

SIMCOE COUNTY CAPC/CPNP
JULY 2024 – VIRTUAL PROGRAMS

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 1:00pm Next Step ** FULL** 1:00pm MotherCare **FULL**	3 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	4	5
8	9 1:00pm Next Step ** FULL** 1:00pm MotherCare **FULL**	10 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	11	12
15	16 1:00pm Next Step ** FULL** 1:00pm MotherCare **FULL**	17 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	18	19
22	23 1:00pm Next Step ** FULL** 1:00pm MotherCare **FULL**	24 1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	25	26 Virtual Building Stronger Fathers Program 1:30-2:30pm
29	30	31		
<div style="border: 1px solid black; padding: 5px; background-color: #ffff00;"> <p>Simcoe County CAPC Summer Closure Monday, July 29th to Friday, August 9th, 2024. Programs Resume Monday, August 12th.</p> </div>				

Virtual Program Information

Registration is required for all virtual programs

Virtual Building Stronger Fathers Program
 Friday, July 26th 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

