

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
		<p>10:00 am - 11:30 am ¹ Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury</p>	<p>²</p>	<p>³</p>	<p>01:00 am - 02:30 pm ⁴ Slow Cooker Workshop (Cabbage Roll Making. Please note that this event is already FULL.) Carmichael Community Center</p> <p>09:30 am - 11:30 am Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center</p>	<p>⁵</p>
<p>⁶</p>	<p>(All day) ⁷ Centre Closed for Staff Professional Development</p>	<p>10:00 am - 11:30 am ⁸ Welcome Baby (Stroller Walk for families with babies between 0-12 months.) Bell Park, Sudbury</p>	<p>09:30 am - 12:00 pm ⁹ Creating Healthy Babies Prenatal Program (Must be expecting please contact Nicole at 705-822-3203) Public Health Sudbury & Districts</p>	<p>10:00 am - 11:30 am ¹⁰ Getting Healthy with OCOF - Fit for Me (We will be walking on the board walk. Stroller friendly! Please wear proper shoes. Meet at the playground.) Bell Park, Sudbury</p>	<p>¹¹</p>	<p>10:00 am - 12:00 pm ¹² Special Event (Please note that this event is already FULL. We apologize for the inconvenience.) KUPP Centre - Indoor Playground, Laser Tag & Mini Putt, Sudbury</p>
<p>¹³</p>	<p>(All day) ¹⁴ Centre Closed / Le centre est fermé</p>	<p>10:00 am - 11:30 am ¹⁵ Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury</p>	<p>¹⁶</p>	<p>10:00 am - 11:30 am ¹⁷ Getting Healthy with OCOF - Fit for Me (We will be walking on the board walk. Stroller friendly! Please wear proper shoes. Meet at the playground.) Bell Park, Sudbury</p>	<p>09:30 am - 11:30 am ¹⁸ Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center</p>	<p>¹⁹</p>
<p>²⁰</p>	<p>²¹</p>	<p>²²</p>	<p>08:00 am ²³ Other (Check out our YouTube channel for a variety of circle time videos, cooking demonstrations, parenting info and so much more! @OCOFC NENA) Online</p>	<p>²⁴</p>	<p>²⁵</p>	<p>²⁶</p>
<p>²⁷</p>	<p>10:00 am - 11:30 am ²⁸ Steps & Stages (Must pre-register call/text 705-822-3203) Carmichael Community Center</p> <p>01:00 pm - 02:30 pm Getting Healthy with OCOF (Must pre-register call/text 705-822-3203) Carmichael Community Center</p>	<p>10:00 am - 11:30 am ²⁹ Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury</p>	<p>³⁰</p>	<p>09:30 am - 11:30 am ³¹ Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center</p>		

Additional Program Information / Information Additionnelle Concernant Les Programmes

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.

Getting Healthy with OCOF

This is a wellness program that promotes healthy and positive lifestyle choices.

Getting Healthy with OCOF - Fit for Me

A wellness program designed to maintain and improve well-being through healthy eating and physical activity.

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.

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Slow Cooker Workshop - Oct 18, 2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Steps & Stages - Oct 28, 2024 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - Oct 28, 2024 1:00 pm

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Oct 29, 2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Slow Cooker Workshop - Oct 31, 2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Welcome Baby - Oct 1, 2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Slow Cooker Workshop - Oct 4, 2024 1:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Slow Cooker Workshop - Oct 4, 2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Oct 8, 2024 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Creating Healthy Babies Prenatal Program - Oct 9, 2024 9:30 am

ADDRESS: 1300 Paris St., Sudbury

Getting Healthy with OCOF - Fit for Me - Oct 10, 2024 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Special Event - Oct 12, 2024 10:00 am

ADDRESS: 1965 Lasalle Blvd. Sudbury

Welcome Baby - Oct 15, 2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Getting Healthy with OCOF - Fit for Me - Oct 17, 2024 10:00 am