

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			10:00 am - 12:00 pm Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	(All day) Center Closed for Staff Professional Development	(All day) Center Closed for Staff Professional Development	
5	(All day) Center Closed for Staff Professional Development	09:30 am - 11:30 am Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online	10:00 am - 12:00 pm Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play (We will be playing in the gym, please bring your indoor shoes) 1960 Paris Street, Sudbury	10:00 am - 12:00 pm Workshop (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	
12	(All day) Center Closed / Le centre est fermé	09:30 am - 11:30 am Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online	10:00 am - 12:00 pm Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	10:00 am - 12:00 pm Special Event (Clothes Closet Event) 1960 Paris Street, Sudbury	10:00 am - 12:00 pm Workshop (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	
19	09:30 am - 12:00 pm Playgroup (Drop In Program for parents/caregiver with children 0-6 years old.) 1960 Paris Street, Sudbury	09:30 am - 11:30 am Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online	10:00 am - 12:00 pm Special Event (Kids & Seniors Intergenerational Programs) must pre register, please contact Denise at 705 822-4068 or denise.labelle@ocof.net) 1960 Paris Street, Sudbury		10:00 am - 12:00 pm Workshop (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	
26	09:30 am - 12:00 pm Playgroup (Drop In Program for parents/caregiver with children 0-6 years old.) 1960 Paris Street, Sudbury	09:30 am - 11:30 am Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online	10:00 am - 12:00 pm Time for YOU (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	09:30 am - 12:00 pm Movement & Play (Indigenous Led Activities in partnership with BBBF. Please bring your indoor shoes) 1960 Paris Street, Sudbury	10:00 am - 12:00 pm Workshop (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury	

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.

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!

Workshop

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

Workshop - Oct 24,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Playgroup - Oct 27,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Oct 28,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Time for YOU - Oct 29,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Oct 30,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Workshop - Oct 31,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Time for YOU - Oct 1,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Oct 7,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Time for YOU - Oct 8,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Oct 9,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Workshop - Oct 10,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Oct 14,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Time for YOU - Oct 15,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Special Event - Oct 16,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Workshop - Oct 17,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C

Playgroup - Oct 20,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Oct 21,2025 9:30 am

ADDRESS: 1960 Paris Street, Building C

Special Event - Oct 22,2025 10:00 am

ADDRESS: 1960 Paris Street, Building C