

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

### Coming in March

**March 2 - Winter Festival**  
**March 9 - Women's Day Event**  
**March 1, 7, 13, 19 - Munch and Learn Posting Prep Sessions**  
**March 6 - Virtual Brief SSISSIP**  
**March 11 - Restorative Yoga**  
**March 12 - Ladies Night out - Bowling**

**March 13 Mental Health Series - Taming Anxiety**  
**March 14 - My VAC Account Lunch & Learn**  
**March 19 - Card Making**  
**March 28 - Preparing for Deployment**  
**March 22 - Parent - Child Paint Night**  
**March 28 - Babysitter's Course**

**1**  
A Parent Community  
0930 - 1130  
Cuddle Up and Read  
1800 - 1930

**2**  
Kids Club  
0900 - 1200  
Family Snow Sculpting  
1030- 1330

**3**

**4**  
Learn to...Cupcakes  
1830 - 2030

**5** Creative Tots  
0900 - 1100  
Employment & Education  
Support Group  
930 - 1130  
Living Life to the Full  
1300 - 1600  
Kids Club  
1630 - 1930  
Kids in the Kitchen  
1700 - 1900

**6** Café Français MFRC  
0930-1130  
GEMS  
1730 - 1845  
LAST DAY TO GET  
GALA TICKETS!

Coffee Break  
1000 - 1100  
**7** Creative Tots  
0900 - 1100  
French Lunch 'n Chat  
1230 - 1300  
Kids Club  
1630 - 1930  
Care for the Caregiver  
Group 1800 - 2000  
Exceptional Fun  
1900 - 2100  
Groovy Girls  
1630 - 1800

**8**  
A Parent Community  
0930 - 1130

**9**  
Everything Binder  
1000 - 1200  
Kids Club  
0900 - 1200  
Family Tea Party  
1300 - 1400

**10**

**11**  
Restorative Yoga  
1900 - 2000

**12** Creative Tots  
0900 - 1100  
Employment & Education  
Support Group  
930 - 1130  
Living Life to the Full  
1300 - 1600  
Kids Club  
1630 - 1930  
Kids in the Kitchen  
1700 - 1900

**13** Café Français MFRC  
0930-1130  
A Parent Group  
0930 - 1130  
GEMS  
1730 - 1845  
Free Adult Movie  
Nun  
Door 1830  
Movie 1900  
Theatre Bldg 90

**14**  
Creative Tots  
0900 - 1100  
French With Kids  
900 - 1000  
French Lunch 'n Chat  
1230 - 1300  
Kids Club  
1630 - 1930  
Groovy Girls  
1630 - 1800

**15**  
A Parent Community  
0930 - 1130

**16**  
Kids Club  
0900 - 1200  
**Yellow Ribbon Gala**  
**1730**

**17**  
Free Family Movie  
Hotel Transylvania  
Door 1530  
Movie 1600  
Theatre Bldg 90

**18**  
Louis Riel Day  
Offices  
Closed  
OCC Open

**19** Creative Tots  
0900 - 1100  
Employment & Education  
Support Group  
930 - 1130  
Living Life to the Full  
1300 - 1600  
Kids Club  
1630 - 1930  
Kids in the Kitchen  
1700 - 1900

**20**  
South Side Coffee  
0930 - 1100  
Craft Drop-in Afternoon  
1330 - 1500  
Parenting Together at  
Night  
1830 - 2030

**21**  
Creative Tots  
0900 - 1100  
French Lunch 'n Chat  
1230 - 1300  
Kids Club  
1630 - 1930  
Groovy Girls  
1630 - 1800

**22**  
A Parent Community  
0930 - 1130

**23**  
Kids Club  
0900 - 1200  
New Recruits Parent  
Café  
1100 - 1200

**24**

**25**  
Parent-Child  
Restorative Yoga  
1830 - 1930  
Mature Women's Group  
1900 - 2100

**26** Creative Tots  
0900 - 1100  
Employment & Education  
Support Group  
930 - 1130  
Living Life to the Full  
1300 - 1600  
Kids Club  
1630 - 1930  
Deployment Dinner Date  
1700 - 1900

**27**  
A Parent Group  
0930 - 1130  
Café en Français  
Ecole Roméo Dallaire  
0930 - 1130  
Deployment Activity  
for Kids  
1700 - 1900  
GEMS  
1730 - 1845

**28**  
Creative Tots  
0900 - 1100  
French Lunch 'n Chat  
1230 - 1300  
Kids Club  
1630 - 1930  
Special Needs  
Conversation Group  
1800 - 1930

**Occasional Child Care (OCC)**  
6 mos - 12 yrs  
Mon., Wed., Fri., and Sat.  
0700 - 1900  
Tue., Thurs.  
0700 - 1700



### 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)

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[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



## CHILDREN & YOUTH PROGRAMS

### OCCASIONAL CHILD CARE

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

### 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 - 1930, Sat. 0900 - 1200

### 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.

### FRENCH WITH KIDS

Improv Theater Theme. No French experience needed. Offered in partnership with Creative Tots. Thurs. 0900 - 1000 Feb. 14. Free. Register by: Feb. 8

### DEPLOYMENT ACTIVITY

Deployment Wall - Create an info wall about a parent's deployment Wed. 1700 - 1900 Feb. 27 Free. Register by Feb. 22.

## YOUTH PROGRAMS

### KIDS IN THE KITCHEN

Full. Tues. 1700 - 1900 Feb. 5, 12 and 19

### GEMS: A KIDS GROUP ABOUT SEPARATION AND DIVORCE.

Parents must be separated a minimum of 6 months before starting program. Wed. 1730 - 1845 Feb. 6 - Mar. 20. No class Feb. 20. Registration information sw.student.mfrc@gmail.com Register by Jan 30.

## 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

### CUDDLE UP AND READ

We are kicking off "I Love to Read" month with a bang! Join us for hot chocolate and amazing books. Special guest readers too! Fri. 1800 - 1930 February 1 Free. Westwin Children's Centre 642 Wihuri Rd. Register by Jan. 28, 2019 \*Parents must stay with their children.

### LEARN SNOW SCULPTING WITH YOUR FAMILY

Lunch included! Sat. 1030 - 1300, Feb. 2. \$5 per person or \$10 per family

### A PARENT GROUP

Join us for parenting discussions and networking. Wed., Feb. 13, 27, 0930 - 1130. Free. Drop-in.

### FAMILY TEA PARTY

Get dressed up if you like, bring a fancy hat and gloves and enjoy some tea, tea sandwiches and scones! Sat. 1300 - 1400 Feb. 9 \$10 per family. Register by Feb. 4.

### SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed., Feb. 20, 0930 - 1100.

### PARENTING TOGETHER EVENING

Join us for a parenting group in the evening. Wed., Feb. 20, 1830 - 2030. Free. Drop-in.

### 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., 1100 - 1200 Feb 23. Free. Drop-in.

### PARENT-CHILD RESTORATIVE YOGA

\$20 per adult child pair for two sessions. Mon., 1830 - 1930 Feb 25 and March 4. Register by Feb. 19

### 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., 1700 - 1900, Feb 26. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by Feb. 22.

## ADULT PROGRAMS

### LEARN TO...CUPCAKES

Learn about frostings and piping techniques. Mon. 1830 - 2030 Feb. 4 \$10 Register by Jan. 30.

### 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.

### LIVING LIFE TO THE FULL

Learn to deal with your feelings when fed up, worried or hopeless. Tues. 1300 - 1600 Feb. 5, 12, 19, 26 Free. Register by Jan 30.

### CAFÉ FRANÇAIS @ MFRC only

Join us Wed. mornings 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 - 1300 Free, Drop-in.

### 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. 1800 - 2000 Feb. 7 Free. Register by Feb 1. 204-833-2500 ext. 4478

### EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1930. Thurs. Feb 7 1900 - 2100

### EVERYTHING BINDER

Come create an organizational tool specific to your family's needs. Sat. 1000 - 1200. Feb 9. Free. Register by Feb 1

### RESTORATIVE YOGA

Move, Stretch, Relax. Mon. 1900 - 2000 Feb. 11 \$10 Register by February 4

### 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 so you have room to work! Wed., Feb. 20, 1330-1500. Free. Drop-in.

### 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., Feb. 25, 1900 - 2100. Free. Drop-in.

### 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., Feb. 28, 1900 - 2100. Free. Register by Feb 21

## 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. 1000 - 1100. Feb 7. Free. Drop-in.

### YELLOW RIBBON GALA - Annual Fundraising Dinner.

Entertainment by JetStream. Sat., Feb. 16 Cocktails at 1730 Dinner at 1900 Tickets available until Feb. 6

## Online Registration Update

Online Registration will be available for free programs. Programs with fees require in person registration at this time. We are hoping to have an online payment option in place soon which will allow registration for paid programs. Thank you for your patience as we roll this out.