



REGINA  
**Children's  
Initiative**  
*Strong beginnings. Brighter future.*

## September 2018 at the EYFC

Welcome to fall at the Early Years Family Centre's. We are excited to continue sharing a variety of programs with you.

We welcome children up to age 6 along with their parents or caregivers to join us for opportunities to learn through play and exploration.

As we begin another school year we would like to take the time to acknowledge the Regina Public School Division and Regina Catholic School Division who generously donate space in their school environment to support our programs.

As teachers, administrative staff and students head back to school we would like to remind and encourage all parents to keep in mind the importance of respecting this donated space and working with us to ensure we are not interfering with the day to day operations of our host schools.

Some easy ways you can help us achieve this are by: parking in designated areas, ensuring that you are using our designated access door when visiting our programs (we have our sign up and a doorbell available), doing our best to keep hallway conversations quiet, and using assigned washrooms.

We sincerely appreciate your understanding and appreciation of these measures and look forward to seeing your visit us spaces as we begin to explore the new season of programs and activities.

Please ask our facilitators if you have any questions. Maps and more detailed information are also available at [www.reginakids.ca](http://www.reginakids.ca).

### Sacred Heart Location

1325 Argyle St.  
(Entrance on Argyle Street)  
(306) 529-2520

### Dr. L. M. Hanna Location

55 Davin Cres  
(306) 791-8229

### St. Matthew Location

4710 Castle Road  
(Northwest entrance by the playground)  
(306) 519-8588



Many children attending our programs have **severe allergies**. Help keep them safe by **not bringing peanuts or nut products** to the centres. Thank you for your cooperation.

### Centre Hours

**Mon - Thurs** 9:00 a.m. - 4:00 p.m.  
**Friday** 9:00 a.m. to 1:00 p.m.

**All Centres closed:**  
**Sept. 28th**



Please help us keep our space clean by **taking off your outside footwear**. Everyone is asked to please wear socks.



[familycentre@reginakids.ca](mailto:familycentre@reginakids.ca)



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



Regina Early Years Family Centre

# September

# Sacred Heart Location

## Drop in Play

Monday to Thursday 9:00-4:00; Friday 9:00-1:00

### MONDAY

11:00 Music with Tyne (*All Ages*)

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

1:30 Baby & Me Yoga (non-mobile infants)

2:45 Baby & Me Yoga (mobile infants)

*Focuses on strengthening the physical, emotional and spiritual bond between you and your baby. Using interactive slow-moving postures.*

**Spaces available to first 10 participants signed in at Sacred Heart for each session**

### TUESDAY

10:30 Creative Flow (starts Sept 11)

*Art experiences for toddlers and 2's. Exploration of various art techniques and materials in a process based experience. Come prepared to get messy.*

### WEDNESDAY

10:30 Mini Movers

*An adult/child session focused on the development of basic motor skills through interactive play and activities.*

2:00 Baby Adventures

*Enjoy a variety of developmentally appropriate activities including music and movement, literacy and books, art and sensory experiences.*

### THURSDAY

10:30 Humpty Dumpty (*Birth to 24 months*)

*A parent-child interactive program filled with songs, rhymes, bounces and books for children under two years.*

### FRIDAY

10:30 Flannel Circle Time (*Ages 3 and Up*)

*Stories, songs and finger plays with the interactive use of felt characters that encourages children's participation. Aimed at ages 3 and up.*

## Visiting Professionals:

Public Health Nurse:

- ◆ Sept 5th & 26th at 1:30

Speech Language Pathologist:

- ◆ Sept 18th at 11:00

## Additional Programming

- ◆ Sept 18th at 10:00

Post Partum Wellness

- ◆ Sept 25th at 1:30

Happy Healthy Eater

(pre-register at 306.766-7370  
or email:

healthpromotions@rqhealth.ca)

## Guest Visitors:

- ◆ Seven Stones: Sept 25 at 1:15

# September

# St. Matthew Location

## Drop in Play

Monday to Thursday 9:00-4:00; Friday 9:00-1:00

### MONDAY

10:30 Together for Tales (Ages 3 and up)

*Come and expand your literacy and creative imagination with stories, and songs.*

1:00 Music with Tyne (All Ages)

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

### TUESDAY

10:00 Mainly Mother Goose (Birth to 24 months.)

*Starting Sept. 11*

*A parent-child interactive program filled with songs, rhymes, bounces and books for children under two years.*

*Brought to you in partnership with Regina Public Library.*

### WEDNESDAY

9:30 Zen Babies (6 months and under)

[pre-register at familycentre@reginakids.ca](mailto:familycentre@reginakids.ca)

*This safe ancient massage is based on harmonizing the energy, meridians and organs of the baby with the use of gentle yet firm even rhythmic movements. Babies love it.*

*(3 week program: Sept 12, 19, & 26)*

2:00 Baby Art (Under 18 months) [Pre - Register at 306-519-8588](tel:306-519-8588)

*A process based approach to art exploration with different baby-safe art materials for children.*

### THURSDAYS

10:30 Young Chefs (Ages 3 and up) [Pre - Register at 306-519-8588](tel:306-519-8588)

*An engaging program that delight your senses and explore early mathematic and science skills while building self esteem and healthy habits.*

### FRIDAYS

10:30 Young Picasso (Ages 3 and Up)

*A time to explore and experiment with different sensory and art materials. Be prepared to get a little messy!*

## Visiting Professionals:

Public Health Nurse:

- ◆ Sept 4th & 25 at 1:30

Speech Language Pathologist:

- ◆ Sept 17th at 1:30

## Additional Programming

- ◆ Sept 20 at 1:30

Early Childhood Intervention Program Playgroup

- ◆ Sept 26th at 10:30

Mommy Connection Visiting

- ◆ Sept 27th at 10:30

Intergenerational Music at Broadway Terrace

- ◆ Parent & Children English Conversation Circle

Thursday, Sept 27th to

Nov 29th from 2:00-3:00

# September

# Hanna Location

## Drop in Play

Monday to Thursday 9:00-4:00; Friday 9:00-1:00

### MONDAY

9:20 Music with Tyne (All Ages)

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

### TUESDAY

10:30 Small World Play (All Ages)

Learn about Loose Parts while assembling a small world for the centre. New small world each week.

### WEDNESDAY

1:45 Mainly Mother Goose (Birth to 24 months)

Starting Sept. 12

A parent-child interactive program filled with songs, rhymes, bounces and books for children under two years.

Brought to you in partnership with Regina Public Library.

### THURSDAYS

10:30 Through Kohkom's Eyes (All ages)

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

2:00 Baby Art (3 to 18 months) [Pre-register at 306.791-8229](tel:306.791-8229)

A process based approach to art exploration with different baby-safe art materials for children.

### FRIDAYS

No scheduled programs, open for drop-in play.

#### Additional Programming:

◆ Parent & Children English Conversation Circle

Wednesdays: Sept 26th to Nov 28th from 9:30-10:30

## Visiting Professionals:

Public Health Nurse:

◆ Sept 26 at 10:00

Nutritionist:

◆ Sept 19 at 11:00

Speech Language Pathologist:

◆ Sept 5 at 11:00

Continued thanks  
to our sponsors:



Mum and Baby Plus extra children (M&B+) Free Drop-in Mon/ Wed /Fri 9:15 to 10:15

### Classes Held at Candy Cane Park

PLEASE BRING: A mat or towel, water, hat, sunscreen or bug spray as needed. Dress appropriately for weather. A blanket for babies to hang in the shade or a stroller is suggested.

PLEASE CHECK @onetoughmamafitness on Instagram and Facebook the morning of class to ensure no cancellations due to weather.

No classes  
Sept 3rd & 27th