



Regina Early Years Family Resource Centre

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October 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Drop-in Play 9:00-4:00 Potty Time: Ready, Set, Go!-Pt. 1 10:00-11:30 am Curious & Capable Toddlers 10:00-11:30 am Baby BrainDance 1:00 pm Baby-Led Weaning Demonstration 1:00-3:00 pm Supporting Healthy Growing Babies & Beyond 1:30-2:30 pm Lactation Support 1:30-2:30 pm	Drop-in Play 9:00-4:00 Growing Together: Celebrating Milestones Nourish & Nurture: Ask the Dietician 10:00-11:00 am Breastfeeding Café 10:00 am-12:00 pm	Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00 Bump. Babe, Beyond Expo Conexus Arts Centre *Paid Entry* 9:00 am-3:00 pm
	Drop-in Play 9:00-4:00 Ask Allie – Autism Navigation 10:00 am-12:00 pm Messy Minis 10:00-11:30 am	Drop-in Play 9:00-8:00 Ready, Set, Read! 10:30 am When You Read to Me: <i>Listening</i> 1:00 pm Move, Connect & Regulate 6:00 pm PMAD Peer Support Group 6:30-8:00 pm <i>registration required</i>	Drop-in Play 9:00-4:00 Ask the OT: Setting Boundaries 10:00 am-12:00 pm Family Yoga 10:30 am <i>So, You're Bringing Home a Baby?:</i> Welcome, Baby! 6:30 pm	Drop-in Play 9:00-4:00 Potty Time: Ready, Set, Go!-Pt. 2 10:00-11:30 am Curious & Capable Toddlers 10:00-11:30 am Baby BrainDance 1:00 pm	Drop-in Play 9:00-4:00 Music & Movement 10:30 am Eensy Weensy Rhymers 1:00 pm	CLOSED for Stat Holiday Weekend
	CLOSED for Stat Holiday	Drop-in Play 9:00-4:00 Ready, Set, Read! 10:30 am Bridges to Wellness 10:30-11:30 am When You Read to Me: <i>Seeing</i> 1:00 pm	Drop-in Play 9:00-4:00 Supporting Communication: Ask the SLP 10:00 am-12:00 pm Family Yoga 10:30 am <i>So, You're Bringing Home a Baby?:</i> Move & Soothe 6:30 pm	Drop-in Play 9:00-4:00 Curious & Capable Toddlers 10:00-11:30 am Baby BrainDance 1:00 pm	Drop-in Play 9:00-12:00 Music & Movement 10:30 am Pumpkin Palooza 1:00-3:00 pm <i>Gocki Park - 425 15th Ave.</i>	Drop-in Play 9:00-12:00 CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
	Drop-in Play 9:00-4:00 Messy Minis 1:00-2:30 pm	Drop-in Play 9:00-8:00 Ready, Set, Read! 10:30 am When You Read to Me: <i>Reaching</i> 1:00 pm PMAD Peer Support Group 6:30-8:00 pm <i>registration required</i>	Drop-in Play 9:00-4:00 Family Yoga 10:00 am <i>So, You're Bringing Home a Baby?:</i> Nourish & Nurture 6:30 pm	Drop-in Play 9:00-4:00 Meet, Chat & Ask With ECIP 10:00 am-12:00 pm Curious & Capable Toddlers 10:00-11:30 am Supporting Healthy Growing Babies & Beyond 1:30-2:30 pm Lactation Support 1:00-2:00 pm	Drop-in Play 9:00-4:00 Building Bodies Through Play: Ask the Physiotherapist 10:00 am-12:00 pm Music & Movement 10:30 am Eensy Weensy Rhymers 1:00 pm	Drop-in Play 9:00-12:00 Family Zumba 10:30 am CLOSED 12:00-1:00 Drop-in Play 1:00-3:00
	Drop-in Play 9:00-4:00 Kids in the Kitchen 10:30 am <i>register by 12:00 pm Friday</i>	Drop-in Play 9:00-4:00 Ready, Set, Read! 10:30 am When You Read to Me: <i>Pointing</i> 1:00 pm	Drop-in Play 9:00-4:00 Family Yoga 10:30 am <i>So, You're Bringing Home a Baby?:</i> Care & Connection 6:30 pm	CLOSED for Monthly Prep & Planning	Drop-in Play 9:00-4:00 Eek-citing Halloween Explorations 9:00 am-4:00 pm 10:30 am trick-or-treating 1:30 pm trick-or-treating	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. **Play Reminder:** *Our programs, materials, and play spaces are designed for children prenatal up to age 6. Older siblings are welcome but must remain with their caregiver, who is responsible for supporting appropriate use of our early-years space and materials.*

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. *Suitable for infants 6 months-18 months and their caregivers.*

Ready, Set, Read!

Read, talk, wonder and play through stories, games and hands-on experiences that build language, spark curiosity and encourage imagination. Growing a reader, one experience at a time. *Suitable for children 2-5 and their caregivers.*

When You Read to Me

Explore the many ways infants and toddlers experience books and stories through listening, looking, reaching, pointing, wondering and choosing. Discover simple ways to support early literacy while giving little ones plenty of time to explore books, follow their interests and enjoy reading together. *Suitable for children 0-2 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 activities 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.*

Baby BrainDance

Bond with your baby through music, touch, and gentle movement. This class features lullabies, nursery rhymes, and simple BrainDance patterns that support early brain and body development for both baby and caregiver. *Suitable for children 0-walking and their caregivers.*

Music & Movement

This program supports early language, as well as physical, social and emotional development through singing, rhythm, and active play. Children build listening skills, coordination, body awareness, and confidence as they explore alongside their caregivers in a fun, playful, and 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.*

Kids in the Kitchen

Join us for a fun and engaging hands-on cooking program where children and caregivers can explore different ways to collaborate in the kitchen while learning simple recipes to make and enjoy together. Cooking supports fine motor development, early math and literacy skills, problem solving, confidence, and independence. *Suitable for children 2-5 and their caregivers. Please fill in the form to register: <https://forms.cloud.microsoft/r/41p9bNlJWS>*

Family Zumba

Move, dance, and have fun together! Family Zumba combines upbeat, Latin-inspired music and dance with simple, easy-to-follow movements children and caregivers can experience together. Build coordination, confidence, and body awareness while exploring movement and the joy of being active together. *Suitable for children 0-5 and their caregivers.*

So, You're Bringing Home a Baby?

A four-week prenatal series designed to help families connect with baby, strengthen their support team, and get to know the REYFRC and community supports available to them. Each week offers a different hands-on experience and something special to take home. *Attend one, a few, or all sessions!*

Potty Time: Ready, Set, Go!

A two-part caregiver workshop exploring readiness, preparation and practical strategies for supporting toilet learning. This additional session was added following high interest in September. *Limited spaces may be available - ask a facilitator!*

Growing Together: Celebrating Milestones

Join us for a day of celebrating children's growth and development! Complete an Ages and Stages Questionnaire (ASQ), explore activities connected to different areas of development, and celebrate all the amazing ways children grow and learn. Whether this is your first ASQ, or your child is ready for their next age and stage, we look forward to celebrating alongside you!

Transitioning to Solids: Baby-Led Weaning Demonstration

Join third year nursing students for a demonstration on transitioning to solid foods, exploring what baby-led weaning looks like, and how we can support through the various ages and stages.

Breastfeeding Café

Come connect, share and celebrate! Join Lactation Consultants, Public Health Nurses, and other breastfeeding families for a relaxed morning of conversation, questions, learning and connection. Plus, enjoy nutritious (and sweet!) treats, special giveaways, and photos by Chelsea Lee Photography throughout the morning.

Move, Connect & Regulate

Join Ashley, movement educator, and Allison, Occupational Therapist, for a collaborative movement-based session exploring self-regulation. Together, families will learn the theory behind self-regulation and explore practical tools using movement, breathing, and connection. *Best suited for children 3-5 and their caregivers. Older siblings welcome.*

Pumpkin Palooza

Join us at Gocki Park for an afternoon of outdoor play, fall fun, a festive StoryWalk, and pumpkin adventures! *Suitable for children 0-5 and their caregivers.*

Eek-citing Halloween Explorations

Come explore, create, and celebrate Halloween with hands-on activities and playful learning centres! **Trick-or-treating will take place at 10:30 am or 1:30 pm** - please bring a small bag to collect your treats. *Costumes are welcome, but optional. Suitable for children 0-5 and their caregivers.*

Supporting Healthy Growing Babies & Beyond

Connect with visiting Public Health Nurses and learn more about the many ways they support children and families. Explore topics like development, feeding, sleep, health, vaccines, community resources, and more, or simply take the opportunity to get to know your local Public Health team. *Baby weigh-ins are also available.*

Lactation Support

Meet Lori, Lactation Consultant and Public Health Nurse, for a casual, welcoming opportunity to connect and learn more about infant feeding. Chat about breastfeeding/chestfeeding, milk supply, pumping, feeding your growing baby, or any questions or curiosities you may have. *A private room is available for hands-on support and quiet, one-on-one conversations. A scale is also available for baby weigh-ins.*

Nourish & Nurture: Ask the Dietician

Curious about food, feeding and nutrition in the early years? Join Becky, Registered Dietitian, for a casual, welcoming opportunity to chat about first foods, mealtime routines, nutrition, raising confident eaters, and any questions or curiosities you may have. Drop in, connect, and gather practical ideas to support your family's feeding journey.

Ask Allie – Autism Navigation

Meet Allie, Autism Navigator, and learn more about her role in supporting children and families. Connect, ask questions, and explore topics including autism, assessment and diagnosis, early intervention, parent support, coregulation, community resources, and more.

Ask the OT: Setting Boundaries

Join Occupational Therapist Allison to explore why boundaries matter, how clear and consistent limits can help children feel safe and secure, and practical ways to hold boundaries through big feelings. Have questions about something else? Allison is also available to chat about all things OT!

Bridges to Wellness

Connect with the Saskatchewan Perinatal Health Network and learn more about the supports and resources available to expecting and new parents. Explore topics including mental wellness, mindfulness, self-care, coregulation, and more, while getting to know the people and services available to support families throughout the perinatal journey.

Supporting Communication: Ask the SLP

Join Raelynn, Speech-Language Pathologist, for a casual, welcoming opportunity to connect, learn more about speech and language development, and discover ways to support early communication through play and everyday interactions. Come meet the SLP, explore communication milestones and curiosities, or bring along any questions you may have.

Meet, Chat & Ask With ECIP

Questions, curiosities or worries about your child's development? Stop by and connect with staff from the Early Childhood Intervention Program. Learn more about ECIP, ask questions, talk through any worries or concerns about your child's development, or simply get to know one of the many community partners working together to support children and families in the early years.

Building Bodies Through Play: Ask the Physiotherapist

Meet Jenny, Physiotherapist, and explore how children's movement and motor skills develop through play. Connect, ask questions, and learn about milestones, movement curiosities, growing bodies, and playful ways to encourage movement in everyday life.