



**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:**

[capc@carizon.ca](mailto:capc@carizon.ca)  
to register or for  
more  
information.



400 Queen St. S, Kitchener



519-743-6333



[www.carizon.ca](http://www.carizon.ca)

**CARIZON**  
Inspiring Hope and Wellness in Our Community



## 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*



Region of Waterloo  
PUBLIC HEALTH AND  
EMERGENCY SERVICES