



Frost Regina getting ready for 2023

After a successful debut in 2022, Frost Regina is preparing for the 2023 edition which will run from Thurs., Feb. 3 through Sat., Feb. 12.

Presented by Federated Co-operatives Limited (FCL), Frost was conceived by the Regina Winter Festival Committee (RWFC) to create a signature local winter event that would enhance the visitor economy while at the same time providing inclusive and welcoming opportunities for local residents to celebrate our Winter City.

Frost will have four hubs: at REAL District, Wascana Centre, Warehouse District and Regina Downtown.

The festival will feature a wide array of activities. For a complete schedule of events, click [HERE](#).

The festival will include a combination of free and paid events. For the events at REAL, an all-inclusive Frost Pass of \$18 per person will provide access to all the properties in the District.

Activities in the Warehouse District and Regina Downtown will be a combination of paid and free. All programming at Wascana Centre will be free.

Volunteers are needed for various roles at REAL, Regina Downtown, Regina Warehouse District and Wascana Centre, with both indoor and outdoor shifts. Please note, majority of shifts are outdoors and will range in length from two to four hours.

All volunteers will receive a beautiful Frost Regina toque and scarf. Volunteers will have access to the festivities and events when they are not volunteering. Warming areas and hot beverages will be provided.

For more information about volunteering, click [HERE](#).

Vendors are also being encouraged to participate in the festival. For more information on submitting an application as a vendor, click [HERE](#).

To find out more about the festival, click [HERE](#).



UPCOMING REGINA CHAMBER EVENTS

FRIDAY, JANUARY 20
THE 137TH CHAIR'S BLACK & WHITE
INAUGURATION DINNER
DoubleTree by Hilton
Reception: 6 p.m.
Dinner & Program: 7 p.m.



THURSDAY, APRIL 6
23RD ANNUAL PARAGON AWARDS
Celebrating and honouring the achievements
of the Regina Business Community
Delta Regina
Reception: 6 p.m.
Dinner & Awards to follow

Nutrien
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If you know of deserving business, nominations
can be made by calling 306-757-4648 or
emailing jtonita@reginachamber.com

For more information or to register for these outstanding Chamber event click [HERE](#)

**"We acknowledge, with respect and truth, that we work and support the business community
in Treaty 4 Territory and the traditional lands of the nēhiyawak (Cree), Anihšīnāpēk
(Saulteaux), Dakota, Lakota, Nakoda, and on the homeland of the Métis Nation."**



MYERS-BRIGGS COMMUNICATION STYLES & STRESS MANAGEMENT WORKSHOP

KEY OBJECTIVES:

- Identify personality types and communication styles
- Understand team dynamics and body language
- Explore stress and change management strategies

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