

A Free Program for Parents and Children to Participate Together

The CAPC Program offers a welcoming space for parents and their children to connect, learn, and grow together. Parents are invited to expand their social support networks, share experiences, and access valuable community resources.

During each session, parents take part in guided group discussions on topics such as parenting strategies, child development, family relationships, and personal growth. At the same time, children enjoy engaging in interactive play in a safe, nurturing, and fun environment.

Join us for meaningful conversations, shared learning, and quality time for both parents and children.

家長、照顧者與幼兒一起參加的免費活動

CAPC 是一項專為家長、照顧者與幼兒設計的免費親子活動。活動旨在提供一個溫馨的環境，讓家長們擴展社交支援網絡、交流育兒經驗，並認識更多社區資源。活動期間，家長將參與有關育兒技巧、兒童發展、家庭關係及自我成長等主題的小組討論，提升教養能力並促進親子關係。與此同時，孩子們可在安全且充滿樂趣的環境中參與互動遊戲，享受學習與成長的時光。

歡迎您與孩子一同參加，共同體驗學習與交流的樂趣！

Date: Every Monday & Wednesday

Time: 1:00 pm to 3:00 pm

Location: Walter Lee Elementary (StrongStart Classroom)

9491 Ash Street, Richmond

Language: Cantonese, Mandarin and English

日期：逢星期一和星期三

時間：下午 1 時至 3 時

地點：Walter Lee 小學 (StrongStart 教室)

9491 Ash Street, Richmond

語言：粵語、普通話、英語

For enquiries, please contact:

604-341-2799 or 604-207-5027

Email: aleung@touchfam.ca

查詢請致電 604-341-2799 或 604-207-5027

* Please bring indoor shoes for adults and children.

請家長為自己及小朋友準備室內用的鞋。



點石家庭協會

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Website: www.touchstonefamily.ca

CAP-C Program

CAPC 社區兒童行動計劃

**FREE program for
Richmond Families
with children 0-6 years old
at Walter Lee Elementary**

免費活動

**歡迎有零至六歲子女的
列治文家庭參加**

September – December 2025



CAP-C Program
CAPC-C 社區兒童行動計劃
Program Schedule (Sep-Dec 2025)
Walter Lee Elementary School
Monday (星期一) 1:00 pm to 3:00 pm

Date 日期	Topic 題目
Sep 15, 2025 9 月 15 日	A Good Beginning 新學年, 新開始
Sep 22, 2025 9 月 22 日	School Pro-D Day - Not in Session 暫停一次
Sep 29, 2025 9 月 29 日	Orange Shirt Day 橙色襯衫日
Oct 6, 2025 10 月 6 日	Celebrating Thanksgiving 慶祝感恩節
Oct 13, 2025 10 月 13 日	Holiday- Not in Session 假期暫停一次
Oct 20, 2025 10 月 20 日	Understanding and Supporting Your Child's Development (0-3) 探索 0 至 3 歲孩子的發展與需要
Oct 27, 2025 10 月 27 日	Community health nurse visit 社區護士專訪
Nov 3, 2025 11 月 3 日	Navigating Childcare Support Services in Richmond 列治文區育兒資源 CCRR
Nov 10, 2025 11 月 10 日	Outdoor Fun 享受戶外活動的樂趣
Nov 17, 2025 11 月 17 日	Government Benefits for Your Child's Education Savings 政府教育儲蓄資助計劃
Nov 24, 2025 11 月 24 日	Fun with Playdough 有趣的橡皮泥
Dec 1, 2025 12 月 1 日	School Pro-D Day - Not in Session 暫停一次
Dec 8, 2025 12 月 8 日	Christmas Craft 聖誕手工
Dec 15, 2025 12 月 15 日	Winter Celebration 慶祝冬至

內容或有變動 The above schedule is subject to change

Drop in

Phone: 604-341-2799



CAP-C Program
CAPC-C 社區兒童行動計劃
Program Schedule (Sep-Dec 2025)
Walter Lee Elementary School
Wednesday (星期三) 1:00 pm to 3:00 pm

Date 日期	Topic 題目
Sep 17, 2025 9 月 17 日	A Good Beginning 新學年, 新開始
Sep 24, 2025 9 月 24 日	Orange Shirt Day 橙色襯衫日
Oct 1, 2025 10 月 1 日	Little Food Explorer 小小食物探索者
Oct 8, 2025 10 月 8 日	Celebrating Thanksgiving 慶祝感恩節
Oct 15, 2025 10 月 15 日	Emergency Preparedness 緊急防災準備
Oct 22, 2025 10 月 22 日	Outdoor Fun 享受戶外活動的樂趣
Oct 29, 2025 10 月 29 日	Community Health Nurse Visit 社區護士專訪
Nov 5, 2025 11 月 5 日	Dental Screening for Children (Pre-registration required) 兒童牙齒檢查(必須提前登記)
Nov 12, 2025 11 月 12 日	Fun with Playdough 有趣的橡皮泥
Nov 19, 2025 11 月 19 日	Dental Care for Children 兒童牙齒護理知識
Nov 26, 2025 11 月 26 日	Turning Worries into Wonders: Parenting with Confidence (1) 陪伴孩子走過日常的焦慮 (第一部分)
Dec 3, 2025 12 月 3 日	Turning Worries into Wonders: Parenting with Confidence (2) 陪伴孩子走過日常的焦慮 (第二部分)
Dec 10, 2025 12 月 10 日	Not in Session 暫停一次
Dec 17, 2025 12 月 17 日	Winter Celebration 慶祝冬至

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