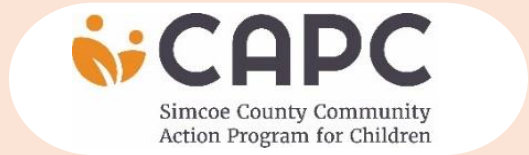




FEBRUARY 2025 – VIRTUAL PROGRAMS



Monday	Tuesday	Wednesday	Thursday	Friday
3	4 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	5 Baby Steps 1:00pm- 2:00pm **FULL** Next Step 1:00pm- 2:00pm ** FULL**	6	7
10	11 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	12 1:00pm Baby Steps **FULL** Next Step 1:00pm- 2:00pm ** FULL**	13	14
17 FAMILY DAY ALL SIMCOE COUNTY CAPC PROGRAMS & OFFICES ARE CLOSED	18 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	19 1:00pm Baby Steps **FULL** Next Step 1:00pm- 2:00pm ** FULL**	20	21
24	25 Next Step 1:00pm- 2:00pm ** FULL** MotherCare 1:00pm- 2:00pm **FULL**	26 1:00pm Baby Steps **FULL** Next Step 1:00pm- 2:00pm ** FULL** Virtual Building Stronger Father's 6:30-7:30pm	27	28

Virtual Program Information

Registration is required for all virtual programs

Virtual Building Stronger Fathers Program
Wednesday, February 26th 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

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.