

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 01:00 pm - 03:00 pm Creating Healthy Babies Prenatal Program (Prenatal program - must preregister at 249-879-1873) Public Health Sudbury & Districts	(All day) Center Closed for Staff Professional Development (All day) Développement professionnel pour les employés, le centre est fermé	(All day) Center Closed for Staff Professional Development (All day) Développement professionnel pour les employés, le centre est fermé	
5	(All day) Développement professionnel pour les employés, le centre est fermé (All day) Center Closed for Staff Professional Development	09:30 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Lansing Avenue Baptist Chapel, Sudbury 05:00 pm - 07:00 pm Dad's Night Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 01:00 pm - 03:00 pm Creating Healthy Babies Prenatal Program (Prenatal program - must preregister at 249-879-1873) Place Hurtubise, Sudbury 02:00 pm - 04:00 pm Car Seat Inspection Clinic (Pre-Registration required, please call/text 705-665-8563) Place Hurtubise, Sudbury	10:00 am - 12:00 pm Cooking with Kids (Pre-Registration required, please call/text 705-665-8563) Lansing Avenue Baptist Chapel, Sudbury 10:00 am - 11:30 am Welcome Baby / Bienvenue bébé (Drop in for families with babies between the ages of 0-12 months) Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 10:00 am - 11:30 am Getting Healthy with OCOF - Fit for Me (Must pre-register call/text 705-822-3203) Carmichael Community Center	11
12	(All day) Center Closed / Le centre est fermé	09:30 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Lansing Avenue Baptist Chapel, Sudbury 01:00 pm - 03:00 pm Craft Corner (Pre-registration required. Call/Text 705-665-8563) Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 01:00 pm - 03:00 pm Creating Healthy Babies Prenatal Program (Prenatal program - must preregister at 249-879-1873) Place Hurtubise, Sudbury	10:00 am - 11:30 am Welcome Baby / Bienvenue bébé (Drop in for families with babies between the ages of 0-12 months) Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury	18
19	10:00 am - 11:30 am Nobody's Perfect Parenting Program (Must pre-register call/text 705-822-3203) Place Hurtubise, Sudbury 02:30 pm - 05:00 pm Family Social Drop-In (Outdoor Fun! For families with children ages 0-12 years.) Place Hurtubise, Sudbury	09:30 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Lansing Avenue Baptist Chapel, Sudbury 09:30 am - 12:00 pm Outdoor Playgroup Downe Playground	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 01:00 pm - 03:00 pm Creating Healthy Babies Prenatal Program (Prenatal program - must preregister at 249-879-1873) Place Hurtubise, Sudbury	10:00 am - 12:00 pm Cooking with Kids (Pre-Registration required, please call/text 705-665-8563) Lansing Avenue Baptist Chapel, Sudbury 10:00 am - 11:30 am Welcome Baby / Bienvenue bébé (Drop in for families with babies between the ages of 0-12 months) Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 10:00 am - 11:30 am Getting Healthy with OCOF - Fit for Me (Must pre-register call/text 705-822-3203) Carmichael Community Center	10:00 am - 12:00 pm Special Event (Halloween Celebration: Come dressed in your halloween best.) Place Hurtubise, Sudbury
26	09:30 am - 11:30 am Nobody's Perfect Parenting Program Place Hurtubise, Sudbury	09:30 am - 11:30 am Cooking with OCOF / Cuisiner avec NENA (Must pre-register call/text 705-822-3203) Lansing Avenue Baptist Chapel, Sudbury 01:00 pm - 03:00 pm Craft Corner (Program for children 2-6 years of age. Pre-registration required 705-665.8563) Place Hurtubise, Sudbury 05:00 pm - 07:00 pm Dad's Night Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup Place Hurtubise, Sudbury 01:00 pm - 03:00 pm Creating Healthy Babies Prenatal Program (Prenatal program - must preregister at 249-879-1873) Place Hurtubise, Sudbury 02:00 pm - 04:00 pm Car Seat Inspection Clinic (Pre-Registration required, please call/text 705-665-8563) Place Hurtubise, Sudbury	10:00 am - 11:30 am Welcome Baby / Bienvenue bébé (Drop in for families with babies between the ages of 0-12 months) Place Hurtubise, Sudbury	09:30 am - 12:00 pm Playgroup (Costume day! Dress in your halloween best.) Place Hurtubise, Sudbury 10:00 am - 11:30 am Getting Healthy with OCOF - Fit for Me (Must pre-register call/text 705-822-3203) Carmichael Community Center	

Place Hurtubise, Sudbury

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 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 - Fit for Me

A wellness program designed to maintain and improve well-being through healthy eating and physical activity.

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.

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.

pm

ADDRESS: 1300 Paris St., Sudbury

Cooking with OCOF / Cuisiner avec NENA - Oct 7, 2025 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

CHILDCARE: yes.

Dad's Night - Oct 7, 2025 5:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 8, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Creating Healthy Babies Prenatal Program - Oct 8, 2025 1:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Car Seat Inspection Clinic - Oct 8, 2025 2:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Cooking with Kids - Oct 9, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

Welcome Baby / Bienvenue bébé - Oct 9, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 10, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Getting Healthy with OCOF - Fit for Me - Oct 10, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILDCARE: yes.

Cooking with OCOF / Cuisiner avec NENA - Oct 14, 2025 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

CHILDCARE: yes.

Craft Corner - Oct 14, 2025 1:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 15, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Creating Healthy Babies Prenatal Program - Oct 15, 2025 1:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Welcome Baby / Bienvenue bébé - Oct 16, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 17, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Nobody's Perfect Parenting Program - Oct 20, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

CHILDCARE: yes.

Family Social Drop-In - Oct 20, 2025 2:30 pm

ADDRESS: 1978 Lasalle, Sudbury

Cooking with OCOF / Cuisiner avec NENA - Oct 21, 2025 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

CHILDCARE: yes.

Outdoor Playgroup - Oct 21, 2025 9:30 am

ADDRESS: 1311 Gemmell Street, Sudbury

Playgroup - Oct 22, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Creating Healthy Babies Prenatal Program - Oct 22, 2025 1:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Cooking with Kids - Oct 23, 2025 10:00 am

ADDRESS: 1192 Lansing Ave., Sudbury

Welcome Baby / Bienvenue bébé - Oct 23, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 24, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Getting Healthy with OCOF - Fit for Me - Oct 24, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILDCARE: yes.

Special Event - Oct 25, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

Nobody's Perfect Parenting Program - Oct 27, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

CHILDCARE: yes.

Cooking with OCOF / Cuisiner avec NENA - Oct 28, 2025 9:30 am

ADDRESS: 1192 Lansing Ave., Sudbury

CHILDCARE: yes.

Craft Corner - Oct 28, 2025 1:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Dad's Night - Oct 28, 2025 5:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 29, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Creating Healthy Babies Prenatal Program - Oct 29, 2025 1:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Car Seat Inspection Clinic - Oct 29, 2025 2:00 pm

ADDRESS: 1978 Lasalle, Sudbury

Welcome Baby / Bienvenue bébé - Oct 30, 2025 10:00 am

ADDRESS: 1978 Lasalle, Sudbury

Playgroup - Oct 31, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Getting Healthy with OCOF - Fit for Me - Oct 31, 2025 10:00 am

ADDRESS: 1388 Bellevue Ave Sudbury

CHILDCARE: yes.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Oct 1, 2025 9:30 am

ADDRESS: 1978 Lasalle, Sudbury

Creating Healthy Babies Prenatal Program - Oct 1, 2025 1:00