Simcoe County Community Action for Prenatal and Child Health Program (CAPCHP)

November 2026

Virtual Programs

CAPC- Additional Virtual Programs			
Date	**Time**	**Location**	**Event Details**
Monday November 9th	10:00-11:00am	On-Line: Virtual Zoom Program	**Navigating the Shift: Sexual Health, Healthy Relationships & Postpartum Wellness** Reclaim your confidence and connection after baby. Join a Public Health Nurse for an honest, judgment-free virtual session packed with practical facts on postpartum intimacy, birth control, and relationship wellness.
Wednesday November 11th	6:30-7:15pm	On-Line: Virtual Zoom Program	**Building Stronger Fathers: Winter Ready Dad** Winter is coming, and for families with young kids, it can bring a whole new set of challenges. Getting out the door takes longer, kids still want to play, cars need extra preparation, and everyone is spending more time indoors.
Friday, November 20th	10:00-11:00am	On-Line: Virtual Zoom Program	**My Right to Shine: National Child Day:** Celebrate what makes you, **YOU!** National Child Day is all about honoring the incredible uniqueness of every single child and learning about your right to be safe, healthy, and heard. **For children 3-6 years of age.**
Monday November 23rd	10:00-11:00am	On-Line: Virtual Zoom Program	**Don't miss this session!** Learn about the Canada Learning Bond, RESP's and much more. Service Canada and CRA representatives will join us to share important information about programs and services for children and families. Bring all your questions.
Monday, November 30th	10:00-11:00am	On-Line: Virtual Zoom Program	**Our Community, Our Calendar: The CAPCHP Forum: Your voice matters!** Join us for an interactive session to share your ideas and help shape the future of our programs. Connect with other families and our team to discover new opportunities to make our services even more meaningful and responsive to your needs.
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.
Kindersteps			
Date	**Time**	**Location**	**Event Details**
Every 3rd Wednesday of the month	10:00am-11:00am	On-Line: Virtual Zoom Program	**Kindersteps** 3rd Wednesday of the month from 10:00am-11:00am Kindersteps is a monthly program for families whose youngest child is aged **3 to 6 years old.** It offers a space for parents to connect, learn about school readiness, child development, nutrition, emotional well-being, community resources, and positive parenting strategies tailored to growing kids.

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