

FAMILY & CHILDREN - SPRING PROGRAMS

April 2 - June 20, 2024



MONDAY

FAMILY PLAY GROUP (0 - 5 YRS)

10:30 AM - 12 PM

DROP-IN

TUESDAY

PLAY & ASK (0 - 30 MONTHS)

10:30 AM - 12 PM

DROP-IN

ASK HEALTH & WELLNESS QUESTIONS
TO OUR SPECIAL GUEST SPEAKERS

WEDNESDAY

FAMILY PLAY GROUP (0 - 5 YRS)

10:30 AM - 12 PM

INCLUDES NVDPL STORYTIME

DROP-IN

THURSDAY

FAMILY PLAY GROUP (0 - 30 MONTHS)

10:30 AM - 12 PM

DROP-IN

FRIDAY

MOTHER GOOSE (0 - 15 MONTHS)

10:00 AM - 11:00 AM

(APRIL 12 - JUNE 14)

REGISTERED PROGRAM

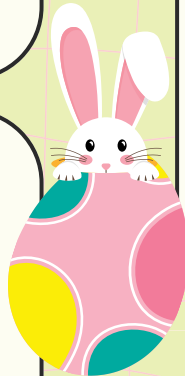
MOVE WITH ME (0 - 5 YRS)

12:00 PM - 1:30 PM

(APRIL 19 - MAY 10)

DROP-IN

PARENT-CHILD WELLNESS PROGRAM,
MOVEMENT AND BONDING THROUGH YOGA



All our programs are parent
participation & free/by donation

Spots are limited by room capacity

For more information visit us at

www.capservices.ca

Email: yasmin@capservices.ca

Phone: 604-988-7115 ext. 2007