



# August—ohpahōwipisim - Flying-Up Moon 2025

## miyo-ohpikinawasowin centre

Address 3079 5th ave  
Phone (306) 520-7979  
Email familycentre@reginakids.ca

Monday	Tuesday	Wednesday	Thursday	Friday
ReginaEarlyYearsFamilyResourceCentre @earlyyearsfamilycentre www.reginakids.ca familycentre@reginakids.ca				1 <b>Drop in Play</b> 9:00am-12:00pm <b>Art Adventures</b> 9:00am-11:00am
4 <b>CLOSED for Stat Holiday</b>	5 <b>Drop in Play</b> 9:00am-12:00pm <b>Ask Allie, Autism Navigation</b> 10:30am-11:30am <b>RPHN NICU virtual group</b> 1:00-2:30pm	6 <b>Drop in Play</b> 9:00am-4:00pm <b>Maple Leaf Pool</b> —Drop in to the free city pool for a swim and come see an EYFRC facilitator for a refreshing treat, 1101 14 Ave 12:00pm-2:00pm	7 <b>Drop in Play</b> 9:00am-12:00pm <b>Mini Movers</b> 9:00am-12:00pm	8 <b>Drop in Play</b> 9:00am-12:00pm <b>Art Adventures</b> 9:00am-11:00am
11 <b>Drop in Play</b> 9:00am-4:00pm <b>Public Health Nurse Visit</b> 10:30am <b>RPHN group</b> 1:00pm-2:30pm <b>Toilet Readiness Triple P mini zoom session</b> 7:00pm-8:00pm *preregister	12 <b>Drop in play</b> 9:00am-12:00pm	13 <b>Drop in Play</b> 9:00am-4:00pm <b>Childcare Readiness Presentation</b> in person or via zoom 10:00am-11:30am <b>Super Adventure</b> —1:00pm Candy Cane Park 501 Wascana Drive	14 <b>Drop in Play</b> 9:00am-12:00pm <b>Mini Movers</b> 9:00am-12:00pm	15 <b>Drop in Play</b> 9:00am-12:00pm <b>Art Adventures in the Park</b> 9:00am-11:00am—Kiwanis Waterfall Park 2755 Elphinstone St.
18 <b>Drop in Play</b> 9:00am-4:00pm <b>RPHN group</b> 1:00pm-2:30pm <b>Routines Triple P mini zoom session</b> 7:00pm-8:00pm *preregister	19 <b>Drop in Play</b> 9:00am-12:00pm <b>RPHN NICU virtual group</b> 1:00-2:30pm	20 <b>Drop in Play</b> 9:00am-4:00pm <b>Outdoor Playful Development—ASQ Program</b> 10:am-12:00pm <b>Literacy Play in the Park</b> —join us at Gocki Park 425 15th Ave 1:00-2:30pm	21 <b>Drop in Play</b> 9:00am-12:00pm <b>Outdoor Water Play</b> 10:00am-12:00pm	22 <b>Drop in Play</b> 9:00am-12:00pm <b>Art Adventures</b> 9:00am-11:00am
25 <b>Drop in Play</b> 9:00am-4:00pm <b>RPHN group</b> 1:00pm-2:30pm <b>Learning to Cooperate Triple P mini zoom session</b> 7:00pm-8:00pm *preregister	26 <b>Drop in Play</b> 9:00am-12:00pm <b>Ask RPHN</b> 10:30-11:30am	27 <b>Drop in Play</b> 9:00am-4:00pm <b>Outdoor Playful Development—ASQ Program</b> 10:00am-1:00pm	28 <b>Drop in Play</b> 9:00am-12:00pm <b>Mini Movers</b> 9:00am-12:00pm	29 <b>Drop in Play</b> 9:00am-12:00pm <b>Art Adventures</b> 9:00am-11:00am

**Drop in Play**— Is unstructured free play time for families to enjoy and explore our centres invitations and offerings.

**Public Health Nurse**— This is one-on-one time for parents/caregivers to ask questions related to their baby/child's specific development, feeding journeys, and an opportunity to weigh baby/child. Offered in partnership with Saskatchewan Health Authority.

**Art Adventures**— Parents and Children are exposed to different art mediums through preplanned weekly classes that they can use to make a masterpiece. This program focuses on the process over the product and is intended for children 2-5 years old.

**Mini-Movers**— Parents and children are exposed to interactive gross motor and spatial awareness activities. This program is intended for children crawling to 5 years old.

**RPHN Peer Support Group**— Peer support group for parents/caregivers suffering from pre/postnatal anxiety and perinatal depression, offered in partnership with Regina Perinatal Health Network.

**RPHN NICU Peer Support Group**— Peer support group offered biweekly for parents that had babies spend time in the NICU, offered in partnership with Regina Perinatal Health Network.

**Ask Allie**— This one-on-one time for parents/caregivers to ask questions to an Autism Navigator about all things related to Autism including diagnosis/referrals, supports, co-regulation, and other strategies to support Autistic children or families possibly seeking Autism diagnosis. Offered in partnership with Saskatchewan Health Authority.

**Playful Development ASQ Program**— Weekly activities for parents/caregivers and children 0-5 years old that connect developmental milestones and emerging skills from the ASQ program to hand on learning and play-based activities.

**Child Care Readiness Presentation**— Online and in person session for families that offers information to help parents support their children in their transition to childcare.

**Triple P Positive Parenting online group sessions**— Triple P facilitator Dunja has put together mini zoom sessions for parents to provide education and strategies related to common parenting challenges.

**Literacy in the Park**— Join us at Goki Park for some fun activities Lets get moving with Literacy! Please come dressed appropriately for the weather. This location has a spray park too.

**Maple Leaf Pool**— Join the facilitators at the Maple Leaf Free pool located at 1101 14th ave for swim and sweet treat. Assisted floating devices are not provided please bring your own if your child needs one. Facilitators will not be in the swimming pool you must swim with your own child. There is no cost to go swimming at this location it is always free.

**Super Adventure**— Join staff from both our EYFRC locations and Regina Literacy Hub Coordinator Sandi White for a funtastic superhero adventure and make a Super mask at Candy Cane Park 501 Wascana Drive please remember to dress for the weather.

**Art Adventures Special Event**— Join Linda for a special art adventures outing to Kiwanis Waterfall Park. Let the beauty of the waterfall park spark your creativity at 2755 Elphinstone St ave Friday August 15th 9am-11am.

**Outdoor water play**— Join us for creative fun outdoor water play in our back yard!! on Thursday August 21st 10am-12pm at 3079 5th ave.







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## Outdoor Play Space 2115 Athol Street

Phone (306) 520-7979

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

Monday	Tuesday	Wednesday	Thursday	Friday
 ReginaEarlyYearsFamilyResourceCentre  @earlyyearsfamilycentre  www.reginakids.ca  familycentre@reginakids.ca				1
4 <b>CLOSED for Stat Holiday</b>	5 <b>Drop in Play</b> 9:00am-3:00pm <b>Storytime</b> 10:00am-10:30am <b>Storytime</b> 2:00pm-2:30pm	6 <b>Drop in Play</b> 9:00am-3:00pm <b>Water Play</b> 9:00am-3:00pm	7 <b>Drop in Play</b> 9:00am-3:00pm <b>Arts &amp; Crafts—puffy painting</b> 9:00am-3:00pm	8 <b>Drop in Play</b> 9:00am-3:00pm
11 <b>Drop in Play</b> 9:00am-3:00pm	12 <b>Drop in play</b> 9:00am-3:00pm <b>Storytime</b> 10:00am-10:30am <b>Storytime</b> 2:00pm-2:30pm	13 <b>Drop in Play</b> 9:00am-3:00pm <b>Water Play</b> 9:00am-3:00pm	14 <b>Drop in Play</b> 9:00am-3:00pm <b>Arts &amp; Crafts—paper plate animal craft</b> 9:00am-3:00pm	15 <b>Drop in Play</b> 9:00am-3:00pm
18 <b>Drop in Play</b> 9:00am-3:00pm	19 <b>Drop in Play</b> 9:00am-3:00pm <b>Storytime</b> 10:00am-10:30am <b>Storytime</b> 2:00pm-2:30pm	20 <b>Drop in Play</b> 9:00am-3:00pm <b>Water Play</b> 9:00am-3:00pm	21 <b>Drop in Play</b> 9:00am-3:00pm <b>Arts &amp; Crafts- tie dye art</b> 9:00am-3:00pm	22 <b>Drop in Play</b> 9:00am-3:00pm
25 <b>Drop in Play</b> 9:00am-3:00pm	26 <b>Drop in Play</b> 9:00am-3:00pm <b>Storytime</b> 10:00am-10:30am <b>Storytime</b> 2:00pm-2:30pm	27 <b>Drop in Play</b> 9:00am-3:00pm <b>Water Play</b> 9:00am-3:00pm	28 <b>Drop in Play</b> 9:00am-3:00pm <b>Arts &amp; Crafts- pizza craft</b> 9:00am-3:00pm	29 <b>Drop in Play</b> 9:00am-3:00pm

**Story Time**— Story time fosters language skills and enhances imagination and creativity improves emotional intelligence. This program is meant for families with children 0-5 years old.

**Water Play**— Join us for water play Wednesdays where your children will explore water and the many benefits for children including enhancing both fine and gross motor skills, fostering social and emotional development, promoting cognitive growth and improving language and communication skills.

**Arts and Crafts**— This program promotes creativity problem solving, social emotional development and self expression.