




June/ Pāskāwihowipīsim/ Egg-Hatching Moon 2022




A program of The Regina Early Learning Centre

 Regina Early Years Family Centre
 familycentre@reginakids.ca
 reginakids.ca/eyfc

MON	TUE	WED	THU	FRI
		1 Registered Play Time (In Person) 9:00-10:25am 10:50-12:15am 1:00-2:25pm 2:50-4:00pm 1:00pm Story Time with Nitosis (In Person) 1:30-3:30pm Sherwood Library	2 9:45-11:45am Glen Elm Library 10:30am French Story Time (Virtual) 2:00-3:00pm Connect and Play (In Person)	3 9:45-11:45am George Bothwell Library
6 Registered Play Time (In Person) 9:00-10:25am 10:50-12:15am 1:00-2:25pm 2:50-4:00pm 1:30pm Baby Adventures (In Person)	7 10:00 am Preschool Picasso (In Person) 1:30-3:30pm Sunrise Library	8 Registered Play Time (In Person) 9:00-10:25am 10:50-12:15am 1:00-2:25pm 2:50-4:00pm 10:00am Potty Training (Online Zoom) 1:00pm Story Time with Nitosis (In Person) 1:30-3:30pm Sherwood Library	9 9:45-11:45am Glen Elm Library 2:00-3:00pm Connect and Play (In Person)	10 9:45-11:45am George Bothwell Library
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<p align="center">Preschool Picasso 10:00 am Thursdays For ages 2-5yrs</p> <p>Join Linda to create beautiful works of art while exploring a variety of materials.</p> <p>Pre-register with Linda at: https://EYFRC.as.me/PreschoolPicasso</p>	<p align="center">Connect & Play YQR 2:00-3:00 pm Thursdays For ages 0-5yrs</p> <p>At our new Location 3079 5th Ave with Pam</p> <p>For ages 0-5 + caregiver.</p> <p>Focus on learning through play and physical development.</p> <p>Pre-register at: https://EYFRC.as.me/ConnectandPlayYQR</p>
<p align="center">Baby Adventures Monday at 1:30pm For ages 0-12 months</p> <p><i>Each week our facilitator will lead you and your little one through a variety of developmentally appropriate activities. Some weeks will focus on music and movement, others on literacy and books and others on art and sensory experiences.</i></p> <p>Maximum 6 participants</p> <p>Pre-register at: https://EYFRC.as.me/BabyAdventures</p>	<p align="center">Story Time With Nitosis Wednesdays at 1:00pm For ages 0-5yrs old</p> <p>Each week our facilitator will tell stories with indigenous content and basic Cree language teaching.</p> <p>Max 5 participants</p> <p>Pre-register at: https://EYFRC.as.me/storytimewithnitosis</p>
<p align="center">Monday Play Time</p> <p>You can book a spot on your own for you and your child to come and play in the center, or you can book with a friend. Be careful to select the right times if you are booking with a friend. A family unit is considered to be you and your children if booking with a friend they would be considered their own family unit and they will have to fill out their own booking.</p> <p>Pre-register at: https://EYFRC.as.me/MondayPlayTime</p>	<p align="center">Wednesday Play Time</p> <p>You can book a spot on your own for you and your child to come and play in the center or you can book with a friend. Be careful to select the right times if you are booking with a friend. A family unit is considered to be you and your children if booking with a friend they would be considered their own family unit and they will have to fill out their own booking.</p> <p>Pre-register at: https://EYFRC.as.me/WednesdayPlayTime</p>

If no program dates display in the square space the program is currently full, and program registration opens 2 weeks prior to the scheduled dates.

	<p>Have questions about play or your child's development?</p> <p>Call in and ask one of our facilitators: Available between 9am-4pm Monday to Thursday & Fridays from 9am-1pm</p>	
	<p>Triple P: Workshops</p> <p>Come join Triple P Practitioner Dunja for the following zoom sessions:</p> <p>June 6, 2022 Potty Training 10:00am</p> <p>Join in on a zoom session all about Potty Training. There is no one magic answer to get our littles to use the potty. However our Triple P Practitioners do have a lot of tips and tricks they love to share that can help make this transition easier for you and your little one.</p> <p>Register at: https://EYFRC.as.me/PottyTraining</p> <p>June 16, 2022 Screen Time 10:00am</p> <p>Learn how to manage your kids screen time.</p> <p>Register at: https://EYFRC.as.me/ScreenTime</p>	<p>Triple P Supports Available between 8:30-4:30 Monday to Friday</p> <p>Dunja Luzar (306) 520-2074 dluzar@earlylearning.ca</p> <p>Pam Ashurst (306) 519 6616 pashurst@earlylearning.ca</p>

Special Thanks to our Sponsors:



	<p>Have questions about play or your child's development?</p> <p>Call in and ask one of our facilitators: Available between 9am-4pm Monday to Thursday & Fridays from 9am-1pm</p>	
	<p>Triple P: Workshops</p> <p>Join Triple P Practitioner Dunja for the following zoom sessions:</p> <p>June 22, 2022</p> <p>Mealtime</p> <p>Join Triple P Practitioner Dunja as she discusses some common meal time problems children have and how to address them.</p> <p>Register at: https://EYFRC.as.me/mealtime-problems</p> <p>June 29, 2022</p> <p>Building Healthy Self-Esteem in Children</p> <p>Join Triple P Practitioner Dunja for a virtual session on how to Build Healthy Self Esteem in your Children.</p> <p>Register at: https://EYFRC.as.me/buildinghealthyself-esteeminchildren</p>	<p>Triple P Supports</p> <p>Available between 8:30-4:30 Monday to Friday</p> <p>Dunja Luzar (306) 520-2074 dluzar@earlylearning.ca</p> <p>Pam Ashurst (306) 519 6616 pashurst@earlylearning.ca</p>

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City of Regina





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info@rphn.ca



www.rphn.ca



reginaperinatalhealthnetwork



Regina Perinatal Health Network

Perinatal Mood & Anxiety Disorders (PMAD) like Postpartum Depression affect 1 in 5 birthing people every year and we know, without a doubt, that untreated perinatal mental illness significantly impacts the development of young children. The Regina Perinatal Health Network is a program of the Regina Early Learning Centre and offers FREE, online, prenatal & postpartum support to new and expectant families.

