

## Community Action Program for Children 0-6 (CAP-C)

### **Off Reserve Aboriginal Families**

- Aquatots-** Families with children 0-6yrs living in the Port Elgin area, are welcome to join us at the Centennial Pool for a free family swim.
- Park Play** Come and enjoy the beautiful outdoors and become more familiar with the community parks in Owen Sound. Meet us for a play in the park filled with games and a snack. Let your children get to know new faces and play with old friends.
- Open Drumming** This is a time to come in and learn some traditional drumming and teachings. This program is design for families with children 0-12yrs.
- Warton Off Site-** Meet us at the Bluewater park for fun in the sun. We'll be enjoying a picnic lunch and play together.
- Fun with food-** This program is designed for parent and child to work together to create a healthy and nutritious lunch. Children learn about cutting, shredding, ripping, counting, measuring and so much more. At the end, we get to enjoy our lunch together. (Fri. 10-12:30)  
Teddy Bear Picnic March 19th, please bring a teddy bear to the program.
- Open Crafts** Come in and spend some time doing crafts, while your child plays. Craft planned for May is: Small leather pouch.
- Aboriginal Mom's Circle-** This is a nice sharing circle for aboriginal moms and their little ones, to come and spend sometime together. The group will determine how the program will look.
- Special Events-**
- What is scrapbooking?** Come and learn about basic scrapbooking, how to get started.
  - Cooking Fun for the scrapbooking workshop**– Help us make lasagna, and cut veggies and fruit.
  - \*Scrapbook fundraiser workshop-** Come and enjoy a day to just scrapbook, money goes towards programming and helping families in need.
  - Father's Day Cards**– Come one, come all to make and take a father's day card.
  - National Aboriginal Day-** Learn more about the culture through dance, drumming, crafts and bannock.
  - Solstice Pot Luck Community Feast**– Come and enjoy a meal brought in by each family.
  - \*Keady Market Bus Trip-** Please pre-register for this trip. \$5.00 per family for the bus. Bring a pack lunch and your own spending money.
  - Moccasin making-** Registration required. \$30 members/\$40 non-members

**Outreach Presentations** The CAPC coordinator visits schools and daycare centres to do some cultural presentations.

\* Means that you must pre-register by calling the centre or stopping by to sign up.