



**Regina Early Years  
Family Resource Centre**

*A program of The Regina Early Learning Centre*

**March 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](mailto:familycentre@reginakids.ca)



[reginakids.ca/eyfc](http://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

### Spanish Circle Time

**10:00 Wednesdays**

Introduction of Spanish through songs, poems, & movement

Pre-register with Tania at [taguilera@earlylearning.ca](mailto: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](mailto:kworme@earlylearning.ca)

Maximum 6 families.

### Connect & Play

**1:30- 3:00 every other Thursday (starting March 18)**

A Drop In Virtual Program with Pam, Karen & Sara of RPHN ft. a child

development topic as well as time to chat & connect.

Register at [pashurts@earlylearning.ca](mailto:pashurts@earlylearning.ca)

### 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](mailto:pashurst@earlylearning.ca)

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

Continued thanks to our  
sponsors:



## Additional Programming

### Finding Quality Childcare Workshop

March 4 at 1:30 pm OR March 16 at 7:30 pm

Join Pam virtually for tips on Finding Quality Childcare

Maximum 8 Families

Pre-register with Pam at [pashurst@earlylearning.ca](mailto:pashurst@earlylearning.ca)

### In-Person Activities

Movement With Pam

10:00 Tuesdays

Join Pam for some movement in the park. (max 4 families)

Pre-register with Pam at [pashurst@earlylearning.ca](mailto: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, March 8

Time: 7:00 pm

### Triple P Tips on Supporting Your Child Through Big Emotions

Date: Monday, March 22

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](mailto:dluzar@earlylearning.ca)

Pam Ashurst

(306) 519 6616

[pashurst@earlylearning.ca](mailto:pashurst@earlylearning.ca)

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

Make your trip to SARCAN really count!



Donate your order to



Regina Early Years Family Centre



# Regina Perinatal Health Network

A program of The Regina Early Learning Centre

#MoreThanPostpartum



306-520-8431



info@rphn.ca



[www.rphn.ca](http://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.

**FREE COUNSELLING**

**THRIVE**  
WALK-IN COUNSELLING  
Monday- Friday 12:30-4:00  
Call: 306-757-6675

**Prenatal Support Group**

**PMAD Support Group**  
#MoreThanPostpartum

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

**PERINATAL LOSS SUPPORT GROUP**  
Thursday's (Bi-weekly) at 6:30 pm

### Perinatal Loss Support Group

Perinatal loss impacts 1 in 4 birthing people and we want you to know there is support as you grieve and navigate life after loss. This group is open to parents who have experiences loss of any kind including miscarriage, ectopic pregnancy, termination, still birth or neonatal death. Our support group creates an opportunity to connect with others who have similar lived experiences in a peer support setting.

Our goal during this group is to:

- Create a safe place to share your feelings and experiences
- Reduce isolation by connecting with others in the community who have shared experiences.
- Provide validation and encouragement.

**Connect & Play!**   
Thursday's (bi-weekly) 1:30 pm

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



Family Service Regina  
Healthy Families Strong Communities



South Saskatchewan Community Foundation