

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">Coming in July</p> <p>Green Team Youth Drop-in Opens - July 2 Walking Group for Wellness - July 2, 30 North Side Youth Drop-in Opens - July 3 Community Coffee - July 4 Everyday Joy - Nature - July 4</p> <p>Parenting in the Park - July 5 Youth Field Trips - July 10, 17, 24, 31 French Workout - July 11 South Side BBQ - July 11 Community BBQ - July 11, 25 Parent at Night - July 17 Craft Afternoon - July 17 Souper Franco - July 18</p> <p>St. Norbert Market & Picnic - July 20 Prepare for Reunion - July 25 Sushi Making en français - July 26 Deployment Activity - Build a Bear - July 28</p>						<p>1 Kids Club 0915 - 1130</p>
<p>2</p>	<p>3</p>	<p>4 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900</p>	<p>5 Café Français MFRC 0930 - 1130</p>	<p>6 Creative Tots 0900 - 1100 Mental Health First Aid 0830 - 1630 Community Coffee 1000 - 1100 French Lunch 'n Chat 1230 - 1315 Kids Club 1630 - 1900 Learn to... Care for Your Beard 1830 - 2030</p>	<p>7 Mental Health First Aid 0830 - 1630 A Parent Community 0930 - 1130</p>	<p>8 Kids Club 0915 - 1130 Meet & Craft Weekend Edition 1200 - 1600</p>
<p>9 Park Photography Day en Français 1400 - 1600</p>	<p>10</p>	<p>11 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Kids Club 1630 - 1900 Regular SCAN - Netherlands Theatre 0800 - 1600</p>	<p>12 Café Français MFRC 0930 - 1130 A Parent Group 0930 - 1130 Regular SCAN - Netherlands Theatre 0800 - 1600</p>	<p>13 Toi, moi et la mère l'oise 9 h - 10 h Creative Tots 0900 - 1100 Community BBQ 1130 - 1300 French Lunch 'n Chat 1230 - 1315 Kids Club 1630 - 1900 Exceptional Fun 1830 - 2030 Medical SCAN - Netherlands Theatre 0800 - 1600</p>	<p>14 A Parent Community 0930 - 1130 The Good Food Box Order Deadline Last Day Youth Centre Drop In</p>	<p>15</p>
<p>16 Father's Day PSP FREE Family Circuit BLDG 90 Bouncers & Games 1230 - 1330 Swim 1330 - 1430 Movie (Lego 2) & Snacks 1500 - 1700</p>	<p>17 Craft Drop-in At Night 1830 - 2000</p>	<p>18 Employment & Education Support Group 0930 - 1130</p>	<p>19 South Side Coffee 0930 - 1100 Craft Drop-in Afternoon 1330 - 1500 Parent Together at Night 1830 - 2000 The Good Food Box Pick up - Bldg 33 PSP Cooking Demo. 1500 - 1600 PSP Free Adult Play Night Bldg 90 1700 - 2100</p>	<p>20 French Lunch 'n Chat 1230 - 1315 Special Needs Conversation Group 1800 - 2000</p>	<p>21 A Parent Community 0930 - 1130 Souper Franco at the Forks 1730 - 2030 Taizé Prayer 17 Wing Chapel 1900 - 2000</p>	<p>22 Deployment Activity - Building a Deployment Wall 1000 - 1130</p>
<p>23</p>	<p>24 St Jean Baptiste Day at Fort Gibraltar 0945 Mature Women's Group 1900 - 2100</p>	<p>25 Employment & Education Support Group 0930 - 1130 Deployment Dinner Date 1700 - 1900</p>	<p>26 A Parent Group 0930 - 1130 Café en Français Ecole Roméo Dallaire 0930 - 1130 Learn to ...Wood Signs 1830 - 2030</p>	<p>27 Toi, moi et la mère l'oise 9 h - 10 h Community BBQ 1130 - 1300 French Lunch 'n Chat 1230 - 1315 Preparing for Deployment 1730 - 1930</p>	<p>28 A Parent Community 0930 - 1130</p>	<p>29 New Recruits Parent Café 1100 - 1200</p>
<p>30</p>						



MFRC YOUTH CENTRES (6 - 12 YEAR OLDS)
LAST DAY IS JUNE 14. SUMMER DROP IN OPENS IN JULY.

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)

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mfrc.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., June 6, 1000 - 1100. Drop-in.

MFRC COMMUNITY BBQ'S

A variety of barbeque classics are available by donation. Thurs., June 13 & 27, 1130 - 1300.

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. Drop-in.

CAFÉ FRANÇAIS

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

FRENCH LUNCH 'N CHAT

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

MENTAL HEALTH FIRST AID - VETERAN COMMUNITY

Focuses on the basics of mental health first aid and is tailored to the needs of Veterans and the people who care for them. June 6 & 7, 0830 - 1630.

LEARN TO... CARE FOR YOUR BEARD

Learn how to keep your beard soft, healthy and clean along with other grooming tips. Thurs., June 6, 1830 - 2030. Register by June 3

CRAFT DROP-IN - WEEKEND EDITION

Book yourself some "adult time out" with our extended craft time. Sat., June 8, 1200 - 1600. Free. Register by June 5.

PARK PHOTO DAY EN FRANÇAIS

Bring your camera or cellphone and enjoy photography tips and a walk in nature. Sun., June 9, 1400 - 1600. Register by June 4.

EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., June 13, 1830 - 2030.

CRAFT DROP-IN AT NIGHT

We have a child free place with 8 ft tables for you to work on your craft project. Mon., June 17, 1830 - 2030. Drop-in.

SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed., June 19, 0930 - 1100. 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., June 19, 1330 - 1500. Drop-in.

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., June 20, 1800 - 2000. Register by June 13.

SOUPER FRANCO

A casual francophone/Francophile gathering. Theme: Exploring the Forks Market and area. Fri., June 21, 1730 - 2030. Register by June 7.

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., June 24, 1900 - 2100. Drop-in.

LEARN TO...WOOD SIGNS

Back by popular demand. Make a one of kind sign for your home, yard or as a gift. Wed., June 26., 1830 - 2030. \$15. Register by June 19.

PREPARING FOR DEPLOYMENT

Workshop to build skills to make time apart easier. Thurs., June 27, 1730 - 1930. Register by June 21.

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 Childcare Centre, 630 Wihuri Rd.

CREATIVE TOTS

Facilitated play group. Parents are required to stay. Bilingual. South Side Youth Centre, 347 Doncaster St. Tues. and Thurs. 0900 - 1100. Drop-in. Last day is June 13.

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. Last day is June 13.

SAINT JEAN BAPTISTE DAY FORT GIBRALTAR

Children's activities sponsored by Pluri-elles. Children must be accompanied by at least one parent or guardian. Monday 0945 June 24 Free. Register by June 10.

PARENT & FAMILY PROGRAMS

A PARENT COMMUNITY

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

A PARENT GROUP

Join us for parenting discussions and networking. Wed., June 12 & 26, 1800 - 2000. Drop-in.

PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed., June 19, 1830 - 2030. Drop-in.

EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., June 13, 1830 - 2030. Drop in.

SPECIAL NEEDS CONVERSATION GROUP

Come and discuss the challenges and rewards of managing special needs, as well as networking and sharing information about services and resources. Thurs., June 20, 1900 - 2100. Register by: June 13.

DEPLOYMENT ACTIVITY: BUILDING A DEPLOYMENT WALL

A family activity to prepare for an upcoming deployment or count down to the end of a current one. Sat., June 22, 1000 - 1130. \$10 per family Register by June 17.

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. June 25, 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free, with a max \$20 per family. Register by June 21.

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. June 29, 1100 - 1200. Drop-in.

2019 MFRC CRFM Summer BBQs d'été

COME OUT FOR A TASTY LUNCH BREAK AND VISIT WITH FRIENDS AND CO-WORKERS!
SORTEZ POUR UNE DÉLICIEUSE PAUSE-REPAS ET PROFITEZ-EN POUR PASSER UN BON MOMENT AVEC DES AMIS ET COLLÈGUES !

THURSDAYS from 1130-1300 hrs
LES JEUDIS suivants de 11 h 30 à 13 h

JUNE - JUIN 13 &/ET 27
JULY - JUILLET 11 &/ET 25
AUGUST - AOÛT 8 &/ET 22

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!