

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Coming in June</b>						
Community Coffee Break - June 6 Mental Health First Aid - June 6 & 7 Park Photography en Français - June 9 Parent Group - June 12 & 26 Craft Super Session - June 8 Last Day at Youth Centre - June 14 Craft at Night - June 17 Craft Afternoon - June 19 Special Needs Discussion Group - June 20		Souper Franco - June 21 Deployment Activity - June 22 Mature Women - June 24 St. Jean Baptiste - June 24 Deployment Diner - June 25 Learn to... Wood Signs - June 26 Preparing for Deployment - June 27 South Side BBQ - June 27 New Recruits Parent Cafe - June 29		<b>2</b> Coffee Break 1000 - 1100 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1315 Kids Club 1630 - 1900 Exceptional Fun 1900 - 2100	<b>3</b> A Parent Community 0930 - 1130	<b>4</b> Kids Club 0915 - 1130
<b>5</b>	<b>6</b>	<b>7</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	<b>8</b> Café Français MFRC 0930-1130 A Parent Group 0930 - 1130 <b>Spring Choir Concert 1900 - 2100</b>	<b>9</b> Creative Tots 0900 - 1100 Mootheer Goose in French 0900 - 1000 French Lunch 'n Chat 1230 - 1315 Kids Club 1630 - 1900 Everyday Joy - Mindfulness 1800 - 2000	<b>10</b> A Parent Community 0930 - 1130	<b>11</b> Kids Club 0915 - 1130 Art collage pour la santé 1400 - 1600 <b>Stand up for Families Comedy Night 1900</b>
<b>12</b>	<b>13</b> Talking to your kids about drugs and alcohol Time TBD	<b>14</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	<b>15</b> South Side Coffee 0930 - 1100 Craft Drop-in Afternoon 1330 - 1500 Parent Together - at Night 1830 - 2000	<b>16</b> Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1315 Kids Club 1630 - 1900 Care for the Caregiver 1800 - 2000 Exceptional Fun 1830 - 2030	<b>17</b> A Parent Community 0930 - 1130 The Good Food Box Order Deadline Souper Franco 1730 - 2030	<b>18</b> Thé et promenade au centre d'achat vital 1330 - 1530 Deployment Read and Craft 1000 - 1130
<b>19</b>	<b>20</b> Office Closed	<b>21</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	<b>22</b> A Parent Group 0930 - 1130 Café en Français Ecole Roméo Dallaire 0930 - 1130 The Good Food Box Pick up PSP Cooking Demon- stration Class 1500 - 1600	<b>23</b> Creative Tots 0900 - 1100 Mootheer Goose in French 0900 - 1000 French Lunch 'n Chat 1230 - 1315 Kids Club 1630 - 1900 Special Needs Conversation Group - guest speaker 1800 - 2000	<b>24</b> A Parent Community 0930 - 1130	<b>25</b> Kids Club 0915 - 1130 New Recruits Parent Café 1100 - 1200
<b>26</b> RCAF Run	<b>27</b> Mature Women's Group 1900 - 2100	<b>28</b> Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900 Deployment Dinner Date 1700 - 1900	<b>29</b>	<b>30</b> Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1315 Everything Binder 1300 - 1430 Kids Club 1630 - 1900 Ladies Planter Party Time TBD	<b>31</b> A Parent Community 0930 - 1130 MFRC "Couple Force" 1800 - 2000	<b>Occasional Child Care (OCC) 6 mos - 12 yrs Mon., Wed., Fri., and Sat. 0700 - 1900 Tue., Thurs. 0700 - 1700</b>



## MFRC YOUTH CENTRES (6 - 12 YEAR OLDS)

**NORTH SIDE YOUTH DROP-IN 102 COMET ST.**  
Monday, Wednesday 1700 - 2000 Friday 1700 - 2100\*  
Tuesday/Thursday: CLOSED

**SOUTH SIDE YOUTH DROP-IN 347 DONCASTER ST.**  
Monday - Friday 1630 - 2000\*  
Membership/Medical forms must be completed - see staff for details  
\*Hours subject to change [f @WINNIPEGMFRCYOUTH](https://www.facebook.com/WINNIPEGMFRCYOUTH)

[www.cafconnection.ca](http://www.cafconnection.ca) [@WinnipegMFRC](https://www.instagram.com/WinnipegMFRC) [@WinnipegMFRC](https://www.facebook.com/WinnipegMFRC) [@WinnipegMFRC](https://www.twitter.com/WinnipegMFRC)  
[mfrf.crfm.winnipeg@gmail.com](mailto: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. 1 May 1000 - 1100. Free. Drop-in.

**MFRC CHOIR SPRING CONCERT**

Come enjoy a night of music around the theme of Celebrating Canada. Winnipeg Conservatory of Music. 1476 Portage Ave. Wed. 8 May 1900 - 2100. Free. Donations gratefully accepted.

**STAND UP FOR FAMILIES - COMEDY NIGHT**

Come out and enjoy an evening of humor with Winnipeg's best Comedians all in support of the MFRC Sat. 11, May, 1900. \$10 per person. Anavets 3584 Portage Ave. Tickets at the MFRC and at the door.

**ADULT PROGRAMS****EMPLOYMENT & EDUCATION SUPPORT GROUP** 

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

**EMPLOYMENT SPEAKER SERIES** 

New topic weekly. Follow us on Facebook to find out the topic. Tuesdays, 1300 - 1500 Free. Drop-in.

**CAFÉ FRANÇAIS**

 @ MFRC only  
Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. Second Wed. at MFRC. Fourth Wed. École Roméo Dallaire. Free. Drop-in.

**FRENCH LUNCH 'N CHAT**

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

**EVERYDAY JOY - MINDFULNESS**

Participants will discuss and share practical ways to make their lives more joyful and fulfilling. This month look at the value of incorporating mindfulness in our daily practices. Thurs. 9 May 1800 - 2000. Free Register by May 5.

**ART COLLAGE POUR LA SANTE EN FRANÇAIS**

Art collage around themes of Mental & Physical Health. Saturday 11 May 1400 - 1600. \$5. Register by May 8.

**SOUTH SIDE COFFEE**

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed. 15 May 930 - 1100 Free. Drop-in.

**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. 15 May 1330 - 1500 Free. Drop-in.

**EXCEPTIONAL FUN**

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

**CARE FOR THE CARE GIVER GROUP**

If you are supporting and/or taking care of a military member who is ill or injured, this is a chance to find support from others and learn techniques to help you cope better. Thurs. 16 May 1800 - 2000 Free. Register by May 10 call 204-833-2500 ext. 4478

**SOUPER FRANCO**

A casual francophone/Francophile gathering. Theme: Games Night and Pot Luck. 17 May 1730 - 2030. Free. Register by May 7.

**THÉ ET PROMENADE AU CENTRE D'ACHAT SAINT VITAL**

Come explore a neighbourhood mall with other military families. Sat. 18 May 1330-1530 Free Register by May 10.

**SPECIAL NEEDS DISCUSSION GROUP**

Special guest Michelle from Community Respite services will be joining us this month as we share experiences and information about services, resources and life with special needs. Thurs. 23 May 1800 - 2000 Free. Register by May 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. 27 May 1900 - 2100. Free. Drop-in.

**EVERYTHING BINDER** 

Everything binders house all of the important information you need when they are deployed, and every day. Mon. 30 May 1300-1430. Free. Register by May 25.

**LADIES NIGHT - PLANTER PARTY**

We will be creating a beautiful planter, including plants, to enjoy all summer long. Thurs., May 30 Time and location TBD. \$20 Register by May 23

**MFRC "COUPLE FORCE"**

Come out with your partner for a date night to remember. Dinner and activities provided. There will be some friendly competition between couples and within couples. Fri. 31 May 1800 - 2000 \$10 per couple. Register by May 24

**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. Free. Drop-in.

**KIDS CLUB**

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

**MOTHER GOOSE IN FRENCH**

Adult-child program for kids age 1-5. Four sessions: Thurs. 9 May, 23 May, June 13, 27. Free. Register by May 7

**DEPLOYMENT ACTIVITY READ AND CRAFT**

Join us at OCC for stories and crafts. Age 4-12. Sat., May 18, 1000 - 1130. \$5 per child. Register by May 13. Limited Space

**PARENT & FAMILY PROGRAMS****A PARENT COMMUNITY** 

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

**A PARENT GROUP**

Join us for parenting discussions and networking. Wed. 0930 - 1130 May 8 & 22 Free. Drop-in.

**TALKING TO YOUR KIDS ABOUT DRUGS AND ALCOHOL**

An expert from Addictions Foundation of Manitoba will be joining us to offer strategies for this conversation. Mon. 13 May Time TBD. Free. Register by May 8.

**PARENTING TOGETHER AT NIGHT**

Join us for a parenting group in the evening. Wed. 15 May 1830 - 2030. Free. Drop-in.

**SPECIAL NEEDS CONVERSATION GROUP**

Special guest Michelle from Community Respite services will be joining us this month as we share experiences and information about services, resources and life with special needs. Thurs. 23 May 1800 - 2000 Free. Register by May 16

**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. Tues. 28 May 1700 - 1900. Register by May 24. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family.

**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. 25 May 1100 - 1200. Free. Drop-in.

**Email Update**

We email our monthly e-news which includes the monthly calendar and other news. Sign up at: [www.CAFconnection/WinnipegMFRC/Enews](http://www.CAFconnection/WinnipegMFRC/Enews)

 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!