

A Free Program for Parents and Children to Participate Together

The Community Action for Prenatal and Child Health Program (CAPCHP) provides a supportive environment for families to build meaningful connections. Parents are invited to expand their social support networks, share experiences, and access helpful community resources.

Each session includes guided group discussions on parenting strategies, child development, family relationships, and personal well-being. While parents engage in learning and conversation, children enjoy interactive play in a safe, nurturing, and fun environment designed to support their growth.

Join us for enriching 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

CAPCHP 是一項專為家長、照顧者及幼兒而設的免費親子活動，旨在提供溫馨的環境，協助家長建立社交支援網絡、交流育兒心得，同時認識更多社區資源。活動期間，家長可參與以育兒技巧、兒童發展、家庭關係與個人成長等主題的小組討論，從而提升教養能力並增進親子關係。與此同時，幼兒將在安全、有趣的環境中參與互動遊戲，享受探索與成長的美好時光。

誠摯邀請您與孩子一同參加，體驗學習、交流與陪伴的樂趣！

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

Office: Suite 210-3031 Viking Way, Richmond B.C. V6Y 1W1

Tel. 電話：604-279-5599 Fax 傳真：604-279-1814

Website: www.touchstonefamily.ca

Community Action for Prenatal & Child Health Program (CAPCHP)

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

免費免預約活動

歡迎育有 0-6 歲子女的列治文家庭參加

September – December 2026



CAPCHP

CAPCHP 社區行動計劃

Program Schedule (Sep-Dec 2026)

Walter Lee Elementary School

Monday (星期一) 1:00 pm to 3:00 pm

Date 日期	Topic 題目
Sep 21, 2026 9 月 21 日	A Good Beginning 新學年, 新開始
Sep 28, 2026 9 月 28 日	Orange Shirt Day 橙色襯衫日
Oct 5, 2026 10 月 5 日	Celebrating Thanksgiving 慶祝感恩節
Oct 12, 2026 10 月 12 日	Holiday- Not in Session 假期暫停一次
Oct 19, 2026 10 月 19 日	Outdoor Fun 享受戶外活動的樂趣
Oct 26, 2026 10 月 26 日	Community health nurse visit 社區護士專訪
Nov 2, 2026 11 月 2 日	Navigating Childcare Support Services in Richmond 列治文區育兒資源 CRR
Nov 9, 2026 11 月 9 日	Understanding and Supporting Your Child's Development (0-3) 探索 0 至 3 歲孩子的發展與需要
Nov 16, 2026 11 月 16 日	Fun with Playdough 有趣的橡皮泥
Nov 23, 2026 11 月 23 日	School Pro-D Day---Not in Session 小組暫停一次
Nov 30, 2026 11 月 30 日	PLAY shop Workshop 親子遊戲工作坊
Dec 7, 2026 12 月 7 日	Christmas Craft 聖誕手工
Dec 14, 2026 12 月 14 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



CAPCHP

CAPCHP 社區行動計劃

Program Schedule (Sep-Dec 2026)

Walter Lee Elementary School

Wednesday (星期三) 1:00 pm to 3:00 pm

Date 日期	Topic 題目
Sep 23, 2026 9 月 23 日	A Good Beginning 新學年, 新開始
Sep 30, 2026 9 月 30 日	Truth & Reconciliation Day- Not in Session 暫停一次
Oct 7, 2026 10 月 7 日	Celebrating Thanksgiving 慶祝感恩節
Oct 14, 2026 10 月 14 日	Understanding and Supporting Your Child's Development (0-3) 探索 0 至 3 歲孩子的發展與需要 IDP
Oct 21, 2026 10 月 21 日	Community Health Nurse Visit 社區護士專訪
Oct 28, 2026 10 月 28 日	Just Dance 齊來跳跳舞
Nov 4, 2026 11 月 4 日	Growing Together: Understanding Neurodiversity- Special Edition 同行共成長：了解神經多樣性——特別版
Nov 11, 2026 11 月 11 日	Holiday- Not in Session 假期暫停一次
Nov 18, 2026 11 月 18 日	Dental Screening for Children (Pre-registration required) 兒童牙齒檢查(必須提前登記)
Nov 25, 2026 11 月 25 日	Dental Care for Children 兒童牙齒護理知識
Dec 2, 2026 12 月 2 日	Emergency Preparedness 緊急防災準備
Dec 9, 2026 12 月 9 日	Not in Session 暫停一次
Dec 16, 2026 12 月 16 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

