

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|--|---|--|
| <p>Coming in April</p> <p>Brain Builders – age 3- 5 yrs old Spaghetti Dinner – Month of the Military Child Kickoff – April 3 Exceptional Fun – April 4 Cabane à Sucre April 6 Make Ahead Meals – April 6 Pink Pancake Breakfast - April 10</p> <p>Learn to Spring Wreaths – April 10 Int'l Volunteer Week – April 7 -13 Spring Egg Hunt – April 13 Case Conferences – April 17 Family Sock Hop – April 26 Build a Bear Workshop - April 28 Preparing for Reunion – April 29</p> | | | <p>Occasional Child Care (OCC) 6 mos - 12 yrs Mon., Wed., Fri., and Sat. 0700 - 1900 Tue., Thurs. 0700 - 1700</p> | | <p>1 A Parent Community 0930 - 1130 Munch and Prep 1730 - 1900</p> | <p>2 Kids Club 0900 - 1130 Winter Fest 1100 - 1400</p> |
| <p>3</p> | <p>4</p> | <p>5 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900</p> | <p>6 Café Français MFRC 0930-1130 Virtual Brief - SISP 1200</p> | <p>7 Coffee Break 1000 - 1100 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Everyday Joy 1900 - 2100</p> | <p>8 A Parent Community 0930 - 1130</p> | <p>9 Kids Club 0900 - 1130 Women's Day Celebration 1900 - 2200</p> |
| <p>10 Free Family Movie Incredibles 2 Door Opens 1530 Movie 1600 Theatre Bldg 90</p> | <p>11</p> | <p>12 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900 Ladies Night - Bowling 1900 - 2100</p> | <p>13 Café Français MFRC 0930-1130 A Parent Group 0930 - 1130 Munch n Learn Posting Prep 1200 - 1300 Mental Health Series - Taming Anxiety 1900 - 2100 Free Adult Movie Bohemian Rhapsody Door Opens 1830 Movie 1900 Theatre Bldg 90</p> | <p>14 Creative Tots 0900 - 1100 French With Kids 0900 - 1000 My VAC Account-Lunch and Learn 1130 - 1245 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Care for the Caregiver 1800 - 2000</p> | <p>15 A Parent Community 0930 - 1130 The Good Food Box Order Deadline</p> | <p>16 Kids Club 0900 - 1130</p> |
| <p>17</p> | <p>18 Craft Drop-in At Night 1830 - 2000 Restorative Yoga 1900 - 2000</p> | <p>19 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900 Munch n Learn Posting Prep 1730 - 1900 Card Making 1900 - 2100</p> | <p>20 South Side Coffee 0930 - 1100 Craft Drop-in Afternoon 1330 - 1500 Parenting Together at Night 1830 - 2030 Spring Registration Opens for non-members for Community Recreation The Good Food Box Pick up</p> | <p>21 Creative Tots 0900 - 1100 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Special Needs Conversation Group 1930 - 2100 Groovy Girls Art Exhibit TBA</p> | <p>22 A Parent Community 0930 - 1130 Parent - Child Paint Night 1730 - 1930 Groovy Girls Art Exhibit TBA</p> | <p>23 Kids Club 0900 - 1130</p> |
| <p>24</p> | <p>25 Mature Women's Group 1900 - 2100</p> | <p>26 Creative Tots 0900 - 1100 Employment & Education Support Group 0930 - 1130 Employment Speaker Series 1300 - 1500 Kids Club 1630 - 1900 Deployment Dinner Date 1700 - 1900</p> | <p>27 A Parent Group 0930 - 1130 Café en Français Ecole Roméo Dallaire 0930 - 1130 Deployment Activity for Kids 1700 - 1900</p> | <p>28 Creative Tots 0900 - 1100 Babysitters Course 1000 - 1400 French Lunch 'n Chat 1230 - 1300 Kids Club 1630 - 1900 Preparing for Deployment 1730 - 1930</p> | <p>29 A Parent Community 0930 - 1130 Babysitters Course 1000 - 1400</p> | <p>30 Kids Club 0900 - 1130 New Recruits Parent Café 1100 - 1200</p> |
| <p>31</p> | | | | | | |



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 [@WinnipegMFRC](https://www.instagram.com/WinnipegMFRC) [@WinnipegMFRC](https://www.facebook.com/WinnipegMFRC) [@WinnipegMFRC](https://www.twitter.com/WinnipegMFRC)
mfrf.crfm.winnipeg@gmail.com

LEGEND
Children's Programs
Parenting & Family Programs
Adult Programs
Special Interest
Youth Programs
PSP Programs



ADULT PROGRAMS

MUNCH AND LEARN - POSTING PREP SERIES

Tips and tricks to get ready for your new posting Wed. 13 March 1200 - 1300 MFRC, Tues. 19 March 1730 - 1900 \$2 per person per session Light meal included

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. at École Roméo Dallaire. Free. Drop-in.

SISIP - VIRTUAL BRIEF

Financial advice before you transition from your military career. Wed. 6 March 1200

FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For confident, intermediate and advanced level. Thursdays. 1230 - 1300 Free. Drop-in.

EVERYDAY JOY

Thurs. 7 March 1900 - 2100 Free. Register by March 4

LADIES NIGHT OUT - BOWLING AT UPTOWN ALLEYS

Open to the CAF community. A night of friendly rivalry on the lanes. Tues 12 March 1900 - 2100 Register by March 5 \$10

MENTAL HEALTH SERIES - TAMING ANXIETY

A skill building night Wed. 13 March 1900 - 2100 Register by March 8

MY VAC ACCOUNT LUNCH & LEARN

Learn all the basics about the My VAC Account Web Tool from a Veteran Service Agent Thurs. 14 March 1145 - 1245. Free. Register by March 8.

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. 14 March 1800 - 2000 Free. Register by March 7. Call 204-833-2500 ext. 4478

CARD MAKING

Come make 8 general purpose cards with 2 being sent to deployed members. Tues. 19 March 1900 - 2100 \$10. Register by March 12.

SOUTH SIDE COFFEE

French or English, parent or not, kids at home or empty nest...everyone is welcome! Wed. 930 - 1100 March 20. 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. 21 March 1930 - 2100. Free. Register by March 14

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. 18 March 1830 - 2000 Free. Drop-in.

RESTORATIVE YOGA

Move, Stretch. Relax. Mon. 18 March 1900 - 2000 \$10 Register by March 13

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. 20 March 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. 25 March 1900 - 2100. Free. Drop-in.

PREPARING FOR DEPLOYMENT

If your member is currently or soon-to-be deployed, come to this workshop to help make the time apart easier. Thurs. 28 March 1730 - 1930 Register by March 22

CHILDREN'S 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.

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. 0900 - 1130

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

Lullabies Theme. No French experience needed. Offered in partnership with Creative Tots. Thurs. 14 March 0900 - 1000. Free. Register by March 8.

DEPLOYMENT ACTIVITY FOR KIDS

You and your child/teen will create a memory box. Wed. 27 March 1700 - 1900. Register by March 22. \$5 per family

YOUTH PROGRAMS

SPRING BREAK CAMPS - See PSP program guide

BABYSITTERS COURSE - register by March 21. Please bring nut free lunch on day one. Must be 12 by Dec 31, 2019 to receive certificate. Thurs. 28 March and Fri. 29 March 1000 - 1400 \$15 per child includes pizza lunch on day 2 and workbook.

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, 13 & 27 March 0930 - 1130. Free. Drop-in.

PARENTING TOGETHER EVENING

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

PARENT - CHILD PAINT NIGHT

Sold out

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. 26 March 1700 - 1900. Register by March 22. \$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. 1100 - 1200 March 30. Free. Drop-in.

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. 7 March 1000 - 1100. Free. Drop-in.

WOMEN'S DAY CELEBRATION

Anavets 3584 Portage Ave. Sat. 9 March 1900 - 2200 Tickets \$20 and deadline extended to March 6

GROOVY GIRLS ART EXHIBIT

Thursdays 21 March, Friday 22 March times TBA

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.

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!