

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				<p><b>09:30 am - 12:00 pm</b> 1 <i>Movement &amp; Play</i> 1960 Paris Street, Sudbury</p> <p><b>12:30 pm - 02:30 pm</b> <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> South End Public Library, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 2 <i>Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	3
4	<p><b>(All day)</b> 5 <i>Center Closed for Staff Professional Development</i></p>	<p><b>10:00 am - 12:00 pm</b> 6 <i>Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p> <p><b>04:00 pm - 05:00 pm</b> <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa)</i> Zoom</p>	<p><b>10:00 am - 12:00 pm</b> 7 <i>Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	<p><b>09:30 am - 12:00 pm</b> 8 <i>Movement &amp; Play (Indigenous Led Activities in partnership with BBBF)</i> 1960 Paris Street, Sudbury</p> <p><b>12:30 pm - 02:30 pm</b> <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> South End Public Library, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 9 <i>Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	10
11	<p><b>10:00 am - 12:00 pm</b> 12 <i>Welcome Baby (Program for families with infants 0 to 12months of age. For more information please Contact Katie at 705-665-8563 or Katie.joudrey@ocof.net)</i> 1960 Paris Street, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 13 <i>Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p> <p><b>04:00 pm - 05:00 pm</b> <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa)</i> Zoom</p>	<p><b>10:00 am - 12:00 pm</b> 14 <i>Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	<p><b>09:30 am - 12:00 pm</b> 15 <i>Movement &amp; Play</i> 1960 Paris Street, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 16 <i>Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	17
18	<p><b>(All day)</b> 19 <i>Center Closed / Le centre est fermé</i></p>	<p><b>04:00 pm - 05:00 pm</b> 20 <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register)</i> Zoom</p>	<p><b>10:00 am - 12:00 pm</b> 21 <i>Special Event ((Kids &amp; Seniors Intergenerational Programs) must pre register, please contact Denise at 705 822-4068 or denise.labelle@ocof.net)</i> 1960 Paris Street, Sudbury</p>	<p><b>09:30 am - 12:00 pm</b> 22 <i>Movement &amp; Play</i> 1960 Paris Street, Sudbury</p> <p><b>12:30 pm - 02:00 pm</b> <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> South End Public Library, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 23 <i>Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	24
25	<p><b>10:00 am - 12:00 pm</b> 26 <i>Welcome Baby (Program for families with infants 0 to 12months of age. For more information please Contact Katie at 705-665-8563 or Katie.joudrey@ocof.net)</i> 1960 Paris Street, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 27 <i>Cooking with OCOF - Community Kitchen (Contact Denise 705-822-4068 to register)</i> 1960 Paris Street, Sudbury</p> <p><b>04:00 pm - 05:00 pm</b> <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa)</i> Zoom</p>	<p><b>10:00 am - 12:00 pm</b> 28 <i>Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	<p><b>09:30 am - 12:00 pm</b> 29 <i>Movement &amp; Play</i> 1960 Paris Street, Sudbury</p> <p><b>12:30 pm - 02:00 pm</b> <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> South End Public Library, Sudbury</p>	<p><b>10:00 am - 12:00 pm</b> 30 <i>Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register)</i> 1960 Paris Street, Sudbury</p>	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 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.

## **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.

## **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: 1960 Paris Street, Building C

## **Special Event - May 21,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

## **Movement & Play - May 22,2025 9:30 am**

ADDRESS: 1960 Paris Street, Building C

## **Infant Massage - May 22,2025 12:30 pm**

ADDRESS: 1991 Regent St, Sudbury

## **Workshop - May 23,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

## **Welcome Baby - May 26,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

## **Cooking with OCOF - Community Kitchen - May 27,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

## **Time for YOU - May 28,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

## **Movement & Play - May 29,2025 9:30 am**

ADDRESS: 1960 Paris Street, Building C

## **Infant Massage - May 29,2025 12:30 pm**

ADDRESS: 1991 Regent St, Sudbury

## **Workshop - May 30,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

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

### **Movement & Play - May 1,2025 9:30 am**

ADDRESS: 1960 Paris Street, Building C

### **Infant Massage - May 1,2025 12:30 pm**

ADDRESS: 1991 Regent St, Sudbury

### **Workshop - May 2,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Cooking with OCOF - Community Kitchen - May 6,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Time for YOU - May 7,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Movement & Play - May 8,2025 9:30 am**

ADDRESS: 1960 Paris Street, Building C

### **Infant Massage - May 8,2025 12:30 pm**

ADDRESS: 1991 Regent St, Sudbury

### **Workshop - May 9,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Welcome Baby - May 12,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Cooking with OCOF - Community Kitchen - May 13,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Time for YOU - May 14,2025 10:00 am**

ADDRESS: 1960 Paris Street, Building C

### **Movement & Play - May 15,2025 9:30 am**

ADDRESS: 1960 Paris Street, Building C

### **Workshop - May 16,2025 10:00 am**