

# Community Action Program for Children - Vaughan

## Virtual & In-Person Programs

### Families with Children Ages 0-6 Years of Age

**FEBRUARY**

#### Monday

**#MorningCircle**  
(Facebook Live)  
10:00 AM

Join us for an interactive session full of songs, stories, rhymes, and fingerplays.

**#MakeItMonday**  
(Private Facebook Post)  
12:30 PM

Families are invited to learn new art ideas and create art together.

**#PhoneInquiriesAndSupport**  
1:00 PM - 3:00 PM

Need someone to talk to, find a resource or looking for further parenting support?  
Call Manpreet at 905 - 806 - 1895

#### Tuesday

**#MorningCircle**  
(Facebook Live)  
10:00 AM

Join us for an interactive session full of songs, stories, rhymes, and fingerplays.

**#StoryStretchers**  
(Facebook Live)  
12:30 PM

Snuggle up in a cozy spot and get ready to relax and enjoy a story and some ways to S-T-R-E-T-C-H and integrate your children into a story with drama, games, crafts and sensory experiences.

**#PhoneInquiriesAndSupport**  
1:00 PM - 3:00 PM

Need someone to talk to, find a resource or looking for further parenting support?  
Call Manpreet at 905 - 806 - 1895

#### Wednesday

**#MorningCircle**  
(Facebook Live)  
10:00 AM

Join us for an interactive session full of songs, stories, rhymes, and fingerplays.

**#ParentChildMotherGoose**  
(Zoom)  
12:30 PM - 1:30 PM  
Birth - 12 months

This 8 week program offers an interactive experience for parents and their babies. Mother Goose introduces adults and children to the pleasure and power of using rhymes, songs, and stories together. Children will benefit from enjoyable, healthy early experiences with language and communication.

*Registration required*

#### Thursday

**#MorningCircle**  
(Facebook Live)  
10:00 AM

Join us for an interactive session full of songs, stories, rhymes, and fingerplays.

**#ThankyouThursdays**  
(Facebook Live)  
12:30 PM

An Interactive program that will invite children to learn how to take in and express mindfulness through different activities.

**#PhoneInquiriesAndSupport**  
1:00 PM - 3:00 PM

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Call Manpreet at 905 - 806 - 1895

To participate in the virtual programming, receive updates and more information please request to join the private Facebook group for Vaughan families, by visiting: <https://www.facebook.com/groups/vaughancapc/>



For registration, more information or to determine eligibility for free transportation to a program: Manpreet Bhogal, Vaughan Site Coordinator. Mobile: (905) 806 - 1895 or email: [manpreet.capc@gmail.com](mailto:manpreet.capc@gmail.com)

**2021**