



CAPC- Additional Virtual Programs

Date	Time	Location	Event Details
Monday June 8 th 2026	10:00am- 11:00am	Zoom	Chop and Chat In celebration of Indigenous Peoples Day (June 21 st) join CAPC staff to learn about making Bannock.
Wednesday June 10 th 2026	6:30pm- 7:00 pm	On-Line: Virtual Zoom Program	Building Stronger Fathers: Summer Safety & Risky Play How do we keep kids safe while still allowing them to grow strong and confident? This session explores the perspective on risky play, injury prevention, and how fathers can support independence, problem-solving, and resilience during the summer months.
Monday June 22 nd 2026	10:00am- 11:30am	On-Line: Virtual Zoom Program	Money Matters- Banking Basics: Join CAPC Staff and ABC Life Literacy Canada's as we break down the world of banking into clear, simple terms. You'll learn about different types of bank accounts, how to keep your money safe, and how to choose the banking services that best fit you and your family's needs. **All attendees will be provided with a workbook** ** Program Capacity of 25 Families**
Saturday June 27 th 2026	6:30pm- 7:00 pm	On-Line: Virtual Zoom Program	Building Stronger Fathers: Discipline vs. Teaching What does effective discipline really look like? In this session, we'll explore the child development science behind behaviour and learn practical, positive discipline strategies that build emotional regulation, resilience, and long-term skills - not just short-term compliance.

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>