

AUGUST 2024 – VIRTUAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
Simcoe County CAPC Summer Closure Monday, July 29th to Friday, August 9th, 2024. Programs Resume Monday, August 12th.				
5	6	7	8	9
Simcoe County CAPC Summer Closure Monday, July 29th to Friday, August 9th, 2024. Programs Resume Monday, August 12th.				
12	13	14	15	16
	1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**		
19	20	21	22	23
	1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**		Virtual Building Stronger Fathers Program 1:30-2:30pm
26	6	28	29	30
	1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**		

Virtual Program Information

Registration is required for all virtual programs

Virtual Building Stronger Fathers Program

Friday, August 23rd from 1:30-2:30pm

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

Virtual MotherCare Program- Tuesday afternoons @ 1:00pm

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 @ 1:00pm

For parents with children 0-12 months.

Baby Steps program covers newborn nutrition, perinatal mental health, breastfeeding, infant development and bonding.

Virtual Next Step Program- Tuesday and Wednesday afternoons @ 1:00pm

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.

**Simcoe County CAPC/ CPNP Virtual Core Programs-
 MotherCare, Baby Steps and Next Step are currently Full.**

However, we do have in-person programs available for families to attend. Registration is required.

For more information please view our Interactive calendars by visiting:

<https://www.catulpa.on.ca/programs/capc-cpnp> or email us at capc@catulpa.on.ca

