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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 FRP Drop-in 9 am - 3:30 pm	3 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	4 FRP Drop-in 9:00 am – 1:00 pm | 38 Regent St FRP Gym 1 pm – 3:30 pm | 402 Shuter St	5 FRP Gym 9 am - 11:30 am | 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm | 38 Regent St	6 FRP Drop-in 9 am - 3:30 pm | Infant Drop-In 1 pm - 3:30 pm |	7 FRP Drop-in 9 am – 3:30 pm | 38 Regent St
9 FRP Drop-in 9 am - 3:30 pm 10:15 Book Bank visit 585 Dundas St Room 287	10 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	11 FRP Drop-in 9:00 am – 1:00 pm | 38 Regent St FRP Gym 1 pm – 3:30 pm | 402 Shuter St	12 FRP Gym 9 am - 11:30 am | 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm | 38 Regent St	13 FRP Drop-in 9 am- 12:30 pm | Diwali special drop in 1 pm - 3:30 pm 340 Sumac Food Centre	14 FRP Drop-in 9 am – 3:30 pm | 38 Regent St
16 FRP Drop-in 9 am - 3:30 pm	17 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	18 FRP Drop-in 9:00 am – 1:00 pm | 38 Regent St FRP Gym 1 pm – 3:30 pm | 402 Shuter St	19 FRP Gym 9 am - 11:30 am | 402 Shuter St FRP Drop-in 11:30 am - 3:30 pm | 38 Regent St	20 FRP Drop-in 9 am - 3:30 pm | Shreya Picky Eating Presentation Infant Drop-In 1 pm - 3:30 pm |	21 FRP Drop-in 9 am – 3:30 pm | 38 Regent St
23 FRP Drop-in 9 am - 3:30 pm	24 FRP Drop-in @ Public Library 1 pm - 3 pm 269 Gerrard St. E	25 FRP Drop-in 9:00 am – 1:00 pm | 38 Regent St FRP Gym 1 pm – 3:30 pm | 402 Shuter	26 FRP Gym 9 am - 11:30 am | 402 Shuter St FRP Drop-in 11:30 am 1:45 pm | 38 Regent St 1:45 pm- 3 pm Book Bank	27 FRP Drop-in 9 am - 3:30 pm | Infant Drop-In 1 pm - 3:30 pm |	28 FRP Drop-in 9 am – 3:30 pm | 38 Regent St
29 FRP Drop-in	30 No program				

9 am - 3:30 pm					

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.