
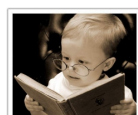



Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1	2 Centre closed / Le centre est fermé	3 Staff professional development / Développement professionnel pour les employés  Centre closed / Le centre est fermé	4 Staff professional development / Développement professionnel pour les employés  Centre closed / Le centre est fermé  <b>No Creating Healthy Babies</b> (Good Food Bags still Available- Call for more details) <i>Sacred Heart School (Main Office)</i> 10:00 am to 12:00 pm	5 Staff professional development / Développement professionnel pour les employés  Centre closed / Le centre est fermé	6 Staff professional development / Développement professionnel pour les employés  Centre closed / Le centre est fermé	7
8 	9	10 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am	11 <b>Parent Discussion Group</b> (Recipe & Meal Planning Swap) <i>A.B. Ellis Public School</i> 10:00 am to 12:00 pm	12 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am <b>Family Fun Night</b> <i>A.B. Ellis Public School</i> 6:00 pm to 7:30 pm	13 <b>Parent Advisory Committee</b> <i>Sacred Heart School (Main Office)</i> 11:30 am to 1:00 pm	14
15	16 <b>Collective Kitchen</b> (Planning Session) <i>Espanola United Church</i> 9:00 am to 11:00 am	17 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am	18 <b>Creating Healthy Babies</b> <i>Sacred Heart School (Main Office)</i> 10:00 am to 12:00 pm	19 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am	20 <b>Collective Kitchen</b> (Cooking Session) <i>Espanola United Church</i> 9:00 am to 12:00 pm	21
22 <b>Literacy Week</b>	23 <b>Collective Kitchen</b> (Planning Session) <i>S. Geiger School</i> 9:00 am to 11:00 am <b>Groupe de jeux</b> <i>Ecole St-Joseph</i> 6:00 pm to 7:30 pm	24 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am	25 <b>Parent &amp; Tot Skate</b> <i>Espanola Recreational Complex</i> 10:00 am to 11:30 am <b>Parent Discussion Group</b> <i>Webbwood Public School</i> 10:00 am to 11:30 am	26 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am <b>Something for Everyone</b> <i>A.B. Ellis Public School</i> 5:30 pm to 7:30 pm	27 <b>Family Literacy Day / La Journée de l'alphabétisation familiale</b>  <b>Collective Kitchen</b> (Cooking Session) <i>S. Geiger School</i> 9:00 am to 12:00 pm	28 
29 	30	31 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am				

Transportation & Child Care May Be Available

# Additional Program Information

## Steps & Stages

This program is offered to families with children between the ages of 0 and 3. Informal discussion groups cover topics relevant to this age group, including care and development.

## Collective Kitchen

This program offers parents and caregivers the opportunity to get together to enhance their skills in planning and cooking nutritious meals for their families on a budget. Each program is held in 2 sessions: a planning session and a cooking session.

## Parent Advisory Committee

These monthly meetings give members a chance to share ideas and suggestions about programs.

## 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.

## Creating Healthy Babies

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, juice, eggs and other protein sources are also provided free to participants.

## Parent Discussion Groups

Parent Discussion Group offers families an opportunity to receive support and information on a variety of topics. Informal discussions give parents and caregivers the opportunity for personal growth and share with each other the joys and challenges of raising their children.

## Parent Education Courses

These courses are offered in 3 to 12 week sessions with a wide variety of topics. In an open and supportive environment, parents and caregivers are shown tools to enhance their life and communication skills while learning positive discipline techniques.

## Dad's Night

Dad's Night gives fathers 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.

## Playgroup

This program gives parents and children the opportunity to interact together in an open and welcoming environment while participating in fun learning activities together.

## Special Events

We hold special events from time to time to give members and staff a chance to socialize and have fun together.

## Getting Healthy with OCOF

This is a fitness program that promotes healthy and positive lifestyle choices.

## Something for Everyone

This program gives fathers and children the opportunity to interact together in an open and welcoming environment. While fathers and children are participating in fun learning activities together, mothers may also attend for an opportunity to do some self-care in a quiet and peaceful atmosphere. A healthy nutritious meal is served.

## Notes

**Free Parent & Tot Skate:** January 25th from 10-11:30am at the Espanola Recreational Complex. \*\* If you need skates please call the complex to inquire about gently used skates\*\*

## LITERACY:

**Jan 22-28th:** Crack a book and enjoy some family literacy time at your local libraries.

**Jan 27th:** Watch for OCOF staff at your local library during literacy day for some fun activities.

**Groupe de jeux:** A french playgroup to help children and parents expand their french vocabulary.

## Locations

### Sacred Heart School (Main Office)

273 Mead St. Espanola, ON  
Tel: (705) 869-6871

### St. Mary's School

290 Algoma St. Massey, ON  
Tel: (705) 865-2772

### Ecole St-Joseph

333 Mead St. Espanola, ON  
Tel: (705) 869-3530

### S. Geiger School

355 Government Rd. West Massey, ON  
Tel: (705) 869-2052

### A.B. Ellis Public School

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Tel: (705) 869-1651

### Webbwood Public School




6 Minto St. Webbwood, ON  
Tel: (705) 869-3751

### Espanola Recreational Complex

175 Avery Dr. Espanola, ON

### Espanola United Church

137 Sheppard St. Espanola, ON

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			<p>1 <b>Creating Healthy Babies</b> <i>Sacred Heart School (Main Office)</i> 10:00 am to 12:00 pm <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am</p>	<p>2 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am <b>Parent Advisory Committee</b> <i>Sacred Heart School (Main Office)</i> 11:30 am to 1:00 pm</p>	<p>3 <b>Espanola Winter Carnival</b> <i>Espanola Recreational Complex</i> <b>Parent Advisory Committee</b> <i>Sacred Heart School (Main Office)</i> 11:30 am to 1:00 pm</p>	<p>4 </p>
<p>5 </p>	<p>6</p>	<p>7 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am</p>	<p>8 <b>Parent Discussion Group</b> <i>A.B. Ellis Public School</i> 10:00 am to 12:00 pm</p>	<p>9 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am <b>Family Fun Night</b> <i>A.B. Ellis Public School</i> 6:00 pm to 7:30 pm</p>	<p>10</p>	<p>11</p>
<p>12 <b>Grandparents Valentines Day Tea</b> <i>Espanola Recreational Complex</i> 11:30 am to 1:00 pm</p>	<p>13 <b>Collective Kitchen</b> (Planning Session) <i>Espanola United Church</i> 9:00 am to 11:00 am</p>	<p>14 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am</p>	<p>15 <b>Creating Healthy Babies</b> <i>Sacred Heart School (Main Office)</i> 10:00 am to 12:00 pm</p>	<p>16 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am</p>	<p>17 <b>Collective Kitchen</b> (Cooking Session) <i>Espanola United Church</i> 9:00 am to 12:00 pm</p>	<p>18</p>
<p>19 </p>	<p>20 <b>Family Day / Le jour de la famille</b> (Centre Closed / Le centre est fermé)</p>	<p>21 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am</p>	<p>22 <b>Collective Kitchen</b> (Planning Session) <i>Webbwood Public School</i> 9:00 am to 11:00 am</p>	<p>23 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am <b>Something for Everyone</b> <i>A.B. Ellis Public School</i> 5:30 pm to 7:30 pm</p>	<p>24 <b>Collective Kitchen</b> (Cooking Session) <i>Webbwood Public School</i> 9:00 am to 12:00 pm</p>	<p>25</p>
<p>26</p>	<p>27 <b>Groupe de jeux</b> <i>Ecole St-Joseph</i> 6:00 pm to 7:30 pm</p>	<p>28 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am</p>	<p>29 <b>No Creating Healthy Babies Today</b> <i>Sacred Heart School (Main Office)</i> <b>Parent Discussion Group</b> <i>Webbwood Public School</i> 10:00 am to 11:30 am</p>	<p>30</p>	<p>31</p>	

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## Something for Everyone

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## Notes

**Grandparents Valentine's Day tea:** Come join us at the Espanola Recreational Complex for some tea, snacks and activities.

**Groupe de jeux:** A french playgroup to help children and parents expand their french vocabulary.

## Locations

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4 <b>Nutrition Month / Le mois de la nutrition</b>	5	6 <b>Playgroup</b> <i>St. Mary's School</i> 9:00 am to 11:30 am	7 <b>Creating Healthy Babies</b> <i>Sacred Heart School (Main Office)</i> 10:00 am to 12:00 pm	8 <b>Playgroup</b> <i>Sacred Heart School (Main Office)</i> 9:00 am to 11:30 am <b>Family Fun Night</b> <i>A.B. Ellis Public School</i> 6:00 pm to 7:30 pm	9	10
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## Notes

**Groupe de jeux:** A french playgroup to help children and parents expand their french vocabulary.

**Franc Depart:** A 14 week school readiness program for children that will be entering into JK in the fall. It is based on "Paul et Suzan" a french literacy based program and delivered in french. Great for children who will be starting into a french school in the fall.

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