



**Sudbury**  
705-222-1826

# January/janvier 2012

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
1	2 Centre closed / Le centre est fermé	3 Centre closed / Le centre est fermé	4 Centre closed / Le centre est fermé	5 Centre closed / Le centre est fermé	6 Centre closed / Le centre est fermé	7
8	9	10 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am <b>Parent Advisory Committee</b> <i>Minnow Lake Place (MLP)</i> 10:00 am to 11:30 pm	11 <b>Steps And Stages (Group 1)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	12 <b>Steps And Stages (Group 2)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	13 <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am	14 <b>Laughter Yoga</b> <i>McLeod Public School</i> 9:30 am to 11:30 am
15	16 <b>Collective Kitchen Planning Session</b> <i>Minnow Lake Place (MLP)</i> 10:00 am to 12:00 pm	17 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am <b>Family Zumba</b> <i>McLeod Public School</i> 5:30 pm to 7:30 pm <b>Triple P Seminar 1</b> (Power of Positive Parenting) <i>Princess Anne Public School</i> 6:00 pm to 8:00 pm	18 <b>Creating Healthy Babies</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	19 <b>Getting Healthy with OCOF</b> <i>Minnow Lake Place (MLP)</i> 9:30 am to 11:30 am <b>Collective Kitchen Cooking Session</b> <i>Adamsdale Public School</i> 4:00 pm to 8:00 pm	20 <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am	21 <b>Family Relaxation</b> <i>McLeod Public School</i> 9:30 am to 11:30 am
22	23	24 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am <b>Triple P Seminar 2</b> (Raising Competent Children) <i>Princess Anne Public School</i> 6:00 pm to 8:00 pm	25 <b>Steps And Stages (Group 1)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	26 <b>Steps And Stages (Group 2)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	27 <b>Family Literacy Day / La Journée de l'alphabétisation familiale</b>  <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am	28 <b>Laughter Yoga</b> <i>McLeod Public School</i> 9:30 am to 11:30 am
29	30	31 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am <b>Family Fun Night</b> <i>McLeod Public School</i> 5:30 pm to 7:30 pm <b>Triple P Seminar 3</b> (Raising Resilient Children) <i>Princess Anne Public School</i> 6:00 pm to 8:00 pm				

**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

### Laughter Yoga:

Laughter yoga is a unique concept where anyone can laugh for no reason. It combines laughter exercises with yoga breathing. Health benefits of laughter include stress reduction, relaxation, an increase in 'feel good' hormones, boosts our immune system, improves mood for and more. For both children and parents. Reconnect with your playful side!

### Family Relaxation:

Come on out and discover tools for helping children master positive living skills including relaxation and dealing positively with emotions. You and your child explore fun exercises together.

## Locations

### **Minnow Lake Place (MLP)**

1127 Bancroft Dr. Sudbury, ON

Tel: (705) 222-1826

### **Lockerby High School (Main Office)**

1391 Ramsey View Court. Sudbury, ON

Tel: (705) 523-0482

### **McLeod Public School**

310 Laval St. Sudbury, ON

Tel: (705) 523-0482

### **Princess Anne Public School**

500 Douglas St. Sudbury, ON

### **Adamsdale Public School**

181 First Ave. Sudbury, ON

### **Rumball Terrace**

1960 Paris St. Building A, Sudbury, ON (12th Floor Common Room)



**Sudbury**  
705-222-1826

# February/février 2012

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
			<p>1 <b>Creating Healthy Babies</b> Minnow Lake Place (MLP) 9:45 am to 11:30 am</p>	<p>2 <b>Getting Healthy with OCOF</b> Minnow Lake Place (MLP) 9:30 am to 11:30 am <b>Children's Creative Corner</b> Rumball Terrace 9:30 am to 11:30 am <b>Colour It Up</b> Minnow Lake Place (MLP) 10:00 am to 12:00 pm</p>	<p>3 <b>Children's Creative Corner</b> Rumball Terrace 9:30 am to 11:30 am <b>Colour It Up</b> Minnow Lake Place (MLP) 10:00 am to 12:00 pm</p>	<p>4 <b>Family Relaxation</b> Minnow Lake Place (MLP) 9:30 am to 11:30 am</p>
5	6	<p>7 <b>Playgroup</b> Minnow Lake Place (MLP) 9:00 am to 11:30 am</p>	<p>8 <b>Steps And Stages (Group 1)</b> Minnow Lake Place (MLP) 9:45 am to 11:30 am</p>	<p>9 <b>Steps And Stages (Group 2)</b> Minnow Lake Place (MLP) 9:45 am to 11:30 am</p>	<p>10 <b>Children's Creative Corner</b> Rumball Terrace 9:30 am to 11:30 am <b>Colour It Up</b> Minnow Lake Place (MLP) 10:00 am to 12:00 pm</p>	<p>11 <b>Laughter Yoga</b> McLeod Public School 9:30 am to 11:30 pm</p>
12	<p>13 <b>Collective Kitchen Planning Session</b> Minnow Lake Place (MLP) 10:00 am to 12:00 pm</p>	<p>14 <b>Playgroup</b> Minnow Lake Place (MLP) 9:00 am to 11:30 am <b>Parent Advisory Committee</b> Minnow Lake Place (MLP) 10:00 am to 11:30 am <b>Family Zumba</b> McLeod Public School 5:30 pm to 12:00 am</p>	<p>15 <b>Creating Healthy Babies</b> Minnow Lake Place (MLP) 9:45 am to 11:30 am</p>	<p>16 <b>Getting Healthy with OCOF</b> Minnow Lake Place (MLP) 9:30 am to 11:30 am <b>Collective Kitchen Planning Session</b> Adamsdale Public School 4:00 pm to 8:00 pm</p>	<p>17 <b>Children's Creative Corner</b> Rumball Terrace 9:30 am to 11:30 am <b>Colour It Up</b> Minnow Lake Place (MLP) 10:00 am to 12:00 pm</p>	<p>18 <b>Family Relaxation</b> McLeod Public School 9:30 am to 11:30 am</p>
19	<p>20 <b>Family Day / Le jour de la famille</b> (Centre Closed / Le centre est fermé)</p>	<p>21 <b>Playgroup</b> Minnow Lake Place (MLP) 9:00 am to 11:30 am</p>	<p>22 <b>Steps And Stages (Group 1)</b> Minnow Lake Place (MLP) 9:45 am to 11:30 am</p>	<p>23 <b>Steps And Stages (Group 2)</b> Minnow Lake Place (MLP) 9:45 am to 11:30 am</p>	<p>24 <b>Children's Creative Corner</b> Rumball Terrace 9:30 am to 11:30 am <b>Colour It Up</b> Minnow Lake Place (MLP) 10:00 am to 12:00 pm <b>Winter Dinner</b> (A family buffet dinner) Minnow Lake Place (MLP) 5:00 pm to 7:00 pm</p>	<p>25 <b>Laughter Yoga</b> McLeod Public School 9:30 am to 11:30 am</p>
26	<p>27 <b>Parent Education Courses</b> Minnow Lake Place (MLP) 5:45 am to 7:15 pm <b>Toboggan And Skating Party</b> (Weather Permitting. More Details to follow.) Queens Athletic Field 10:00 am to 12:00 pm</p>	<p>28 <b>Playgroup</b> Minnow Lake Place (MLP) 9:00 am to 11:30 am <b>Family Fun Night</b> McLeod Public School 5:30 pm to 7:30 pm</p>	<p>29 <b>No Creating Healthy Babies Today</b></p>	30	31	

**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

### Family Relaxation:

Come on out and discover tools for helping children master positive living skills including relaxation and dealing positively with emotions. You and your child explore fun exercises together.

### Colour It Up:

This is a six week course focusing on healthy eating and healthier lifestyles. All children must be in childcare during this event as there are cooking sessions involved and we do not want the little ones to come in harms way. Space is limited please register.

### Laughter Yoga:

Laughter yoga is a unique concept where anyone can laugh for no reason. It combines laughter exercises with yoga breathing. Health benefits of laughter include stress reduction, relaxation, an increase in 'feel good' hormones, boosts our immune system, improves mood for and more. For both children and parents. Reconnect with your playful side!

## Locations

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### **Queens Athletic Field**

30 Regent St. Sudbury, ON

### **Adamsdale Public School**

181 First Ave. Sudbury, ON

### **Rumball Terrace**

1960 Paris St. Building A, Sudbury, ON (12th Floor Common Room)



**Sudbury**  
705-222-1826

# March/mars 2012

Sunday/dimanche	Monday/lundi	Tuesday/mardi	Wednesday/mercredi	Thursday/jeudi	Friday/vendredi	Saturday/samedi
				1	2 <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am <b>Colour It Up</b> <i>Minnow Lake Place (MLP)</i> 10:00 am to 12:00 pm	3 <b>Family Relaxtion</b> <i>Minnow Lake Place (MLP)</i> 9:30 am to 11:30 am
4 <b>Nutrition Month / Le mois de la nutrition</b>	5 <b>Parent Education Courses</b> <i>Minnow Lake Place (MLP)</i> 5:45 am to 7:15 pm	6 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am	7 <b>Creating Healthy Babies</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	8 <b>Getting Healthy with OCOF</b> <i>Minnow Lake Place (MLP)</i> 9:30 am to 11:30 am	9 <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am <b>Colour It Up</b> <i>Minnow Lake Place (MLP)</i> 10:00 am to 12:00 pm	10 <b>Laughter Yoga</b> <i>McLeod Public School</i> 9:30 am to 11:30 pm
11	12 <b>Parent Education Courses</b> <i>Minnow Lake Place (MLP)</i> 5:45 am to 7:15 pm	13 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am <b>Parent Advisory Committee</b> <i>Minnow Lake Place (MLP)</i> 10:00 am to 11:30 am <b>Family Zumba</b> <i>McLeod Public School</i> 5:30 pm to 7:30 pm	14 <b>Steps And Stages (Group 1)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	15 <b>Steps And Stages (Group 2)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	16 <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am <b>Toboggan And Skating Party</b> <i>Queens Athletic Field</i> 10:00 am to 12:00 pm	17 <b>Family Relaxtion</b> <i>McLeod Public School</i> 9:30 am to 11:30 am
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25	26 <b>Parent Education Courses</b> <i>Minnow Lake Place (MLP)</i> 5:45 am to 7:15 pm	27 <b>Playgroup</b> <i>Minnow Lake Place (MLP)</i> 9:00 am to 11:30 am <b>Family Fun Night</b> <i>Minnow Lake Place (MLP)</i> 5:30 pm to 7:30 pm	28 <b>Steps And Stages (Group 1)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	29 <b>Steps And Stages (Group 2)</b> <i>Minnow Lake Place (MLP)</i> 9:45 am to 11:30 am	30 <b>Children's Creative Corner</b> <i>Rumball Terrace</i> 9:30 am to 11:30 am	31 <b>Family Relaxtion</b> <i>McLeod Public School</i> 9:30 am to 11:30 am

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