



Regina Early Years Family Resource Centre

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February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Drop-in Play 9:00-4:00 Ask Allie – Autism Navigation 10:00-2:00 Lacion Support 10:00-12:00 Family Story Time Celebrating Indigenous Storytelling Month 10:30 am Community Corner 11:00 am Financial Literacy: Budgeting 1:00-3:00 pm <small>pre-registration required, childminding available</small>	2 Drop-in Play 9:00-8:00 Curious & Capable Toddlers 1:00-2:00 pm PMAD Peer Support Group 6:30-8:30 pm <small>Registration Required</small>	3 Drop-in Play 9:00-4:00 Toe to Top Movers: Infants 11:00 am	4 Drop-in Play 9:00-4:00 Sing and Sign Topic: Feelings & Friends 10:00-10:30 am	5 Drop-in Play 9:00-4:00 Toe to Top Movers: Toddlers & Preschoolers 10:30 am Messy Minis 1:00-2:30 pm	6 Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
8 Drop-in Play 9:00-4:00 Family Story Time: Celebrating Black History Month 10:30 am Financial Literacy: Credit 1:00-3:00 pm <small>pre-registration required, childminding available</small>	9 Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am Bridges to Wellness 10:30-11:30 am Curious & Capable Toddlers 1:00-2:00 pm PMAD Peer Support Group <small>*virtual* 6:30-8:30 pm Registration Required</small>	10 Drop-in Play 9:00-4:00 Kids in Cupid's Kitchen 10:00 am <small>Register by Tuesday @ 4 pm</small> Toe to Top Movers: Infants 11:00 am	11 Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm Supporting Healthy Growing Babies & Beyond 1:30 pm	12 Drop-in Play 9:00-4:00 ValenSlime Story Time & Make & Take 10:30 am Nourish & Nurture: Ask the Dietician 10:00 am	13 Drop-in Play 9:00-4:00 Family Valentine's Day Play & Learn 9:00-4:00 Holiday Weekend	14 CLOSED for Stat
15 CLOSED for Stat Holiday Happy Family Day!	16 Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am Curious & Capable Toddlers 1:00-2:00 pm Stuffy Sleepover 6:15-7:30 pm PMAD Peer Support Group <small>6:30-8:30 pm Registration Required</small>	17 Drop-in Play 9:00-12:00 Toe to Top Movers: Infants 11:00 am Frosty Family Playdate <small>Neil Balkwill Civic Arts Centre Les Sherman Park 2420 Elphinstone Street</small> 1:00-3:00 pm	18 Drop-in Play 9:00-4:00 Meet & Greet with KidsFirst 10:00-11:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm	19 Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am Discovery with Dudes: Snow Much Fun! 1:00 pm	20 Drop-in Play 9:00-4:00 Closed 12:00-1:00 Drop-in Play 1:00-3:00	21
22 Drop-in Play 9:00-4:00 Family Story Time & Games: Pink Shirts & Kind Hearts 10:30 am Community Corner 11:00 am Get Outside! Preschool Club 1:30-2:30 pm Financial Literacy: Consumerism 1:00-3:00 pm <small>pre-registration required, childminding available</small>	23 Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am Curious & Capable Toddlers 1:00-2:00 pm PMAD Peer Support Group <small>*virtual* 6:30-8:30 pm Registration Required</small>	24 CLOSED for Monthly Prep & Planning	25	26 Drop-in Play 9:00-4:00 Ask the OT 10:00-12:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm Lacion Support 1:30-3:30 pm	27 Drop-in Play 9:00-4:00 Stories & Stem 9:00-4:00 Fairy Tales with Sandi from the Family Literacy Hub 10:00 am	28 Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00

Events

Drop-in Play

Never underestimate the importance of play! Play builds imagination and creativity, fosters cognitive growth, supports social, emotional and physical development, improves early literacy and numeracy skills, and supports children in learning to manage big feelings and behaviour. *Our drop-in play is for children prenatal up to age 6 and their caregivers.*

Family Story Time & Games

This interactive program supports early learning through stories, songs, games, and hands-on activities. Each session explores a variety of topics and concepts, building literacy, numeracy, and a love of learning through play and connection. *Suitable for children 0-5 and their caregivers.*

Special Story Times this Month:

Celebrating Indigenous Storytelling Month – February is Indigenous Storytelling Month. Join us in celebrating Indigenous culture and the power of stories to connect families, communities, and generations.

Celebrating Black History Month – February is Black History Month. Join us in celebrating Black culture, history, and the stories that shape our communities.

Pink Shirts & Kind Hearts – In recognition of Pink Shirt Day (February 25th), wear your pink and join us for a special story time focused on kindness, friendship, and making others feel safe and included.

Family Yoga

This program is designed with the whole family in mind! Join Fran for a yoga experience that emphasizes emotional bonding and connection between you and your child, physical wellbeing, and mental relaxation. *Suitable for children 0-5 and their caregivers.*

Please bring a yoga mat, if you have one. Some mats are available at the centre.

Curious and Capable Toddlers

A Montessori-inspired exploration program for toddlers to engage in hands-on activity stations that build independence, focus, and early learning skills, while caregivers observe and celebrate their growing capabilities. *Suitable for children 18 months-2.5 years and their caregivers.*

Kids in Cupid's Kitchen

Join Cupid for a fun and engaging hands-on cooking program, where children and adults can explore different ways to collaborate in the kitchen, while learning new, simple recipes to make and enjoy together! *Suitable for children 2-5 and their caregivers.*

Registration is now completed online. Please fill in the form to register: <https://forms.office.com/r/K9891iHx9w>

Toe to Top Movers: Infants

A guided program designed to nurture both movement and meaningful connections. Each week, a facilitator leads playful, hands-on activities that support your baby's strength, coordination, and body awareness – from their toes all the way to the top! Along the way, you will enjoy opportunities to bond with your little one through touch, movement, and joyful interaction. *Suitable for infants 0-crawling and their caregivers.*

Toe to Top Movers: Toddlers & Preschoolers

A guided program designed to support gross motor development, build body awareness, and boost physical confidence and coordination. Each week, a facilitator leads playful, purposeful movements that help little bodies grow strong from their toes all the way to the top! *Suitable for children walking-5 years and their caregivers.*

Sing and Sign

This program will support overall child development through music, movement, and stories with a focus on early communication through sign. Signing is kinetic – utilizing the natural need to move and turning it into an asset to build communication. Each session will include a minimum of 10 signs. *This month's topic is: Feelings & Friends. Suitable for children 0-2 and their caregivers. Siblings welcome.*

Tot Music

Tot Music supports early language, movement, and social development through singing, rhythm, and active play. Children build listening skills, coordination, and confidence as they explore music and movement alongside their caregivers in a fun, engaging environment. *Suitable for children 18 months-5 and their caregivers.*

Eensy Weensy Rhymers

This program promotes early literacy skills, while supporting social-emotional development, child-caregiver bonding, and daily parenting routines through songs and play. *Suitable for children 0-18 months and their caregivers.*

Messy Minis

Come explore messy and sensory play while learning about the benefits they bring to your child's development. Please bring your child, and yourself, in clothes that can get messy. Remember to bring a towel and change of clothes for cleanup. *Now offering a morning and afternoon session. Suitable for infants 6 months-18 months and their caregivers.*

Stories & Stem

Join us for a day of hands-on fun with Fairy Tale-inspired STEM activities! A great opportunity for families to learn, explore, and discover together, while sparking curiosity and creativity. Plus, join Sandi from the Family Literacy Hub for a Fairy Tale story time at 10:00. *Suitable for children 2-5 and their caregivers.*

Discovery with Dudes: Snow Much Fun!

Celebrate time with dads, step-dads, grandpas, uncles & all amazing father figures! This month we are having *snow much fun* exploring outdoor snow play – including a snow obstacle course, snow painting, and carving and creating with snow saws. Remember to dress for the weather! *Suitable for children 0-5 and their caregivers.*

Family Valentine's Day Play & Learn

Celebrate Valentine's Day with a day full of fun, interactive activities for the whole family! Join us at 10:30 am for a ValenSlime story time and slime making. *Suitable for children 0-5 and their caregivers.*

Stuffy Sleepover

Children are invited to wear their pajamas and bring a stuffed animal for a special Stuffy Sleepover! Together, children and their stuffies will enjoy fun activities before tucking them in for the night, with a special goodnight story from Sandi at the Family Literacy Hub. The adventure continues as children leave their stuffed animals behind to discover what happens at the REYFRC when everyone goes home for the day. On Thursday, February 19th or Friday, February 20th, children can return to pick up their stuffy and a special book of photos capturing the fun. *A video of the sleepover will also be posted on our social media accounts!*

Frosty Family Playdate

Join us, in partnership with the City of Regina and the Family Literacy Hub, for a fun filled afternoon of outdoor winter activities, story walk, hot dog and marshmallow roasting, and delicious hot chocolate! This is an off-site event, please meet us at the Neil Balkwill Civic Centre – Les Sherman Park, 2420 Elphinstone Street. Remember to dress for the weather! *Suitable for children 0-5 and their caregivers.*

Community Corner

Becoming a parent is beautiful, exhausting, and sometimes a little isolating – but you don't have to do it alone! Community Corner is a free, mom-led support group that offers a welcoming space to share, connect, and simply be with others who understand. Join other parents for conversation, encouragement, and friendship. *All caregivers and their children 0-5 are welcome!*

Financial Literacy

Join us for a series of financial literacy workshops designed to support everyday money decisions for you and your family. Each session is intended to build confidence, share practical tools, and increase awareness of available resources and supports.

Topics will rotate weekly: Feb. 2nd – Budgeting, Feb. 9th – Credit, Feb. 23rd – Consumerism. Childminding available. *Please fill in the form to register: <https://forms.office.com/r/QPbiMGZ9hR>*

Get Outside! Preschool Club with Nature Regina

Join Cheryl from Nature Regina for nature-based games, exploration, and early literacy, science and math activities. Remember to dress for the weather! *Suitable for children 2-5 and their caregivers. Younger siblings welcome.*

Meet & Greet with KidsFirst

Come and learn all about KidsFirst and their work alongside families from pregnancy to age 3. Discover how KidsFirst supports early development, helps build strong relationships, guides caregivers in navigating parenting, and connects families with the right supports, at the right time. Come chat, ask questions, and learn whether KidsFirst might be a good fit for your family.

Nourish & Nurture: Ask the Dietician

Have questions about feeding your little one? Join Becky, Registered Dietitian, for a casual, welcoming opportunity to chat and ask questions about first foods, nutrition concerns, mealtime routines, and raising confident eaters. Drop in, connect, and gather practical guidance to support your family's feeding journey.

Lactation Support

Lori, Public Health Nurse, is completing her training to become a certified lactation consultant. Bring your questions, concerns, or curiosities about feeding – she is here to support you and strengthen breastfeeding support for families. *A private room is available for hands-on support and quiet, one-on-one conversations.*

Ask Allie – Autism Navigation

Allie will be available to answer any questions you may have about autism, including how to go about assessment and diagnosis, early intervention, parent support, coregulation, and more!

Ask the OT

Join Occupational Therapist, Allison, for a casual chat about self-regulation and transitions! Learn how predictable routines, intentional strategies, and smooth transitions support children in managing emotions, energy, and behaviour. Discover simple tools to reduce worries, build confidence, and help children stay calm, engaged, and ready to learn throughout the day.

Supporting Healthy Growing Babies & Beyond

Public Health Nurses will be visiting our centre to offer baby weigh-ins, share information and answer questions around supporting healthy growing babies and children. PHNs will share information about development, feeding, sleeping, health, vaccines, and more!

Bridges to Wellness

Lin, Perinatal Health Coordinator, will be available at the centre to share information and answer questions on topics such as mental health, building mindfulness, self-care, coregulation, and more – bridging the gaps and connecting families with community services and resources.

PMAD Peer Support

A free peer support group for women and birthing people to connect with others, share stories in a safe space, and offer hope. *Children under 2 are welcome to attend. Register online at www.saskphn.ca*

Growing Together: Celebrating Milestones

Curious about your child's growth and development? Complete the Ages and Stages Questionnaire (ASQ) anytime you visit the REYFRC. Our team will guide you through the process, celebrate your child's progress, and share ideas to support ongoing learning and development.