

January/kise pisim/ Elder Moon, Cold Month-2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>Wednesday Evening Zoom Sessions</p> <p>Jan 3rd, 10th, 17th, 24th, 31st @ 7pm</p> <p>Potty Training 3rd, Routine 10th, Managing Big Emotions 17th, Tantrums 24th, Building Healthy Self Esteem 31st.</p> <p>For more information on any of these evening Triple P Sessions or to pre-register for any of these sessions email Dunja at dluzar@earlylearning.ca</p>	2	<p>3. Drop In Play-Main Site 9:00am-4:00pm</p> <p>Potty Training -Zoom Session with Dunja 7:00pm (Pre-registration Required)</p>	4
<p>8</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play-Albert Branch- 1:00-2:30pm</p> <p>Mighty Movers-Main Site 1:00-2:00pm</p>	<p>9</p> <p>Drop In Play-St. Matthew 9:00am-12:00pm and 1:00pm-4:00pm</p> <p>Preschool Picasso- St. Matthew Site 9:00am-12:00pm</p> <p>Literacy at Play- Sherwood Village Library 9:45am-11:45am</p>	<p>10</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play- Sunrise Library 9:45am-11:45am</p> <p>Routine -Zoom Session with Dunja 7:00pm (Pre-registration Required)</p>	<p>11</p> <p>Drop In Play-St. Matthew Site 9:00am-12:00pm and 1:00pm-4:00pm</p> <p>Story Time-St. Matthew Site 2:00pm-2:30pm</p> <p>Literacy at Play- Glen Elm Library 9:45am-11:45am</p>
<p>15</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play-Albert Branch-1:00-2:30 pm</p> <p>Mighty Movers-Main Site 1:00pm-2:00pm</p>	<p>16</p> <p>Drop In Play-St. Matthew Site 9:00am-12:00pm</p> <p>Preschool Picasso- St. Matthew Site 9:00am-12:00pm</p> <p>Literacy at Play- Sherwood Village Library 9:45am-11:45am</p>	<p>17</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play- Sunrise Library 9:45am-11:45am</p> <p>Managing Big Emotions- Zoom Session with Dunja 7:00pm (Pre-registration Required)</p>	<p>18</p> <p>Drop In Play-St. Matthew Site 9:00am-12:00pm and 1:00pm-4:00pm</p> <p>Story Time-St. Matthew Site 2:00pm-2:30pm</p> <p>Literacy at Play-Glen Elm Library 9:45am-11:45am</p>
<p>22</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play-Albert Branch- 1:00-2:30pm</p> <p>Mighty Movers-Main Site 1:00pm-2:00pm</p>	<p>23</p> <p>Drop In Play- St. Matthew Site 9:00am-12:00pm and 1:00pm-4:00pm</p> <p>Preschool Picasso- St. Matthew Site 9:00am-12:00pm</p> <p>Literacy at Play- Sherwood Village Library 9:45am-11:45am</p>	<p>24</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play- Sunrise Library 9:45am-11:45am</p> <p>Tantrums - Zoom Session with Dunja 7:00pm (Pre-registration Required)</p>	<p>25</p> <p>Drop In Play-St. Matthew Site 9:00am-12:00pm</p> <p>Story Time-St. Matthew 2:00pm-2:30pm</p> <p>Literacy at Play- Glen Elm Library 9:45am-11:45am</p>
<p>29</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play-Albert Branch- 1:00-2:30pm</p> <p>Mighty Movers-Main Site 1:00-2:00pm</p>	<p>30</p> <p>Drop In Play- St. Matthew Site 9:00am-12:00pm and 1:00pm-4:00pm</p> <p>Preschool Picasso- St. Matthew Site 9:00am-12:00pm</p> <p>Literacy at Play- Sherwood Village Library 9:45am-11:45am</p>	<p>31</p> <p>Drop In Play-Main Site 9:00am-4:00pm</p> <p>Literacy at Play- Sunrise Library 9:45am-11:45am</p> <p>Building Healthy Self-Esteem Zoom Session with Dunja 7:00pm (Pre-registration Required)</p>	<p>EYFRC Locations:</p> <p>Main Site 3079 5th Ave</p> <p>St. Matthew 4710 Castle Road</p> <p>Literacy At Play Library Sites:</p> <p>Sherwood Village-6121 Rochdale Blvd.</p> <p>Sunrise-3130 Woodhams Drive</p> <p>Glen Elm-1601 Dewdney Avenue East</p> <p>Albert-3355 6th Avenue</p>

Mighty Movers

Mondays

1:00pm-2:00pm

At the Main Location 3079 5th Ave

For ages 1yr-5yrs

Join us for some outdoor play and exploration. Our facilitators will have a variety of activities to get you and your little one moving!

Preschool Picasso

Tuesdays @ 9:00am-12:00pm

For ages 2-5yrs

Join Linda to create beautiful works of art while exploring a variety of materials.

Story Time

Thursdays @ 2:00pm-2:30pm

St. Matthew Site 4710 Castle Rd.

For ages 0-5yrs

Join Linda every Thursday from 2:00pm-2:30pm for story time.

	<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><u>Wednesday Evening Zoom Sessions-Triple P</u></p> <p>Please Pre Register for any of the following zoom sessions by emailing Dunja at dluzar@earlylearning.ca</p> <p><u>Wednesday January 3, 2024</u> Potty Training Zoom Session @ 7:00pm</p> <p><u>Wednesday January 10, 2024</u> Routine Zoom Session @ 7:00pm</p> <p><u>Wednesday January 17, 2024</u> Managing Big Emotions Zoom Session @ 7:00pm</p> <p><u>Wednesday January 24, 2024</u> Tantrums Zoom Session @ 7:00pm</p> <p><u>Wednesday January 31, 2024</u> Building Healthy Self Esteem Zoom Session @ 7:00pm</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> <p>Shalene Keepness (306) 535-5157 skeepness@earlylearning.ca</p>

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City of Regina





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**Regina Perinatal
Health Network**
A program of The Regina Early Learning Centre
#MoreThanPostpartum



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.

