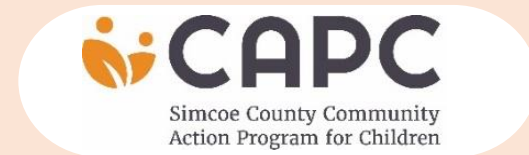




NOVEMBER 2024 – VIRTUAL PROGRAMS



Monday	Tuesday	Wednesday	Thursday	Friday
				1
4	1:00pm Next Step ** FULL ** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	7	8
11	1:00pm Next Step ** FULL ** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	14	15
18	1:00pm Next Step ** FULL ** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL**	21	22
25	1:00pm Next Step ** FULL ** 1:00pm MotherCare **FULL**	1:00pm Baby Steps **FULL** 1:00pm Next Step **FULL** Virtual Building Stronger Father's 6:30-7:30pm	28	29

Virtual Program Information

Registration is required for all virtual programs

Virtual Building Stronger Fathers Program
 Wednesday, November 27th 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 @ 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.