

July 26, 2016

THE CALEDON PARENT-CHILD CENTRE LAUNCHES “THE CPCC 30x30 NATURE CHALLENGE”

Bolton, ON - The Caledon Parent-Child Centre (CPCC) are challenging young families throughout Caledon to spend more time in nature and develop new healthy habits.

Inspired by the Ontario government and Ontario Parks as well as the David Suzuki Foundation's 30x30 Challenge, the CPCC has decided to launch a “CPCC 30x30 Nature Challenge.” The CPCC challenge encourages young families with children 0-6 years of age to spend at least 30 minutes per day in nature for 30 days. The challenge begins on August 1st and the CPCC is helping make the challenge easy by sharing daily activities appropriate for very young children on CPCC social media sites each day. If you want to browse through the complete list for ideas, it will be available on the CPCC website. Participants in the daily challenges are encouraged to share photos of their adventures by emailing them to the CPCC at ssargent@cp-cc.org. All photos received will be shared in the 30x30 album on the CPCC Facebook page.

So if you are interested in enjoying some quality time with your family in Caledon's great outdoors, visit www.cp-cc.org to find out more about the “CPCC 30x30 Nature Challenge!” For adults of all ages or families with children that are over 6 years of age, activities and ideas for older children and adults can be obtained by visiting the Ontario Parks website at <http://bit.ly/2a5xNTt> or the David Suzuki 30x30 Challenge at <http://30x30.davidsuzuki.org/>

The CPCC is a registered charitable organization that provides an important blend of services that strengthen families and assist them in their critical role of raising young children from 0-6 years of age. Services include child development opportunities, early identification of developmental concerns, referrals to specialized services and supports, and parenting education.

-30-

Image attached: CPCC 30x30 Nature Challenge Logo

For further information and media inquiries, please contact:
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