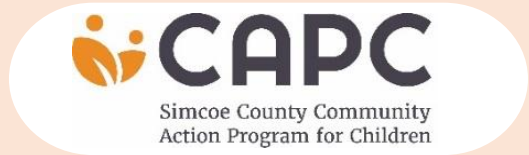




SIMCOE COUNTY CAPC/CPNP  
**MARCH 2025 – VIRTUAL PROGRAMS**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  Virtual Chop and Chat 10:00am-11:00am	<b>4</b>  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	<b>5</b>  Baby Steps 1:00pm- 2:00pm **FULL**  Next Step 1:00pm- 2:00pm ** FULL**	<b>6</b>	<b>7</b>
<b>10</b>	<b>11</b>  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	<b>12</b>  Baby Steps 1:00pm- 2:00pm **FULL**  Next Step 1:00pm- 2:00pm ** FULL**  Virtual Pajama Storytime 6:30-7:00pm	<b>13</b>	<b>14</b>
<b>17</b>	<b>18</b>  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	<b>19</b>  1:00pm Baby Steps **FULL**  Next Step 1:00pm- 2:00pm ** FULL**	<b>20</b>	<b>21</b>
<b>24</b>	<b>25</b>  Next Step 1:00pm- 2:00pm ** FULL**  MotherCare 1:00pm- 2:00pm **FULL**	<b>26</b>  1:00pm Baby Steps **FULL**  Next Step 1:00pm- 2:00pm ** FULL**  Virtual Building Stronger Father's 6:30-7:30pm	<b>27</b>	<b>28</b>
<b>31</b>				

### Virtual Program Information

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

**Virtual Chop and Chat- "Chili"**  
**Monday, March 3<sup>rd</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 Cheryl [cmccullough@catulpa.on.ca](mailto:cmccullough@catulpa.on.ca) or Kim [kgripton@catulpa.on.ca](mailto:kgripton@catulpa.on.ca)**

**Virtual Pajama Storytime- "Going on a Bear Hunt"**  
**Wednesday, March 12<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 [rtoth@catulpa.on.ca](mailto:rtoth@catulpa.on.ca)**

**Virtual Building Stronger Fathers Program**  
**Wednesday, March 26<sup>th</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 [msfetakopoulos@catulpa.on.ca](mailto:msfetakopoulos@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.