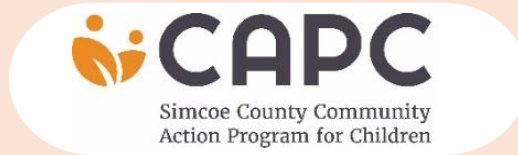




# DECEMBER 2024 – VIRTUAL PROGRAMS



Monday	Tuesday	Wednesday	Thursday	Friday
2 Virtual Chop and Chat 10:00am-11:00am	3 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	4 Baby Steps 1:00pm- 2:00pm **FULL** Next Step 1:00pm- 2:00pm ** FULL**	5	6
9	10 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	11 Baby Steps 1:00pm- 2:00pm **FULL** Next Step 1:00pm- 2:00pm ** FULL** Virtual Pajama Storytime 6:30pm-7:00pm	12	13
16	17 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	18 1:00pm Baby Steps **FULL** Next Step 1:00pm- 2:00pm ** FULL**	19	20
23	24	25	26	27
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>Simcoe County CAPC Winter Closure Monday, December 23<sup>rd</sup> to Friday, January 3<sup>rd</sup>, 2025. Programs Resume Monday, January 6<sup>th</sup>, 2025.</b></p> </div>				
30	31			
<div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: 80%;"> <p><b>Simcoe County CAPC Winter Closure Monday, December 23<sup>rd</sup> to Friday, January 3<sup>rd</sup>, 2025. Programs Resume Monday, January 6<sup>th</sup>, 2025.</b></p> </div>				

### Virtual Program Information

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

**Virtual Chop and Chat- “One Dough, Seven Cookies”**  
 Monday, December 2<sup>nd</sup> from 10:00am-11:00am  
 Interactive Cooking Program hosted on Zoom where families learn a new recipe, talk about food safety and more!  
**To register please contact Sandy [sjeffery@catulpa.on.ca](mailto:sjeffery@catulpa.on.ca) or Cheryl [cmccullough@catulpa.on.ca](mailto:cmccullough@catulpa.on.ca)**

**Virtual Pajama Storytime- “Winter Celebrations Around the World”**  
 Wednesday, December 11<sup>th</sup> from 6:30-7:00pm  
 Interactive circle time for families with children 0-6 years with a story and songs, hosted on Zoom  
**To register please contact Rebecca [roth@catulpa.on.ca](mailto:roth@catulpa.on.ca)**

**Virtual Building Stronger Fathers Program**  
**\*\*NO PROGRAM THIS MONTH\*\***

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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.