

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<b>Occasional Child Care (OCC)</b> 6 mos - 12 yrs Mon., Wed., Fri., and Sat. 0700 - 1900 Tue., Thurs. 0700 - 1700	1	2 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	3 Café Français MFRC 0930-1130 <b>Month of the Military Child Kick Off Dinner</b> 1730 - 1930	4 Coffee Break 1000 - 1100 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Exceptional Fun 1900 - 2100	5 A Parent Community 0930 - 1130	6 Kids Club 0915 - 1130 <b>Cabane à sucre</b> 1100 - 1300 Make Ahead Meals 1300 - 1500	
7	8 Restorative Yoga 1900 - 2000	9 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	10 <b>Pink Pancake Breakfast</b> 0700 - 0900 Café Français MFRC 0930-1130 A Parent Group 0930 - 1130 Learn to ...Spring Wreaths 1800 - 2000	11 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900	12 A Parent Community 0930 - 1130 The Good Food Box Order Deadline	13 Kids Club 0915 - 1130 <b>Spring Egg Hunt</b> 1430 - 1600	
14	15 Craft Drop-in At Night 1830 - 2000	16 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	17 South Side Coffee 0930 - 1100 Craft Drop-in Afternoon 1330 - 1500 Case Conferences 1800 - 2000 The Good Food Box Pick up Parent Together - at Night 1830 - 2000	18 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Care for the Caregiver 1800 - 2000	19 Office closed	20	
21	22 Office Closed	23 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900	24 A Parent Group 0930 - 1130 Café en Français Ecole Roméo Dallaire 0930 - 1130 Screen and Discussion "Audrie and Daisy" 1830 - 2130	25 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Special Needs Conversation Group 1800 - 2000	26 A Parent Community 0930 - 1130 <b>Family Sock Hop</b> 1800 - 2100	27 Kids Club 0915 - 1130 New Recruits Parent Café 1100 - 1200	
28 Deployment Activity for Kids at Build a Bear 1000 - 1200	29 Preparing for reunion 1830 - 2030 Mature Women's Group 1900 - 2100	30 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>Coming in May</b> Circle of Security - Starts May 1 Kids in the Kitchen Age 8 -12 Starts May 2 Mother Goose in French - Starts May 9 Art collage pour la santé en français - 11 mai How to Talk With Your Kids About Drugs & Alcohol - May 13 Craft Drop-in - Afternoon - May 15 Exceptional Fun - May 16 Care for the caregiver - May 16 Souper Franco - 17 mai			Deployment activity read and craft May 18 Thé et promenade au Centre d'achat Saint Vital - 18 mai Craft Drop-in - Evening - May 20 Special Needs Conversation Group May 23 New Recruits Parent Cafe - May 25 Mature Women's Group - May 27 Deployment Dinner Date - May 28 Everything Binder - May 30 Ladies Night - Planter Party May 30	



## 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) [i](https://www.instagram.com/winnipegmfrc) [f](https://www.facebook.com/winnipegmfrc) [t](https://www.twitter.com/winnipegmfrc) @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



## 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

Join us for a coffee and chat in French. This is a perfect opportunity to practice your French. Wednesdays 930 - 1130. First and 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 confident, intermediate level and advanced level. Thursdays 1230 - 1315 Free. Drop-in.

### EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 – 30 years. Must arrive by 1930. Thurs. 4 April 1900 – 2100. Free. Drop in.

### MAKE AHEAD MEALS

Prep meals so they are ready to go from the freezer. Sat. 6 April 1300 – 1500. \$40 register by April 1.

### RESTORATIVE YOGA

Move, Stretch. Relax. Mon. 8 April 1900 - 2000. \$10 Register by April 1

### LEARN TO...SPRING WREATHS

Come make an Easter or spring themed wreath. Wed. 10 April 1800 – 2000. \$10 Register by April 3

### CRAFT DROP-IN AT NIGHT

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! Mon. 15 April 1830 - 2000 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. 17 April 1330 – 1500 Free. Drop-in.

### SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed. 17 April 930 -1100 Free. Drop-in.

### CASE CONFERENCES

Prepare for your case conference. Presented by a legal professional. Wed. 17 April. 1800 – 2000. Free. Register by April 10

### 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. 18 April 1800 - 2000 Free. Register by April 11 call 204-833-2500 ext. 4478

### SPECIAL NEEDS CONVERSATION 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. 25 April 1900 - 2100. Free. Register by April 14



## MATURE WOMEN'S GROUP

An evening of coffee and conversation with 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. 29 April 1900 – 2100. Free. Drop-in.

## PREPARING FOR REUNION

Get ready for your loved one's return. Mon 29 April 1830 - 2030. Free. Register by April 19.

## 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

### DEPLOYMENT ACTIVITY FOR KIDS AT BUILD A BEAR

You and your child/teen will create a very special stuffy. Sun. 28 April 1000 – 1200. \$10 per child. Register by April 22.

## 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, 1800 - 2000 April 10 & 24 Free. Drop-in.

### SPRING EGG HUNT

Bilingual event for families. Songs and stories followed by an egg hunt. Saturday 13 April 1430 – 1600. \$2 per child. Register by April 3.

### PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed. 17 April 1830 – 2030. Free. Drop-in.

### SCREEN AND DISCUSSION "AUDRIE AND DAISY"

Parents please come for a free screening of "Audrie and Daisy" with a discussion to follow. Wed. 24 April 1830 - 2130. Free. Register by April 23.

### DEPLOYMENT DINNER DATE

For families with a loved one preparing to deploy or is currently deployed or has recently returned from a deployment. Tues. 30 April 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by April 22.

### 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. 27 April 1100 - 1200. Free. Drop-in.

## SPECIAL EVENTS

### MONTH OF THE MILITARY CHILD KICK OFF DINNER

Spaghetti dinner. Lactose free and vegetarian options. Wed. 3 April 1730 – 1930. Adults \$3 Kids 12 and under eat free! Register by March 27.

### 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. 4 April 1000 - 1100. Free. Drop-in.

### CABANE À SUCRE

Traditional meal marking spring and maple syrup. Sat. 6 April 1100 – 1300, \$5 per person kids 5 and under free.

### PINK PANCAKE BREAKFAST

Come celebrate diversity and stop homophobia, transphobia, transmisogyny and all forms of bullying. Wed. 10 April 0700 – 0900

### FAMILY SOCK HOP

Close the month of the Military Child. Friday 26 April 1800 – 2100. \$5 per family at the door - drop in.

# Community CONNECTIONS

## Are you getting it?

The Spring/Summer issue will be in your mailbox before the end of April. If you don't receive one, please contact us to update your mailing address. The exception is base housing (row housing and barracks) - come to the MFRC or Post Office to get yours.



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!