



Newcomer News

Information About
Community Programs



REGINA REGION LOCAL IMMIGRATION PARTNERSHIP - NEWCOMER NEWS #7 - FEBRUARY 2018

Art for Newcomers at the Glen Elm Library



1601 Dewdney Ave E.

FREE monthly program for anyone *new* to Canada

- Try painting, drawing, sculpture, mixed-media and more!
- Practice your English
- All ages - great for families



Drop-ins welcome!

Programs are **usually** the 2nd Saturday of the month
1:30 - 3:30 pm

February 10, March 10, April 14, May 12, June 9, July 14, August 11

Register: 306-777-6009

Or email: reginalibrary.ca



Immunization (vaccinations) can protect babies and children from serious sickness - such as measles, mumps and whooping cough, that may cause permanent disability or death

Regina has free Child Health Clinics!

A Public Health Nurse will:

- Ask questions about your child's health and development
- Check your child's growth
- Immunize your child (with your permission)



Child Health Clinics are held at different places in Regina.

Call for an appointment:



Regina North and West: 306-766-7500 Press 1.

Regina East and South: 306-766-7500 Press 2.

Regina Central: 306-766-7500 Press 3



Information - <http://www.rghealth.ca/department/immunization/childhood-immunization>.

If your child has not had all their immunizations, your public health nurse can help you get on a regular schedule.



Travel Health Centre

2110 Hamilton Street, Regina, Sask.

306-766-7600

<http://www.rqhealth.ca/department/travel-health-centre/travel-health-centre-about-us>



No referrals necessary Vaccines available at the Centre

Provides travel and immunization services including:

- **assessment** of travel health needs
- travel health **counselling**
- current travel health **information**
- required, recommended and provincially funded **immunizations**



- **Yellow Fever Vaccination Centre**
- Risk assessment for **Malaria and Altitude** and prescriptions for medications
- **Legal documentation of vaccinations** (such as Hajj travellers)
- Travel Health Products to buy



You must pay (\$) for travel vaccines and services
(travel health services are not provincially funded)





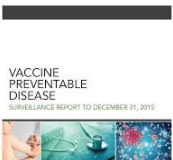
Specialty Immunization Clinic

2110 Hamilton Street, Regina, SK.

306-766-7904



A Variety of Immunization Services:

- You can get vaccines that are not provincially funded, and then pay for the immunization (such as Shingles, HPV 9, TB Test, Meningococcal) 
- Adults can get provincially funded vaccines for diseases they may be at risk for because of age, lifestyle or health condition (such as Tetanus, Measles, Mumps, Pneumonia, Chicken Pox)
- Get vaccines and the necessary forms completed - for post-secondary education, employment or immigration 
- Get vaccines required for certain occupations (such as Hepatitis A and B)
- Vaccination of people who have had contact with vaccine-preventable diseases and in outbreak situations (such as Measles, Whooping Cough) 

There are more vaccines available. Some are free, some must be paid for.

Check the website for more information and examples.

<http://www.rqhealth.ca/department/adult-immunization/adult-immunization>



Newcomer Seniors - Free - NewSTARS



Men and Women

Permanent Residents (PR)

50 years and older



ReginaIWC.ca

NewSTARS connects newcomer seniors to their community!

The free program includes workshops and activities such as:

- Conversation circles to learn about Canadian culture, a positive, healthy lifestyle, etc.
- Information about community supports and how to access them
- Field trips, yoga, internet and computer skills, social club, English for daily conversation, gardening club, etc.
- Health Awareness
- Rights and Responsibilities



Meet other seniors in your community
at
NewSTARS
A free Program for Newcomer Immigrant Seniors
(Men and Women Ages 50+)

Funded by: Immigration, Refugees and Citizenship Canada
Financed par: Immigration, Réfugiés et Citoyenneté Canada

For more information
Call (306)-359-6514
Regina Immigrant Women Centre

Interpretation services for clients with limited English

Times will vary each month

Some workshops will be at different community locations



Registration is required

For more information or to register, please contact:
Regina Immigrant Women Centre, 1801 Toronto Street, Regina
306-359-6514

Email: info@reginaiwc.ca



My Time

A free drop-in program
for 10 - 14 year old youth



My Time is a program to create fun group activities for ages 10-14: sports, art and various other active, creative ideas.

Registration is not required.

Participants must have a Participant Information Form signed by a parent/guardian to attend.

Download the form: <https://www.regina.ca/opencms/export/sites/regina.ca/residents/recreation/.media/pdf/my-time-info-and-photo-release.pdf>

The new My Time schedule starts the week of January 23/18. No programs are held on Statutory Holidays.

Argyle Park Community Centre - 35 Davin Crescent
Wednesday/Friday 6:30-8:30 p.m.

Coronation Park/Huda School (Girls only) - 3105 - 4th Ave. N.
Wednesday 6:30 -8:30 p.m.

Queen City Eastview Community Centre - 615 - 6th Avenue
Wednesday 6:30-8:30 p.m.

Glencairn Neighbourhood Recreation Centre - 2626 Dewdney Avenue E.
Tuesday/Thursday 6:30-8:30 p.m.

Imperial School - 200 Broad Street
Tuesday/Thursday 6:30-8:30 p.m.

Rosemont School - 841 Horace Street
Tuesday/Thursday 6:30-8:30 p.m.

mâdawêyatitân centre - 3355 - 6th Ave
Tuesday/Thursday 6:30—8:30 p.m



For more information, call 306-777-7146 or [visit Regina.ca/mytime](http://www.regina.ca/mytime)

Thank you to our project partners



Contact RRLIP: www.rrlip.ca

Email: info@rrlip.ca

306-791-6846