

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
					09:30 am - 12:00 pm Welcome Baby Valley East Public Library	
3	4	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Call/text 705-822-4068 to register) Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library	09:30 am - 11:30 am Cooking with OCOF - Slow Cooker Workshop (Text/call 705-822-4037 to register) Valley Pentacostal Church, Hanmer 12:30 pm - 02:00 pm Getting Healthy with OCOF (Stroller Fit. Text/call 249-879-1873 to register) Valley East Public Library 03:30 pm - 05:30 pm Movement & Play C.R. Judd Public School, Capreol	09:30 am - 12:00 pm Welcome Baby Valley East Public Library 09:30 am - 11:00 am Special Event ( Nature Hike at the Rainbow Routes Trail in Capreol (Please text or call 705-822-4037 to register)) Foodland, Capreol	
10	(All day) Centre Closed for Staff Professional Development	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Call/text 705-822-4068 to register) Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Text 705-822-4037 to register) Trinity United Church, Capreol 12:30 pm - 02:00 pm Getting Healthy with OCOF (Stroller Fit. Text/call 249-879-1873 to register) Valley East Public Library 03:30 pm - 05:30 pm Movement & Play C.R. Judd Public School, Capreol	09:30 am - 12:00 pm Welcome Baby Valley East Public Library	10:00 am - 11:30 am Outdoor Playgroup Kin Park Playground, Blezard Valley
17	05:00 pm - 07:00 pm Cooking with OCOF - Slow Cooker Workshop (Please text 705-822-4037 to register or for more information) Valley Pentacostal Church, Hanmer	04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom 05:30 pm - 07:30 pm Family Fun Night (In partnership with Magic Triangle. Call/text 705-207-1960 to regisiter.) St. Anne School, Hanmer	09:30 am - 12:00 pm Playgroup Capreol Public Library	12:30 pm - 02:00 pm Getting Healthy with OCOF (Stroller Fit. Text/call 249-879-1873 to register) Valley East Public Library 03:30 pm - 05:30 pm Movement & Play C.R. Judd Public School, Capreol	09:30 am - 12:00 pm Welcome Baby Valley East Public Library	
24		09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Call/text 705-822-4068 to register) Zoom	09:00 am - 04:00 pm Car Seat Inspection Clinic (Pre-registration required 705-969-8685 ext.590) Lionel E Lalonde Centre, Azilda 10:00 am - 12:00 pm Time for YOU (Text/call 705-822-4037 to register) Capreol Public Library 05:00 pm - 07:00 pm Dad's Night (Text/Call Rick 705-207-0545 to register) Valley East Lions Club Hall	09:30 am - 11:00 am Cooking with OCOF - Slow Cooker Workshop (Text 705-822-4037 to register) Trinity United Church, Capreol 12:30 pm - 02:00 pm Getting Healthy with OCOF (Stroller Fit. Text/call 249-879-1873 to register) Valley East Public Library 03:30 pm - 05:30 pm Movement & Play C.R. Judd Public School, Capreol	09:30 am - 12:00 pm Welcome Baby Valley East Public Library 10:30 am - 12:00 pm Workshop (Financial literacy - text 249-879-1873 to register) Capreol 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

## Car Seat Inspection Clinic

Learn to safely install and use your car seat.

## 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.

## 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.

## Getting Healthy with OCOF

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

## 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.

## Outdoor Playgroup

This outdoor play-based program gives children and their parents/caregivers the opportunity to interact with the natural world around them.

## 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.

## Workshop

Workshops give parents / caregivers the opportunity to receive support, education and information on a variety of topics.

ADDRESS: 4500 St. Michel St. Hanmer

## Playgroup - Nov 6,2024 9:30 am

ADDRESS: 9 Morin St., Capreol

## Cooking with OCOF - Slow Cooker Workshop - Nov 7,2024 9:30 am

ADDRESS: 231 Martha St., Hanmer

CHILCARE: yes.

## Getting Healthy with OCOF - Nov 7,2024 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

## Movement & Play - Nov 7,2024 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

## Welcome Baby - Nov 8,2024 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

## Special Event - Nov 8,2024 9:30 am

ADDRESS: 85 Young St, Capreol

NOTES: Join us for a fall hike and exploring the surrounding along the the Vermilion River. Parking is located at the bridge on the left hand side. Rain or Shine. Please dress according to the weather. For more information or to register, please call or text 705-822-4037. healthy snack will be provided.

## Playgroup - Nov 12,2024 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

## Playgroup - Nov 13,2024 9:30 am

ADDRESS: 9 Morin St., Capreol

## Cooking with OCOF - Slow Cooker Workshop - Nov 14,2024 9:30 am

ADDRESS: 72 Young St., Capreol

## Getting Healthy with OCOF - Nov 14,2024 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

## Movement & Play - Nov 14,2024 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

## Welcome Baby - Nov 15,2024 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

## Outdoor Playgroup - Nov 16,2024 10:00 am

ADDRESS: 2732 Langdon Drive, Blezard Valley

## Cooking with OCOF - Slow Cooker Workshop - Nov 18,2024 5:00 pm

ADDRESS: 231 Martha St., Hanmer

## Family Fun Night - Nov 19,2024 5:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

## Playgroup - Nov 20,2024 9:30 am

ADDRESS: 9 Morin St., Capreol

## Getting Healthy with OCOF - Nov 21,2024 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

## Movement & Play - Nov 21,2024 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

## Welcome Baby - Nov 22,2024 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

## Playgroup - Nov 26,2024 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

## Car Seat Inspection Clinic - Nov 27,2024 9:00 am

ADDRESS: 239 Montée Principale, Azilda

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

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

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

ADDRESS: 4611 St-Joseph St., Hanmer

## Cooking with OCOF - Slow Cooker Workshop - Nov 28,2024 9:30 am

ADDRESS: 72 Young St., Capreol

## Getting Healthy with OCOF - Nov 28,2024 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

## Movement & Play - Nov 28,2024 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

## Welcome Baby - Nov 29,2024 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

## Workshop - Nov 29,2024 10:30 am

ADDRESS: 9 Morin St., Capreol

NOTES: Come for light refreshments followed by an informative workshop called "Money on my mind - let's talk about it"