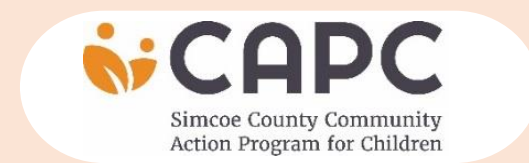




SIMCOE COUNTY CAPC/CPNP

MAY 2025 – VIRTUAL PROGRAMS



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Signature Virtual 10:00-11:00: Dips and You!	6 Next Step 10:00am- 11:00am MotherCare 1:00pm- 2:00pm	7 Next Step 10:00am- 11:00am Baby Steps 1:00pm- 2:00pm	8	9
12	13 Next Step 10:00am- 11:00am MotherCare 1:00pm- 2:00pm	14 Next Step 10:00am- 11:00am Baby Steps 1:00pm- 2:00pm	15	16
19 Victoria Day ALL SIMCOE COUNTY CAPC PROGRAMS & OFFICES ARE CLOSED	20 Next Step 10:00am- 11:00am MotherCare 1:00pm- 2:00pm	21 Next Step 10:00am- 11:00am Baby Steps 1:00pm- 2:00pm	22	23
26 Signature Virtual 10:00-11:30am: Emergency Preparedness W County of Simcoe	27 Next Step 10:00am- 11:00am MotherCare 1:00pm- 2:00pm	28 Next Step 10:00am- 11:00am Baby Steps 1:00pm- 2:00pm Virtual Building Stronger Father's 6:30-7:30pm	29	30

Virtual Program Information

Pre-Registration is required for all virtual programs

Virtual Dips and You!
Monday, May 5th from 10:00am-11:00am
 Join us in making 3 different dips, Guacamole, Hummus, Tomato Salsa AND Homemade Pita Chips!
To register please contact Cheryl cmccullough@catulpa.on.ca or Sandy sjeffery@catulpa.on.ca

Virtual Emergency Preparedness with County of Simcoe
Monday, May 26th from 10:00-11:30am
 Join CAPC and the County of Simcoe for an interactive information sharing workshop on how families can be prepared should an emergency happen.
To register please contact Rebecca rtoth@catulpa.on.ca

Virtual Building Stronger Fathers Program
Wednesday, May 28th from 6:30-7:30pm
 Interactive programs specifically for dads to learn more about their role and the journey of Fatherhood, hosted on Zoom
To register please contact Michael msfetkopoulos@catulpa.on.ca

We also offer in-person programs for families to attend. Registration is required. Please see the in person program calendar for more details.

For more information, please view our Interactive calendars by visiting: <https://www.catulpa.on.ca/programs/capc-cpnp>

Virtual 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.

Virtual 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.

Virtual 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.