



Newcomer News

Information About
Community Programs

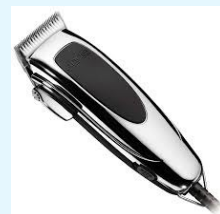


REGINA REGION LOCAL IMMIGRATION PARTNERSHIP - RRLIP - NEWCOMER NEWS #4—AUGUST 2016

Low-Cost Haircuts in Regina - for the whole family!

- ⇒ Beauty Schools charge less for haircuts
- ⇒ **Haircuts are supervised by an instructor**
- ⇒ Students cut hair
- ⇒ **Includes shampoo, cut and style**
- ⇒ **Women's, men's and children's haircuts**

- ⇒ Prices - **Women** - \$20 or less
 Men - \$16 or less
 Children (10 and under) - \$11 or less



Avant-Garde College

1033 8th Ave.

Phone: 306-522-5900

Marvel Beauty Schools

1838 Scarth St.

Phone: 306-757-4157

The Style Academy

2445 Broad St.

Phone: 306-522-2077





Al Ritchie Health Action Centre

325 Victoria Avenue

Call: 306-766-7663 or 306-766-7656

Baby's Best Start:

A FREE Program for Pregnant Women in Regina!

This program can help you get ready for your baby!

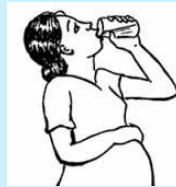


A Dietitian and Nurse teach classes about:

Prenatal care (before baby arrives)

Postnatal care (after baby is born)

Breastfeeding



Free Program also includes:

⇒ **Home visits**

⇒ **Nutrition coupons**

⇒ **Cooking classes**

⇒ **Childcare during classes**

⇒ **Transportation to and from classes**



Have fun! Meet other women! Make new friends!

For more information and to register, call 306-766-7633 or 306-766-7656

Other programs:

Follow-up Mom's Group - stay connected with the other Moms

Parenting Program: "Nobody's Perfect"

Save Money on Groceries!



FREE REWARDS cards! These are NOT credit cards!!

When you buy anything at the store and use the card, you get 'points'.

These 'points' can be used to buy groceries.

In some stores, buying gas can also earn 'points'.

Stores have different cards. *Get the card where YOU shop!*



Regina Examples of Rewards Cards:

PC Plus Card - use at



Superstore
Extra Foods
Independent (YIG)

Shopper's Optimum Card - use at



Shoppers Drug Mart

More Rewards Card - use at



Save-On Foods

Air Miles Card - use at



Safeway

Sobeys

1. **Get the card at Customer Service (or from the cashier)**
2. **You must register online, from your phone or computer (an email address)**
3. **When you buy anything, give the card to the cashier**
4. **When you have enough 'points', use the 'points' to buy groceries**





Near your home!
Many services!

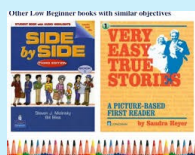


306-777-6000 (Central Library - downtown)

Free Library Card!

Literacy Services (2nd Floor)

- ⇒ Books for Adult ESL learners
- ⇒ English tutoring
- ⇒ Online language programs



Computers



DVD's and Movies - many languages



Books - many languages

Newspapers



- ⇒ Preschool children (with parents) programs
- ⇒ Children's books, crafts, programs, movies
- ⇒ Homework help for school
- ⇒ Teen books and programs



Thank you to our partners:



Immigration, Refugees and Citizenship Canada

Immigration, Réfugiés et Citoyenneté Canada



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