

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				1	2 09:30 am - 12:00 pm Playgroup (Indigenous Led Activities in partnership with BBBF) Westmount Playground, Sudbury 10:00 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Carmichael Community Center	3
4	(All day) Center Closed for Staff Professional Development	5 09:30 am - 12:00 pm Playgroup Lansing Avenue Baptist Chapel, Sudbury 10:00 am - 11:30 am Welcome Baby / Bienvenue bébé (Families with babies between the ages of 0-12ths) Lansing Avenue Baptist Chapel, Sudbury	6 09:30 am - 12:00 pm Outdoor Playgroup Downe Playground 10:00 am - 11:30 am Getting Healthy with OCOF / En santé avec NENA (Must pre-register call/text 705-822-3203) Bell Park, Sudbury 01:00 pm - 03:00 pm Getting Healthy with OCOF (Stroller Walk) Downe Playground	7 10:00 am - 12:00 pm Cooking with Kids (Pre-registration required, limited space available. Call/Text 705-665-8563 or katie.joudrey@ocof.net) Lansing Avenue Baptist Chapel, Sudbury	8 09:30 am - 11:30 am Creating Healthy Babies Prenatal Program / Maman et bébé en santé programme pour femmes enceintes (Must be expecting please contact Nicole at 705-822-3203) Bell Park, Sudbury 09:30 am - 12:00 pm Playgroup Westmount Playground, Sudbury	9 12:00 pm - 03:00 pm Special Event (Junction Creek Festival and Trout Release) Twin Forks Playground Fieldhouse, Sudbury
11	12 02:30 pm - 05:00 pm Family Social Drop-In (Outdoor Fun! For families with children ages 0-12 years.) Place Hurtubise, Sudbury	13 10:00 am - 11:30 am Workshop (School Prep for Parents) Lansing Avenue Baptist Chapel, Sudbury 01:00 pm - 03:00 pm Craft Corner (Pre-registration required. Call/Text 705-665-8563) Downe Playground	14 01:00 pm - 03:00 pm Getting Healthy with OCOF (Stroller Walk) Twin Forks Playground Fieldhouse, Sudbury 05:00 pm - 07:00 pm Dad's Night (Please register by contacting Rick at 705-207-0545 or rick.aultman@ocof.net) Downe Playground	15	16 09:30 am - 12:00 pm Playgroup Westmount Playground, Sudbury	17
18	(All day) Center Closed / Le centre est fermé	19 09:30 am - 12:00 pm Playgroup Lansing Avenue Baptist Chapel, Sudbury 10:00 am - 11:30 am Welcome Baby / Bienvenue bébé (Families with babies between the ages of 0-12mths) Lansing Avenue Baptist Chapel, Sudbury	20 09:30 am - 11:30 am Creating Healthy Babies Prenatal Program (Must be expecting please contact Nicole at 705-822-3203) Public Health Sudbury & Districts 09:30 am - 12:00 pm Outdoor Playgroup Downe Playground 01:00 pm - 03:00 pm Getting Healthy with OCOF (Stroller Walk) Downe Playground	21 10:00 am - 12:00 pm Cooking with Kids (Pre-registration required, limited space available. Call/Text 705-665-8563 or katie.joudrey@ocof.net) Lansing Avenue Baptist Chapel, Sudbury 10:00 am - 11:30 am Steps & Stages / Le développement de l'enfant (Must pre-register call/text 705-822-3203) To Be Determined	22 09:30 am - 12:00 pm Playgroup Westmount Playground, Sudbury 10:00 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Carmichael Community Center	23 24
25	26 10:00 am - 11:30 am Getting Healthy with OCOF / En santé avec NENA (Must pre-register call/text 705-822-3203) Carmichael Community Center	27 10:00 am - 11:30 am Welcome Baby (Families with babies between the ages of 0-12mths) Place Hurtubise, Sudbury 10:00 am - 11:30 am Workshop (School Prep for Parents) Lansing Avenue Baptist Chapel, Sudbury 01:00 pm - 03:00 pm Craft Corner (Pre-registration required. Call/Text 705-665-8563) Downe Playground	28 09:30 am - 12:00 pm Outdoor Playgroup Downe Playground 01:00 pm - 03:00 pm Getting Healthy with OCOF (Stroller Walk) Twin Forks Playground Fieldhouse, Sudbury	29 10:00 am - 11:30 am Nobody's Perfect Parenting Program (Must pre-register call/text 705-822-3203) Place Hurtubise, Sudbury	30 09:30 am - 12:00 pm Playgroup Westmount Playground, Sudbury 10:00 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Carmichael Community Center	31

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 Kids

Children between the ages of 2.5 to 12 years old will have the opportunity to learn basic cooking skills by preparing pre-selected recipes with the support from their accompanied parent / caregiver.

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.

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 Social Drop-In

Drop-in for some FREE family fun activities and the chance to meet and interact with other families. Healthy snacks and refreshments are provided. Children must be accompanied by a parent/caregiver.

Getting Healthy with OCOF

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

Getting Healthy with OCOF / En santé avec NENA

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

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.

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.

Steps & Stages / Le développement de l'enfant

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.

Welcome Baby / Bienvenue bébé

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.

PROGRAM NOTES / MESSAGES CONCERNANT

LES PROGRAMMES

Playgroup - May 2, 2025 9:30 am

ADDRESS: 109 Kipling Court, Sudbury

Cooking with OCOF / Cuisiner avec NENA - May 2, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

Playgroup - May 6, 2025 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

Welcome Baby / Bienvenue bébé - May 6, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

Outdoor Playgroup - May 7, 2025 9:30 am

ADDRESS: 1311 Gemmell Street, Sudbury

Getting Healthy with OCOF / En santé avec NENA - May 7, 2025 10:00 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

CHILCARE: yes.

Getting Healthy with OCOF - May 7, 2025 1:00 pm

ADDRESS: 1311 Gemmell Street, Sudbury

Cooking with Kids - May 8, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

Creating Healthy Babies Prenatal Program / Maman et bébé en santé programme pour femmes enceintes - May 9, 2025 9:30 am

ADDRESS: 100 Ramsey Lake Rd, Sudbury

Playgroup - May 9, 2025 9:30 am

ADDRESS: 109 Kipling Court, Sudbury

Special Event - May 10, 2025 12:00 pm

ADDRESS: 1475 Gary Ave, Sudbury

Family Social Drop-In - May 12, 2025 2:30 pm

ADDRESS: 1978 Lasalle, Sudbury

Workshop - May 13, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

CHILCARE: yes.

Craft Corner - May 13, 2025 1:00 pm

ADDRESS: 1311 Gemmell Street, Sudbury

Getting Healthy with OCOF - May 14, 2025 1:00 pm

ADDRESS: 1475 Gary Ave, Sudbury

Dad's Night - May 14, 2025 5:00 pm

ADDRESS: 1311 Gemmell Street, Sudbury

Playgroup - May 16, 2025 9:30 am

ADDRESS: 109 Kipling Court, Sudbury

Playgroup - May 20, 2025 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

Welcome Baby / Bienvenue bébé - May 20, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

Creating Healthy Babies Prenatal Program - May 21, 2025 9:30 am

ADDRESS: 1300 Paris St., Sudbury

Outdoor Playgroup - May 21, 2025 9:30 am

ADDRESS: 1311 Gemmell Street, Sudbury

Getting Healthy with OCOF - May 21, 2025 1:00 pm

ADDRESS: 1311 Gemmell Street, Sudbury

Cooking with Kids - May 22, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

Steps & Stages / Le développement de l'enfant - May 22, 2025 10:00 am

CHILCARE: yes.

Playgroup - May 23, 2025 9:30 am

ADDRESS: 109 Kipling Court, Sudbury

Cooking with OCOF / Cuisiner avec NENA - May 23, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Getting Healthy with OCOF / En santé avec NENA - May 26, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILCARE: yes.

Welcome Baby - May 27, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

Workshop - May 27, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

CHILCARE: yes.

Craft Corner - May 27, 2025 1:00 pm

ADDRESS: 1311 Gemmell Street, Sudbury

Outdoor Playgroup - May 28, 2025 9:30 am

ADDRESS: 1311 Gemmell Street, Sudbury

Getting Healthy with OCOF - May 28, 2025 1:00 pm

ADDRESS: 1475 Gary Ave, Sudbury

Nobody's Perfect Parenting Program - May 29, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

CHILCARE: yes.

Playgroup - May 30, 2025 9:30 am

ADDRESS: 109 Kipling Court, Sudbury

Cooking with OCOF / Cuisiner avec NENA - May 30, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury