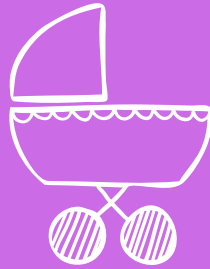


# TIME OUT TUESDAY



## CAF Parents - Take some time for yourself Programming offered for children ages 11 and under

Tuesdays: 9:00am - 12:00pm OR 5:00pm-8:00pm

September 3, October 1, November 5, December 3, 2019

Programming will take place at CSMFRC or locations in Saskatoon

\*No meals or snacks are provided

\*Infants & Toddlers bring own supply of diapers, wipes, etc

Must pre-register 24 hours before the desired time.

\*\*Limited Spots Available\*\*

\*\*Priority given to families on deployment & training\*\*

Program will adhere to provincial guidelines and policies regarding children's health.

\*\*Cost: \$5 for first child

\$3 for each additional child from same household

For more information, please contact Lisa or Kary

306-492-2135 Ext 4266

or email:

[Lisa.fiddler@forces.gc.ca](mailto:Lisa.fiddler@forces.gc.ca)

[Kary.williams@forces.gc.ca](mailto:Kary.williams@forces.gc.ca)