



REGINA
Children's
Initiative

Strong beginnings. Brighter future.

Summer 2020 at the Early Years Family Resource

All Sites are currently closed

Our sites continue to be closed due to the COVID-19 protocols.

Under the plans to re-open Saskatchewan (www.saskatchewan.ca/COVID19) the direction we have received to date is that it is too early to know when a program like ours will be able to reopen to the public and in what capacity. Please continue to enjoy our virtual programming and continue with social distancing, staying at home and vigilant hand washing.

We know this is a very challenging time for families - we would love to hear from you. Are there other ways in which we can support you during this period of social isolation?

Please let us know.

Phone: (306) 535-5993 Email: familycentre@reginakids.ca

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Regina Early Years Family Centre



familycentre@reginakids.ca



reginakids.ca/eyfc



Regina Early Years Family Centre

Virtual Activities

Music with Tyne

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.

Mondays at 9:30 & 1:00; Wednesdays at 11:00 & Fridays at 9:30

Mom and Baby Fitness with Grace

Join Grace as she takes you through a series of movements. Follow along on Facebook at: Perfectly Flawed Fit
Monday, Wednesday and Friday at 10:30

Continued thanks to our sponsors:



Come join Triple P Practitioners': Danica & Dunja through June for these awesome Virtual Sessions

Triple P Tips on Potty Training

Date: Tuesday, July 7th
Time 10:30

Triple P Tips on Managing Tantrums

Date: Tuesday, July 17th
Time 10:30

Triple P Tips on How to Build Healthy Routines

Date: Tuesday, July 21st
Time 10:30

Parent Self Care

Date: Tuesday, July 28th
Time 10:30

Morning Coffee with Triple P

July 8th and 27th at 8:00 a.m.

Pre-registration required triplep@reginakids.ca

Maximum 10 participants per session

Triple P Supports:

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

For More Information Contact:

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