



Welcome to Virtual CAPC, MotherCare and Next Step Programs



Simcoe County CAPC CPNP provides programs and supports for eligible families who live in Simcoe County, who are pregnant and/or parenting children under seven years old, and who currently have low income.

We Provide

CAPC Friendly Visitor Program: Phone contact with a CAPC program facilitator that is private, supportive, and non-judgmental, and includes referrals to services and supports.

CAPC and MotherCare Virtual Groups: A friendly virtual space to meet as a group, talk with staff and peers, and learn more about community resources and supports. Information about pregnancy, childbirth, breastfeeding, parenting, nutrition, safety, children's activities, and more.

CAPC/MotherCare Nutritional Supports: Food supports for eligible families and pregnant women i.e. groceries, gift cards, prenatal vitamins.

CAPC Garden Program: Eligible families receive a garden box to grow their own fresh vegetables and herbs. All supplies and instructions are included. Virtual gardening workshop and children's activities included.

MotherCare Welcome Baby Bundle: A gift pack for eligible pregnant women provided near delivery date that includes products and resources for mom and baby.

CAPC Facebook Connections: Our very busy Facebook page is where participants are kept up to date on all that is going on in our programs and participate online, in our contests, live events and activities.

Eligibility

- Information is required in order for us to confirm that you qualify for our programs. You will be asked to participate in our Intake process over the phone. A CAPC staff member will ask a set of questions to determine your eligibility.
- We do not maintain participant "notes" related to your participation with us, but we are required by our funders to track attendance and the resources we distribute. We use an electronic data management system to record and store minimal personal information and program attendance. This information includes: name, date of birth, income, due dates and/or dates of birth of your children. Other information that we request is optional for you to provide. Detailed information about our programs and intake process can be found on our webpage.
- If your situation changes and you no longer qualify for our programs, we ask you advise a staff member right away.

If you choose to participate in our virtual groups:

- You understand that participation in virtual meetings is optional, and by participating you indicate your consent to share information with other people present in the meeting.
- Remember that teleconferences, Zoom meetings, and social media forums are not a private means of communication. CAPC staff will not discuss private information by teleconference, email or text. A telephone conversation from a private space is the best way to have a personal conversation. Our staff will also be in a private space when they are in contact with you.
- You can protect your privacy by participating from a private space - check your surroundings before logging on with the awareness that others in the chat can see you and your surroundings.
- You agree to be mindful of what you share online, knowing that privacy is limited.
- You agree to be careful with your language and topics that may not be suitable to all listeners.
- You understand that CAPC staff have a duty to report any time they suspect that a child is being abused. This duty remains in place online the same as in program.
- You agree to respect the privacy of others by keeping what is said at the program confidential.
- You understand that pictures or recordings are strictly prohibited, and you agree not to take pictures or make recordings during programs.
- You agree that you will treat others with respect, without judgement of different personal features like marital status, culture, race, sexual orientation, financial status, or opinions.
- You understand that selling and advertising is not allowed during programs, and you agree not to sell or advertise during programs.
- You understand that groups and/or individuals may be muted during the program to eliminate background noise.
- You may check www.facebook.com/simcoecountycapc for program schedules.

If you have any comments or questions about any of our programs please feel free to speak to a Program Facilitator in your area or contact the program administration at (705) 733-3227 ext. 2236 or 1-877- 803-3227 ext. 2236. Visit the Catulpa Community Support Services website to learn about our "Rights of Persons Served", "Complaint Policy", and "Privacy Policy" at www.catulpa.on.ca.



Participating in CAPC/ MotherCare (CPNP) Programs and the collection, storage and sharing of your personal information



The Simcoe County Community Action Program for Children (CAPC) and the Canada Prenatal Nutrition Program “Mothercare” (CPNP) Programs are hosted by Catulpa Community Support Services.

Programs are free and open to people with low income who are pregnant or have children under seven years old.

To be eligible, participants must be residents of Simcoe County and have an annual family income of less than \$35,000.

- **Mothercare** (CPNP) is limited to people who are pregnant (and up to 8 weeks post-natal).
- **Next Step** (CAPC) is limited to people who have at least one child under 36 months old.
- **Other CAPC Programs** are limited to people who have at least one child under 7 years old.

Note that CAPC programs focus on health and wellness, but are socio-educational in nature and are not medical or therapeutic services. Participation in CAPC/ CPNP Programs is voluntary.

The following participant data is collected and stored by Catulpa Community Support Services with your consent.

- Names and dates of birth of all participants, including children
- Family income sources and amounts,
- Pregnancy status and due date,
- Pregnancy outcome (including health and weight of baby, breastfeeding, etc.),
- Demographic data about participants, including status as an Indigenous person, country of origin and date of arrival in Canada,
- Health and social factors such as participant level of education, use of tobacco, housing, community and social resources accessed etc.,
- Program attendance,
- Testimonials willingly provided about the program.

To verify your eligibility to participate in all programs, we require **the adult participant’s name, participating child(ren)’s date(s) of birth (for CAPC programs) or expected date of birth (for CPNP programs), and the amount of the family’s annual income**. You may choose to provide some, all, or none of the additional details, and you may participate in CAPC/CPNP programs even if you choose not to provide this additional information. It is your right to access the personal information that we store about you. You may make this request to any CAPC/CPNP staff member.

Participant data is shared in limited circumstances.

Your personal information may be shared with other members of the Catulpa Community Support Services’ team, including students and volunteers, but it will always be treated respectfully and confidentially.

Your identifiable personal information will not be intentionally shared with any other person or agency without your consent, but your anonymous data (statistics and/ or testimonials) may be shared with funders, community members, and other stakeholders for the purposes of program reporting, evaluation, funding, promotion, measurement, and planning.

It is important that you are aware of the limits to confidentiality.

We must report any time we suspect that a child is being abused.

We don’t treat as confidential any information about a person who is in imminent danger of causing death or serious bodily harm to themselves or another person, and we will take whatever steps are reasonable to avert the danger.

Your personal information may be released under court order.

We request that all participants respect each other’s privacy, but you must consider that all information you share with other participants during program may be shared publically.

For more information, please speak to a CAPC/CPNP staff member. (See above for contact information)