



**Regina Early Years
Family Resource Centre**

A program of The Regina Early Learning Centre

April 2021 at the Early Years Family Resource Center

All Sites are currently closed

We are currently closed but would like to highlight we have new ways to connect!

Have questions about play or your child's development?

Call in and ask one of our facilitators:

Pam at 306-519-6616

Karen at 306-529-2520

Available:

Mondays from 9:00-11:00 a.m.

Wednesdays from 1:00-3:00 p.m.

Also connect with them on Facebook through their profiles:

EYFRC Facilitator Pam & EYFRC Facilitator Karen



familycentre@reginakids.ca



reginakids.ca/eyfc



Regina Early Years Family Centre

Virtual Activities

Music with Tyne

9:30 am Monday, Wednesday and Friday

Parents, caregivers and children will experience music together. Come join our music therapist as she leads the group in songs and movement.

Follow along on Facebook at:

Tyne Heenen Regina Music Therapy.

Mom and Baby Fitness with Grace

10:00 Monday, Wednesday and Friday

Join Grace as she takes you through a series of movements.

Follow along on Facebook or Instagram at:

Perfectly Flawed Fit

Dance & Move With Me

10:00 Tuesdays

Virtual movement program that encourages Dancing while exploring different genres, cultures, & rhythms! Pre-register with Pam at pashurst@earlylearning.ca

Baby Blanket Time

1:30 Tuesdays

Virtual baby-fun! Learn through songs, rhymes, & fingerplays!

Pre-register with Tania at taguilera@earlylearning.ca

Maximum 6 families

Spanish Circle Time

10:00 Wednesdays

Introduction of Spanish through songs, poems, & movement

Pre-register with Tania at taguilera@earlylearning.ca

Maximum 6 families.

Through Kohkom's Eyes

10:30 Thursdays

An interactive exploration of Indigenous teachings through songs, rhymes, stories, music, and other learning experiences.

Pre-register with Karen at kworme@earlylearning.ca

Maximum 6 families.

Connect & Play

1:30- 3:00 every other Thursday

A Drop In Virtual Program with Pam, Karen & Sara of RPHN Development topic as well as time to chat & connect.

Register at: <https://us02web.zoom.us/meeting/register/tZUkf-2ppzopGtTsQeH3jPcGAIInd9TZOZc0b>

Activities continue on next page

Continued thanks to our
sponsors:



Story Art

10:00 Fridays

Join Pam for a story and a follow up Art activity .

Maximum 6 families.

Pre-register with Pam at pashurst@earlylearning.ca

During registration, arrangements will be made for curbside pick up of supplies for that week's program .

Additional Programming

Finding Quality Childcare Workshop

April 8 at 1:30 pm OR April 14 at 7:30 pm

Join Pam virtually for tips on Finding Quality Childcare

Maximum 8 Families

Pre-register with Pam at pashurst@earlylearning.ca

Triple P: Positive Parenting Program

Come join Triple P Practitioner Dunja Luzar in February for these awesome
Virtual Sessions

Triple P Tips on Potty Training

Date: Monday, Apr. 12

Time: 7:00 pm

Triple P Tips on Routines

Date: Monday, Apr. 26

7:00 pm

Triple P Supports:

Available between 8:30-4:30
Monday to Friday.

For More Information Contact:

Dunja Luzar
(306) 520-2074
dluzar@earlylearning.ca
Pam Ashurst
(306) 519 6616

**Thank You in Advance for your support of the
Regina Early Years Family Resource Centre**

Make your trip to SARCAN really count!





Regina Perinatal Health Network

A program of The Regina Early Learning Centre

#MoreThanPostpartum



306-520-8431



info@rphn.ca



www.rphn.ca



reginaperinatalhealthnetwork



Regina Perinatal Health Network

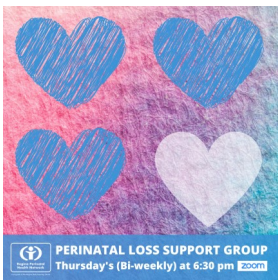
Perinatal Mood & Anxiety Disorders (PMAD) like Postpartum Depression affect 1 in 5 birthing people every year and we know, without a doubt, that untreated perinatal mental illness significantly impacts the development of young children. The Regina Perinatal Health Network is a program of the Regina Early Learning Centre and offers FREE, online, prenatal & postpartum support to new and expectant families.



Additionally, we have new initiatives you might be interested in!



This brand new 4 week childbirth series is designed to provide a solid baseline of education for expectant parents while focusing on many practical & hands-on skills you can benefit from when your labour day arrives. Our goal is to help you become educated and open-minded so you're better prepared for the day your labour begins.



<https://reginaperinatlahealthnetwork.janeapp.com/#/perinatal-loss-support-group>

<https://us02web.zoom.us/join/zoom/register/tZUkf-2ppzopGtTsQeH3jPcGAInd9TZOZc0b>

