with children ages 4-6 Please text 705-822-4037 to register) Trinity United Church, Capreol</p> <p><b>12:30 pm - 02:00 pm</b> Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873) Valley East Public Library</p>	<p><b>09:30 am - 12:00 pm</b><sup>9</sup> Welcome Baby (pre-registration required 705-207-1960) Valley East Public Library</p>	<p><b>10</b></p>
11	<p><b>05:00 pm - 07:00 pm</b><sup>12</sup> Cooking with OCOF (Slow Cooker Workshop- Please text 705-822-4037 to register) Valley Pentacostal Church, Hanmer</p> <p><b>(All day)</b> Centre Closed for Staff Professional Development</p>	<p><b>10:00 am - 12:00 pm</b><sup>13</sup> Special Event (Summer BBQ: In partnership with Magic Triangle: call or text 705-207-1960 to register) Kalmo Beach, Blezard Valley</p>	<p><b>10:00 am - 11:30 pm</b><sup>14</sup> Nobody's Perfect Parenting Program (4 week program text 249-879-1873 to register) Capreol Public Library</p>	<p>Valley East Public Library</p>	<p><b>09:30 am - 12:00 pm</b><sup>16</sup> Welcome Baby (pre-registration required 705-207-1960) Valley East Public Library</p>	<p><b>10:00 am - 12:00 pm</b><sup>17</sup> Special Event (Outreach event ) To Be Determined</p>
18	<p><b>09:30 am - 12:00 pm</b><sup>19</sup> Playgroup Capreol Public Library</p>	<p><b>11:30 am - 01:00 pm</b><sup>20</sup> Special Event (Gym Zone: In partnership with Magic Triangle: call or text 705-207-1960 to register) Gym Zone, Val Therese</p>	<p><b>10:00 am - 11:30 pm</b><sup>21</sup> Nobody's Perfect Parenting Program (4 week program text 249-879-1873 to register) Capreol Public Library</p> <p><b>10:00 am - 02:00 pm</b> Special Event (Community Party &amp; FREE BBQ in partnership with Magic Triangle) Valley Pentacostal Church, Hanmer</p>	<p>22</p>	<p><b>09:30 am - 12:00 pm</b><sup>23</sup> Welcome Baby Valley East Public Library</p> <p><b>10:00 am - 12:00 pm</b> Time for YOU (Please text or call 705-822-4037 to register.) Capreol Public Library</p>	<p><b>24</b></p>
25	<p><b>09:30 am - 12:00 pm</b><sup>26</sup> Playgroup Capreol Public Library</p>	<p><b>10:00 am - 12:00 pm</b><sup>27</sup> Special Event (Walk/Bird Watching: In partnership with Magic Triangle: call or text 705-207-1960 to register) Langdon Park Trail, Blezard Valley</p>	<p><b>10:00 am - 11:30 pm</b><sup>28</sup> Nobody's Perfect Parenting Program (4 week program text 249-879-1873 to register) Capreol Public Library</p>	<p>29</p>	<p><b>09:30 am - 12:00 pm</b><sup>30</sup> Welcome Baby (pre-registration required 705-207-1960) Valley East Public Library</p>	<p><b>31</b></p>

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

# Additional Program Information / Information Additionnelle Concernant Les Programmes

## **Car Seat Inspection Clinic**

Learn to safely install and use your car seat.

## **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.

## **Nobody's Perfect Parenting Program**

At Nobody's Perfect sessions, you can learn about your child's feelings, behaviours, body, and safety as well as sharing what it is like to be a parent. Sessions are based on what you and other parents want to learn about, not step by step from a book.

## **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.

## **PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES**

### **Cooking with OCOF - Families in the Kitchen - Aug 1,2024 9:30 am**

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

### **Infant Massage - Aug 1,2024 12:30 pm**

ADDRESS: 4100 Elmview Drive, Hanmer

### **Car Seat Inspection Clinic - Aug 2,2024 9:00 am**

ADDRESS: 4100 Elmview Drive, Hanmer

FOOD DESCRIPTION: Na

### **Welcome Baby - Aug 2,2024 9:30 am**

ADDRESS: 4100 Elmview Drive, Hanmer

### **Special Event - Aug 6,2024 10:00 am**

ADDRESS: 4040 Elmview Dr, Hanmer

### **Nobody's Perfect Parenting Program - Aug 7,2024 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### **Special Event - Aug 8,2024 9:30 am**

ADDRESS: 8 Lincoln Cr., Capreol

### **Cooking with OCOF - Families in the Kitchen - Aug 8,2024 9:30 am**

ADDRESS: 72 Young St., Capreol

### **Infant Massage - Aug 8,2024 12:30 pm**

ADDRESS: 4100 Elmview Drive, Hanmer

### **Welcome Baby - Aug 9,2024 9:30 am**

ADDRESS: 4100 Elmview Drive, Hanmer

### **Cooking with OCOF - Aug 12,2024 5:00 pm**

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

### **Special Event - Aug 13,2024 10:00 am**

ADDRESS: 2632, 2998 Sandy Beach Rd, Blezard Valley

### **Nobody's Perfect Parenting Program - Aug 14,2024 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### **Welcome Baby - Aug 16,2024 9:30 am**

ADDRESS: 4100 Elmview Drive, Hanmer

### **Playgroup - Aug 19,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

### **Special Event - Aug 20,2024 11:30 am**

ADDRESS: 4617 St-Therese St. Val Therese

### **Nobody's Perfect Parenting Program - Aug 21,2024 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### **Special Event - Aug 21,2024 10:00 am**

ADDRESS: 231 Martha St., Hanmer

### **Welcome Baby - Aug 23,2024 9:30 am**

ADDRESS: 4100 Elmview Drive, Hanmer

### **Time for YOU - Aug 23,2024 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### **Playgroup - Aug 26,2024 9:30 am**

ADDRESS: 9 Morin St., Capreol

### **Special Event - Aug 27,2024 10:00 am**

ADDRESS: Rainbow Route 24- Martin Road, Blezard Valley

### **Nobody's Perfect Parenting Program - Aug 28,2024 10:00 am**

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

### **Welcome Baby - Aug 30,2024 9:30 am**

ADDRESS: 4100 Elmview Drive, Hanmer