



Regina Early Years Family Resource Centre

March 2026

Airport Location – 2550 Sandra Schmirler Way | 306.510.4650 | reginafrcentreairport@gmail.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
	<p>Drop-in Play 9:00-4:00 Ask Allie – Autism Navigation 10:00-2:00</p> <p>Family Story Time & Games: Celebrating Lunar New Year & the Lantern Festival 10:30 am</p> <p>Infant Massage 1:00 pm</p> <p>Get Outside! Preschool Club 1:00-2:00 pm</p>	<p>Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am</p> <p>PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i></p>	<p>Drop-in Play 9:00-4:00 Ask the OT 10:00 -12:00</p> <p>Curious & Capable Toddlers 10:00-11:00 am</p> <p><i>So, You're Bringing Home a Baby?</i> Connected Beginnings 6:30 pm</p>	<p>Drop-in Play 9:00-4:00 Sing and Sign: Bedtime 10:00-10:30 am</p> <p>Your Child's Eye Health: Ask Dr. Poncsak 10:00-12:00</p> <p>Supporting Healthy Growing Babies & Beyond 1:30 pm</p>	<p>Drop-in Play 9:00-4:00 Toe to Top Movers: Toddlers & Preschoolers 10:30 am</p> <p>Messy Minis 1:00-2:30 pm</p>	<p>Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00</p>
8	9	10	11	12	13	14
	<p>Drop-in Play 9:00-4:00 Lactation Support 10:00-12:00</p> <p>Family Story Time & Games: Celebrating Holi 10:30 am</p> <p>Infant Massage 1:00 pm</p>	<p>Drop-in Play 9:00-4:00 Family Yoga 10:30-11:15 am</p> <p>Bridges to Wellness 10:30-11:30 am</p> <p>PMAD Peer Support Group <i>*virtual*</i> 6:30-8:30 pm <i>Registration Required</i></p>	<p>Drop-in Play 9:00-4:00 Curious & Capable Toddlers 10:00-11:00 am</p> <p><i>So, You're Bringing Home a Baby?</i> Nourish & Nurture 6:30 pm</p>	<p>Drop-in Play 9:00-4:00 Tot Music 10:30 am</p> <p>Eensy Weensy Rhymers 1:00 pm</p>	<p>Drop-in Play 9:00-4:00 Nourish & Nurture: Ask the Dietician 10:00 am</p> <p>Toe to Top Movers: Toddlers & Preschoolers 10:30 am</p>	<p>Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00</p>
15	16	17	18	19	20	21
<p>Last Day to Register For Your Free Tree! https://www.neighborhoodforest.org/registration-services/?school=179632</p> 	<p>Drop-in Play 9:00-4:00 Family Story Time & Games: St. Patrick's Day 10:30 am</p> <p>Community Corner 11:00 am</p> <p>Infant Massage 1:00 pm</p>	<p>Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am</p> <p>PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i></p>	<p>Drop-in Play 9:00-4:00 Kids in the Leprechaun's Kitchen 10:00 am</p> <p><i>Register by Tuesday @ 4 pm</i></p> <p>Curious & Capable Toddlers 10:00-11:00 am</p> <p><i>So, You're Bringing Home a Baby?</i> Move & Soothe 6:30 pm</p>	<p>Drop-in Play 9:00-4:00 Meet & Greet with KidsFirst 10:30-11:30</p> <p>Tot Music: Celebration of Eid 10:30 am</p> <p>Eensy Weensy Rhymers 1:00 pm</p>	<p>Drop-in Play 9:00-12:00 Absolutely Incredible Kids Birthday Party 2:00-4:00 pm</p> <p>Eastview Community Centre 615 6th Ave.</p>	<p>Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00</p>
22	23	24	25	26	27	28
	<p>Drop-in Play 9:00-4:00 Family Story Time & Games: Make Up Your Own Holiday 10:30 am</p> <p>Infant Massage 1:00 pm</p>	<p>Drop-in Play 9:00-4:00 Family Yoga 9:15-10:00 am</p> <p>Tooth Play & Dentist Day 10:00-12:00</p> <p>Lactation Support 1:00-3:00 pm</p> <p>PMAD Peer Support Group <i>*virtual*</i> 6:30-8:30 pm <i>Registration Required</i></p>	<p>CLOSED for Monthly Prep & Planning <i>So, You're Bringing Home a Baby?</i> Stories & Songs for Baby 6:30 pm</p>	<p>Drop-in Play 9:00-4:00 Tot Music 10:30 am</p> <p>Eensy Weensy Rhymers 1:00 pm</p> <p>Supporting Healthy Growing Babies & Beyond 1:30 pm</p>	<p>Drop-in Play 9:00-4:00 Messy Minis 10:00-11:30 am</p> <p>Discovery with Dudes: Record Breaker Rally 1:00-4:00</p>	<p>Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00</p>
29	30	31				
	<p>Drop-in Play 9:00-4:00 Family Story Time & Games: Not a Box 10:30 am</p> <p>Infant Massage 1:00 pm</p> <p>Get Outside! Preschool Club 1:00-2:00 pm</p>	<p>Drop-in Play 9:00-8:00 Family Yoga 10:30-11:15 am</p> <p>PMAD Peer Support Group 6:30-8:30 pm <i>Registration Required</i></p>				

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.*

Infant Massage

Discover the power of nurturing touch and connection. Infant Massage supports bonding and secure attachment, helps babies relax and sleep, loosens and strengthens muscles, and can ease common discomforts. Please bring an extra blanket for your baby. *Suitable for infants birth–12 months and their caregivers.*

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 the Leprechaun's Kitchen

Join our Leprechaun friend 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: 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: Bedtime.** *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.*
Special Event: Celebration of Eid - Join us for a special Tot Music as we celebrate Eid, a joyful holiday celebrated by many Muslim families at the end of Ramadan. We will enjoy music, movement, henna, and simple activities as we celebrate together. *Eid Mubarak! All families welcome.*

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.*

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.*

Discovery with Dudes: Record Breaker Rally

Celebrate time with dads, step-dads, grandpas, uncles, and all amazing father-figures! This month, we are taking on a series of fun mini-challenges designed to spark teamwork, laughter, and connection. Get ready to move, build, and break some (silly) records together! *Suitable for children 2-5 and their dudes.*

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!*

Absolutely Incredible Kids Birthday Party

In celebration of Absolutely Incredible Kid Day (*March 19th*) and Make Up Your Own Holiday Day (*March 26th*), we are throwing an **Absolutely Incredible Kids Birthday Party** – where it's everybody's birthday! Enjoy classic birthday games, cupcake decorating, and a techno dance party to finish it off! This is an off-site event – please meet us at the *Eastview Community Centre (615 6th Ave).*

So, You're Bringing Home a Baby?

A welcoming prenatal series with weekly topics, opportunities to connect with community partners, and thoughtful take-home supports for growing families. *Attend one, a few, or all sessions!*

Tooth Play & Dentist Day

In honour of World Oral Health Day (*March 20th*), join us for a special visit with dentist Dr. Friesen. Enjoy a story time to start, followed by hands-on exploration with a giant tooth and toothbrush, dental tools, and time for children and caregivers to ask all their tooth-related questions.

Your Child's Eye Health: Ask Dr. Poncsak

Did you know eye exams can begin as early as 6 months of age, and are free for children under 18 in Saskatchewan? Join optometrist, Dr. Chelsea Poncsak, to chat, ask questions, and learn how to support your child's vision.

Meet & Greet with KidsKirst

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

This weekly support group creates an opportunity to connect with other caregivers who have similar lived experiences. *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.

Register for your FREE TREE!

Register to receive a free tree for your child to plant during Earth Week! Registration closes March 15th. Trees will arrive in April ahead of Earth Day, and registered families will be contacted with pickup details once they are available. <https://www.neighborhoodforest.org/registration-services/?school=179632>