



CAPTAINS & POETS

Self-Awareness | Connection | Inclusion & Belonging | Leadership

CDRCP Programming

Captains & Poets is pleased to be partnering with CDRCP to amplify your impact on communities across Peel. Our programming is aligned to your mission to promote quality family life and enhance child development. By introducing the Captain and the Poet we help ignite connection, belonging, and resilience.

About Captains & Poets

Captains & Poets is a Social Emotional Learning programming at the intersection of Well-Being and Inclusion & Belonging. We help create positive, engaging and connected environments by using a simple language that everyone can relate to and will carry with them their entire lives.

How Does it Work?

The basic premise of the program is that there is a unique Captain and Poet in each of us that, in partnership, enable us to be our best selves. By deepening connection to self and others, we encourage a healthier sense of well-being and identity, more positive relationships, a growth mindset, and a greater sense of agency and purpose in the world.

Key Benefits

- Easy to implement
- Establishes a common language cross children, staff, and parents
- Energizes staff and ignites leadership, purpose, and teamwork
- Customized to your priorities and needs

Activity Books

Our books are a fun and engaging way to keep the language alive and bridge important conversations with the home environment to help children reach their full potential.



Research-Based Programming

Our research-based program has been built by a passionate team of educators, parents, and equity consultants to help young people reach their full potential. We draw on multi-disciplinary research to harness the intersection of well-being and identity to bring Social Emotional Learning to life..



Neuroscience



Positive Psychology



Mindfulness

Workshops

Our engaging and transformational workshops empower participants to be resilient and compassionate self-leaders. Please inquire for details.

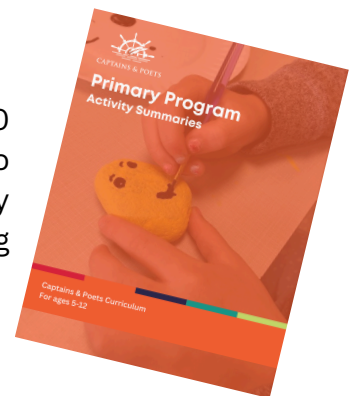
Children

Parents

Professional Development

Curriculum

We offer a library of 30 hours of activities to choose from, making it easy to adapt to your existing programming.



Contact Us

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 videos to
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