Regina Early Years Family Resource Centre

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November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **Drop-in Play 9:00-4:00** **Ask Allie – Autism Navigation** 10:00 am-12:00 pm **Music & Movement** 10:30 am **Eensy Weensy Rhymers** 1:00 pm	3 **Drop-in Play 9:00-8:00** **Messy Minis** 10:00-11:30 am	4 **Drop-in Play 9:00-4:00** **Ready, Set, Read!** 10:30 am **When You Read to Me: Curiosity** 1:00 pm **Rhymes & Good Times with Dad** 6:00 pm	5 **Drop-in Play 9:00-4:00** **Family Yoga** 10:30 am	6 **Drop-in Play 9:00-4:00** **Nourish & Nurture:** **Ask the Dietician** 10:00-11:00 am **Family BrainDance** 10:30 am	7 **Drop-in Play 9:00-12:00** **CLOSED 12:00-1:00** **Drop-in Play 1:00-3:00**
8	9 **Drop-in Play 9:00-4:00** **Music & Movement** 10:30 am **Eensy Weensy Rhymers** 1:00 pm	10 **Drop-in Play 9:00-4:00** **Celebrating Diwali** 10:30 am	11 **CLOSED for Stat Holiday** **Rhymes & Good Times with Dad** 6:00 pm	12 **Drop-in Play 9:00-4:00** **Family Yoga** 10:30 am **Supporting Healthy Growing Babies & Beyond** 1:30-2:30 pm **Lactation Support** 1:30-2:30 pm	13 **Drop-in Play 9:00-4:00** **Building Bodies Through Play:** **Ask the Physiotherapist** 10:00 am-12:00 pm **Family BrainDance** 10:30 am	14 **Drop-in Play 9:00-12:00** **Family Zumba** 10:30-11:15 am **CLOSED 12:00-1:00** **Drop-in Play 1:00-3:00**
15	16 **Drop-in Play 9:00-4:00** **Music & Movement** 10:30 am **Eensy Weensy Rhymers** 1:00 pm	17 **Drop-in Play 9:00-8:00** **Curious & Capable Toddlers** 10:00-11:30 am **Messy Minis** 1:00-2:30 pm **Move, Connect & Regulate** 6:30 pm **PMAD Peer Support Group** 6:30-8:00 pm *registration required*	18 **Drop-in Play 9:00-4:00** **Supporting Communication: Ask the SLP** 10:00 am-12:00 pm **Meet, Chat & Ask With ECIP** 10:00 am-12:00 pm **Ready, Set, Read!** 10:30 am **When You Read to Me: Choosing** 1:00 pm **Lactation Support** 1:00-2:00 pm **Rhymes & Good Times with Dad** 6:00 pm	19 **Drop-in Play 9:00-4:00** **Family Yoga** 10:30 am	20 **Drop-in Play 9:00-4:00** **Growing Together: Celebrating Milestones** 9:00 am – 4:00 pm **National Day of the Child** 9:00 am-4:00 pm **Dancing Literacy** 10:00 am **Baby BrainDance** 1:30 pm	21 **Drop-in Play 9:00-12:00** **CLOSED 12:00-1:00** **Drop-in Play 1:00-3:00**
22	23 **Drop-in Play 9:00-4:00** **Music & Movement** 10:30 am **Eensy Weensy Rhymers** 1:00 pm	24 **Drop-in Play 9:00-4:00** **Curious & Capable Toddlers** 10:00-11:30 am	25 **CLOSED for Monthly Prep & Planning**	26 **Drop-in Play 9:00-4:00** **Ask the OT** 10:00 am-12:00 pm **Family Yoga** 10:30 am **Caring for Kids with Confidence:** *First Aid with Nursing Students*	27 **Drop-in Play 9:00-4:00** **Family BrainDance** 10:30 am **Kids in the Kitchen** 1:30 pm *register by 12:00 pm Thursday*	28 **Drop-in Play 9:00-12:00** **CLOSED 12:00-1:00** **Drop-in Play 1:00-3:00**
29	30 **Drop-in Play 9:00-4:00** **Music & Movement** 10:30 am **Eensy Weensy Rhymers** 1:00 pm					

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 Play Reminder: *Our programs, materials, and play spaces are designed for children prenatal through 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.*

Music & Movement
Music & Movement supports early language, physical, and social 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.*

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.*

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.*

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.*

Rhymes & Good Times with Dad
Join other dads and dad figures with their little ones for playful songs, rhymes, movement, and connection! Explore silly sounds, familiar tunes, and fun ways to bring music into everyday routines while strengthening the bond with your little one. *Suitable for children ages 0-2 and their dads or dad figures.*

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.

Family BrainDance
A playful exploration of movement, rhythm, and connection inspired by the principles of BrainDance! Through a variety of movement experiences, children and caregivers will explore ways to support brain and body development, coordination, body awareness, and self-regulation, all while moving, playing, and connecting. *Suitable for children 0-5 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/WHQQ5Lr2uH*

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!

Celebrating Diwali
Join us as we celebrate Diwali, the Festival of Lights! We will begin with a special story time, followed by a variety of hands-on activities and playful experiences throughout the centre to explore this beautiful celebration! *Suitable for children 0-5 and their caregivers.*

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.*

Move, Connect & Regulate
Join Allison, Occupational Therapist, and Ashley, Movement Educator, for a playful, movement-based session exploring self-regulation and co-regulation! Through music, movement, and connection, children and caregivers will experience the *FOCUS on Self-Regulation* framework, learning a simple, practical sequence of activities to support body awareness, attention, and regulation in everyday situations. *Best suited for children 3-5 and their caregivers. Older siblings welcome.*

National Day of the Child
Join us as we celebrate National Day of the Child with a fun-filled day of play, exploration, and connection! Enjoy playful literacy and movement experiences, explore children's rights, and connect with early years organizations and community supports. Together, we will celebrate children, their rights, and the families and communities that support them!

Caring for Kids with Confidence: *First Aid with Nursing Students*
Join nursing students for an informative session exploring how to confidently care for common childhood bumps, bruises, cuts, burns, fevers, and other minor injuries at home, while learning when to seek medical attention.

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.

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.

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, Public Health Nurse and Lactation Consultant, 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.*

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.

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.

Ask the OT
Join Allison, Occupational Therapist, for a casual, supportive opportunity to ask questions and explore practical strategies around self-regulation, sleep, setting boundaries, transitions, and everyday routines. Discover ways to support your child's development, emotional well-being, and growing independence!

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*