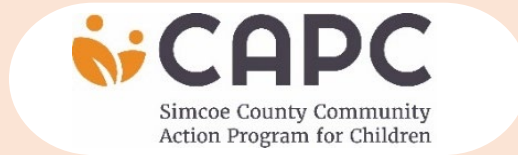




SIMCOE COUNTY CAPC/CPNP  
**APRIL 2025 – VIRTUAL PROGRAMS**



Monday	Tuesday	Wednesday	Thursday	Friday
	1  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	2  Baby Steps 1:00pm- 2:00pm **FULL**  Next Step 1:00pm- 2:00pm ** FULL**	3	4
7	8  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	9  Baby Steps 1:00pm- 2:00pm **FULL**  Next Step 1:00pm- 2:00pm ** FULL**	10	11
14	15  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	16  1:00pm Baby Steps **FULL**  Next Step 1:00pm- 2:00pm ** FULL**	17	18  <b>GOOD FRIDAY ALL SIMCOE COUNTY CAPC PROGRAMS &amp; OFFICES ARE CLOSED</b>
21  <b>EASTER MONDAY ALL SIMCOE COUNTY CAPC PROGRAMS &amp; OFFICES ARE CLOSED</b>	22  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	23  1:00pm Baby Steps **FULL**  Next Step 1:00pm- 2:00pm ** FULL**  Virtual Building Stronger Father's 6:30-7:30pm	24	25
28	29			

### Virtual Program Information

**\*Registration is required for all virtual programs\***

**Virtual Building Stronger Fathers Program**  
**Wednesday, April 23<sup>rd</sup> 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](mailto:msfetkopoulos@catulpa.on.ca)**

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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>

**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.

**Virtual Next Step Program**  
**Tuesday and Wednesday afternoons from 1:00pm- 2:00pm**  
 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.

