

Community Action Plan for Children (CAPC)



Anishinabe Women's Crisis Home & Family Healing Agency

Abuse hurts more than just one person.

Can my children be affected by
my abusive relationship?

The negative effects on children
witnessing or overhearing violence are
like symptoms experienced by children
who have been abused themselves.

Beendigen delivers early childhood
interventions that promote a pathway
for healthier child development and
provide information on prevention,
children's nutrition and mental health.

You and your children deserve a
life free from violence.



CAPC provides programming and services that help Aboriginal families with children from 0 to 6 years of age. They include:

- You Make the Difference Program
- Drop In Parenting Group
- Parental Relief Group
- Walking Club & Nutritional Sharing Group
- Drop In Family Fitness Group
- Cooking & Crafts
- Parenting Program
- Community Kitchen
- Family Circle (Education and resource information)
- ABC's for Living Program (Life Skills for Children)
- Nutritional Bingo
- Parent & Child Interaction Time

It's your time for healing and hope.



**Anishinabe Women's
Crisis Home & Family
Healing Agency**

For more details about our programs and services, please visit:

www.beendigen.com

Or contact us at:

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