

CAPC increases accessibility to culturally and linguistically sensitive programming

Community Action Program for Children (CAPC)

CAPC, South London ON

In South London the make-up of the community is very diverse. Of the non-English and non-French population, Arabic comprises 24%. About 8 years ago, Families First CAPC, decided to start a parenting group among Arabic women with children under the age of six.

The intended outcomes were to: reduce isolation; increase parenting skills; increase awareness of child development, healthy nutrition, physical activity, childhood obesity and diabetes; increase social supports; improve access to resources; and reduce the risk of child abuse. Essentially it was an opportunity for Arabic women, new to Canada, to become accustomed to the expectations here and to provide a forum for networking, support, advocacy and discussion.

It was important the program be facilitated in Arabic. The current facilitator was originally a group member. As a peer-model group, she was mentored to become a group facilitator, and if she leaves another group member will assume that role. All written materials are Arabic, even the facilitator manual.

Today there are two groups in South London for Arabic women. Twenty to thirty women at a time attend the groups and the groups run from September to June. Hundreds of women have benefitted from this program, one that supports their culture and language, while familiarizing them with Canadian customs and expectations.



“New or recent immigrants have special settlement needs and they face increased barriers due to the lack of services and information available in their mother tongue. Migrating to a new society can be a difficult transition for young parents and caregivers, especially women. They often struggle as the main caregivers, trying to provide their children with the proper emotional, financial and psychological support usually without assistance from their extended families back home.”

*Immigrant Youth in Canada:
Do Community Services Respond
to the Needs of New Immigrants,
Canadian Council on Social
Development website May 2009*

