

Monthly Newsletter



Welcome to the new Cap Services newsletter!



As we **step into Spring**, we are excited to share a new look for our newsletter, where we will be highlighting all of our wonderful free and low-cost programs (or by donation), workshops, events and community moments. So take a look, fill up your calendar and get involved!

We have so much for you to discover: new programs to explore, cultural celebrations, and many opportunities to connect. We are happy you are **building community** with us!

Each of our programs has its own page so you can explore updates that matter most to you, with photos and links to registration pages and program details.



Be sure to **scroll through** to see more, because there are exciting updates and personal stories beyond the first page. We hope this new format feels fun to browse, whether you are reading on your phone or printing a copy at home.

Enjoy, and feel free to share!

Seniors' Program Updates

This Spring, our community celebrated Nowruz, the Persian New Year.

It's recently been a difficult time for many Iranian members of our community. Cap Services remains committed to offering space for people of all backgrounds to come together, celebrate each other, and build community. Cap Services was proud to host a community potluck for Nowruz as we welcomed in the Persian New Year together with food, dance, and stories of celebration.



BRAND NEW PROGRAM ALERT! We are excited to announce the first free breakfast program for seniors in the North Shore: **The Capilano Community Breakfast**. It will run every Friday from 9:00 AM to 10:00 AM, providing space for seniors to gather and start their morning with a healthy meal. This program is run by seniors for seniors, and we are looking for volunteers who are looking to help in the kitchen. Funding for this program is generously provided by the New Horizons for Seniors federal grant.

So stay tuned for the latest updates on seniors' programs by visiting www.capservices.ca/seniors. If you have a question, you can always reach out to one of these two!



austin@capservices.ca



Youth Program Updates

The Youth Team has grown! We now have a mega crew of Youth Outreach Workers.

Dani
[@daniyowcapservices](https://www.instagram.com/daniyowcapservices)

Kiana
[@kianayowcapservices](https://www.instagram.com/kianayowcapservices)

Walter
[@waltyowcapservices](https://www.instagram.com/waltyowcapservices)

Abby
[@abbyowcapservices](https://www.instagram.com/abbyowcapservices)

Miya
[@miyayouthworkerccss](https://www.instagram.com/miyayouthworkerccss)



During **Spring break**, we expanded our free youth offerings to help fill the gap for both youth and parents. These programs created safe spaces outside school, giving young people a place to connect, learn, and relax. In the last few weeks, we've been able to visit the Maplewood Farm, the Art Gallery, and the Aquarium!

In partnership with Second Harvest, we continued to bring affordable meals and hands-on learning to youth. High school students are discovering new ways to shop sustainably, cook creatively, and stretch their budgets. These practical, yet simple skills, should empower them long after the program ends.



There is always something new happening in our Youth Program, and you can follow along on our **website**. But for the latest news, stories and updates, go to our **Instagram** for all the deets!

Cap services Youth Department presents...



Family & Children's Program Updates

Our little ones have sprung into action!

Our Family and Children's Program continues to offer a safe, happy, and inclusive space for **children ages 0 to 5** and their families. Over the past year, more than 2000 children and their families participated in our programs, to learn, build friendships, and celebrate special moments together.

This Spring, we saw a beautiful example of **community support**. Two newcomer moms wanted to connect but were still learning English. Without hesitation, two other parents stepped in to translate. Soon, the group was sharing stories, exchanging books and toys, and forming real friendships. Their children now play together regularly, and the families meet up outside our programs.

Our Spring Programs are divided between **registered** and **drop-in sessions**, from **March 30 to June 25**. Check the full details below:



Registration required for:

- Fridays: **Mother Goose** (0-15 months), 10 am to 11 am, Apr 24 to Jun 12
- Fridays: **Move With Me** (0-5 yrs), 11:30 am to 12:30 pm, May 1 to May 29

Drop-In (limited spots available):

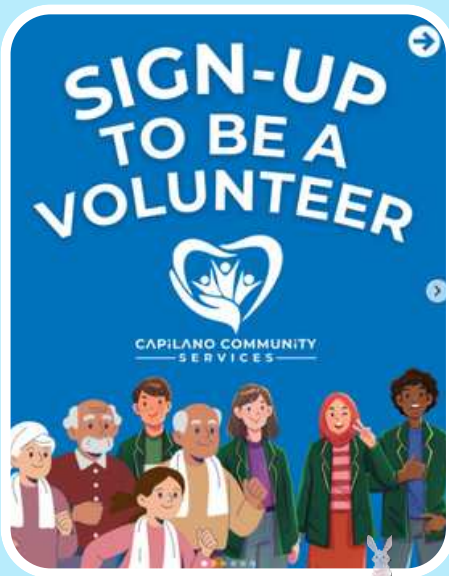
- Mondays: **Family Play Group** (0-5 yrs), 10:30 am to 12 pm
- Tuesdays: **Play and Ask** (0-30 months), 10:30 am to 12 pm
- Wednesdays: **Family Play Group** (0-5 yrs), 10:30 am to 12 pm
- Thursdays: **Family Play Group** (0-30 months), 10:30 am to 12 pm

To register, email xi@capservices.ca | For more info, visit www.capservices.ca

Volunteering at Cap Services

Three cheers for our volunteers!

We want to acknowledge the heart of Cap Services: our volunteers. Every program we offer benefits from the time, care, dedication, and the skills and talent they bring.



This year, we proudly nominated two of our volunteers for the **North Shore Community Spirit Awards**, which recognizes individuals who make an outstanding impact in our community. Their generosity, kindness, and commitment reflect the very best of what community service can be.

We're always welcoming new volunteers! Whether you enjoy working with children, youth, seniors, cooking programs, or **Red Cross**, there is a place for you at Cap Services. Check out our volunteer postings on **Facebook** and **Instagram**.

Don't be a stranger! Come join us at Cap Services, and maybe you'll get to ride in our own little fun bus!

Apply on our website:

[www.capservices.ca/
get-involved/volunteer](http://www.capservices.ca/get-involved/volunteer)



Become a Capilano Community Services Society Member!

Here are some of the benefits of Society Membership:

- Being able to vote at our Annual General Meeting, and receive special invites to take part in surveys that assist us in developing new programs and events.
- Be part of the “First to Know Club” and receive emails notifying you of exciting upcoming events, such as silent auctions, community lunches, and public meetings held at our facility (such as Meet Your Mayor).
- Receive a copy of our Annual Impact Report – a snapshot of how our programs and services have made a positive difference on the North Shore.
- Be entered into special prize draws for a chance to win tickets to local attractions and events, and many more perks!

To apply, read and fill the questionnaire below:

First name:

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Last name:

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Email address:

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Method of payment*:

.....

* A payment of \$10.00 is required to finalize your membership subscription. To make this payment, you can either send an e-transfer to miki@capservices.ca, or insert a cheque or cash in an envelope along with this questionnaire, and mail it to:

Capilano Community Services Society
1733 Lions Gate Lane, BC V7P 0C7

You can also apply online via this link: <https://bit.ly/4s4nMuA>

Any questions? Reach out to Miki at 604-988-7115 ext. 2002