

SIMCOE COUNTY CAPC/CPNP

April 2026

Virtual Programs



CAPC- Additional Virtual Programs

Date	Time	Location	Event Details
Wednesday April 8 th	6:30pm - 7:00 pm	On-Line: Virtual Zoom Program	BSF Dad Huddle: Immunization Awareness Join us this April as we recognize Immunization Awareness highlighted by the Public Health Agency of Canada. Vaccines play an important role in protecting children, families, and our communities from serious illnesses.
Monday April 13 th	10:00am - 11:00 am	On-Line: Virtual Zoom Program	Story Explorers: Life on the Farm Join us for a virtual adventure where we bring the classic book "Big Red Barn" to life! While children enjoy interactive games, movement activities and farm themed songs, parents will receive simple, everyday tips to help their little ones build and "grow" a love for books and reading!
Saturday April 25 th	6:30pm - 7:00 pm	On-Line: Virtual Zoom Program	BSF Dad Huddle: Parent Partnerships Matter Parents play different but equally important roles in a child's life. Moms aren't dads, and dads aren't moms and that's a strength. When caregivers collaborate, communicate, and support one another, children benefit from consistency, security, and the best possible outcomes
Monday April 27 th	10:00am - 11:00am	On-Line: Virtual Zoom Program	Parenting is HeartWork: Mapping Your Circle of Support as a Young Parent Parenting is a journey that isn't meant to be traveled alone. In Session 3, we shift our focus to the "village" that surrounds you and your family. We will explore the true meaning of support—how to identify it, how to ask for it, and where to find it within your local community.

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>