



Winter 2021 Newsletter

Regina Early Learning Centre
2115 Athol St.
Regina, Sk.
S4T 3E8

www.earlylearning.ca
Facebook: Regina Early Learning Centre

We Need Your Support!

Dear friends of the Early Learning Centre,

The Regina Early Learning Centre needs your help now more than ever. The last twenty months have been challenging for all of us but there are some in our community who have suffered more than others.

We often say the “first years last forever”. The first years of life have been changed dramatically for the very young at a critically important time in their development. This is particularly true for children growing up in poverty. Here at the ELC we want to make sure our most precious resource, our children, emerge from the pandemic in healthy ways - prepared for success in school, filled with self confidence and a strong sense of who they are with strong social and problem solving skills and a love of learning. We want to continue to build strong relationships with families so that they have the information and supports they need to be the best parents they can be.

To do this we need your assistance. Our two greatest needs are ongoing support for our Preschool Program and assistance in the cost of renovating the new Regina Early Years Family Resource Centre at 3079 5th Ave. While all donations are welcome, consider this - every \$30 donation will support 1 child attending the Preschool for 1 week and every \$600 donation will provide 1 month of programming for 1 child.

Our new Early Years Family Resource Centre site hosts a number of programs including a state of the art Play and Learn space and program space for our Family Outreach and Triple P (Positive Parenting Program). If you are interested in learning more about this project, we would love to provide tours to individuals or small groups interested in supporting a high quality program in the heart of North Central Regina. [If you would like a sneak peak of this space follow this link for a short video tour.](#)

Donations may be made directly by mail to the Regina Early Learning Centre, 2115 Athol St. Regina, S4T 3E8 or online at [Donate Now - Early Learning Centre \(ELC\) \(canadahelps.org\)](#). For more information please feel free to contact me at 306-757-3744 or mmcgrath@earlylearning.ca.

Mary Ann

Mary Ann McGrath, Executive Director

From the Executive Director

This will be the last time writing to you as the Executive Director of the Regina Early Learning Centre. It has been a great privilege on both a personal and professional level to be a part of this wonderful organization. There have been huge challenges but I am heading into retirement more convinced than ever about the importance of the work we do and of the overall quality and effectiveness of what the ELC offers.

On Jan. 1st, 2022, Monica Totton will become the new Executive Director. Monica has been part of the ELC for the past four years as the Regina Early Years Family Resource Centre Coordinator and most recently as the Assistant Director. I am confident that Monica brings a deep commitment and a wide range of skills to this position. I know in my heart that she is completely committed to the ELC and that she has a commitment to our core values but also an openness to embracing new opportunities for the ELC. I will be officially supporting Monica's transition until the end of February and will explore some volunteer roles after retirement.

I am thankful to the staff, Board Members, parents, donors, and community members I have had the privilege of working with not just in the past years but over the past 15 years.

Mary Ann



Best wishes for a joy-filled holiday season.

Once again, due to safety concerns, we will not host our Annual Open House. However, if you are interested in an individual (small group) tour of our Family Centre space please give us a call at 306-520-7979.

Program Highlights

All ELC programs are fully operational although the logistics of program delivery have changed. The Preschool is open with children attending on a regular basis. A whole range of additional precautions are in place from masking, changes in how snack is served, enhanced cleaning protocols, more time spent outside and more. Our teachers have been incredibly creative in ensuring that children continue to receive a rich, stimulating, culturally sensitive preschool experience. Our home visiting and parent education programs (including KidsFirst, PAT, Triple P and Family Outreach) have been held through a combination of telephone visits, virtual visits, on line and small group programs, and outdoor visits. This fall we have been moving towards more visits at our own sites and are gradually moving towards resuming home visits. The Regina Early Years Family Resource Centre has maintained contact with hundreds of parents. We have provided programming as well as information through these social media. Our new Family Resource Centre space is now open to families – not yet on a drop-in basis but families can phone in and book time in the play and learn space (see link on the front page for a virtual tour of this space).

[We recently created a short video highlighting program impacts which can be viewed here.](#)

Program Highlight - Regina Perinatal Health Network

Anxiety and/or depression affect up to 1 in 5 pregnant or new parents. These illnesses are known as perinatal mood and anxiety disorders (PMADs). They are the #1 complication of pregnancy and childbirth. The impacts of PMADs can be profound for the birthing person, the family, and can also cause developmental damage to the fetus/infant.

Launched in June of 2020, the Regina Perinatal Health Network aims to mitigate these risks by providing nonjudgmental, individualized, and safe support to individuals experiencing PMADs. These supports include a variety of education and support groups offered virtually, As well in partnership with KidsFirst Regina, a Prenatal Outreach Worker is working intensively to support prenatal parents in vulnerable contexts. For more information, please contact Sara Beckel at sara@rphn.ca.

"I made it. Yellow, red, red, red - I made them like that. It goes really fast. I like it like that!"

