



PRESCHOOL PROGRAMS

Family Drop-in & Circle
Mon. to Thurs. 10-11:30am
Public Health 1st Mon, ROCK 3rd
Tues. community@opnc.ca

Family Playtime
0-24 months Monday 12:30-2pm

Baby Rhyme Time
0 – 15 mths (non walkers)
Fri 10-11:30am
Library 3rd wk, Health Dept. 4th wk.
community@opnc.ca

German Play Group
annelisa_adam@yahoo.ca

Japanese Play Group
Thurs. 12:15-2:00pm
hiyokochoickclub@gmail.com

Infant Food Bank
Mon-Fri 10am-2pm Donations accepted

Breastfeeding Café
3rd Tuesday of the month 1:00-2:00pm
kristen@nourishthem.ca

La Hora Del Cuento
Tuesdays 10-11:30am
hello@opnc.ca

HIPPY– Home Instruction for Parents of
Preschool Youngsters
coordinator@hippyoakville.org

Half-day Preschool \$
Mon.-Fri. half day ages 2.5-5
community@opnc.ca

CHILD & YOUTH PROGRAMS

Before & After School Care \$
7:30-8:30 am & 3-6 pm
youth@opnc.ca

Acorns Education \$
Mandarin language program
acornseducation9@gmail.com

Wu's Taekwondo \$
bwubrown@gmail.com

SNAP ages 6-11 years
Behaviour Supports & Family Programs
cabrahams@opnc.ca

Cooking Classes \$
shyamaladupont@gmail.com

Wei Yan Art Studio \$
yuran527@yahoo.ca

Unsinkable-Just Be You
Tuesday 7 Text-Call 289-230-9416

Just Be You-Adapt – 16-24 years
Thursday 6:30 Text-Call 905-580-9652

Halton Math and Coding \$
info@haltonmathcoding.com

Reader's Theatre Gr 2-5
Tuesday's 4:30pm sknmak@gmail.com

School Age Summer Camp \$
Mon – Fri 1-5pm
youth@opnc.ca

SOS Kids \$
Babysitting & home safe
www.sosfistaid.ca

Guides \$
www.girlguides.ca

ADULT PROGRAMS & POVERTY SUPPORTS

First Aid Clinics \$
www.sosfirstaid.ca

Food, Clothing, General Support
Registration required - hello@opnc.ca

Free Mobility Support Program
hello@opnc.ca

Churchill Neighbourhood Centre
125 North Serv Rd E. Poverty & harm
reduction support. navigator@opnc.ca

Free Seniors Programs 50+
Lifemark Exercise Programs
Tues. & Fri. 1-4pm
1-800-315-4417 to register
Weekly Seniors Chat Weds 1-2:30pm
laila.hulays@gmail.com

Tawasol Newcomer Support
mayeabdelshafy@yahoo.com

Finding Hope Support Group
Wed. 10-11:30am hope@opnc.ca

Utility Funds & Budget Support
Weds. & Thurs. 11:30am-2:00pm
community@opnc.ca

**Year Round Free Income Tax
Completion** support@opnc.ca

Micro Loan Program
Interest Free short-term loans
support@opnc.ca

SUPPORT, CONNECT, ENGAGE

People Belong, Families are Strong, Neighbours Care, Everyone Shares

Annual suggested tax receipt family donation of \$60 a year for drop-in programs (waived on request)

Registered Charity 85540 2244 RR0001

2200 Sawgrass Dr. & 125 North Service Rd. E. Oakville (905) 257-6029 www.opnc.ca, hello@opnc.ca