

JULY 2022

	Monday	Tuesday	Wednesday	Thursday
Virtual Programs	<p>#MorningCircle 9:00 AM Facebook Live Birth- 6 years</p>			<p>#MorningCircle 9:00 AM Facebook Live Birth- 6 years</p>
Outdoor Programs		<p>Walk and talk 9:30-10:30 AM Mackenzie Glen District Park Birth-6 years</p> <p>Music in the Park 10:30-11:30 AM Mackenzie Glen District Park Birth-6 years</p>	<p>Wetland Wonders 9:30-10:30 AM Maple Nature Reserve 3-6 years</p> <p>Family Yoga and Mindfulness 10:30-11:30 AM Maple Nature Reserve 3-6 years</p>	

Program Descriptions

Wetland Wonders - Join us as we integrate nature into your family's everyday life. We will take a wander in nature, share songs and stories, and get to know the plants and forest friends around us. A wonderful opportunity to connect with a like-minded families who love and value nature, share experiences and advice, and build new friendships. **Registration required.** To register, please email mbhogal@yorkchild.ca and include: names of adult(s) & child(ren), program name, day of the week and phone number.

Walk and Talk - In this program we enjoy a walk and conversation at the beautiful space at Mackenzie Glen District Park (Tuesdays AM) and get our bodies moving while creating healthy social experiences. **Registration required.** To register, please email mbhogal@yorkchild.ca and include: names of adult(s) & child(ren), program name, day of the week and phone number.

Music in the Park - We will have fun exploring the arts – crafting, drawing, painting, mixed media, and so much more! We provide all of the materials, tools and expertise to spark the creativity in your budding artist at Mackenzie Glen District Park (Tuesdays AM) **Registration Required.** To register, please email mbhogal@yorkchild.ca and include: names of adult(s) & child(ren), and phone number.

Family Yoga and Mindfulness - This program allows space and time for your family to experience and discover yoga with others. Each week has a theme and offers meditation and mindfulness techniques with the intention to introduce you to the connection with spirit, compassion while weaving yoga within the matrix of your family relationships. **Registration required.** To register, please email mbhogal@yorkchild.ca and include: names of adult(s) & child(ren), program name, day of the week and phone number.

#MorningCircle - Join us for an interactive program full of songs, stories, rhymes, and finger plays.

Registration for programs opens on June 24, 2022 at 9:00AM.

Join our private Facebook group for virtual programs, 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: mbhogal@yorkchild.ca

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 mbhogal@yorkchild.ca 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.

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: [Vaughan-CAPC](#)



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