



November-ihkopiwiṭsim - Hoar Frost Moon 2025

miyo-ohpikinawasowin EYFRC Location

Address 3079 5th avenue

Phone (306) 520-7979

Email familycentre@reginakids.ca

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ReginaEarlyYearsFamilyResourceCentre @earlyyearsfamilycentre www.reginakids.ca familycentre@reginakids.ca	To register for Childcare Readiness hybrid session in person/zoom email Pam at: pashurst@earlylearning.ca	For more information about RPHN groups and to register visit rphn.ca			1 Play Unplugged 9:00am-12:00pm Zumbuddies 9:30am 10:30am ZUMBA
3 Play Unplugged 9:00am-4:00pm zūmbini 9:00am-10:00am Peekaboo Pages 10:00am- 10:30am Playful Parenting 1:00pm-3:00pm SaskPHN virtual PMAD support group 1:00pm-2:30pm	4 Play Unplugged 9:00am-4:00pm Bubbles, Beats & Baby Feet 9:30am-10:30am Ask Allie, Autism Navigation 10:30-11:30 SaskPHN Connect & Play 1:00pm-3:00pm come & go	5 Play Unplugged 9:00am-4:00pm Literacy at Play 9:45am-11:45am @Sunrise Library Branch 3130 Woodhams Drive Creative Arts for Social Emotional Growth 10:00am SaskPHN in person PMAD support group @ 2115 Athol street upstairs childcare space 10:00am-11:30am Four Directions Community Health Centre Prenatal and Postnatal support group 1:00pm-3:00pm *childcare provided	6 Play Unplugged 9:00am-4:00pm Once Upon a Canvas 10:00am-11:00am Come & Play Café 1:00pm-3:00pm	7 Play Unplugged 9:00am-4:00pm Cookie Crumb Club 10:30am-11:30am Discovery Lab 2:00pm-3:00pm	8 Play Unplugged 9:00am-12:00pm Zumbuddies 9:30am 10:30am ZUMBA
10 Play Unplugged 9:00am-4:00pm zūmbini 9:00am-10:00am Peekaboo Pages 10:00am- 10:30am Dental Health Awareness with Kelly 10:00am-11:30am SaskPHN virtual NICU support group 1:00-2:30pm	11 Closed Remembrance Day Stat Holiday	12 Play Unplugged 9:00am-4:00pm Literacy at Play 9:45am-11:45am @Sunrise Library Branch 3130 Woodhams Drive Creative Arts for Social Emotional Growth 10:00am SaskPHN in person PMAD support group @ 2115 Athol street upstairs childcare space 10:00am-11:30am	13 Play Unplugged 9:00am-4:00pm Once Upon a Canvas 10:00am-11:00am Come & Play Café 1:00pm-3:00pm	14 Play Unplugged 9:00am-4:00pm Cookie Crumb Club 10:30am-11:30am Discovery Lab 2:00pm-3:00pm	15 Play Unplugged 9:00am-12:00pm Zumbuddies 9:30am 10:30am ZUMBA
17 Play Unplugged 9:00am-4:00pm zūmbini 9:00am-10:00am Peekaboo Pages 10:00am- 10:30am Playful Parenting 1:00pm-3:00pm SaskPHN virtual PMAD support group 1:00pm-2:30pm	18 Play Unplugged 9:00am-4:00pm Bubbles, Beats & Baby Feet 9:30am-10:30am Story Time with Sandi 10:30am SaskPHN Connect & Play 1:00pm-3:00pm come & go	19 Play Unplugged 9:00am-4:00pm Literacy at Play 9:45am-11:45am @Sunrise Library Branch 3130 Woodhams Drive Creative Arts for Social Emotional Growth 10:00am Childcare Readiness Presentation in person/zoom 10:00am-11:30am SaskPHN in person PMAD support group @ 2115 Athol street upstairs childcare space 10:00am-11:30am	20 Centre closed Catch both EYFRC Teams and other community partners at the Heritage Community Association for a National Day of the Child Celebration 1:00pm-3:00pm 1770 Halifax Street	21 Play Unplugged 9:00am-4:00pm Cookie Crumb Club 10:30am-11:30am Discovery Lab 2:00pm-3:00pm	22 Play Unplugged 9:00am-12:00pm Zumbuddies 9:30am 10:30am ZUMBA
24 Play Unplugged 9:00am-4:00pm zūmbini 9:00am-10:00am Peekaboo Pages 10:00am- 10:30am Playful Parenting 1:00pm-3:00pm SaskPHN virtual NICU support group 1:00pm-2:30pm	25 Play Unplugged 9:00am-4:00pm Bubbles, Beats & Baby Feet 9:30am-10:30am Public Health Nurse Visit 10:30am-11:30am SaskPHN Connect & Play 1:00pm-3:00pm come & go	26 Play Unplugged 9:00am-4:00pm Literacy at Play 9:45am-11:45am @Sunrise Library Branch 3130 Woodhams Drive Creative Arts for Social Emotional Growth 10:00am SaskPHN in person PMAD support group @ 2115 Athol street upstairs childcare space 10:00am-11:30am	27 Play Unplugged 9:00am-4:00pm Once Upon a Canvas 10:00am-11:00am Come & Play Café 1:00pm-3:00pm	28 Play Unplugged 9:00am-4:00pm Cookie Crumb Club 10:30am-11:30am Discovery Lab 2:00pm-3:00pm	29 Play Unplugged 9:00am-12:00pm Zumbuddies 9:30am 10:30am ZUMBA

Play Unplugged Enjoy Hands-on fun, curiosity, and discovery with your little ones- No Screens Required!

zūmbini Move, sing and play together! Zumbini is a high-energy interactive music and movement program for babies, toddlers, and preschoolers. Where music, dance and educational activities come together to foster early learning, coordination and social skills.

Peekaboo Pages A magical story time for babies and toddlers! Join us for songs, stories, and playful surprises as we read, explore, and giggle together. (best suited for children 0-5 years old)

Creative Arts for Social Emotional Growth Join Jude a Professional Art Therapist on Wednesdays starting on the 8th. Art as Therapy is an approach where the art-making process itself serves as a healing experience, allowing children to explore emotions, gain personal insight, and support social-emotional growth in a safe supportive environment.

Bubbles, Beats and Baby Feet Sensory-filled adventure that spark curiosity and joy. (best suited for children 0-2 years old)

Discovery Lab Where play becomes and experiment! Children explore the magic of science through guided experiments that bubble, fizz and sparkle. Children and caregivers work together through hands on experiments that ignite the joy of discovery. (best suited for children 2-5years old)

Playful Parenting Playful Parenting is a drop in program where families can build a community, and have thoughtful discussions with other caregivers, and supports about child development, parenting challenges, and navigating the world around us. We will have playful opportunities to see the world through our children's eyes, and engage with our inner child.

Once Upon a Canvas Children will listen to engaging stories and then bring them to life through art. This program encourages self-expression, creativity, and communication skills in a fun supportive environment. (intended for children 1-5 years old)

Come & Play Cafè A welcoming space for families to connect, play and explore! Grab yourself a warm cup of coffee or tea while your little one plays in a relaxed, interactive environment where both caregivers and children can socialize, learn and have fun together.

Art Adventures Where children can explore, imagine and create! This program encourages self-expression, fine motor skills and creative thinking using a variety of art mediums.

Literacy at Play Join an EYFRC facilitator on Wednesdays at Regina Public Library and participate in Literacy through play based activities. Offered at Sunrise Library Branch 3130 Woodhams Drive.

Cookie Crumb Club Little hands, big fun! Cookie Crumb Club is a hands-on, interactive baking program where children can explore, create, and enjoy the magic of baking cookies.

Zumbuddies Take a break and move for you! This lively Zumba class is designed especially for caregivers who give so much to others. Through upbeat music, energizing dance moves, and a welcoming atmosphere, participants will reconnect with their bodies, relieve stress, and boost their mood. No dance experience needed! Just come ready to have fun, laugh, and celebrate self-care through movement. 🧘‍♀️ ZUMBA

Childcare Readiness Presentation Come and join us for conversations, and sharing knowledge to feel confident in choosing childcare that best fits your family's needs, values, and life circumstances. You will learn about regulations, what to expect when touring and inquiring about care, how to navigate waitlists and eligibility for additional supports. Both in person and zoom!

Story time with Sandi Join Sandi from the United Way Regina Family Literacy Hub for a special story time filled with laughter, imagination and wonder!

Public Health Nurse This is one-on-one time for parents/caregivers to ask questions related to their baby/child's specific development, feeding journeys, and an opportunity to weigh baby/child. Offered in partnership with Saskatchewan Health Authority.

Dental Health Information Kelly a Dental Health Educator from Saskatchewan Health Authority will be available to provide information and answer any oral health related questions.

SaskPHN Perinatal Mood and Anxiety Disorder (PMAD) Support Group Peer support group for parents/caregivers suffering from pre/postnatal anxiety and perinatal depression, offered in partnership with Saskatchewan Perinatal Health Network.

SaskPHN Neonatal Intensive Care Unit (NICU) Peer Support Group Peer support group offered biweekly for parents that had babies spend time in the NICU, offered in partnership with Saskatchewan Perinatal Health Network.

SaskPHN Drop in Connect and Play Grow your social network and connect with other parents navigating early parenthood. Open to caregivers and their children 5 and under. Offered in partnership with Saskatchewan Perinatal Health Network.

Ask Allie- This one-on-one time for parents/caregivers to ask questions to an Autism Navigator about all things related to Autism including diagnosis/referrals, supports co-regulation, and other strategies to support Autistic children or families possibly seeking Autism diagnosis. Offered in partnership with Saskatchewan Health Authority.

Four Directions Community Health Centre Prenatal and Postnatal Support Group Offered at our location in partnership with Four Directions Community Health Centre.