

CCS NEWSLETTER



Summer energy, joyful moments, and stories worth sharing

June marks the start of a vibrant summer season at Cap Services.

Our teams are continuing to create welcoming spaces for connection, learning, and support throughout the summer. We are also proud to welcome three new team members through the **Canada Summer Jobs Program!** Please join us in welcoming Anaya, Johanna, and Natasha!



As we welcome new faces, we also say **goodbye to Walter**, one of our Youth Outreach Workers, who recently left Cap Services to begin his journey toward becoming a first responder. While we will miss him dearly, we are incredibly proud knowing he will continue making a meaningful impact in our community in this next chapter.

June Giveaway 🎁

There are 10 photos of Walter throughout the issue. The first three people to spot all 10, drop a comment and **tag us on social media**, will win one of these **Starbucks tumblers**, valued at \$40! Good luck!



Seniors' Program

Staying connected, lifting voices, and shaping what comes next

The Seniors' Department recently partnered with the **District of North Vancouver (DNV)** to host two important engagement events as part of the **Ageing & Older Persons Strategy**, with sessions held in both Farsi and English. We would like to thank all the seniors who participated and helped ensure we continue building an age-friendly North Shore.

We would also love your input! A **survey will be available in the lobby** from June 1st to June 5th, from 9:00 to 11:00 am, during Seniors' Week, and we'll be handing out free cookies to any senior that completes the survey.



NEWS

Our **final Seniors' Social before the summer break** will take place on Thursday, June 11th. While socials will pause for July and August, we will announce more summer programs soon, so stay tuned!

austin@capservices.ca


Youth Program

Learning by doing, growing together, and building what comes next



Over the past two months, our **Future Leaders** program participants have reached an exciting milestone, **completing their CPR, First Aid, and Food Safe certifications!** In addition to these certifications, this 10-month program has supported youth in building confidence, strengthening marketable job skills, and gaining real-world leadership experience. As this cohort wraps up in June, we look forward to launching the next intake for the 2026–2027 Future Leaders program, in partnership with **United Way BC**.

In other news:

- We've been out & about across the North Shore, from crafting custom keychains at **Lonsdale Leather**, to **Wellness Wednesday** at Murdo Frazer Golf Course, to spending time outdoors at Whytecliff Park.
- **Game On!** runs every Friday from 4:00 pm to 6:00 pm, with a pizza party on the last Friday of each month. Can't wait to see you there!
- We are also currently **recruiting for a Youth Outreach Worker (YOW)!** To apply for this permanent, full-time role, please email a resume and cover letter to: abby@capservices.ca. Check out our IG for more 



Family & Children's Program

Playful days, active families, and a summer full of connection

As summer approaches, our Family & Children's programs will remain **open throughout July and August**, offering families a reliable space to connect, play, and grow together. Here's what we have planned:

FAMILY & CHILDREN'S SUMMER PROGRAMS

JULY 6- AUGUST 27, 2026

MONDAY
FAMILY PLAY GROUP
 (0 - 5 YEARS OLD)
 10:30 AM - 12:00 PM
 DROP-IN

TUESDAY
FAMILY PLAY GROUP
 (0 - 30 MONTHS OLD)
 10:30 AM - 12:00 PM
 DROP-IN

WEDNESDAY
FAMILY PLAY GROUP
 (0 - 5 YEARS OLD)
 10:30 AM - 12:00 PM
 DROP-IN

THURSDAY
FAMILY PLAY GROUP
 (0 - 30 MONTHS OLD)
 10:30 AM - 12:00 PM
 DROP-IN

FRIDAY
MOVE WITH ME
 (5 - 10 YEARS OLD)
 10:00 AM - 11:00 AM
 (JULY 3 - JULY 24)

REGISTRATION REQUIRED:
 STARTS AT \$15/FAMILY
 (INCLUDES 4-SESSION PACKAGE)

**A FUN PARENT & CHILD
 MOVEMENT PROGRAM**

All our programs are free or by donation, and require parent participation. Light snacks for kids are included.

Spots are limited by the room's capacity and are available on a first-come, first-served basis.

For more information:
 Email: Xi@capservices.ca
 Website: www.capservices.ca



We're especially excited about **Move With Me**, a fun and dynamic parent & child movement program for children aged 5 to 10 years and their caregivers.

- Fridays: July 3rd, 10th, 17th, and 24th, running from 10:00 to 11:00 am
- Location: Peak Room, Lions Gate Community Recreation Centre
- Cost: Our package for 4 sessions starts at \$15 per family, including snacks & refreshments



Any questions? visit www.capservices.ca
 Or email xi@capservices.ca



Food & Cooking Programs

Feeding our community, one meal, one connection, and one shared table at a time

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



Through our Community Development programs, Cap Services provided over 2,500 meals to North Shore residents this past year, supported by partnerships with **Vancouver Food Runners, Second Harvest, and funding from the West Vancouver Community Foundation through the Ian and Rosemary Mottershead Fund**, helping us grow our reach and respond to increasing community needs.

These contributions sustain programs like **The Capilano Cooking Cooperative and our monthly Community Lunch**, where participants prepare and serve affordable, nutritious meals for neighbours across the North Shore. Together, our staff, volunteers, and partners help ensure access to fresh food while creating welcoming spaces for connection, purpose, and a strong sense of belonging.

Become a Capilano Community Services Society Member!

 *Make a Choice. Have a Voice* 

Be part of decisions that shape Capilano Community Services!

And vote at our AGM on June 25th!



- Share your ideas and perspective
- Help us refine our community programs
- Receive a copy of our AGM Impact Report
- Receive early invites & member-only updates

