



Newcomer News

Information About
Community Programs



REGINA REGION LOCAL IMMIGRATION PARTNERSHIP - NEWCOMER NEWS #10 - FALL 2019

RODS - TIP Program needs Volunteer Interpreters

- Do you speak English and other languages?
- Do you want to help newcomers?
- Do you have some time to volunteer?



RODS (Regina Open Door Society) **trains volunteers to help newcomers** by interpreting for RODS and other organizations

[Interpretation request form here](#)

Interpretation could be needed for:

- Service provider visits to the family
- Training and information sessions
- Enrolling children in school
- Other...



More information here: <https://rods.sk.ca/pages/volunteer-with-tip>

Steps to become a TIPS Interpreter:

- Criminal Record and Vulnerable Sector check
- Complete Application Form [here](#)
- Interview
- In-class instruction
- Name will be included on RODS interpreter list
- Can be called to do interpretation

Contact: TIP@rods.sk.ca



YWCA Sewing Classes and Self-Defence Classes for Women

YWCA Regina - 1940 McIntyre Street



Sew Supportive class

- A group meeting to learn the basics of sewing
- Projects will vary from week to week
- Access to sewing machines will be provided. Supplies may be available for some projects.
- Talk, socialize and make new friends

Next Session: Sept 19 - Dec 19, 2019, 6:30-8:30 pm in the YWCA Activity Room

Cost: Pay what you can (suggested price \$10.00 per class)

Drop-In: NO registration needed



Website: <https://www.ywcaregina.com/wellness>

Facebook: <https://www.facebook.com/events/431914697413020/>

Other YWCA Courses and services:

Fight Back: Self Defence for Women

Next Session: Sept 18 - Nov 27, 2019; **5:15-6:30 pm**; 10 weeks

Cost: Pay what you can - suggested price \$10.00 per class

To Register: Contact YWCA Regina at 306-525-2141

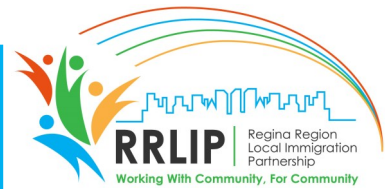
Please join for all 10 weeks, NOT drop-in



Encore Market - Low-cost clothing and household items



Regina Early Learning Centre - Parents as Teachers Program



Early Learning Centre - Parents as Teachers Program

- A home-visiting program
- Supports parents - their child's first and most important teacher.
- For families expecting a child
- For families with children up to 3 years old



- Families can refer themselves
- Available to everyone
- Families receive a monthly visit from a qualified Parent Educator
- During these visits parents learn about their child's development and play activities to encourage this development

Where: At your own home

Contact: Suleil Sebastian ssebastian@earlylearning.ca 306-757-3744

The Early Learning Centre has other free programs for children and their parents/
caregivers:

[Preschool Program](#)
[KidsFirst](#)
[Family Outreach](#)

[Early Years Family Centres](#)

Website: www.earlylearning.ca
Phone: 306- 757-3744



[Monthly calendar of free activities](#) at the 3 Early Years Family Centre locations



MyTime - Free Program for Youth 10-14

City of Regina - [MyTime](#) (October 1 - Dec 14, 2019)



- An inclusive, free, evening program for youth ages 10 to 14
- Youth of all abilities are welcome
- Specially designed to create fun group activities
- Activities are based on the interests of participants (games, swimming, etc.)
- **6:30 - 8:30 pm** In different locations on specific days of the week

*No program on Statutory Holidays
No program October 31*

Website: <https://www.regina.ca/parks-recreation-culture/classes-programs/free-drop-in-programs/>

Registration is not required, but to attend, youth must have a [Participant Information Form](#) signed by a parent/guardian.

Locations



Argyle Park Community Centre	35 Davin Cres	Wednesdays/Fridays
Huda School (<i>Girls Only</i>)	40 Sheppard St.	Wednesdays
Queen City Eastview Community Centre	615 6 th Ave	Wednesdays
Glencairn Neighbourhood Recreation Centre	2626 Dewdney Ave E	Tuesdays/Thursdays
McDermid School	139 Toronto St	Tuesdays/Thursdays
Rosemont School	841 Horace St	Tuesdays/Thursdays
Harbour Landing School	4419 James Hill Rd	Thursdays



Refugee Sponsorship Training Program - Training and Appointments in Regina



Refugee Sponsorship Training Program

RSTP provides training for sponsors and answers questions about sponsoring refugees.

Individual appointments are available in Regina. Get answers to questions, such as:

- How can I sponsor a refugee to come to Canada?
- Where can I get answers about sponsoring?
- What organizations in Regina can help me?
- How do I fill out sponsorship application forms?
- Other questions....

Refugee
Sponsorship
Training
Program

www.rstp.ca

Website: <http://www.rstp.ca/en/>

Email: Helen Smith-McIntyre, hsmithmcintyre@rstp.ca

Phone: 306-343-8303 ; Extension 107

Where are the appointments?

Newcomer Welcome Centre

2332 11th Avenue
Regina, Saskatchewan

Website: nwc@rods.sk.ca

Phone for an appointment: 306-352-5775



Information Sessions about sponsoring are offered in Regina. Call the NWC for more information. 306-352-5775



Thrive Counselling Service - at the Library and Family Service Regina



Family Service Regina - Thrive Counselling Service



Now at 4 locations:

NOTE: The latest time shown below is when the last appointment can be booked.

RPL Regent Branch	331 Albert St.	Mondays 12-4 pm
RPL Central Branch	2311 12 th Ave. Meeting Room 2	Wednesdays 10-5 pm
RPL Albert Branch	mâdawêyatitân centre – 3355 6 th Ave.	Fridays 12-4 pm
Family Service Regina	1440 Broadway Ave #200	Tuesdays/Thursdays 12:30-4pm

Why? If you need advice, help or want to talk about:

- parenting or children's problems
- marriage or family concerns
- grief or loss
- stress, worry or depression



Services:

- First-come, first-serve to see a Master's level student or counsellor
- Confidential (secret) - **no one else will know**
- Referrals for more help (if needed)



Website: <https://familyserviceregina.com/thrive/>

Phone: 306-757-6675

Thank you to our project partners and funder:



Funded by:  Immigration, Refugees and Citizenship Canada

Financé par:  Immigration, Réfugiés et Citoyenneté Canada

Contact RRLIP: info@rrip.ca

306-791-6846

www.rrip.ca