

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																																								
1	2 Office Closed Labour Day	3 Employment & Education Support Group 0930 - 1130	4 Café Français 0930 - 1130	5 Community Coffee 1000 - 1100 Lunch n Chat in French 1230 - 1315	6 A Parent Community 0930 - 1130	7																																								
8	9	10 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130	11 Café Français 0930 - 1130 A Parent Group 0930 - 1130 Parent Together at Night 1830 - 2000	12 Creative Tots 0900 - 1100 Lunch n Chat in French 1230 - 1315 Exceptional Fun 1830 - 2030 Preparing for Deployment and Reunion (FIS) 1700 - 1900	13 A Parent Community 0930 - 1130 Good Food Box Order Deadline	14 Fall Fair 0930 - 1400																																								
15 English classes start this week.	16	17 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Annual General Meeting 1830	18 South Side Coffee 0930 - 1130 Craft Drop-in Afternoon 1330 - 1500 Card Making 1900 - 2100 Circle of Security 0 h 30 - 11 h Free Movie Night - Bldg 90 'Mary Queen of Scots' 1900	19 Creative Tots 0900 - 1100 Lunch n Chat in French 1230 - 1315 Special Needs Discussion Group 1830 - 2030 Cooking Demonstration - Canning 1900	20 A Parent Community 0930 - 1130	21 Amaze in Corn 1000 - 1400																																								
22 French classes start thsi week.	23 Restorative Yoga 1900 - 2000	24 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900	25 Café Français 0930 - 1130 A Parent Group 0930 - 1130 Cognitive Behaviour Therapy 1900 - 2100 Deployment Dinner Date 1700 - 1900	26 Preparing for Reunion 0930 - 1130 Mather Goose in french 0900 - 1000 Creative Tots 0900 - 1100 Lunch n Chat in French 1230 - 1315 Kids Club 1630 - 1900 Sewing 101 1830 - 2100	27 A Parent Community 0930 - 1130	28 Kids Club 0915 - 1130 New Recruits Parent Café 1100 - 1200 Craft Time 1300 - 1600																																								
29 Park Photography Day 1330 - 1530	30 Mature Women's Group 1900 - 2100 Restorative Yoga 1900 - 2000	<p style="text-align: center;">Coming in October</p> <table border="0"> <tr> <td>Transition from Military to Civilian Life -</td> <td>Oct. 5</td> <td>Learn to Make Soup</td> <td>Oct. 24</td> </tr> <tr> <td>Melt Yoga</td> <td>Oct. 7 & 21</td> <td>Learning, Career and Transition Planning</td> <td>Oct. 23</td> </tr> <tr> <td>Sunset Goose Flight</td> <td>Oct. 9</td> <td>Fair</td> <td>Oct. 25</td> </tr> <tr> <td>Potluck Dinner</td> <td>Oct. 10</td> <td>Pumpkin Day</td> <td>Oct. 26</td> </tr> <tr> <td>Family Dance</td> <td>Oct. 11</td> <td>New Recruits Family Cafe</td> <td>Oct. 26</td> </tr> <tr> <td>Community Thanksgiving Lunch</td> <td>Oct. 14</td> <td>French Scrabble and Desert</td> <td>Oct. 29</td> </tr> <tr> <td>Learn to...Kombucha</td> <td>Oct. 16</td> <td>Learn to...Care for Your Beard</td> <td>Oct. 30</td> </tr> <tr> <td>Exceptional Fun</td> <td>Oct. 17</td> <td>Deployment Dinner Date</td> <td>Oct. 30</td> </tr> <tr> <td>Haunted Forest</td> <td>Oct. 19</td> <td>Fireworks</td> <td>Oct. 30</td> </tr> <tr> <td>Leaving the Uniform</td> <td>Oct. 23 - Dec. 18</td> <td></td> <td></td> </tr> </table>				Transition from Military to Civilian Life -	Oct. 5	Learn to Make Soup	Oct. 24	Melt Yoga	Oct. 7 & 21	Learning, Career and Transition Planning	Oct. 23	Sunset Goose Flight	Oct. 9	Fair	Oct. 25	Potluck Dinner	Oct. 10	Pumpkin Day	Oct. 26	Family Dance	Oct. 11	New Recruits Family Cafe	Oct. 26	Community Thanksgiving Lunch	Oct. 14	French Scrabble and Desert	Oct. 29	Learn to...Kombucha	Oct. 16	Learn to...Care for Your Beard	Oct. 30	Exceptional Fun	Oct. 17	Deployment Dinner Date	Oct. 30	Haunted Forest	Oct. 19	Fireworks	Oct. 30	Leaving the Uniform	Oct. 23 - Dec. 18			<p>Occasional Child Care (OCC) 6 mos - 12 yrs Monday to Friday 0700 - 1600 Third Saturday of the month 0700 - 1600</p>
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MFRC YOUTH CENTRES DROP-INS (6 - 12 YEAR OLD)

Reopens September 16

NORTH SIDE, 102 COMET ST.

Monday, Wednesday & Friday 1700 - 2000 Closed Tuesday/Thursday

SOUTH SIDE, 347 DONCASTER ST.

Monday - Friday 1630 - 2000

Membership/Medical forms must be completed - see staff for details.
Membership is \$20 and valid for 12 months.

[f @WINNIPEGMFRCYOUTH](https://www.facebook.com/winnipegmfrcyouth)

www.cafconnection.ca [i @WinnipegMFRC](https://www.instagram.com/winnipegmfrc) [f @WinnipegMFRC](https://www.facebook.com/winnipegmfrc) [t @WinnipegMFRC](https://www.twitter.com/winnipegmfrc)
mfrf.crfm.winnipeg@gmail.com

LEGEND

Children's Programs
Parenting & Family
Programs
Adult Programs
Special Interest
Youth Programs
PSP Programs



SPECIAL EVENTS

COMMUNITY COFFEE BREAK

Visit with community members, pick up resources, register for programs and meet with staff. We have door prizes, occasional special guests and announcements. Thurs., Sept. 5, 1000 - 1100.

FALL FAIR

The annual welcome to Winnipeg, season kick-off event with activities for everyone. See Facebook for details. Sat., Sept. 14, 0930- 1400

ANNUAL GENERAL MEETING

Voice your opinion, guide our programming and participate in the election of our Board of Directors. Tues., Sept. 17 1830. Register by Sept 13.

ADULT PROGRAMS

EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for those who are looking for employment. Tuesdays, 0930 - 1130

CAFÉ FRANÇAIS at MFRC only

Join us for a coffee and chat in French at the MFRC. This is a perfect opportunity to practice your French. Wed., Sept. 4, 11 & 25, 930 - 1130.

FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315.

EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., Sept. 12, 1830 - 2030.

PREPARING FOR DEPLOYMENT AND REUNION (FIS)

If your member is frequently away from home for short or long periods of time, this workshop is for you as we discuss what to make the time apart easier. Thurs., Sept. 12, 1700 - 1900 Register by Sept. 9

SOUTH SIDE COFFEE

A social time open to everyone! Wed. Sept. 18, 0930 - 1130 at South Side Youth Centre, 347 Doncaster St.

CRAFT DROP-IN AFTERNOON

Are you a knitter, scrap-booker, card maker or other crafter? Pack up your supplies and work on it in our space, in the company of other crafters. We have 8 ft. tables. You have room to work! Wed., Sept. 18, 1330 - 1500.

CARD MAKING

Make 4 general purpose cards, 4 different designs, (2 will be sent to a deployed CAF member), and 3 D project. \$10. Register by Sept. 11

SPECIAL NEEDS DISCUSSION GROUP

Meet with others in our community to discuss challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thurs., Sept. 19, 1830 - 2030. Register by Sept. 10

RESTORATIVE YOGA

A supported, gentle movement kind of yoga where we focus on stretching to relax and renew your body and mind. \$10 per session. Mon., Sept. 23 & 30 1900 - 2000 Register by Sept. 11

COGNITIVE BEHAVIOUR THERAPY

Four week class on the basic of CBT and mindfulness. Weds., Sept. 25, Oct. 2,9,16 1900 - 2100. Register by Sept. 19.

PREPARING FOR REUNION

Workshop to building skills to make preparing for separation easier. Thurs., Sept. 26, 0930 - 1130 Register by Sept. 23.

SEWING 101

Make a reusable shopping bag. Bring a sewing machine if you have one. \$10 per person includes all materials. Thurs., Sept. 26, 1830 - 2100. Register by Sept. 19

CRAFT TIME

A three hour session in a child free place with 8 ft tables for you to work on your craft project. Sat., Sept. 28, 1300 - 1600. Register by Sept 27.

PARK PHOTOGRAPHY DAY EN FRANÇAIS

Bring your camera or cel phone and enjoy photography tips and a walk in nature. Sun., Sept. 29. 1330 - 1530. Register by Sept 16.

MATURE WOMEN'S GROUP

Join us for an evening of coffee and conversation as we discuss topics geared to midlife. If you're a 45+ woman this is a great way to meet others while sharing your wisdom and expertise about navigating life's journey. Mon., Sept. 30, 1900 -2100

CHILDREN & YOUTH PROGRAMS

OCCASIONAL CHILD CARE

Casual child care for 6 months - 12 yrs. Call 204-833-2500 ext. 2491 for cost, hours and to register. MFRC Occasional Child Care Centre, 630 Wihuri Rd.

CREATIVE TOTS

Facilitated play group at our 'South Side'. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100.

KIDS CLUB

Drop-in care for children 18 months to 5 years. \$2 per child per session, with PSP membership. Please send along a nut/peanut snack and diapering supplies if required. Tues. & Thurs. 1630 - 1900, Sat. 0915 - 1130

MOTHER GOOSE IN FRENCH

Adult-child program to introduce kids age 1-5 to French.. No French experience or knowledge needed. Five sessions. Sept. 28, Oct. 10, 24 and November 14, 28. 0900 - 1000. Register by Sept 16 for all sessions.

PARENT & FAMILY PROGRAMS

PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fridays. 0930 - 1130.

PARENT GROUP

Join us for parenting discussions and networking. Wed., Sept. 11 & 25, 0930 - 1130.

PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Topic: Sleep. Wed., Sept 11, 1830 - 2000.

CIRCLE OF SECURITY

Learn to read children's emotional needs, support emotional management and enhance self-esteem. Free childcare. Wednesdays 0930 - 1100 September 18, October 02, 16, 30, November 06, 20, December 04, 18. Defense Team \$40/individual, \$60/couple; Civilian \$100/individual, \$150/couple Register by date September 10. Register by September 10.

DEPLOYMENT DINNER DATE

If you have a loved one preparing to deploy or is currently deployed or has recently returned from a deployment, allow us to organize dinner for you and your family. Wed., Sept 25, 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by Sept. 20.

NEW RECRUITS PARENT CAFÉ

Calling parents of a new military member! Come learn about the services the MFRC can offer you and your family. Light refreshments will be served. Sat., Sept. 28, 1100 - 1200.



14 SEPT 2019

Fall fair
17 WING

Something for everyone
0930 - 1430

- FOOD TRUCKS LIVE MUSIC
- TEDDY BEAR CLINIC CHILDRENS ACTIVITIES
- COMMUNITY SHOWCASE

 Programs with this symbol offer drop-in child care (for a fee) for children 18 months to 5 years. Other programs may have care on request - ask!