

CAPC- Additional Virtual Programs

Date	Time	Location	Event Details
Monday May 11 th 2026	10:00am- 11:00am	Zoom	Borrowing Our Calm: Maternal and Child Mental Health & Building Resilience in the Early Years: In recognition of Maternal and Child Mental Health in May, this session explores how children learn to regulate their emotions by first borrowing calm from their caregivers. We will look at how co-regulation, connection, and everyday interactions support resilience in young children. Practical, developmentally grounded strategies will be shared to help families foster calmer moments in our daily interactions.
Wednesday May 13 th 2026	6:30pm-7pm	Zoom	Building Stronger Fathers: Raising Resilient Kids Resilience grows when children are given space to try, struggle, and try again. This session will explore how dads can foster resilience by allowing safe failures and guiding children through problem solving rather than rescuing them too quickly. We will also talk about how modeling our own ability to manage stress and work through challenges teaches children strength, confidence, and perseverance.
Saturday May 23 rd 2026	6:30pm-7pm	Zoom	Building Stronger Fathers: Vision, Hearing, and Early Literacy Healthy vision and hearing play a critical role in early literacy and school readiness. In this session, we will discuss why regular screening and early checkups matter and how they support language development and learning. We will also highlight the powerful impact of reading with dad and simple ways to build strong literacy skills at home.
Monday May 25 th 2026	10:00am- 11:00am	Zoom	The Colour of Feelings In recognition of Maternal and Child Mental Health Month join us for a parent child interactive program. Using Colours (Zones of Regulation) and activities through play, we will give children the ability to work through their big feelings. There will be activities to identify their feelings, verbalize the feeling, recognize how others feel and learn tools to support children to find their calm. The Colour of Feelings is designed for young children to gain emotional awareness, regulation skills and improve problem solving skills.

MotherCare

Date	Time	Location	Event Details
Every Tuesday Afternoon	1:00pm - 2:00pm	On-Line: Virtual Zoom Program	MotherCare Program Tuesday afternoons from 1:00pm- 2:00pm For prenatal individuals (up to 6 weeks postnatal). MotherCare focuses on healthy eating during pregnancy, pre and postnatal wellness, breastfeeding, and newborn care.

Baby Steps

Date	Time	Location	Event Details
Every Wednesday Afternoon	1:00pm - 2:00pm	On-Line: Virtual Zoom Program	Baby Steps Program Wednesday afternoons from 1:00pm- 2:00pm For parents with children 0-12 months. Baby Steps program covers newborn nutrition, perinatal mental health, breastfeeding, infant development and bonding

Next Step

Date	Time	Location	Event Details
Every Tuesday & Wednesday Morning	10:00am - 11:00am	On-Line: Virtual Zoom Program	Next Step Program Tuesday and Wednesday mornings from 10:00am- 11:00am For parents with children 12 months -36 months (3 years) of age. Next Steps topics and resources relate to healthy eating, child mental health, growth and development, and community resources.

All virtual programs are for registered CAPC/CPNP participants only. If you are not registered for CAPC/CPNP programs, and are interested to learn more please visit our website <https://www.catulpa.on.ca/programs/capc-cpnp>