

YPP SEPTEMBER PROGRAMMING

Catholic Family Services Regina

INTRODUCTION

Hi Everyone! My name is **Jocelyn** and I am the Young Parent Program Coordinator at CFS Regina. I welcome all families to join in on our programming!

If you would like to register or have any questions you can contact me by text/call at (306) 570-2371 or by emailing me at jocelyn@cfsregina.ca

UPCOMING

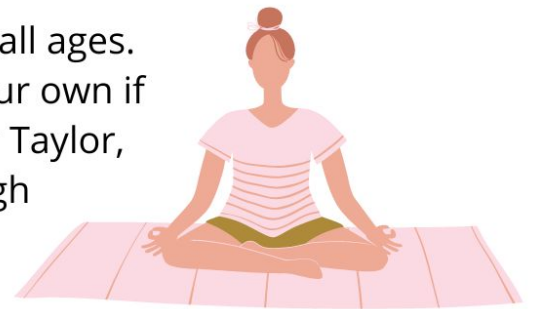
Program: Family Yoga

When: September 7th @ 5:00 - 6:00pm

Location: Catholic Family Services (160 McIntosh Street)

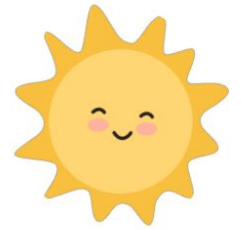
Description:

We will be hosting a family yoga class, suitable for all ages. Children are welcome, but feel free to come on your own if this is part of your self care routine. Our instructor Taylor, is also trained in leading expecting mothers through adapted poses.



CFS Regina

UPCOMING CONTINUED...



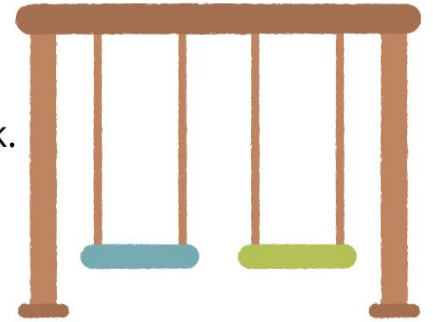
Program: Picnic in the Park

When: September 16th @ 1:00 - 2:00pm

Location: Catholic Family Services (160 McIntosh Street)

Description:

We will meet at CFS and walk as a group to a nearby park. At the park, families will have a chance to enjoy the outdoors together, while having a picnic with provided snacks.



Program: Morning Stories

When: September 20th @ 10:00 - 11:00am

Location: Catholic Family Services (160 McIntosh Street)

Description:

This program allows individuals of all ages to engage in reading and listening to stories together. This program will be ran multiple times over the next few months, therefore, reading bingo will be an option for those interested in winning some prizes!



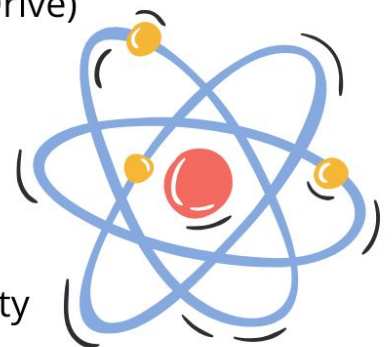
Program: Science Center Day

When: September 28th @ 1:30 - 3:30pm

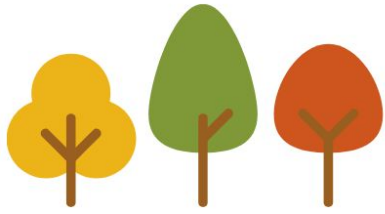
Location: Saskatchewan Science Center (2903 Powerhouse Drive)

Description:

We will meet at the Science Center and spend our afternoon discovering all things science! We will explore everything from gravity and sport, to nature and animals. We will also be exploring the limited time Indigenous Ingenuity exhibit!



CFS Regina



SEPTEMBER 2022



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CFS Regina



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HAPPY
Labour Day

7 Yoga
5:00 -
6:00pm



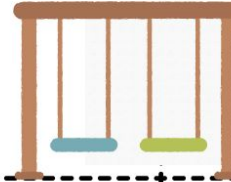
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Picnic in
the Park
1:00 -
2:00pm

17

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Morning
Stories
10:00 -
11:00am

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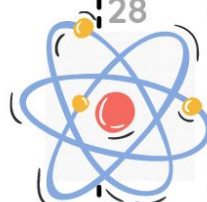
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Science
Center
1:30 -
3:30pm

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