

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			<p>10:00 am - 12:00 pm ¹ Time for YOU (Adult Crafting Opportunity & Self-Care. Childcare may be available. Text/call Denise at 705 822-4068) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ² Movement & Play (Please bring your indoor shoes, we are playing in the gym!) 1960 Paris Street, Sudbury</p> <p>12:30 pm - 02:30 pm Cooking with Kids (Pre-registration required 705-665-8563 (ages 2.5-12)) 1960 Paris Street, Sudbury</p>	<p>(All day) ³ Center Closed / Le centre est fermé</p>	<p>⁴</p>
<p>⁵</p>	<p>(All day) ⁶ Center Closed / Le centre est fermé</p>	<p>09:30 am - 11:30 am ⁷ Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>10:00 am - 12:00 pm ⁸ Time for YOU (Adult Crafting Opportunity & Self-Care. Childcare may be available. Text/call Denise at 705 822-4068) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ⁹ Movement & Play (Indigenous Led Activities in partnership with BBBF. Please bring your indoor shoes) 1960 Paris Street, Sudbury</p> <p>12:30 pm - 02:00 pm Infant Massage (5 week program - pre-registration required text Leesa 249-879-1873) 1960 Paris Street, Sudbury</p>	<p>10:00 am - 12:00 pm ¹⁰ Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>¹¹</p>
<p>¹²</p>	<p>(All day) ¹³ Center Closed for Staff Professional Development</p> <p>(All day) Développement professionnel pour les employés, le centre est fermé</p>	<p>09:30 am - 11:30 am ¹⁴ Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>10:00 am - 12:00 pm ¹⁵ Special Event / Événements spéciaux (Kids & Seniors Intergenerational Programs) must pre register, please contact Denise at 705 822-4068 or denise.labelle@ocof.net) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ¹⁶ Movement & Play (Please bring indoor shoes, we are in the gym!) 1960 Paris Street, Sudbury</p> <p>12:30 pm - 02:00 pm Infant Massage (5 week program - text Leesa 249-879-1873) 1960 Paris Street, Sudbury</p> <p>01:00 pm - 03:00 pm Craft Corner (Pre-registration 705-665-8563 (ages 2-6)) 1960 Paris Street, Sudbury</p>	<p>10:00 am - 12:00 pm ¹⁷ Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>¹⁸</p>
<p>¹⁹</p>	<p>10:00 am - 12:30 pm ²⁰ Playgroup / Groupe de jeux (Drop In Program for parents/caregivers with children 0-6 years old.) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 11:30 am ²¹ Cooking with OCOF - Community Kitchen (Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p> <p>04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom</p>	<p>10:00 am - 12:00 pm ²² Time for YOU (Adult Crafting Opportunity & Self-Care. Childcare may be available. Text/call Denise at 705 822-4068) 1960 Paris Street, Sudbury</p>	<p>09:30 am - 12:00 pm ²³ Movement & Play (Please bring indoor shoes, we are in the gym!) 1960 Paris Street, Sudbury</p> <p>10:00 am - 12:00 pm Special Event / Événements spéciaux (Clothes Closet Event) 1960 Paris Street, Sudbury</p> <p>12:30 pm - 02:00 pm Infant Massage (5 week program - text Leesa 249-879-1873) 1960 Paris Street, Sudbury</p>	<p>10:00 am - 12:00 pm ²⁴ Workshop (FamilyBudgeting/Shopping.Please contact Denise at 705 822-4068 or denise.labelle@ocof.net to pre register) 1960 Paris Street, Sudbury</p>	<p>²⁵</p>
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Additional Program Information / Information Additionnelle Concernant Les Programmes

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.

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 / Groupe de jeux

By engaging in play, the children and their parents/caregivers learn together in an open, welcoming, inviting, and inclusive environment. Ce programme d'apprentissage par le jeu fournit aux enfants et aux parents/tuteurs l'occasion d'interagir dans un environnement ouvert et accueillant tout en participant ensemble à des activités pédagogiques favorisant l'engagement et l'inclusion.

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.

PROGRAM NOTES / MESSAGES CONCERNANT LES PROGRAMMES

Time for YOU - Apr 1,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Apr 2,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

Cooking with Kids - Apr 2,2026 12:30 pm

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Apr 7,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

CHILDCARE: yes.

Time for YOU - Apr 8,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Apr 9,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

Infant Massage - Apr 9,2026 12:30 pm

ADDRESS: 1960 Paris Street, Building C

Workshop - Apr 10,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Apr 14,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C
CHILDCARE: yes.

Special Event / Événements spéciaux - Apr 15,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Apr 16,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

Infant Massage - Apr 16,2026 12:30 pm

ADDRESS: 1960 Paris Street, Building C

Craft Corner - Apr 16,2026 1:00 pm

ADDRESS: 1960 Paris Street, Building C

Workshop - Apr 17,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Playgroup / Groupe de jeux - Apr 20,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Apr 21,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

CHILDCARE: yes.

Time for YOU - Apr 22,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Apr 23,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

Special Event / Événements spéciaux - Apr 23,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Infant Massage - Apr 23,2026 12:30 pm

ADDRESS: 1960 Paris Street, Building C

Workshop - Apr 24,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Playgroup / Groupe de jeux - Apr 27,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Cooking with OCOF - Community Kitchen - Apr 28,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

CHILDCARE: yes.

Time for YOU - Apr 29,2026 10:00 am

ADDRESS: 1960 Paris Street, Building C

Movement & Play - Apr 30,2026 9:30 am

ADDRESS: 1960 Paris Street, Building C

Infant Massage - Apr 30,2026 12:30 pm

ADDRESS: 1960 Paris Street, Building C