



S
E
P
T
E
M
B
E
R

**Program
Coordinator**

Robyn
McKenzie
R.E.C.E

Assistant

Sarah
Bassi
Goldman
R.E.C.E

~ Newsletter ~

Community Action Program for Children 0-6yrs
(Off Reserve Aboriginal Families)

Up coming Events and Programs

Summer Morning
Club- 9am-1pm

Aug. 31- Bayshore
Park

Sept. 1st- Harrison
Park

Sept. 2nd- Kelso
Park

This is a time of par-
ent relief from their
children for the
morning. Please bring
a lunch and pre-
register.

Mom to mom sale
in Allenford

September 4th, 2010
Allenford Curling Club

The CAPC program
has a table selling
items., as a fundraiser.
If you have any gently
used children's items,
please donate them to
the centre.

Thanks!!!!

Open Crafts
Program

Fridays 1pm-3pm

Sept. 3rd

“Blankets”

Sept. 10th

“Shadow Boxes”

Please bring some
mementos to add

Sept. 17th

“Dream catchers”



Speech and
Language
For children

1-6yrs

Monday Sept. 13th

Stephanie (Speech
pathologist)

10am-12pm

Speech and language
for babies

0-12month

Wed. Sept. 15th

10am-11pm

Question and answer
period

For parents with babes

Infant Message
Workshop

Mon. Sept. 27th

10:30-11:30

Please call to pre-
register your child
with Mary Lynn

(CPNP Coordinator)

**F
A
M
I
L
Y

O
U
T
I
N
G**



(OEYC)
Open Play
group
Monday
Mornings
10-12

Up Coming In
October

Halloween
Party
Friday
October
29th
5:30-7:30



Family Outing– Canada’s Wonderland Trip
Saturday September 18th, 2010

This outing is now full and we’re no longer taking anymore families. If you have talked to Robyn, Sarah or Mara concerning your interests and have not yet received a registration form or fundraising information, please speak with one of them, immediately. The bus will only hold 47 people comfortably and we need 50 people for this trip, if you’re able to bring your own transportation, then please do. The walk a thon is planned for Thursday September 2nd starting at Kelso at 6pm. Families will walk from Kelso on the path behind 28st apartments up towards Ben Allen. At the 1/2 way point everyone will get some water and return back to Kelso. All pledge sheets need to be handed in and if you have received pledges then you must walk. Chocolate bars will be ready at the centre to be picked up on Friday August 27th. If you have any questions, please call the centre.

Celebration of the fall Equinox



Thursday September 23rd, 2010
5pm-7pm

Bring in the fall with a pot luck dinner and fun at M’Wikwedong. Please bring something to share for dinner. Everyone welcome!

Buckle up Bears Car seat clinic



September 25th, 2010 10am-2pm
Volkswagen, Sunset strip
Call Public Health to register (519)376-9420

Parents in Action (Preschool) 0-5yrs

Tuesdays, Sept 28th-Dec. 14th, 2010

12:30-2:30 (childcare available) no cost

Some of the topics include: Parenting styles, growth and development, communication, self-Esteem building, play, discipline, anger and stress management, sibling rivalry, co-parenting with others.

Call Children’s aid to register at (519)376-7893 ext. 315