Growing Healthy Two-gether ONLINE!
Canadian Prenatal Nutrition Program (CPNP)

When:
Wednesdays
10:30-11:30am

Where:
Online, using ZOOM

Contact:
Erin
at 519-404-1682
Or
capc@carizon.ca
to register or for more information.

We offer:
• Grocery gift cards
• Prenatal Vitamins
• Vitamin D Drops
• Breast Feeding Support
• Referrals to other community supports
• Information about healthy eating during pregnancy
• Tips on cooking and making meals and much more!

Are You Pregnant?

This program is funded by the Public Health Agency of Canada
Get connected with a Carizon CAPC Facilitator and get personalized 1-1 support for you and your family!

When:
Flexible times to meet your needs.

Where:
Online or in person

Contact:
Erin at 519-404-1682
Or capc@carizon.ca to register or for more information.

Home Visiting Program
For families with children ages 0-6
Children and Parents Connecting (CAPC)

We offer:
• 1-1 parenting support online, by telephone or *in-person
• Ideas for bonding with your child
  • Ways to learn through play
  • Ways to keep your child safe
• Help with sleep for you and your child
• Tips for healthy eating and snacks
• Referrals and connections to community supports and programs.

*Covid-19 screening and safety protocols will be followed if in-person service is requested or required.

This program is funded by the Public Health Agency of Canada
Parenting Support for Dads
For dads with children ages 0-6 years
Children and Parents Connecting (CAPC)

We offer:
• 1-1, individualized, parenting support online, by telephone or *in-person
• Ideas for bonding with your child
  • Ways to learn through play
  • Ways to keep your child safe
• Help with sleep for you and your child
• Tips for healthy eating and snacks
• Referrals and connections to community supports and programs.

*Covid-19 screening and safety protocols will be followed if in-person service is requested or required.

Get connected with a Carizon CAPC Facilitator and get personalized 1-1 support for you and your family!

When:
Flexible times to meet your needs.

Where:
Online or in person

Contact:
Erin at 519-404-1682
Or capc@carizon.ca
to register or for more information.
Online Dads Group
for dads with children ages 0-6
Children and Parents Connecting (CAPC)

• Join us to talk about what you think it means to be a dad.
• Learn skills and strategies to bond with your children.
• Discuss how to commit more quality time to your children.
• Learn about teaching your children about important topics such as emotions, health and communication!

When:
Tuesdays
7:30-8:30pm
Starts January 26, 2021

Where:
Online, using ZOOM

Contact:
Sarah at 226-339-5616
or capc@carizon.ca
to register or for more information.

This program is funded by the Public Health Agency of Canada

400 Queen St. S, Kitchener
519-743-6333
ttwww.carizon.ca

Dad Central
Online Parenting Groups

For parents with babies ages 0-24 months
Children and Parents Connecting (CAPC)

New Moms Group
Join new moms and their partners/support people to talk about strategies, skills and resources for caring for your new baby during the first few months.

Busy Babies
Come together with other parents of babies ages 0-24 months to talk about parenting, learn some new skills and spend time connecting with your child.

Both programs will be run online using ZOOM.

This program is funded by the Public Health Agency of Canada

New Moms Group
Tuesdays and Thursdays
2:30-3:30pm
(this is an 8 week program that will begin January 12, 2021)

Busy Babies
Mondays
1-2pm
(this is an 8 week program that will begin January 11, 2021)

Contact:
Caitlin at
519-572-1295
Or
capc@carizon.ca
to register or for more information.

CARIZON
Helping Health and Wellness in Our Community
Online Parenting Group
For parents with children ages 2-6 years
Children and Parents Connecting (CAPC)

When:
Thursdays
10:30-11:30am
This is an 8 week program that will begin on
January 14, 2021

Where:
Online, using ZOOM

Contact:
Sarah at 226-339-5616
Or capc@carizon.ca
to register or for more information.

The Time for Tots parenting group is an 8-week, parenting support and educational group. We help parents connect and support each other, as well as connect with community resources.

The group begins each week with a musical parent and child circle time to encourage healthy attachment and connection. Then the parents connect and chat about the fundamentals of parenting while sharing tips and resources with their peers.

This program is funded by the Public Health Agency of Canada