

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			09:30 am - 12:00 pm Playgroup Capreol Public Library	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) Valley Pentacostal Church, Hanmer 12:30 pm - 02:00 pm Infant Massage (Five week program - must preregister 249-879-1873) Valley East Public Library	(All day) Center Closed / Le centre est fermé	
5	(All day) Center Closed / Le centre est fermé	09:00 am - 12:00 pm Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom	09:30 am - 12:00 pm Playgroup (Indigenous Led Activities in partnership with Better Beginnings Better Futures) Capreol Public Library 04:00 pm - 06:30 pm Special Event (Inclusive Play Program: In Partnership with Children's Community Network. Call/txt to register 705-207-1960) Howard Armstrong Recreation Centre, Hanmer	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	09:30 am - 12:00 pm Welcome Baby (Baby's First Foods - A workshop for parents with children starting solids. Text 705-207-1960 to register. Each participant will receive a free gift!) Valley East Public Library 10:00 am - 11:30 am Triple P (Positive Parenting Program) Quick Tips (Call/text 705-822-4037 to book a 30 minute appointment. Limited Spaces) Online	11
12	(All day) Center Closed for Staff Professional Development	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library 01:30 pm - 03:30 pm Bounce Back and Thrive! Parenting Program (10-week online program, in partnership with Child and Community Resources. Please register earlyon@ccrconnect.ca) Zoom		09:30 am - 12:00 pm Welcome Baby Valley East Public Library	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	09:00 am - 11:30 am Playgroup (Indigenous Led Activities in partnership with Better Beginnings Better Futures) St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library 01:30 pm - 03:30 pm Bounce Back and Thrive! Parenting Program (10-week online program, in partnership with Child and Community Resources. Please register earlyon@ccrconnect.ca) Zoom	09:30 am - 11:00 am Cooking with Kids (For children 2.5 to 12 years of age. Please text 705-822-4037 to register. Limited Spaces) Trinity United Church, Capreol	09:30 am - 12:00 pm Welcome Baby Valley East Public Library	25
26	03:30 pm - 05:30 pm Movement & Play C.R. Judd Public School, Capreol	09:00 am - 11:30 am Playgroup St. Anne School, Hanmer 04:00 pm - 05:00 pm H.E.L.P. Toolbox Parenting Program (Last session - New program starts on May 05. Preregister 249-879-1873) Zoom	09:30 am - 12:00 pm Playgroup Capreol Public Library 01:30 pm - 03:30 pm Bounce Back and Thrive! Parenting Program (10-week online program, in partnership with Child and Community Resources. Please register earlyon@ccrconnect.ca) Zoom			

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.

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!

Triple P (Positive Parenting Program) Quick Tips

During the session, the Triple P practitioner will provide support on specific parenting challenges or concerns with child's behaviour or development.

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

Playgroup - Apr 1, 2026 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with OCOF- Specialized Program - Apr 2, 2026 9:30 am

ADDRESS: 231 Martha St., Hanmer

Infant Massage - Apr 2, 2026 12:30 pm

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - Apr 7, 2026 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Apr 8, 2026 9:30 am

ADDRESS: 9 Morin St., Capreol

Special Event - Apr 8, 2026 4:00 pm

ADDRESS: 4040 Elmview Dr, Hanmer

Cooking with OCOF- Specialized Program - Apr 9, 2026 9:30

am

ADDRESS: 72 Young St., Capreol

Welcome Baby - Apr 10, 2026 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Playgroup - Apr 14, 2026 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Apr 15, 2026 9:30 am

ADDRESS: 9 Morin St., Capreol

Welcome Baby - Apr 17, 2026 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Time for YOU - Apr 20, 2026 10:00 am

ADDRESS: 9 Morin St., Capreol

CHILDCARE: yes.

Movement & Play - Apr 20, 2026 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Apr 21, 2026 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Apr 22, 2026 9:30 am

ADDRESS: 9 Morin St., Capreol

Cooking with Kids - Apr 23, 2026 9:30 am

ADDRESS: 72 Young St., Capreol

Welcome Baby - Apr 24, 2026 9:30 am

ADDRESS: 4100 Elmview Drive, Hanmer

Movement & Play - Apr 27, 2026 3:30 pm

ADDRESS: 8 Lincoln Cr., Capreol

Playgroup - Apr 28, 2026 9:00 am

ADDRESS: 4500 St. Michel St. Hanmer

Playgroup - Apr 29, 2026 9:30 am

ADDRESS: 9 Morin St., Capreol