

SEPTEMBER 2024 – VIRTUAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
2	3 1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	4 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	5	6
9 Virtual Chop and Chat 10:00-11:00am	10 1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	11 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL** Virtual Pajama Storytime 6:30-7:00pm	12	13
16	17 1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	18 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	19	20
23	24 1:00pm Next Step **FULL** 1:00pm MotherCare **FULL**	25 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	26	27 Virtual Building Stronger Father's 1:30-2:30pm
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Virtual Program Information

Registration is required for all virtual programs

Virtual Chop and Chat- Snacks & Lunches on the Go
Monday, September 9th from 10:00-11:00am
 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

Virtual Pajama Storytime- Alphabet Adventure
Wednesday, September 11th 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 rtoth@catulpa.on.ca

Virtual Building Stronger Fathers Program
Friday, September 27th 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

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 @ 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 Next Step Program- Tuesday and 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 Baby Steps Program- 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.

