



Regina Early Years Family Resource Centre

Airport Location - 2550 Sandra Schmirler Way (306) 510-4650

February 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Drop-in Play 9:00-12:00 closed 12:00-1:00 Drop-in Play 1:00-3:00
2	3 Drop-in Play 9:00-4:00 Sing and Sign Topic: Feelings & Friends 10:00 am Ask Allie – Autism Navigation 10:00-2:00	4 Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am PMAD Peer Support Group 6:30-8:30 pm Registration Required	5 Drop-in Play 9:00-4:00 Family Story Time Honouring Black History Month 10:30 am	6 Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm	7 Drop-in Play 9:00-4:00 Goodies with Grandparents all day Messy Minis 10:30-11:30 am	8 Drop-in Play 9:00-12:00 closed 12:00-1:00 Drop-in Play 1:00-3:00
9	10 Drop-in Play 9:00-4:00 Indigenous Stories & Bannock Making 10:30 am	11 Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am PMAD Peer Support Group *virtual* 6:30-8:30 pm Registration Required	12 Drop-in Play 9:00-4:00 Kids in Cupid's Kitchen 10:30 am Register by Tues. @ 4 pm	13 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	14 Drop-in Play 9:00-4:00 Love & Learn: Valentine's Day Family Activities Get Outside! Preschool Club with Nature Regina 1:30-2:30 pm	15 CLOSED for Stat Holiday Weekend
16	17 CLOSED for Stat Holiday	18 Drop-in Play 9:00-8:00 Stories & STEM Family Night 5:00-8:00 pm PMAD Peer Support Group 6:30-8:30 pm Registration Required	19 Drop-in Play 9:00-4:00 Frosty Family Playdate *Neil Balkwill Civic Centre* 2:00-4:00 pm	20 Drop-in Play 9:00-4:00 Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm	21 Drop-in Play 9:00-4:00 Celebrating Families' Time & Talent 10:30 am or 1:00 pm	22 Drop-in Play 9:00-12:00 closed 12:00-1:00 Drop-in Play 1:00-3:00
23	24 Drop-in Play 9:00-4:00 Indigenous Stories & Counting in Cree 10:30 am	25 Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am PMAD Peer Support Group *virtual* 6:30-8:30 pm Registration Required	26 CLOSED for Monthly Prep & Planning	27 Drop-in Play 9:00-4:00 Baby Babble with the SLP 10:30 am Tot Music 10:30 am Eensy Weensy Rhymers 1:00 pm	28 Drop-in Play 9:00-4:00 Desserts with Dudes all day Messy Explorers 10:30-11:30	

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 skills, as well as delivers behavioural benefits. *Our drop-in play is for children 0-5 and their caregivers.*

Now open until 8:00 pm on alternating Tuesdays and open every Saturday!

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. *Suitable for children 0-2, and their caregivers. Siblings welcome.*

This month's topic is: Feelings & Friends

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.

Kids in Cupid's Kitchen

Join Cupid in the kitchen for a fun and engaging sugar cookie decorating session! Cupid will guide the way, adding extra sweetness as you and your children create a delicious treat and lasting memories, together. *Suitable for children 2-5 and their caregivers.*

Register with your child's name and age by email: reginafrcentreairport@gmail.com or call/text: **306-510-4632**. Registration is required by 4 pm on Tuesday.

Tot Music

A program full of singing, movement, and rhythm! *Suitable for children 2-5 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 for cleanup. *Suitable for infants 6 months-18 months and their caregivers.*

Indigenous Stories

February is Indigenous Story Telling month. Join us in celebrating Indigenous culture, history and language with two story times. We will make (and eat!) bannock, and learn how to count to 10 in Cree. *Suitable for children 0-5 and their caregivers.*

Family Story Time – Honouring Black History Month

Join us for an engaging family story time, honouring and celebrating Black History Month. *Suitable for children 0-5 and their caregivers.*

Messy Explorers

This fun and engaging program will encourage children to explore various art materials and techniques with their own unique approach. Children may get messy, please wear appropriate clothing or bring a change of clothes for cleanup. *Suitable for children 2.5-5 and their caregivers.*

Love & Learn: Valentine's Day Family Activities

Celebrate Valentine's Day with a day full of fun, interactive activities for the whole family! *Suitable for children 0-5 and their caregivers.*

Stories & Stem Family Night

Join us, in partnership with the United Way Regina Family Literacy Hub, for a night 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. *Suitable for children 2.5-5 and their caregivers.*

Frosty Family Playdate

Join us in partnership with the City of Regina for a fun filled afternoon of outdoor winter activities, hot dog and marshmallow roasting, and delicious hot chocolate! This is an off-site event, please meet us at the Neil Balkwill Civic Centre, 2420 Elphinstone Street. Remember to dress for the weather! *Suitable for children ages 2.5-5 and their caregivers, younger and older siblings welcome.*

Goodies with Grandparents

The unique bond between grandchildren and their grandparents provides nurturing support, connection, and encouragement. Children have a way of keeping us young – come experience the joy of play and discovery through your grandchild's eyes. *Coffee and snacks will be provided.*

Desserts with Dudes

Dad (or dad figure) involvement in the early years is about more than just supporting your child – it's about building a strong foundation for a nurturing, engaged family. Come experience the joy of play and discovery through your child's eyes. *Coffee and snacks will be provided.*

Get Outside! 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.*

Ask Allie – Autism Navigation

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

Baby Babble with the SLP

Join Speech and Language Pathologist, Cassandra, for a short presentation on Baby Babble – a key building block for success in both school and life. After the presentation, Cassandra will be available to answer any questions, and to discuss your child's speech, language, and social communication.

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 beyond. Nurses will share information about development, feeding, sleeping, health, vaccines, and more!

PMAD Peer Support

This weekly support group creates an opportunity to connect with other caregivers who have similar lived experiences. **Now alternating between in-person and virtual sessions. Register online at www.rphn.ca**

Celebrating Families' Time & Talent

Family engagement is at the heart of our program because without families, we wouldn't exist! Join us for a short information session to learn how you can get involved. This is your opportunity to showcase your time, talents, and passions in support of our centre. Whether you have a little or a lot to offer–time, resources, skills, or ideas–your involvement makes a big impact! *Coffee and snacks will be provided.*