

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					1	2
3	4	5 <b>10:00 am - 12:00 pm</b> Cooking with OCOF - Community Kitchen (Please register with Denise at 705 822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> ) 1960 Paris Street, Sudbury <b>01:00 pm - 03:00 pm</b> Craft Corner (Program for children ages 2-6 years. Register with Katie at 705-665-8563) 1960 Paris Street, Sudbury	6 <b>10:00 am - 12:00 pm</b> Time for YOU (Adult Crafting Opportunity & Self-Care. Childcare may be available. Text/call Denise 705-822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> to register) 1960 Paris Street, Sudbury	7 <b>09:30 am - 12:00 pm</b> Movement & Play 1960 Paris Street, Sudbury	8	9
10	11 <b>(All day)</b> Centre Closed for Staff Professional Development	12 <b>10:00 am - 12:00 pm</b> Cooking with OCOF - Community Kitchen (Register with Denise at 705-822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> ) 1960 Paris Street, Sudbury <b>01:00 pm - 03:00 pm</b> Craft Corner (Program for children ages 2-6 years. Register with Katie at 705-665-8563) 1960 Paris Street, Sudbury	13 <b>10:00 am - 12:00 pm</b> Special Event (Kids & Seniors Intergenerational Program. Must pre-register, please contact Denise at 705 822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> ) 1960 Paris Street, Sudbury	14 <b>09:30 am - 12:00 pm</b> Movement & Play 1960 Paris Street, Sudbury	15 <b>09:00 am - 12:00 pm</b> Workshop (Family Budgeting/Shopping. Please contact Denise at 705 822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> to pre register) 1960 Paris Street, Sudbury	16
17	18	19 <b>01:00 pm - 03:00 pm</b> Craft Corner (Program for children ages 2-6 years. Register with Katie at 705-665-8563) 1960 Paris Street, Sudbury	20	21 <b>09:30 am - 12:00 pm</b> Movement & Play 1960 Paris Street, Sudbury <b>10:00 am - 12:00 pm</b> Special Event (Clothes Closet Event) 1960 Paris Street, Sudbury	22 <b>09:00 am - 12:00 pm</b> Workshop (Family Budgeting/Shopping. Please contact Denise at 705 822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> to pre register) 1960 Paris Street, Sudbury	23
24	25 <b>10:00 am - 12:00 pm</b> Story Time with Craft 1960 Paris Street, Sudbury <b>01:00 pm - 02:30 pm</b> Parent Support Group (Please contact Denise at 705 822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> to pre register) 1960 Paris Street, Sudbury	26 <b>10:00 am - 12:00 pm</b> Cooking with OCOF - Community Kitchen (School Lunches. Register with Denise 705-822-4068.) 1960 Paris Street, Sudbury <b>10:00 am - 11:30 am</b> Infant Massage (5 weeks. Text Leesa 249-879-1873 to register) South End Public Library, Sudbury <b>01:00 pm - 03:00 pm</b> Craft Corner (For children 2-6 years. Register with Katie 705-665-8563) 1960 Paris Street, Sudbury	27 <b>10:00 am - 12:00 pm</b> Time for YOU (Adult Crafting Opportunity & Self-Care. Childcare may be available. Contact Denise 705-822-4068 or <a href="mailto:denise.labelle@ocof.net">denise.labelle@ocof.net</a> to register) 1960 Paris Street, Sudbury	28 <b>09:30 am - 12:00 pm</b> Movement & Play 1960 Paris Street, Sudbury	29	30

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 - Community Kitchen**

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.

## **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

**Cooking with OCOF - Community Kitchen - Nov 26,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Infant Massage - Nov 26,2024 10:00 am**

ADDRESS: 1991 Regent St, Sudbury

**Craft Corner - Nov 26,2024 1:00 pm**

ADDRESS: 1960 Paris Street, Building C

**Time for YOU - Nov 27,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Movement & Play - Nov 28,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

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

**Cooking with OCOF - Community Kitchen - Nov 5,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Craft Corner - Nov 5,2024 1:00 pm**

ADDRESS: 1960 Paris Street, Building C

**Time for YOU - Nov 6,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Movement & Play - Nov 7,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

**Cooking with OCOF - Community Kitchen - Nov 12,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Craft Corner - Nov 12,2024 1:00 pm**

ADDRESS: 1960 Paris Street, Building C

**Special Event - Nov 13,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Movement & Play - Nov 14,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

**Workshop - Nov 15,2024 9:00 am**

ADDRESS: 1960 Paris Street, Building C

**Craft Corner - Nov 19,2024 1:00 pm**

ADDRESS: 1960 Paris Street, Building C

**Movement & Play - Nov 21,2024 9:30 am**

ADDRESS: 1960 Paris Street, Building C

**Special Event - Nov 21,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Workshop - Nov 22,2024 9:00 am**

ADDRESS: 1960 Paris Street, Building C

**Story Time with Craft - Nov 25,2024 10:00 am**

ADDRESS: 1960 Paris Street, Building C

**Parent Support Group - Nov 25,2024 1:00 pm**