



Community Action  
Program for Children

## Fall Virtual & Outdoor Program for Vaughan Families

September 14<sup>th</sup> – October 29<sup>th</sup>

*Follow our York Region Facebook page and/or join our private Vaughan FB group for FREE virtual programming, information and updates for you and your children.*

Also – FOLLOW our CAPC York Region Facebook page at @CAPCYR for general information and updates about CAPC and postings of interest.

To participate in the virtual programming, please request to join the private Facebook group for Vaughan families, by visiting: [www.facebook.com/groups/vaughancapc/](http://www.facebook.com/groups/vaughancapc/)

### Live virtual programming (ZOOM LIVE CALLS)

**Monday: 9:30 am – 10:00 am** Family Sing-a-long & stories

**12:30 am – 1:30 am** Family Show & Share

**2:30 pm – 3:00 pm** Kids Craft Corner (weekly fun crafts that anyone can make)

**Tuesday: 9:30 am – 10:00 am** Family Sing-a-long & stories

**12:30 pm – 1:30 pm** Parents and caregivers' workshop & chat

(Topic examples: stress in children, eating & sleeping habits, positive behavior, healthy eating, parent/child interactive activity ideas)

**2:30 pm – 3:00 pm** Kids Science Corner (weekly fun science experiments that anyone can make using household items)

**Wednesday: 9:30 am – 10:00 am** Family Sing-a-long & stories

**12:30 pm – 1:30 pm** Parents and caregivers' workshop (kindergarten transition ideas and information)

**Thursday: 9:30 am – 11:00 am** In-person program: Stroller walk (8 WEEK PROGRAM)

Walk and talk with us as we explore the outdoors. Bring your stroller/wagon, the kids, and the conversation!

**Location:** Participants will be given the route and map upon registration

**12:30 pm – 1:30 pm** Triple P Chat (encouraging positive relationships with your child(ren) & improving parenting skills)

**(COVID19 SCREENING REQUIRED)**

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