

MAY 2023

	Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Programs	<p>Seamless Transitions 9:00-11:00 AM The Link 4-5 years Registered (six week program) May 8th - June 19th no pgm May 22nd</p>	<p>Seamless Transitions 9:00-11:00 AM Morning Glory P. S. 4-5 years Registered (six week program) May 9th - June 13th</p> <p>New!</p> <p>Drop-In & Play 1:00-2:30 PM Prince of Peace C. E. S. Birth-6 years Unregistered</p>	<p>Drop-In & Play 9:00-11:00 AM Morning Glory P. S. Birth-6 years Unregistered</p>		
Outdoor Programs			<p>Junior Gardeners 9:00-11:00 AM Keswick Christian Church Birth-6 years Unregistered</p> <p>New!</p>	<p>Spring Time Walk 10:30-11:30 AM The ROC Birth-6 years Unregistered</p>	
Virtual Programs	<p>#CakeDecorating 4:00PM Facebook Live Birth-6 years Unregistered</p>			<p>#IfYouAreHappyAndYouKnowIt 9:00 AM Facebook Live Birth-6 years Unregistered</p>	

Program Descriptions

Junior Gardeners - Come and explore the basic fundamentals of gardening for our little ones. With assorted gardening ideas to aid you in the spring. Held at the outdoor Community Garden at Keswick Christian Church, 2 Old Homestead Road, Keswick.

Drop-In & Play - The focus in this program 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. Location: Prince of Peace CES, 181 Glenwoods Ave, Room 103. Enter room through back playground area, door will be marked with CAPC signage.

Spring Time Walk - In this program we get outdoors to look for the welcome signs of spring and share conversation as we enjoy the surroundings at the ROC in Keswick on Thursday mornings. Meet in the parking area.

#IfYouAreHappyandYourKnowIt - Good mental health is part of our overall health and well-being and we can help promote it in children by giving them the skills and support and a positive environment in which to thrive. Join our educator who will share a variety of activities that your child can do to help deal with things such as: emotions/big feelings, anxiety, self-care, and sharing a common language and understanding about mental health. We will share resources available in the community for more information or seeking assistance if you have a concern.

#Cakedecorating - Come and enjoy some fun and basic cake decorating ideas to make for other family members or for special occasions. A perfect opportunity for you & your child to work together and share memorable moments.

Seamless Transitions - This interactive parent-child program is for children who are entering Kindergarten in September 2023. This six-week program focuses on nurturing the four foundations of learning; i) belonging, ii) well-being, iii) expression and iv) engagement, that children organically pursue which support optimal learning in 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. **Registration required.** To register, please email capcyorkregion@yorkchild.ca and include: names of adult(s) & child(ren), and phone number.

Join our private Facebook group for virtual programs, by visiting:
<https://www.facebook.com/groups/georginacapc>



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 capcyorkregion@yorkchild.ca and include: names of adult(s) & child(ren), program name, location, 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 and water.

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.](#)