

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

### **Off-Reserve Aboriginal Families**

**Early Learning Play Group:** This is an open play group for children 0-6 years. Crafts, stories, learning activities, and a snack are provided.

**Aboriginal Moms Group:** Aboriginal, Métis, and Inuit moms and children are welcome to join us on the 2nd Tuesday of each month from 10am – 12pm. \* ***Please note that this month; the group will be meeting at the Kelso Splash pad to enjoy some water fun time and a healthy picnic.***

**Family Canoeing:** Meet us for the month of July at the loading docks by the Bayshore and we'll enjoy a time out in the 10 person canoe.

**Young Mom's Group:** This group is for young moms at heart. It's a social time for moms and children to come and share in their life's experiences and let the children play with others.

**Craft Corner:** Bring in any craft projects that you're working on (scrapbooks, sewing, knitting, etc.). Some weeks we will have special projects available. A play area and weekly crafts are available for children.

**Healthy Beginnings (Wiarnton)** Join us bi-weekly at the St. Paul's Presbyterian Church on Gould Street. We have fun keeping active, cooking healthy foods, making crafts and spending time getting to know others in the community!

**Fun with Food:** This program is designed for parent and child to work together to create healthy and nutritious food. Children learn about cutting, shredding, ripping, counting, measuring and so much more. Please arrive at 10am to ensure that we have enough food for everyone and can get started promptly.

**La Leche League:** This program is intended for mothers of breastfeeding babes and mom's who have breastfed in the past. Moms are able to talk about breastfeeding, bring concerns, questions and happy stories.

#### **Special Events:**

- Getting ready for kindergarten- For children who are starting JK or SK in September for the first time.
- Family Outing- Cyrus Lake Bus Trip
- Summer Clothing Exchange
- Family Picture Scavenger Hunt at Harrison Park (Please bring a camera if you have one- disposable ones will be available for purchase- \$5)
- Tie Dye day- Part of Fun with food
- Binoojiins Club
- Mini Carnival
- Campfire Sing a long
- Keady Market Trip

If you have any questions about programming, please feel free to call Robyn McKenzie, CAPC Coordinator or Ashley Armstrong CAPC Assistant.

