

MAY 2022

	Monday	Tuesday	Wednesday	Thursday
Virtual Programs		<p>#StoryStretchers 10:30-11:30 AM Facebook Live Birth-6 years</p>	<p>#SeamlessTransitions 10:00-11:00 AM Zoom 4 Years <i>*ending May 18th</i></p> <p>#SeamlessTransitions 10:00-11:30 AM Zoom 4 Years <i>*starting May 25th</i></p>	
Indoor Programs				<p>#PlayAndLearn 9:30-11:30 AM Aldergrove P.S. Birth-6 years</p> <p>#SeamlessTransitions 1:00-3:00 PM Aldergrove P.S. 4 Years <i>*ending May 12th</i></p>
Outdoor Programs	<p>#StrollerWalk 10:30-11:30 AM Too Good Pond Park Birth-6 years</p> <p>#MusicInThePark 12:00-1:00 PM Aldergrove Park Birth-6 years</p>			

Program Descriptions

#StrollerWalk- Lets stretch our legs, work our muscles and chat while we enjoy a stroller walk in the great outdoors at The Too Good Pond Park (Mondays AM) **Registration required.** To register, please email markham.capc@gmail.com and include: names of adult(s) & child(ren), program name, day of the week and phone number.

#SeamlessTransitions - This interactive parent-child program is for children who are entering Kindergarten in September 2022. This six-week program focuses on nurturing the four foundations of learning; belonging, well-being, expression and engagement that children organically pursue which support optimal learning and a healthy environment. CAPC Educators will support children and their families by providing activities, resources and tips on how to support your child's transition to school. This program is being offered **virtually** through **Zoom** (Wednesdays AM). **Registration required.** To register, please email markham.capc@gmail.com and include: names of adult(s) & child(ren), and phone number.

#MusicInThePark - In this program we enjoy the wonderful space at Aldergrove Park (Mondays PM) and engage in music and movement activities that stimulate creative, physical, active and social experiences. **Registration required.** To register, please email markham.capc@gmail.com and include: names of adult(s) & child(ren), program name, day of the week and phone number.

#PlayAndLearn - This program is in person and is for 0 - 6 aged children and their parents/caregivers. The focus is on supporting your child's learning through play. Each week includes an assortment of activities that encourage children to use their five senses and movement to explore and discover at Aldergrove P.S. (Thursdays AM). **Registration required.** To register, please email markham.capc@gmail.com and include: names of adult(s) & child(ren), and phone number.

#StoryStretchers - 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.

Registration for programs opens on April 22, 2022 at 9:00AM.

Join our private Facebook group for virtual programs, by visiting:

<https://www.facebook.com/groups/markhamcapc> 

Registration Information for Outdoor CAPC Programs

- Outdoor programs will be held in community parks/forests that offer easy accessibility, the capability to physical distance and the enjoyment of nature.
- To register, please email markham.capc@gmail.com and include: names of adult(s) & child(ren), program name, day of the week and phone number.
- Outdoor programs will run rain or shine, dress accordingly. In the event of extreme weather conditions, families will be contacted.
- Feel free to bring your own nut-free snack.

Registration Information for Indoor CAPC Programs

- Indoor programs will be held at Aldergrove P.S.
- To register, please email markham.capc@gmail.com and include: names of adult(s) & child(ren), program name, day of the week and phone number.
- Feel free to bring your own nut-free snack.

Individual Family Support

If you would like to connect with a CAPC Educator, visit [CAPC Family Support](#) and provide your contact information. An Educator will respond to your request.

Additional Information

For more information and resources please visit, like and follow:



Website: [York Child Development and Family Services Inc.](#)



Facebook: [York Child Development & Family Services Inc.](#)



Instagram: [York Child Development & Family Services Inc.](#)