

SIMCOE COUNTY CAPC/CPNP

March 2026

Virtual Programs



CAPC- Additional Virtual Programs			
Date	Time	Location	Event Details
Monday March 9th	10:00am-11:00am	Virtual Zoom	Resume Writing Workshop: Boost Your Confidence and Resume Skills Join CAPC Facilitators and The Barrie Career Centre for practical tips to highlight your resume. Learn more about what should be included and what makes your resume stand out.
Wednesday March 11 th	6:30pm-7:00 pm	Virtual Zoom	Dad Huddle: Spring Reset – Routines, Energy & Family Life As winter ends, routines change. This dad huddle is a space to talk about sleep, schedules, work-life balance, and how to reset family routines for spring. We'll share what's working, what's not, and simple ways dads can support their kids and themselves during seasonal change.
Monday March 23 rd	10:00am-11:00am	Virtual Zoom	Parenting is Heartwork Session 2: Strengthening the Parent-Child Connection Deepen the bond with your child in this interactive session focused on the foundations of secure attachment. We will explore what attachment looks like in everyday life, discuss different attachment styles, and identify the key ingredients for building a secure, trusting relationship.
Saturday March 28 th	6:30pm-7:00 pm	Virtual Zoom	Dad Huddle: Teaching Life Skills Through Everyday Moments Kids learn best by watching and doing. This discussion focuses on how dads teach life skills like responsibility, confidence, problem-solving, and safety during everyday moments. From play to chores to outings, we can all share real-life examples and ideas that build strong, capable kids.

****Registration Required**** Please email capc@catulpa.on.ca

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>