



SPECIAL EVENTS
check calendar

PARENTING Classes
see calendar

Wellness Programs

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

Get Active Get Cookin' Get Involved

JUNGLE GYM

Run, jump, play and interact with other families!

Core Ritchie Gym
drop in - Mon 9:30-11am
kids 6 & under

STAY & PLAY

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

Wellness Centre
drop in - see calendar
kids 6 & under

CAPC - projects have been supporting children and their families facing challenging life circumstances since 1993. We offer child health and development activities, parenting skills programs, nutritional support and collective kitchens, physical activity programs for those vulnerable, isolated or increased need.

LITTLE ARTISTS

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

Wellness Centre
drop in - Tues 1pm
3-6yrs

PARENTS TIME

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

Wellness Centre Kitchen
pre-registration
parents/kids

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-registraton
Women/kids

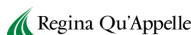
HEALTHY SPROUTS

Stories & Safety while cooking in the kitchen!
Wellness Centre Kitchen

pre-registration
kids 3-5yrs

WEECHIN - DAD'S GROUP

Helping men and their families help each other.
Has moved over to the Al Ritchie Health Action Ctr

pre-registratiion
306-766-7660
dad's/kids 

FAMILY LITERACY

Stories, songs, fun & laughter & book bags.

Regina Public Library - Prince of Wales Branch
Drop in - Tues 10am
kids 6 & under

SNACKAROOS

Hands on snack making in the kitchen!

Wellness Centre Kitchen
drop in - Tues 11am
2-5yrs



CAPC
Community Action Program for Children



City of Regina



Public Health Agency of Canada

Agence de la santé publique du Canada



CHECK WEBSITE CALENDAR FOR DATES & TIMES
Pre-register: 2250 Lindsay St, 306.525.4989 or arcaprograms@sasktel.net