

MON	TUE	WED	THU	FRI
<p>Drop in Play 9:00am-4:00pm</p> <p>Mainly Mother Goose 10:30-11:00am (In person)</p> <p>Young Chefs 9:00am-12:00pm</p>	<p>1</p> <p>St. Matthew 9:00am-12:00pm</p> <p>Literacy at Play George Bothwell Library 1:30pm-3:30pm (In Person)</p>	<p>2</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Baby Adventures 9:00am-12:00pm</p> <p>Literacy at Play 9:45am-11:45am Sunrise Library (In Person)</p> <p>Screen Time 10:00am (Zoom)</p> <p>Music and Movement 100pm-2:00pm (In Person)</p> <p>Literacy at Play 1:30pm-3:30pm Sherwood Village Library (In Person)</p>	<p>3</p> <p>Literacy at Play 9:45am-11:45am Glen Elm Library (In Person)</p> <p>Connect and Play 10:00am-11:00am (Kiwanis Park)</p> <p>St. Matthew site open 1:00pm-4:00pm</p>	<p>4</p>
<p>7</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Mainly Mother Goose 10:30-11:00am (In person)</p> <p>Young Chefs 9:00am-12:00pm</p>	<p>8</p> <p>St. Matthew 9:00am-12:00pm</p> <p>Choosing Quality Childcare 10:30 (zoom)</p> <p>Literacy at Play George Bothwell Library 1:30pm-3:30pm (In Person)</p> <p>Nicole Sax will be on site 1:30pm-2:30pm to answer any questions you have about your child's language development</p>	<p>9</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Baby Adventures 9:00am-12:00pm</p> <p>Literacy at Play 9:45am-11:45am Sunrise Library (In Person)</p> <p>Managing Big Emotions and Self-Regulation 10:00am (zoom)</p> <p>Music and Movement 100pm-2:00pm (In Person)</p> <p>Literacy at Play 1:30pm-3:30pm Sherwood Village Library (In Person)</p>	<p>10</p> <p>Literacy at Play 9:45am-11:45am Glen Elm Library (In Person)</p> <p>Connect and Play 10:00am (Kiwanis Park)</p> <p>St. Matthew site open 1:00pm-4:00pm</p>	<p>11</p> <p>Remembrance Day Center Closed</p>
<p>14</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Mainly Mother Goose 10:30-11:00am (In person)</p> <p>Young Chefs 9:00am-12:00pm</p>	<p>15</p> <p>St. Matthew site open 9:00am-12:00pm</p> <p>Transitions to Childcare 10:30(zoom)</p> <p>Literacy at Play George Bothwell Library 1:30pm-3:30pm Andrea Toogood Nutritionist will be on site at George Bothwell to answer any questions you have about your child's nutrition 1:30pm-2:30pm</p>	<p>16</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Baby Adventures 9:00am-12:00pm</p> <p>Literacy at Play 9:45am-11:45am Sunrise Library (In Person)</p> <p>Daily Routines 10:00am (zoom)</p> <p>Music and Movement 100pm-2:00pm (In Person)</p> <p>Literacy at Play 1:30pm-3:30pm Sherwood Village Library (In Person)</p>	<p>17</p> <p>Literacy at Play 9:45am-11:45am Glen Elm Library (In Person)</p> <p>Connect and Play 10:00am (Kiwanis Park)</p> <p>St. Matthew site open 1:00pm-4:00pm</p>	<p>18</p>
<p>21</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Mainly Mother Goose 10:30-11:00am (In person)</p> <p>Young Chefs 9:00am-12:00pm</p>	<p>22</p> <p>St. Matthew site open 9:00am-12:00pm</p> <p>Literacy at Play George Bothwell Library 1:30pm-3:30pm (In Person)</p> <p>Growing seeds 1:00pm-3:00pm (Drop ins Welcome)</p>	<p>23</p> <p>Baby Adventures 9:00am-12:00pm</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Literacy at Play 9:45am-11:45am Sunrise Library (In Person)</p> <p>Separation Anxiety 10:00am (zoom)</p> <p>Music and Movement 100pm-2:00pm (In Person)</p> <p>Literacy at Play 1:30pm-3:30pm Sherwood Village Library (In Person)</p>	<p>24</p> <p>Literacy at Play 9:45am-11:45am Glen Elm Library (In Person)</p> <p>Connect and Play 10:00am (Kiwanis Park)</p> <p>St. Matthew site open 1:00pm-4:00pm</p>	<p>25</p>
<p>28</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Mainly Mother Goose 10:30-11:00am (In person)</p> <p>Young Chefs 9:00am-12:00pm</p>	<p>29</p> <p>St. Matthew site open 9:00am-12:00pm</p> <p>Literacy at Play George Bothwell Library 1:30pm-3:30pm (In Person)</p>	<p>30</p> <p>Baby Adventures 9:00am-12:00pm</p> <p>Drop in Play 9:00am-4:00pm</p> <p>Literacy at Play 9:45am-11:45am Sunrise Library (In Person)</p> <p>Rudeness and Disrespect (Teens) (Zoom)</p> <p>Music and Movement 100pm-2:00pm (In Person)</p> <p>Literacy at Play 1:30pm-3:30pm Sherwood Village Library (In Person)</p>		

Baby Adventures Opportunity

Wednesdays at 9:00am-12:00pm

For ages 0-12 months

Each week our facilitator will have developmentally appropriate activities set up for you and your little one to explore. Some weeks will focus on music and movement, others on literacy and books and others on art and sensory experiences.

Music and Movement

Wednesdays at 1:00

For ages 0-5yrs

This interactive indoor movement class that focuses on learning through play and supporting healthy child development through physical movement.

Pre-Register at: <https://EYFRC.as.me/MusicandMovement>

Young Chefs Opportunity

Mondays from 9:00am-12:00pm

At 3079 5th Ave

For ages 0-5 + caregiver.

Cooking together with your child provides quality bonding time with you and your child. It often involves math and literacy skills as they learn about measurements and look at recipes even if they are not able to read yet. They will be exposed to literacy as you read the directions out loud. It requires listening and memory as well. At the end of it they will be able to share something delicious with you that you created together.

Connect & Play YQR

Thursdays 10:00am

For ages 0-5yrs


At Kiwanis Park with Pam

For ages 0-5 + caregiver.

Focus on learning through play and physical development.

Pre-register at: <https://EYFRC.as.me/ConnectandPlayYQR>

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>Screen Time November 2nd @ 10:00am</p> <p>Join Triple P Practitioner Dunja for a session on how to manage you child's Screen Time.</p> <p>Pre Register here: https://EYFRC.as.me/ScreenTime</p> <p>Choosing Childcare November 8th @ 10:30</p> <p>Join Triple P practitioner Pam for a zoom session on how to navigate the world of childcare and how to choose one that is suitable for you and your child.</p> <p>Pre Register here: https://EYFRC.as.me/FindingQualityChildcare</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:




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	<p>Triple P: Workshops</p> <p>Managing Big Emotions and Self Regulation November 9 @ 10:00am</p> <p>Join Triple P Practitioner Dunja for a virtual session on how to help your child manage their big emotions and how to self regulate.</p> <p>Pre Register here: https://EYFRC.as.me/BigEmotionsandSelfRegulation</p> <p>Transitions to Childcare November 15th @ 10:30</p> <p>Join Triple P Practitioner Pam for a virtual session on how to navigate transitioning to childcare.</p> <p>Pre Register here: https://EYFRC.as.me/TriplePTransitionsToChildcare</p> <p>Daily Routines November 16th @ 10:00am</p> <p>Join Triple P Parenting Instructor, Dunja Luzar and learn more about the importance of routines and how to build them in your daily life.</p> <p>Pre Register here: https://EYFRC.as.me/DailyRoutines</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>

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	<p>Triple P: Workshops</p> <p>Separation Anxiety November 23 @ 10:00am</p> <p>Join Triple P Practitioner Dunja as she talks about separation anxiety and how we as a parent can help our children get through it.</p> <p>Pre Register here: https://EYFRC.as.me/Separation-Anxiety</p> <p>Rudeness and Disrespect (Teens)</p> <p>Join Triple P Practitioner Dunja for a session on Teen Behavior with a focus on Rudeness and Disrespect.</p> <p>Pre Register here: https://EYFRC.as.me/RudenessAndDisrespect-Teens</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>

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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.

