

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				<p>09:30 am - 11:00 am ¹ <i>Cooking with OCOF - Slow Cooker Workshop (Please text 705-822-4037 to register)</i> Valley Pentacostal Church, Hanmer</p> <p>03:30 pm - 05:30 pm <i>Movement & Play</i> C.R. Judd Public School, Capreol</p>	<p>09:30 am - 12:00 pm ² <i>Welcome Baby</i> Valley East Public Library</p> <p>09:30 am - 11:00 am <i>Hearing and Developmental Screening (705-822-4037 to book an appointment)</i> Capreol Public Library</p> <p>12:30 pm - 02:00 pm <i>Getting Healthy with OCOF (Stroller walk. 249-879-1873 to register)</i> Valley East Public Library</p>	
4	<p>(All day) ⁵ <i>Center Closed for Staff Professional Development</i></p>	<p>09:00 am - 11:30 am ⁶ <i>Playgroup</i> St. Anne School, Hanmer</p> <p>04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa)</i> Zoom</p>	<p>09:30 am - 12:00 pm ⁷ <i>Playgroup</i> Capreol Public Library</p>	<p>09:30 am - 11:00 am ⁸ <i>Cooking with OCOF - Slow Cooker Workshop (Please text 705-822-4037 to register)</i> Trinity United Church, Capreol</p> <p>03:30 pm - 05:30 pm <i>Movement & Play</i> C.R. Judd Public School, Capreol</p>	<p>09:30 am - 12:00 pm ⁹ <i>Welcome Baby</i> Valley East Public Library</p> <p>12:30 pm - 02:00 pm <i>Getting Healthy with OCOF (Stroller walk - contact 249-879-1873 to register)</i> Valley East Public Library</p>	<p>09:00 am - 10:30 am ¹⁰ <i>Special Event (Outdoor Hike - contact 249-879-1873 to register)</i> Langdon Park Trail, Blezard Valley</p>
11		<p>09:00 am - 11:30 am ¹³ <i>Playgroup</i> St. Anne School, Hanmer</p> <p>12:30 pm - 02:00 pm <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> St. Anne School, Hanmer</p> <p>04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa)</i> Zoom</p>	<p>09:30 am - 12:00 pm ¹⁴ <i>Playgroup</i> Capreol Public Library</p>	<p>03:30 pm - 05:30 pm ¹⁵ <i>Movement & Play</i> C.R. Judd Public School, Capreol</p>	<p>09:30 am - 12:00 pm ¹⁶ <i>Welcome Baby</i> Valley East Public Library</p> <p>12:30 pm - 02:00 pm <i>Getting Healthy with OCOF (Stroller walk - contact 249-879-1873 to register)</i> Valley East Public Library</p>	
18	<p>(All day) ¹⁹ <i>Center Closed / Le centre est fermé</i></p>	<p>09:00 am - 11:30 am ²⁰ <i>Playgroup (Indigenous Led Activities in partnership with BBBF)</i> St. Anne School, Hanmer</p> <p>12:30 pm - 02:00 pm <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> St. Anne School, Hanmer</p> <p>04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register)</i> Zoom</p>	<p>09:30 am - 12:00 pm ²¹ <i>Playgroup</i> Capreol Public Library</p> <p>05:00 pm - 07:00 pm <i>Dad's Night (call or Text Rick to register @ 705-207-0545)</i> Valley East Lions Club Hall</p>	<p>09:30 am - 11:00 am ²² <i>Cooking with OCOF- Specialized Program (Please text 705-822-4037 to register)</i> Trinity United Church, Capreol</p> <p>03:30 pm - 05:30 pm <i>Movement & Play</i> C.R. Judd Public School, Capreol</p>	<p>09:30 am - 12:00 pm ²³ <i>Welcome Baby</i> Valley East Public Library</p> <p>10:00 am - 12:00 pm <i>Time for YOU ((Please call 705-822-4037 to register))</i> Capreol Public Library</p> <p>12:30 pm - 02:00 pm <i>Getting Healthy with OCOF (Stroller walk - contact 249-879-1873 to register)</i> Valley East Public Library</p>	
25		<p>09:00 am - 11:30 am ²⁷ <i>Playgroup</i> St. Anne School, Hanmer</p> <p>12:30 pm - 02:00 pm <i>Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873)</i> St. Anne School, Hanmer</p> <p>04:00 pm - 05:00 pm <i>H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa)</i> Zoom</p>	<p>09:30 am - 12:00 pm ²⁸ <i>Playgroup</i> Capreol Public Library</p>	<p>03:30 pm - 05:30 pm ²⁹ <i>Movement & Play</i> C.R. Judd Public School, Capreol</p>	<p>09:30 am - 12:00 pm ³⁰ <i>Welcome Baby</i> Valley East Public Library</p> <p>12:30 pm - 02:00 pm <i>Getting Healthy with OCOF (Stroller walk - contact 249-879-1873 to register)</i> Valley East Public Library</p>	

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.

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.

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.

Hearing and Developmental Screening

Individual screening will be taking place using a checklist designed to help monitor your child's development. Hearing tests will also be available. This screening is meant for children ages 18 months and older.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Cooking with OCOF - Slow Cooker Workshop - May 1,2025 9:30 am

ADDRESS: 231 Martha St., Hanmer
CHILCARE: yes.

Movement & Play - May 1,2025 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Welcome Baby - May 2,2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Hearing and Developmental Screening - May 2,2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Getting Healthy with OCOF - May 2,2025 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - May 6,2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - May 7,2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with OCOF - Slow Cooker Workshop - May 8,2025 9:30 am

ADDRESS: 72 Young St., Capreol

CHILCARE: yes.

Movement & Play - May 8,2025 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Welcome Baby - May 9,2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Getting Healthy with OCOF - May 9,2025 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Special Event - May 10,2025 9:00 am

ADDRESS: Rainbow Route 24- Martin Road, Bleazard Valley

Playgroup - May 13,2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Infant Massage - May 13,2025 12:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - May 14,2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Movement & Play - May 15,2025 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Welcome Baby - May 16,2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Getting Healthy with OCOF - May 16,2025 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - May 20,2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Infant Massage - May 20,2025 12:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - May 21,2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Dad's Night - May 21,2025 5:00 pm

ADDRESS: 4611 St-Joseph St., Hanmer

FOOD SERVED: Snacks. FOOD DESCRIPTION: strewbarries, meat , cheese,

Cooking with OCOF- Specialized Program - May 22,2025 9:30 am

ADDRESS: 72 Young St., Capreol

CHILCARE: yes.

Movement & Play - May 22,2025 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Welcome Baby - May 23,2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Time for YOU - May 23,2025 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILCARE: yes.

Getting Healthy with OCOF - May 23,2025 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - May 27,2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Infant Massage - May 27,2025 12:30 pm

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - May 28,2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Movement & Play - May 29,2025 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Welcome Baby - May 30,2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Getting Healthy with OCOF - May 30,2025 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer