

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 12:00 pm Playgroup Capreol Public Library 1	(All day) Center Closed for Staff Professional Development 2	(All day) Center Closed for Staff Professional Development 3	
5	(All day) Center Closed for Staff Professional Development 6	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 7 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online	09:30 am - 12:00 pm Playgroup Capreol Public Library 8	09:30 am - 11:00 am Cooking with OCOF- Specialized Program ("Sheet Pan Kitchen" Please call/text 705-822-4037 to register or for more information. Limited Spaces) Trinity United Church, Capreol 9		11
12	(All day) Center Closed / Le centre est fermé 13	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 14 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online	09:30 am - 12:00 pm Playgroup Capreol Public Library 15	10:00 am - 12:00 pm Bounce Back and Thrive! Parenting Program (Text/Call Natalie at 705-207-1960 to register) Zoom 16	09:30 am - 12:00 pm Welcome Baby Valley East Public Library 17	18
19	10:00 am - 12:00 pm Time for YOU (Please call/text 705-822-4037 to register. Limited Spaces) Capreol Public Library 03:30 pm - 05:30 pm Movement & Play C.R. Judd Public School, Capreol 20	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 21 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online 05:30 pm - 07:30 pm Family Fun Night (In partnership with Magic Triangle: Call/text 705-207-1960 to register) École Notre-Place, Val Therese 21	09:30 am - 12:00 pm Playgroup (Indigenous Led Activities in partnership with BBBF) Capreol Public Library 22	09:30 am - 11:00 am Cooking with Kids (Children 2.5-6 years. 705-822-4037 to register.) Trinity United Church, Capreol 23 10:00 am - 12:00 pm Bounce Back and Thrive! Parenting Program (Text/Call Natalie at 705-207-1960 to register) Zoom 01:00 pm - 02:30 pm Infant Massage (5 week program. Text/call 249-879-1873 to register) Valley East Public Library 23	09:30 am - 12:00 pm Welcome Baby Valley East Public Library 24	25
26		09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 27 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (16 week program - must register with Denise or Leesa) Online 28	09:30 am - 12:00 pm Playgroup Capreol Public Library 29	10:00 am - 12:00 pm Bounce Back and Thrive! Parenting Program (Text/Call Natalie at 705-207-1960 to register) Zoom 01:00 pm - 02:30 pm Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873) Valley East Public Library 30	09:30 am - 12:00 pm Welcome Baby Valley East Public Library 31	

Transportation & Childcare May be Available / Des services de garde et de transport pourraient être disponibles

Additional Program Information / Information Additionnelle Concernant Les Programmes

Bounce Back and Thrive! Parenting Program

This is a 10-session parenting program. You will learn skills to achieve family calm and happiness: Build resilience in everyday interactions with your children; let go of stress allowing you to solve problems or conflicts; teach your children to manage anger, frustration, and stress; assist your children in improving their confidence and self-esteem.

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.

Family Fun Night

This program gives families the opportunity to interact together in an open and welcoming environment while participating in games and physical activities together. A healthy nutritious meal is served.

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!

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.

ADDRESS: 9 Morin St., Capreol

Welcome Baby - Oct 17, 2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Time for YOU - Oct 20, 2025 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILDCARE: yes.

Movement & Play - Oct 20, 2025 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Oct 21, 2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Family Fun Night - Oct 21, 2025 5:30 pm

ADDRESS: 4385 Municipal Rd 80, Val Therese

Playgroup - Oct 22, 2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with Kids - Oct 23, 2025 9:30 am

ADDRESS: 72 Young St., Capreol

CHILDCARE: yes.

Infant Massage - Oct 23, 2025 1:00 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Welcome Baby - Oct 24, 2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - Oct 28, 2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Oct 29, 2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Infant Massage - Oct 30, 2025 1:00 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Welcome Baby - Oct 31, 2025 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Playgroup - Oct 1, 2025 9:30 am

ADDRESS: 9 Morin St., Capreol

Playgroup - Oct 7, 2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Oct 8, 2025 9:30 am

ADDRESS: 9 Morin St., Capreol

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

ADDRESS: 72 Young St., Capreol

CHILDCARE: yes.

Playgroup - Oct 14, 2025 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Oct 15, 2025 9:30 am