

**When:**  
Tuesdays  
7:30-8:30pm  
**Starts January  
26, 2021**

**Where:**  
Online, using  
ZOOM

**Contact:**  
Sarah at  
226-339-5616  
or  
[capc@carizon.ca](mailto:capc@carizon.ca)  
to register or for  
more  
information.

 400 Queen St. S, Kitchener  
 519-743-6333  
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**CARIZON**  
Inspiring Hope and Wellness in Our Community



## **Online Dads Group** **for dads with children ages 0-6** Children and Parents Connecting (CAPC)

- Join us to talk about what you think it means to be a dad.
- Learn skills and strategies to bond with your children.
- Discuss how to commit more quality time to your children.
- Learn about teaching your children about important topics such as emotions, health and communication!

*This program is funded by the Public Health Agency of  
Canada*

