

## For further information:

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## Where we are located

- CAPC locations change regularly. We strive to provide services in areas that are not already being served by other programs.
- Please contact one of our Site Coordinators for information on our schedule of programs.
- CAPC programs are time-limited and many require registration.
- Preference will be given to families who have not previously attended a CAPC program.

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*Creating opportunities with families, neighbourhoods, and communities, to work together so that by age 6 all children will have developed to their optimum level – physically, socially, emotionally and intellectually.*

## Who We Are

- Community Action Program for Children (CAPC) is a Public Health Agency of Canada initiative that focuses on forming partnerships in the community.
- In York Region, CAPC serves the communities of Markham, Georgina, and Vaughan.
- The purpose of CAPC is to create opportunities for families, neighbourhoods and communities to work together so that by the age of six, all children will have developed to their optimum level – physically, socially, emotionally and intellectually.
- CAPC programs are provided primarily for teen parents, newly immigrated parents and parents who are socially isolated due to economic circumstances, illness, disability, place of residence and/or ethno-cultural factors, who have children 0 to 6 years of age.

## What We Offer

- **Family Time**
  - a program where you will learn tips on parenting, nutritious meal planning, and includes a once a month community kitchen.
- **Family literacy programs such as:**
  - From Lullabies to Literacy
  - Connect with your Baby
  - Getting Ready for K
  - Success in K
  - Rhyming Simon
  - Parent-Child Mother Goose
- **Building Blocks for Learning** – a summer learning readiness course, offered in partnership with the York Region District School Board, to prepare children entering kindergarten



What you could expect in a CAPC program:

- an opportunity to play and interact with your child with learning materials
- an opportunity to network with other parents
- tips on behaviour management
- tips on nutrition and how to help choose nutritious food for your family using Canada's Food Guide
- how to help your child to be ready for school
- how to use everyday items to help your child learn
- parent resources