

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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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

January – March 2026



CAPC Program
CAPC 社區兒童行動計劃
Program Schedule (Jan-Mar 2026)
Walter Lee Elementary School
Monday (星期一) 1:00 pm to 3:00 pm

Date 日期	Topic 題目
Jan 5, 2026 1 月 5 日	Fun with Playdough 有趣的橡皮泥
Jan 12, 2026 1 月 12 日	Sensory Play 感官遊戲
Jan 19, 2026 1 月 19 日	Little Food Explorer 與學齡前兒童探索食物
Jan 26, 2026 1 月 26 日	School Pro-D Day---Not in Session 小組暫停一次
Feb 2, 2026 2 月 2 日	Just Dance 齊來跳跳舞
Feb 9, 2026 2 月 9 日	Community Health Nurse Visit 社區護士專訪
Feb 16, 2026 2 月 16 日	Holiday- Not in Session 假期暫停一次
Feb 23, 2026 2 月 23 日	Happy Chinese New Year 開心過大年
Mar 2, 2026 3 月 2 日	Walking with Childlike Heart - Introduction to Child-Parent Relationship Therapy 「童心同行」— 親子關係療法入門介紹
Mar 9, 2026 3 月 9 日	Healthy Sleep Habits 健康的睡眠習慣
Mar 16, 2026 3 月 16 日	Spring Break---Not in Session 春假---小組暫停一次
Mar 23, 2026 3 月 23 日	Spring Break---Not in Session 春假---小組暫停一次
Mar 30, 2026 3 月 30 日	Outdoor Fun 享受戶外活動的樂趣

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

Drop in
Phone: 604-341-2799



CAPC Program
CAPC 社區兒童行動計劃
Program Schedule (Jan-Mar 2026)
Walter Lee Elementary School
Wednesday (星期三) 1:00 pm to 3:00 pm

Date 日期	Topic 題目
Jan 7, 2026 1 月 7 日	Fun with Playdough 有趣的橡皮泥
Jan 14, 2026 1 月 14 日	Sensory Play 感官遊戲
Jan 21, 2026 1 月 21 日	Richmond School District Early Learning Programs 列治文校區早期學習計劃
Jan 28, 2026 1 月 28 日	Little Food Explorer 與學齡前兒童探索食物
Feb 4, 2026 2 月 4 日	Community Health Nurse Visit 社區護士專訪
Feb 11, 2026 2 月 11 日	The Power of Play 正向遊戲動力
Feb 18, 2026 2 月 18 日	Happy Chinese New Year 開心過大年
Feb 25, 2026 2 月 25 日	Dental Screening for Children (Pre-registration required) 兒童牙齒檢查(必須提前登記)
Mar 4, 2026 3 月 4 日	Outdoor Fun 享受戶外活動的樂趣
Mar 11, 2026 3 月 11 日	The Benefits of Early Childhood Music 幼兒早期音樂教育的好處
Mar 18, 2026 3 月 18 日	Spring Break---Not in Session 春假---小組暫停一次
Mar 25, 2026 3 月 25 日	Spring Break---Not in Session 春假---小組暫停一次

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