

Family Resource Program (Drop-in), 38 Regent Street, Upper Level, October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 FRP Gym 9 am - 11:30 am 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm	2 FRP Drop-in 9 am - 3:30 pm Infant Drop-In 1 pm - 3:30 pm	3 FRP Drop-in (Centre) 9 am - 10:30 am Sumac Apple Festival 11 am to 3:00 pm @ 340 Gerrard Street
5 FRP Drop-in 9 am - 3:30 pm	6 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	7 FRP Drop-in 9 am - 1 pm FRP Gym 402 Shuter Street 1 pm - 3:30 pm	8 FRP Gym 9 am - 11:30 am 402 Shuter St FRP Drop-in Workshop OAP 11:30 am - 3:30 pm	9 Apple picking 	10 FRP Drop-in 9 am - 3:30 pm
12 Thanksgiving Holiday 	13 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	14 FRP Drop-in 9 am - 1 pm FRP Gym 402 Shuter Street 1 pm - 3:30 pm	15 FRP Gym 9 am - 11:30 am 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm	16 FRP Drop-in 9 am - 3:30 pm Infant Drop-In 1 pm - 3:30 pm	17 FRP Drop-in 9 am - 3:30 pm
19 FRP Drop-in 9 am - 3:30 pm 10:15 am Book Bank visit 	20 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	21 FRP Drop-in 9 am - 1 pm FRP Gym 402 Shuter Street 1 pm - 3:30 pm	22 FRP Gym 9 am - 11:30 am 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm	23 FRP Drop-in 9 am - 3:30 pm Infant Drop-In 1 pm - 3:30 pm Nature walks 2 pm - 3 pm	24 FRP Drop-in 9 am - 3:30 pm
26 FRP Drop-in 9 am - 3:30 pm Nature walks 10 - 11 am 	27 No Program	28 FRP Drop-in 9:00 am - 1:pm FRP Gym 402 Shuter Street 1: pm - 3:30 pm	29 FRP Gym 9 am - 11:30 am 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm	30 FRP Drop-in 9 am - 3:30 pm Infant Drop-In 1 pm - 3:30 pm	31 FRP Drop-in 9 am - 3:30 pm Halloween 

Staff Contact Information	Programs and Locations
Anushiya: AnushiyaR@regentparkchc.org 437-221-0150 Joysree: JoysreeD@regentparkchc.org 437-332-2331 Lyling: LylingS@regentparkchc.org 437-332-2339 Orit: OritM@regentparkchc.org 647-761-4251 Senait: SenaitG@regentparkchc.org 437-332-2361 Suntha: SunthaR@regentparkchc.org 437-332-2355 Varinia: VariniaO@regentparkchc.org 437-332-2409	Family Resource (Gym) Fun physical activities for children 0-6 years old and their parents/caregivers at 402 Shuter Street. The program runs on Wednesdays from 1 p.m. - 3:30 p.m. and Thursdays from 9 a.m. - 11:30 a.m. For more information, please contact Suntha: SunthaR@regentparkchc.org Infant Drop-In The program runs on Fridays from 1 p.m. - 3:30 p.m. at 38 Regent Street Upper Level. For more information, please contact Joysree: JoysreeD@regentparkchc.org Regent Canadian Prenatal Nutrition Program (CPNP) *Pre-registered clients only* The program runs on Tuesdays, from 12:30 p.m. - 4 p.m. at 38 Regent Street Upper Level. For more information, contact Lyling (cell) 437-332-2339 or at LylingS@regentparkchc.org Bengali Speaking Women's Group (ADDA) This afternoon group runs for 8-week sessions, meeting monthly on the 3rd Wednesday of the month, and is held in Bengali at 40 Oak Street, from 1 p.m. - 3 p.m. For more information, please contact Joysree at JoysreeD@regentparkchc.org School Readiness Program (SRP) Available at 38 Regent Street Upper Level to families by registration only and containing parent/guardian and child learning components. For more information, please contact Anushiya: AnushiyaR@regentparkchc.org or call (416) 362-0805 ext. 235.