

July 2026

Métis Nation of Ontario's Community Action for Prenatal and Child Health Program (CAPCHP)

For Families with children 0-6 years of age.

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Happy Canada's Day	2 No Programs	3 No programs
6	7 Teddy Bear Picnic @ Vickers Park Promoting Programs 10am-3pm	8	9 Community Garden @ Con Collage and Parent Sharing Circle Fine Motor Skill Activities (weeding/planting/pruning) 10am-12pm	10 Kids Can Cook in person or zoom Sheppard's Pie and Fruit Parfait/Truffle email jerryd@metisnation.org before July 8 to register 2pm-4pm
13	14 Programming with JSL Kids Summer projects Making Frozen Yogurt Fruit Treats/Cups 11am-1pm	15 Community Kitchen @MNO Office or zoom link available Tortellini & Chickpea Salad email jerryd@metisnation.org before July 13 to register 1pm-3pm	16 Parent Sharing Circle Teaching Cooperative Play/Working together 11am-1pm	17 No program
20 No program	21 Parenting Program @ JSL Child Development Social Development 3-4 years of age 11am-1pm	22 	23 Kids Can Cook via zoom or in person Honey Garlic chicken & Strawberry Spinach salad email jerryd@metisnation.org before July 20 to register 3pm-5pm	24 Family Outing Strawberry Picking @ Belluz Farm Spots limited email jerryd@metisnation.org to register 10am-1pm
27	28 Parenting Program @ JSL Family Outing Swimming at the complex 11am-1pm	29 Community Kitchen @MNO Office Jambalaya & Corn Bread email jerryd@metisnation.org before July 27 to register 1pm-3pm	30 Sewing Club @ MNO office Easy Sewing Projects for parents and kids 3pm-5pm	31 Baby food making via Zoom email jerryd@metisnation.org before July 28 to register 10am-12pm

Metis Nation of Ontario office located at 226 May Street South Thunder Bay, ON, P7E 1B4

Programs are free to attend and **MONTHLY ATTENDANCE PRIZES** available for attending in person and zoom programs

If you have questions about the CAP-C program, contact the CAP-C Coordinator-Jerry Dampier email jerryd@metisnation.org

