

# December 2021



Regina Early Years Family Centre  
familycentre@reginakids.ca  
reginakids.ca/eyfc

| SUN                                   | MON  | TUE  | WED   | THU  | FRI  | SAT |
|---------------------------------------|--|--|---|--|--|-----|
|                                       |  |  | 1<br>9:00 Music with Tyne<br>1:30-3:30 Sherwood Library<br>7:30pm Mama Fitness                              | 2<br>9:45-11:45 Glen Elm Library<br>10:30 Young Scientists                             | 3<br>9:30 Music With Tyne<br>9:45-11:45 George Bothwell Library  | 4   |
| 5                                     | 6<br>9:00 Music With Tyne<br>10:00 Baby Blanket Time<br>7:30pm Mama Fitness  | 7<br>10:00 Virtual Infant Massage<br>(Program In Progress)<br>10:00 Connect & Play YQR<br>10:00 Young Picasso<br>1:30-3:30 Sunrise Library | 8<br>9:00 Music With Tyne<br>10:00 Potty Training Zoom<br>1:30-3:30 Sherwood Library<br>7:30pm Mama Fitness | 9<br>9:45-11:45 Glen Elm Library<br>10:30 French Story Time<br>10:30 Young Scientists  | 10<br>9:30 Music With Tyne<br>9:45-11:45 George Bothwell Library | 11  |
| 12                                    | 13<br>9:00 Music With Tyne<br>10:00 Baby Blanket Time<br>7:30pm Mama Fitness | 14<br>10:00 Virtual Infant Massage<br>(Program In Progress)<br>10:00 Connect & Play YQR<br>1:30-3:30 Sunrise Library                       | 15<br>9:00 Music With Tyne<br>1:30-3:30 Sherwood Library<br>7:30pm Mama Fitness                             | 16<br>9:45-11:45 Glen Elm Library<br>10:30 Young Scientists                            | 17<br>9:30 Music With Tyne<br>9:45-11:45 George Bothwell Library | 18  |
| 19                                    | 20<br>9:00 Music With Tyne<br>10:00 Baby Blanket Time<br>7:30pm Mama Fitness | 21<br>10:00 Connect & Play YQR<br>1:30-3:30 Sunrise Library  | 22<br>9:00 Music With Tyne<br>1:30-3:30 Sherwood Library<br>7:30 Mama Fitness                               | 23<br>9:45-11:45 Glen Elm Library<br>10:30 French Story Time<br>10:30 Young Scientists | 24<br>Christmas Eve Centre is now closed<br>for the holidays     | 25  |
| 26                                    | 27   | 28   | 29  | 30   | 31   |     |
| <p><b>Closed for the Holidays</b></p> |  |  |   |  |  |     |
| 31                                    |  |  |   |  |  |     |

**Music with Tyne**

9:30 am Monday, Wednesday, Friday

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

Follow along on Facebook at:

**Tyne Heenen Regina Music Therapy**

**Mama Fitness with Grace**

7:30 pm Monday and Wednesday,

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

Follow along on

Facebook or Instagram at:

**Perfectly Flawed Fit**

**Baby Blanket Time**

10:00 am Monday

Learn through songs, rhymes, & *fingerplays!*

For ages newborn to walking.

Pre-register at

**<https://EYFRC.as.me/babyblanketime>**

**Connect & Play YQR**

10:00 am Tuesdays

At our new Location 3079 5th Ave with Pam

For ages 0-5 + caregiver.

Focus on learning through play and physical development.

Pre-register at:

**<https://EYFRC.as.me/ConnectandPlayYQR>**

**Young Picasso**

1:00 pm Tuesday

Join Linda to create beautiful works of art while exploring a variety of materials.

Pre-register with Linda at:

**<https://EYFRC.as.me/youngpicassos>**

**Infant Massage**

10:00 am Tuesdays on Zoom

Infant massage helps to support healthy attachment and bonding between you and your baby.

Program in progress

Max 6 people

Pre-register for all 6 sessions at:

**<https://EYFRC.as.me/VirtualInfantMassage>**

**If no program dates display in the square space the program is currently full, and program registration opens 2 weeks prior to the scheduled dates.**

### **Young Scientists**

10:30 Thursday

Join Linda for our Young Scientists class. Experience some science while having fun with your child.

Maximum 6 participants

Pre-register at:

<https://EYFRC.as.me/YoungScientist>

### **Potty Training**

10:00 am Wednesday Dec 8th on Zoom

Come join Triple P Parenting Practitioner Dunja Luzar for tips and strategies to help your child as they learn the use the potty.

Virtual Session

Max 10 people

Pre-register for all 6 sessions at:

<https://EYFRC.as.me/PottyTraining>

### **Finding Quality Childcare Zoom**

1:30 Thursday December 9th

Join Pam as she gives you tips to help you in your search to finding quality childcare for your children.

Virtual Session

Maximum 10 participants

Pre-register at:

<https://EYFRC.as.me/FindingQualityChildcare>

### **Infant Massage**

Program in progress

Tuesdays from 10:00am to 11:30am

please watch for the new class registration.

**If no program dates display in the square space the program is currently full, and program registration opens 2 weeks prior to the scheduled dates.**

**Have questions about play or your child's development?**

Call in and ask one of our facilitators:  
Available between 9am-4pm Monday to Thursday  
&  
Fridays from 9am-1pm



**Triple P: Workshops**

Come join Triple P Practitioner Dunja for these virtual sessions:

**Potty Training Zoom**

December 8th at 10:00

Registered at:

<https://EYFRC.as.me/PottyTrainingZoom>

**Triple P Supports**

**Available between**

**8:30-4:30**

**Monday to Friday**

Dunja Luzar (306) 520-2074  
dluzar@earlylearning.ca

Pam Ashurst (306) 519 6616  
pashurst@earlylearning.ca

*Special Thanks to our Sponsors:*





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.

