

FOR FURTHER INFORMATION

CAPC Project Facilitator:

MANPREET BHOGAL

VAUGHAN CAPC:

Phone: (905) 806 – 1895

Email: manpreet.capc@gmail.com

CAPC Site Coordinator:

LOIS WRIGHT

GEORGINA CAPC:

Phone: (905) 989 – 1896

Email: lois.capc@gmail.com

CAPC Site Coordinator:

AKUA ASAMOAH

MARKHAM CAPC:

Phone: (905) 642 – 9965

Email: markham.capc@gmail.com

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.

*“Children need the freedom
and time to play.
Play is not a luxury.
Play is a necessity”
– Kay Redfield Jamison*



manpreet.capc@gmail.com



(905) 806 – 1895



www.yorkchild.ca

CAPC York Region gratefully acknowledges the financial support of the Public Health Agency of Canada. We would also like to thank our many partners for their essential support.



*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*

YORK REGION

COMMUNITY ACTION PROGRAM FOR
CHILDREN - CAPC

WHAT WE OFFER

PLAY AND LEARN

A program where you will learn tips on parenting and child development, participate with your child in circle and interactive play time.

FAMILY LITERACY PROGRAMS SUCH AS:

Parent-Child Mother Goose
Ready Set Go
Seamless Transitions
Connect with your Baby

BUILDING BLOCKS FOR KINDERGARTEN

A summer learning readiness course, offered in partnership with the York Region District School Board, to support children with their transition to 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
- How to use everyday items to help your child learn
- Tips on nutrition and how to help choose nutritious food for your family using Canada's Food Guide
- Tips on behavior management
- How to support your child's transition to school
- Parent resources

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, neighborhoods 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.

