

# Wellness Programs

Family programs and activities primarily for parents, caregivers and their children aged 0-6yrs.



**SPECIAL  
EVENTS**  
check calendar

**Get Active**   **Get Cookin'**   **Get Involved**

## JUNGLE GYM

Run, jump, play and interact with other families!

Core Ritchie Gym  
drop in  
kids 6 & under

## LITTLE ARTISTS

Painting, gluing, textures, projects & open ended art projects.

Wellness Centre  
**pre-registration**  
3-6yrs

## HEALTHY SPROUTS

Stories & Safety in the kitchen!

Wellness Centre Kitchen  
**pre-registration**  
parents/kids

## PARENTS TIME

Cooking, nutrition & support for parents while the kids play.

Wellness Centre Kitchen  
**pre-registration**  
parents/kids

## STAY & PLAY

Casual Time to play, meet other parents and enjoy our centre.

Wellness Centre  
drop in  
kids 6 & under

## ART FOR THE HEART

Creative activities for women! Enjoy the art of beadwork lead by Anna Obey. Creative relaxing experience providing positive focus. Creativity helps you reflect & move toward change.

Wellness Centre  
**pre-registration**  
women/kids

## WEECHIN - DAD'S GROUP

Helping men and their families help each other.

Wellness Centre  
**pre-registration**  
dad's/kids

## HEALTHY MORNINGS

Engage play that encourages healthy attitudes, habits & skills..

Wellness Centre  
**pre-registration**  
kids 6 & under

## FAMILY LITERACY

Stories, songs, fun & laughter

Regina Public Library -  
Prince of Wales Branch  
Drop in  
kids 6 & under

## COOKIE MONSTERS

Hands on in the kitchen!

Wellness Centre Kitchen  
**pre-registration**  
kids 3-4 yrs



**CAPC**  
Community  
Action Program  
for Children



regina  
**foodbank**

**CHECK WEBSITE CALENDAR FOR DATES & TIMES**

**Pre-register at 2250 Lindsay St, 306.525.4989 or**

**arfwp@sasktel.net.**