

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					10:00 am - 12:00 pm Other (Must pre-register call/text 705-822-3203) Carmichael Community Center	
3	09:30 am - 11:30 am Creating Healthy Babies Prenatal Program (Must be expecting please contact Nicole at 705-822-3203) Carmichael Community Center 01:00 pm - 02:30 pm Cooking with OCOF - Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	10:00 am - 11:30 am Welcome Baby (Drop-in program, for families with babies between the ages of 0-12 months) Main Public Library, Sudbury			09:30 am - 11:30 am Cooking with OCOF - Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	
10	(All day) Centre Closed for Staff Professional Development	09:30 am - 12:00 pm Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury			09:30 am - 11:30 am Cooking with OCOF - Slow Cooker Workshop Carmichael Community Center	
17	10:00 am - 11:30 am Steps & Stages (Must pre-register call/text 705-822-3203) Carmichael Community Center 01:00 pm - 02:30 pm Cooking with OCOF - Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	09:30 am - 12:00 pm Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury			09:30 am - 11:30 am Cooking with OCOF - Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	
24	01:00 am - 02:30 pm Cooking with OCOF - Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center 09:30 am - 11:30 am Creating Healthy Babies Prenatal Program (Must be expecting please contact Nicole at 705-822-3203) Carmichael Community Center	10:00 am - 11:30 am Welcome Baby (Drop in for families with babies between the ages of 0-12 months) Main Public Library, Sudbury			09:30 am - 11:30 am Cooking with OCOF - Slow Cooker Workshop (Must pre-register call/text 705-822-3203) Carmichael Community Center	

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 - 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.

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.

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: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Nov 19,2024 9:30 am

ADDRESS: 74 Mackenzie Street Sudbury

Cooking with OCOF - Slow Cooker Workshop - Nov 22,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Cooking with OCOF - Slow Cooker Workshop - Nov 25,2024 1:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Creating Healthy Babies Prenatal Program - Nov 25,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

Welcome Baby - Nov 26,2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Cooking with OCOF - Slow Cooker Workshop - Nov 29,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Other - Nov 1,2024 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Creating Healthy Babies Prenatal Program - Nov 4,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

Cooking with OCOF - Slow Cooker Workshop - Nov 4,2024 1:00 pm

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Nov 5,2024 10:00 am

ADDRESS: 74 Mackenzie Street Sudbury

Cooking with OCOF - Slow Cooker Workshop - Nov 8,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - Nov 12,2024 9:30 am

ADDRESS: 74 Mackenzie Street Sudbury

Cooking with OCOF - Slow Cooker Workshop - Nov 15,2024 9:30 am

ADDRESS: 1388 Bellevue Ave Sudbury

Steps & Stages - Nov 18,2024 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Cooking with OCOF - Slow Cooker Workshop - Nov 18,2024 1:00 pm