

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**Occasional Childcare Centre (OCC)**  
6 mos - 12 yrs  
**Tuesdays and Thursdays 0900 - 1600**  
**Military Families!!**

Email [mfrchildrenprograms@outlook.com](mailto:mfrchildrenprograms@outlook.com)  
or call 204-833-2500 ext. 2491  
to book your time two weeks in advance.  
Half or full days are available.

**Special Programs in June**  
Virtual Mental Health First Aid - Veteran Community  
Kids in Deployment  
Adventure Kit (for ages 3-12)  
Parenting Through : "I'm Bored"

30

New Recruits Family Café 1100 - 1200  
Positive Program Kickoff 2000 - 2100

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Occasional Childcare 0900 - 1600  
French Story Time 0900

5

Café Franco Virtuel 0930 - 1130

6

Occasional Childcare 0900 - 1600

7

New Recruits Family Café 1100 - 1200

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**MENTAL HEALTH AWARENESS WEEK**

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La Fanfare 1800 - 1900

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Occasional Childcare 0900 - 1600  
French Story Time 0900

12

Café Franco Virtuel 0930 - 1130

13

Occasional Childcare 0900 - 1600

14

New Recruits Family Café 1100 - 1200

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Card Making Workshop 1000 - 1200

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Occasional Childcare 0900 - 1600  
French Story Time 0900

19

Café Franco Virtuel 0930 - 1130

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Occasional Childcare 0900 - 1600

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New Recruits Family Café 1100 - 1200

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CLOSED

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Occasional Childcare 0900 - 1600  
French Story Time 0900

26

Café Franco Virtuel 0930 - 1130  
Deployment Dinner 1800 - 1900

27

Occasional Childcare 0900 - 1600

28

New Recruits Family Café 1100 - 1200  
Cuisine en soirée 1900 - 2000

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La Fanfare 1800 - 1900  
Mature Women's Group 1900 - 2100



## MFRC YOUTH CENTRES (YC)

The YC programs are currently all virtual. Follow the Youth Centre on Facebook and Instagram @WinnipegMFRCYouthCentre. Subscribe to the YC YouTube Channel at [bit.ly/MFRCYCYoutube](http://bit.ly/MFRCYCYoutube).

[www.CAFconnection.ca/Wpg](http://www.CAFconnection.ca/Wpg)



@WinnipegMFRC

## LEGEND

- Children's Programs
- Parenting & Family Programs
- Adult Programs
- French Programs
- Special Events

Icons indicate virtual program platforms:



Facebook



YouTube



These MFRC programs are open to everyone in our military community – members, spouses, and civilian staff. For programs presented on Zoom, a free Zoom account on your computer or mobile device is required to participate. If computer access is not possible, you can join by phone. A Facebook account is required to participate in programs through Facebook Rooms or Groups. Participants can pick up packages, program kits or pay for programs at the MFRC - Monday to Friday, 0830- 1600. Alternate arrangements may be available for kit delivery, contact the program coordinator for details.

## ADULT PROGRAMS

### POSITIVE PROGRAM &

**MAY:** Our theme for this month's Positive Program is "MayBee." We will be focusing on two things—the definition of 'maybe' and things associated with bees. By doing a few little things this month, we will Bee-Kind, Bee-Positive, and Bee-you! Zoom kick-off April 30, 2000 - 2100. Register by April 26 by emailing [jbrennanmfr@gmail.com](mailto:jbrennanmfr@gmail.com). Cost: \$5.

**June:** This month the program explores "Get Lost". Kick-off is Monday, June 1, 2000 - 2100. Register by May 28 by emailing [jbrennanmfr@gmail.com](mailto:jbrennanmfr@gmail.com). Cost \$5.

### NEW RECRUITS FAMILY CAFÉ

Has someone in your family just joined the Canadian Armed Forces? Would you like to learn about the services the MFRC can offer you and your family? Come and meet the Deployment Coordinator and other families of military members. Making connections in the military community means having support when you need it. Fridays, 1100 - 1200. Register by the Thursday before the Café by emailing [deploymentwmfr@gmail.com](mailto:deploymentwmfr@gmail.com).

### CARD MAKING WORKSHOP

Join the card making workshop and show your creative side! We will be making a total of 6 cards with 3 different designs. We will also create a bonus 3D paper project. We will make the cards via Zoom. However, there is a pre-stamp day to stamp your images and pick up your supplies. Pre-stamp: Monday, May 10, 1600 - 1800. Workshop: Saturday, May 15, 1000 - 1200. Register by emailing [jbrennanmfr@gmail.com](mailto:jbrennanmfr@gmail.com) before May 6th. Cost: \$10.

### DEPLOYMENT DINNER

If you have a loved one preparing to deploy, is currently deployed, or has recently returned from a deployment, join us in this new Zoom version of our famous Deployment Dinners. We provide a fun and safe space to connect and share a good time with other families experiencing the various stages of deployments. Order your favourite take-out or delivery. After the program, send Ana a picture of your receipt. Attendees will receive a set reimbursement for their meals - up to \$20 per adult/teenager and \$10 per child (11 and under) for food costs upon attendance. Wednesday, May 26, 1800 - 1900. Register by Monday, May 24 by emailing [deploymentwmfr@gmail.com](mailto:deploymentwmfr@gmail.com)



### MATURE WOMEN'S GROUP

Join us for fun and conversation. If you're a 45+ woman – military member, spouse, or parent of a member - this is a great way to meet others while sharing your wisdom and experience about navigating life's journey. Monday, May 31, 1900 - 2100. Register by May 28 by emailing [Kim.Smyrski@forces.gc.ca](mailto:Kim.Smyrski@forces.gc.ca).

## SPECIAL EVENTS

### MENTAL HEALTH AWARENESS WEEK

May 3 - 9 is Mental Health Awareness Week. Tune in to our social media during this week for strategies to promote mental well-being for all members of your family. There will be free activity kits for pick up as of May 3 from the MFRC front desk. Kits are first come, first serve, limited quantities. We will post on social media when kits are no longer available.

## FRENCH PROGRAMMING

### CAFÉ FRANCO VIRTUEL

Monthly "open social time" via Facebook Rooms on the Facebook page Les Francos du CRFM de Winnipeg. No themes, just a chance to connect with your fellow 'Franco' military community members. All levels of French are welcome. Wednesdays, 0930 - 1130. Email [sltwinipegmfr@gmail.com](mailto:sltwinipegmfr@gmail.com) for joining instructions.

### CUISINE EN SOIRÉE

#### May Theme: Goodbye to Our Posted Families!

Once a month, a Francophone community member shares a recipe, and we gather in a virtual atmosphere to socialize from the comfort of our homes. The first part of the evening is a cooking demonstration; the second half is a discussion on the monthly topic. Friday, May 28, 1900 - 2000. Register by May 25 by emailing [sltwinipegmfr@gmail.com](mailto:sltwinipegmfr@gmail.com).



### LA FANFARE

Come and enjoy this new French program. La Fanfare shows children how to make musical instruments and express themselves through dancing and diversity awareness. For children 0-5 years old, now via Zoom. We encourage you to attend all sessions, but it's not required. Supply kits are included in this free program. PPFM and CREE sponsor this program. Mondays, May 10 & 31, June 7 & 21, 1800 - 1900. Register by emailing [sltwinipegmfr@gmail.com](mailto:sltwinipegmfr@gmail.com).

### FRENCH STORY TIME ON YOUTUBE

Every week we share a story on our YouTube channel @WinnipegMFRC. You can be the first to see them when they post every Tuesday at 9 am.

Icons indicate virtual program platforms:

Zoom  Facebook  YouTube 