

Community CONNECTIONS



Guest Speakers / Conférenciers invités

ANITA CENERINI
THE NATIONAL SILVER CROSS MOTHER
MÈRE NATIONALE DE LA CROIX D'ARGENT

& / ET

LIEUTENANT-GENERAL / LIEUTENANT-GÉNÉRAL
ALAIN PARENT

Entertainment by / Musique de la

The Royal Canadian Air Force Band
Musique de l'Aviation royale canadienne



MFRC WINDSOR **CRFM**
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DE MILITAIRES

2019

Yellow Ribbon Fundraising Gala

**VICTORIA INN Hotel
and Convention Centre**

1808 WELLINGTON AVE.

Cocktails 5:30 pm ~ Dinner 7:00 pm

Cocktails à 17 h 30 ~ Dîner à 19 h

*Gala
bénéfice
des
rubans
jaunes*

2019

Saturday

le samedi

FEBRUARY 16 FÉVRIER

\$100 per person or Table of 10 for \$900
\$75 for personnel of 17 Wing and Lodger units,
and immediate family

100\$ par personne ou 900\$ pour une table de 10
75 \$ pour le personnel de la 17^e Escadre et unités hébergées,
et famille immédiate.

TICKETS AVAILABLE UNTIL FEBRUARY 6, 2019

LES BILLETS SERONT EN VENTE JUSQU'AU 6 FÉVRIER 2019

DRESS: FORMAL ATTIRE, BUSINESS SUIT ACCEPTABLE

TENUE: TENUE DE SOIRÉE OU COMPLET.

For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500** ext./poste **4500**

MFRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday, 8:30am - 4:30pm / du lundi au vendredi, de 8 h 30 à 16 h 30

REGISTRATION INFORMATION

Many of our programs require registration for planning needs. Whether buying supplies, booking spaces or providing refreshments, we need to know how many people will be attending. Our programs are available to all members of the defence community and their families. Registration opens for a season's programs when the guide is published.

For drop-in events, there is no need to register. Please join us! We'd love to see you!

FEES: Fees are to be paid in full by cash, cheque or debit to confirm your spot in programs with fees. Post-dated cheques will be accepted for Nursery School.

CANCELLATIONS: We reserve the right to cancel any program at any time. A full refund will be given and every effort will be made to notify all registrants in advance. Notification of cancellation of drop in events is generally on our Facebook page with every effort to give as much advance notice as possible.

REFUNDS: Refunds will not be issued if withdrawing after the registration deadline or a no-show, except for extenuating circumstances as determined by the MFRC.. Late withdrawal or a no-show will result in the forfeiture of fees.

SERVICE AREAS

Adult Programs – Jenny Brennan
jen.brennan@forces.gc.ca ext. 4509

Children's Programs – Courtney Ritsema
courtney.ritsema@forces.gc.ca ext. 2491

Child Care Centre
Director – Lois Johnson
loisjohnson@mymts.net 204-837-3626
Preschool/School Age Program
204-837-3653

Infant Program 204-831-1243

Community Outreach – Janet Hamel
janet.hamel@forces.gc.ca ext. 5391

Deployment Programs – Ana Vucic
ana.vucic@forces.gc.ca ext. 2991

Education – John Bailey
john.bailey@forces.gc.ca ext. 4511

Employment – John Bailey
john.bailey@forces.gc.ca ext. 4511

Newcomer Services- - Kelly Lalonde
kelly.lalonde@forces.gc.ca ext. 4515

Parenting Programs – Jenny Brennan
jen.brennan@forces.gc.ca ext. 4509

Relocation – Kelly Lalonde
kelly.lalonde@forces.gc.ca ext. 4515

Reserve Outreach – Ana Vucic
ana.vucic@forces.gc.ca ext. 2991

Second Language Services –
Brinda Chengadu
brinda.chengadu@forces.gc.ca ext. 4519

Special Events – Kelly Lalonde
kelly.lalonde@forces.gc.ca ext. 4515

Social Workers
Laurie Jackson, BSW, RSW
Family Liaison Officer located at IPSC
lori.jackson2@forces.gc.ca ext. 4478

Tracy Sparham, BSW, RSW
Family Liaison Social Worker, located at
IPSC–
tracy.sparham@forces.gc.ca ext. 4478

Kim Smyrski, BA, MSW, RSW
Social Worker, located at MFRC–
kim.smyrski@forces.gc.ca ext. 4512

Sherri Pierce, BSW, RSW
Social Worker, located at MFRC
sherri.pierce@forces.gc.ca ext. 4056

Veteran Family Program – Dana Glover
dana.glover@forces.gc.ca ext. 4507

Veteran Family Program Assistant
Lindsay Allan
lindsay.allan@forces.gc.ca ext. 4505

Volunteer Services – John Bailey
john.bailey@forces.gc.ca ext. 4511

Youth (6-12) – Karen Perkins
karen.perkins@forces.gc.ca ext. 4506

REGISTRATION PROCEDURE

ONLINE REGISTRATION: Is accepted for select programs through the www.cafconnection.ca/Winnipeg website. You will receive an email confirming your registration. Indicating 'interested' or 'going' on Facebook is not considered registration.

If payment is required, your space is NOT CONFIRMED until payment is received. Fees cannot be paid on-line at this time. You can pay in person or by mailing a cheque to Winnipeg Military Family Resource Centre, PO Box 17000 Stn Forces, Winnipeg MB R3J 3Y5. Our fees are to cover the cost of program materials so please allow sufficient time for us to receive your payment prior to the program commencing.

PHONE REGISTRATION: Is accepted strictly for programs offered at no cost. Contact 204-833-2500 ext. 4500 unless otherwise noted.

IN PERSON: You can register in person and pay your fees at 102 Comet St. during regular business hours.

BOARD OF DIRECTORS

Honourary Chair – Arlene Van Ruiten
Chairperson – Karen Hansen
Vice Chair - Katrina Limberatos
Secretary – Alana Mahaney
Treasurer – Kylee Van Zeyl
Thunder Bay Advisory - Len Brickell
Veterans' Representative - Lois Mallet
Members – Melissa Hartzenberg
Jolene Tod
Corina Wappler
Katy Wedgwood

WINNIPEG MFRC ADMINISTRATION

Executive Director – Joël Roy
joel.roy@forces.gc.ca ext. 4504
Business Manager – Mona Currie
mona.currie@forces.gc.ca ext. 4575
Receptionists ext. 4500
Heather Witherden
heather.witherden@forces.gc.ca
Brinda Chengadu ext. 4519
brinda.chengadu@forces.gc.ca

THUNDER BAY MFRC SITE

Evelyn Harrison 807-345-5116
Katriina Myllymaa
Darla Oja



102 COMET STREET
PO BOX 17000 STN FORCES
WINNIPEG, MB R3J 3Y5
204.833.2500 ext. 4500
mfc.crfm.winnipeg@gmail.com
www.cafconnection.ca/Winnipeg

SERVICE AREAS

NEWCOMER AND RELOCATION SUPPORT

We ensure each member and their family is supported through their move to and from Winnipeg. We are able to offer information and make referrals based on your family's specific needs. From the reception of your posting message to your departure or arrival, each family will be supported through their move and resettlement. One of the many services for arriving personnel and their families is the Family Sponsor Program. It is designed to help members and their families have an easier and faster transition into the Winnipeg community.

DEPLOYMENT SUPPORT

Anytime a CAF member is away from home (on course, training, overseas deployment or basic training), we offer supports and services to help cope with the many challenges that may arise before, during and after the work related separation. This includes deployment and reunion family briefings, pre- and post deployment planning sessions, welcome home bags, parcel packing station, stress free child care, resource library, and deployment and reunion programs and activities on a regular basis. The Road to Mental Readiness (R2MR) program is offered through group programs as well as one-on-one sessions for families.

VOLUNTEER SERVICES

The MFRC Volunteer Program seeks to foster an environment of personal growth, volunteer development, and community engagement with the military community. We actively encourage volunteers from our community to work together with our staff to provide military families with programs and services to promote health, education and social well-being. Volunteers enhance the capability of the Winnipeg MFRC to provide timely, effective, economical programs and services. By encouraging Volunteer participation, we can draw upon the extensive resources and skills available within our community. Our volunteers are made up of youth, adults and seniors, and come from both military and civilian families.



Big thanks to the volunteers who packed deployment packages for members who are away over the holiday season.

EMPLOYMENT SERVICES AND EDUCATIONAL SUPPORT

The employment and education service provided to military family members is available to assist with career planning, networking strategies, interview skills, resume development, job search skills as well as workshops including LinkedIn 101, the Better Business Bureau LIFT ethics in the workplace and the Telfer Entrepreneurship training. We also offer an employment support group each week for spouses to come together and chat, network and participate in training, presentations and visits to employers and educational establishments in a supportive group setting. Other events throughout the year include on-line workshop opportunities with Military Family Services and the annual Learning and Career Fair each Fall.

RESERVE OUTREACH

The Reserve Outreach Coordinator ensures Manitoba & Northwest Ontario Reserve Units are linked with MFRC resources. This includes briefing each unit about how the MFRC can assist members and their families. When services are required in locations outside of Winnipeg we ensure these families are supported to the best of our abilities. The Reserve Outreach Coordinator also provides information and referrals.

MENTAL HEALTH - PREVENTION, SUPPORT AND INTERVENTION

Our social workers understand the military lifestyle and can help you access services available, both within the military community and in the broader Winnipeg community. We offer prevention and education workshops, aimed at maintaining and enhancing family mental health and well-being. Should a concern arise about family, parenting, relationships, communication or just a need for someone to talk to, we also offer free, confidential, short-term counselling for adults and play-based counselling for children.

FAMILY LIAISON OFFICER

The MFRC Family Liaison Officer (FLO) offers social work services in the form of direct counselling, information and comprehensive referral services for families of physically/psychologically ill/injured CAF members. This service is co-located with other service providers (Veterans Affairs, OSISS) at the Integrated Personnel Support Centre (IPSC). Services are available on a drop-in basis or by appointment. Off-base appointments and home visits are available upon request. This service is free of charge and confidential.

VETERAN FAMILY PROGRAM

The transition from military life to a civilian one means a lot of changes. These changes affect not only military members, but also their families. We are here with support, referrals and programs to help all new and current veterans and their families navigate this transition. Contact our program coordinator early in your transition.

CHILD CARE INFORMATION

It is always the parents responsibility to interview and ensure their children's safety and experience when choosing child care. Our listing services are not screened.

COMMUNITY CHILD CARE OPTIONS

In Manitoba, child care providers are either licensed or unlicensed. Licensed providers must follow the Community Child Care Standards Act as set out by the provincial government and are evaluated regularly. Unlicensed providers may meet the standards, but are not monitored by the province. There is a provincial on-line child care registry to facilitate finding and applying for licensed child care in Manitoba. For more information on child care in Manitoba visit <https://www.gov.mb.ca/fs/childcare>

ARE YOU LOOKING FOR CHILD CARE OR A BABY SITTER?

The MFRC compiles and updates a "Community Child Care Providers" listing, which is available by stopping by the MFRC during regular office hours. Listings include: community child care listings; long term child care services; extended hour child care resources; and the babysitters list.

ARE YOU A CHILD CARE PROVIDER OR A BABY SITTER?

We are looking for community members who operate a family home daycare or provide casual child care services (including teen babysitting) to add to our Community Child Care Providers listing. All we need is an 8.5" X 11" advertisement describing your service (be sure to include hours of operation, location, snacks, etc.)

STRESS FREE CHILD CARE

This service is for when a CAF member is deployed or frequently absent. For every 30 days that the member is away (consecutively or accumulated over a period of 90 days), the family is eligible to receive \$30 in Stress Free Child Care funds (available to use at the MFRC Occasional Child Care Centre (OCC) or to have supplementary child care at your own convenience). In addition, deployed families will also receive a voucher for free casual care at the OCC for each child (ages 6 mos - 12 years). Deployed families also have priority for evening and weekend child care at the OCC with registration 2 weeks in advance.

To qualify for this program, a Family Contact Form must be filled out at the MFRC and must be accompanied by "tasking orders" that include the dates that the member will be away.

EMERGENCY CHILD CARE SERVICES

On occasion, life presents an unexpected situation that disrupts our normal routine and resources. The MFRC can assist when certain circumstances hinder access to your usual child care arrangements and/or allow sufficient time to implement your established Family Care Plan (DND form 2886). The MFRC assesses emergency and respite needs and eligibility on a case-by-case basis. If supported, the MFRC may subsidize a family's emergency child care request through direct child care services, expense reimbursement or through the coordination of independent child care services on a short term basis.

Emergency Child Care is available 24/7. During regular business hours please contact the MFRC at 204-833-2500 ext 4500. After hour emergency child care assistance is provided by Complete Care who can be reached at 204-949-5090. The fees for after hour care through Complete Care may be eligible for reimbursement.



Learn to...Sew class offered through our adult program

CHILD CARE SERVICES

MFRC CHILDCARE CENTRE

The MFRC Childcare Centre is a provincially regulated and licensed child care facility for children between the ages of six months and 12 years. We offer full-time care from 0630 to 1730 Monday to Friday. Programs include: Short and long term infant care; Toddler; Preschool; Kinder Care and School Age. For more information or to find out how to have your child enrolled on our wait list contact 204-837-3626.

DROP-IN CHILD SUPERVISION FOR CHILDREN AGES 18 MONTHS TO 5 YEARS OLD.

The Winnipeg MFRC offers Drop-in Child Supervision for parents to access when they remain in the MFRC building (102 Comet St.) for the duration of care. This allows you to participate in programs, access our library and computers and volunteer. Look for the 🧒 indicating programs that have child supervision available.

Drop-in Child Supervision is offered Tuesday - Friday mornings from 0930 - 1130 and Tuesday - Thursday afternoons - 1300 to 1530. Cost is \$2 per family per program. Evening programs that offer this supervision require pre-registration and pre-payment. Prepaid punch cards are available at our front desk. Parents must provide snacks and diapering supplies and appropriate clothing for outside activities.

CHILD CARE PROGRAMS

For information and registration for these programs call 204-833-2500 x2491

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
OCCASIONAL CHILD CARE (OCC) Occasional Child Care Centre 630 Wihuri Rd. Please use the back door by the play-ground to enter.	The MFRC offers child care on a casual basis for children 6 months to 12 years in age. Please send along a peanut free lunch and snack (we have a fridge and microwave), change of clothing, diaper supplies (if needed) and appropriate outerwear. Punch cards can be purchased at the MFRC front desk (cash, debit, cheque) or at the OCC if paying by cheque. Punch cards must be purchased before care is provided.	Monday, Wednesday, Friday and Saturday Full day 0700 - 1700 1/2 day 0700 - 1200 or 1300 - 1700 Extended care 1700 - 1900 Tuesday and Thursday Full day 0700 - 1700 1/2 day 0700 - 1200 or 1300 - 1700 Closed April 19	Military Families: 6 mos - 23 mos: 1/2 day: \$25 Full day: \$40 24 mos. - 12 years 1/2 day: \$20 Full day: \$30 Civilian Rates: 6 mos - 23 mos 1/2 day: \$25 Full day: \$50 24 mos. - 12 years 1/2 day: \$20 Full day: \$40 Extended Care (6 mos - 12 years) Monday, Wednesday, Friday and Saturday 1700-1900 \$7/hr/child
KIDS CLUB Westwin Children's Centre (Bldg 33) 642 Wihuri Rd	Kids Club is drop-in child care available for children ages 18 months to 5 years. Please send along a nut/peanut free snack and diapering supplies if required. We partner with PSP's Active Kids for children ages 4-12 years old. See PSP programming for dates and times.	Tuesdays & Thursdays 1630 - 1930 Saturdays 0900 - 1200	\$2 per child per session Free with a PSP membership. Drop in.

CHILDREN'S PROGRAMS

The MFRC offers programs for children ages 0-5 years and their parents/caregivers. Most of our programs take place at one of three locations: Westwin Children's Centre, 642 Wihuri, our Occasional Child Care room, 630 Wihuri Road, or at the South Side Youth Centre, 347 Doncaster Street. Staff members are trained in Early Childhood Education or as Child Care Assistants and all have their CPR and First Aid Certification.

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
CREATIVE TOTS South Side Youth Centre 347 Doncaster St.	Join us for a free facilitated play group at our South Side Youth Centre. There will be crafts, games, circle time and free play.	Monday and Friday 1300 - 1500 Tuesday and Thursday 0900 - 1100	Free Drop-in. *Parent/guardian are required to stay for this program.
FRENCH WITH KIDS South Side Youth Centre 347 Doncaster St.	Come out for a sing along and reading activities in French. The goal is to introduce your children age 2-7 to French with a different theme each month. This is offered in partnership with the Creative Tots program.	Thursdays 0900 - 1000 January 10 - Let's Count February 14 - Improv Theatre March 14 - Lullabies	Free Register by: January 4 February 8 March 8
DEPLOYMENT ACTIVITY	Is your child having trouble dealing with a family member's absence during a deployment? Sessions will help children to understand their feelings, the changes, and possible stressors that occur before, during and after a deployment. In a safe, comfortable environment, children learn positive skills and age-appropriate stress management strategies to help them with their deployment situation. Activities are geared for 12 and under.	Wednesdays 1700 - 1900 January 30 February 27 March 27	Free. Register for sessions individually by: January 25 February 22 March 22
ROCK N ROLL South Side Youth Centre 347 Doncaster St.	Get your children to beat the winter blues with our Rock N Roll gym/music program. This program will be perfect for your children ages 3 to 5 years. We will be "rocking" out to some good tunes while we get our gross motor movement in.	Tuesdays 1300 - 1500 February 5, 12, 19, 26	\$20 per child for 4 weeks. Register by January 24, by calling 204-833-2500 x2491.
BRAIN BUILDERS South Side Youth Centre 347 Doncaster St.	In this 5 week course children ages 3 to 5 years will use their engineering and architectural skills to create amazing contraptions!	Tuesdays 1300 - 1500 April 2, 9, 16, 23, 30	\$25/per child for the 5 week program. Register by March 18, by calling 204-833-2500 x2491

CHILDREN'S PROGRAMS

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
BUILD A BEAR Polo Park Mall	Beat the deployment blues by making your own stuffed animal friend with a special message from your deployed parent. This workshop includes a basic bear and a voice recorder for the deployed parent to record a special message.	Sunday 1000 - 1200 April 28	\$10 per child. Register by April 22. Limited space.

YOUTH PROGRAMS

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
GROOVY GIRLS	Get together for some girl talk! Girls ages 10-12 will share snacks and fun activities while talking about what it's like to be a girl! Topics covered will include friendship, dealing with bullies, self-esteem and positive self-image. Registration includes child's ticket to Matilda. (Parent's ticket is additional cost)	Thursdays 1630 - 1800 January 24 - March 7 No group February 21	\$30/defense team; \$50 civilian Preregistration discussion required. Contact Sarah Bell, MFRC Social Work Student at sw.student.mfrc@gmail.com before January 17.
GEMS: A KID'S GROUP ABOUT SEPARATION AND DIVORCE South Winnipeg Family Information Centre 800 Point Road, Lower Level	It can be really confusing for kids when their parents have chosen to separate or divorce. GEMS gives them the chance to meet with other kids who are going through the same things. This program is presented in partnership with South Winnipeg Family Information Centre and will be held at their location in Fort Garry. This mixed group (military and civilian participants) will be facilitated by MFRC Social Work staff. Open to students in grades 4 and 5. Parents must have been separated a minimum of 6 months prior to group starting.	Wednesdays 1730 - 1845 February 6 - March 20 No class February 20	Meeting with facilitators required prior to registration. Contact Sarah, MFRC Social Work student at sw.student.mfrc@gmail.com for program and registration information before January 30. ***Space is Limited
KIDS IN THE KITCHEN	Kids in the kitchen is a hands on cooking class for youth aged 6 to 12. Come out and have some fun learning to prepare and cook healthy dishes and learn some basic culinary skills!	Tuesdays 1700 - 1900 February 5, 12 and 19	\$25 for all three sessions. Register by January 29. Must fill out a permission slip.
BABYSITTER'S COURSE	The MFRC is offering the Safety Services Manitoba Babysitter's course. This two day course provides participants with the skills and tools needed to start working as babysitters. Participants who successfully complete the course (and with parents permission), may opt to be included on the MFRC babysitters list. Registration includes pizza lunch on second day and workbook.	Thursday, March 28 Friday, March 29 1000 - 1400	\$15 per child Register by March 21. Please bring a nut free lunch on Day 1. Must be 12 years old by December 31, 2019 to receive their certificate.

YOUTH DROP IN CENTRES (6 - 12 YRS)

Our two youth centres are the hub of our programming for 6 - 12 year olds. There is a \$20 annual membership fee and a registration/health form needs to be completed at a youth centre or the MFRC Office. As our program adapts to youth needs, the most current information regarding activities and other opportunities for youth are available via Facebook @WinnipegMFRCYouth.
**Hours of Operation are subject to change based on attendance. Centres are closed on holidays.

NORTH SIDE - 102 COMET ST.


Monday & Wednesday 1700 - 2000
Friday 1700 - 2100
Tuesday/Thursday: CLOSED (see Kids Club/Active Kidz)



SOUTH SIDE - 347 DONCASTER ST.

Monday to Friday 1630 - 2000

PARENTING & FAMILY PROGRAMS

Parenting support is an integral part of our centre so we work hard to provide the services and programs you and your family require. Whether it is ensuring that child care is available for parents to attend Personal Development programs or services indicated by families through needs assessments, we want to ensure we are meeting our community's needs.

 Programs with this symbol offer drop-in child care (for a fee) for children ages 18 months to 5 years old.

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
A PARENT COMMUNITY 	A 'community' of parents will discuss topics related to parenting children of all ages. Stop in for coffee and conversation while your children play and get to know each other. Our Public Health Nurse will visit once a month to answer questions and present a topic.	Fridays 0930 - 1130	Free. Drop-in.
A PARENT GROUP 	Join us for some parenting discussions and networking. Learn about different stages and topics with other parents. Children under 18 months will stay in the room with the parents and play	Wednesdays 930 - 1130 January 9, 23 February 13, 27 March 13, 27 April 10, 24	Free. Drop-in.
SOUTH SIDE COFFEE South Side Youth Centre 347 Doncaster St.	Join us on the 3rd Wednesday of each month for coffee at our South Side Youth Centre. French or English, parent or not a parent, kids or no kids...everyone is welcome!! Bring your friends, your neighbours and your families	Wednesdays 930 - 1130 January 16 February 20 March 20 April 17	Free. Drop-in.
PARENTING TOGETHER - AT NIGHT	Join us for a parenting group in the evening. We will be discussing the ins and outs of all phases and all the in-betweens. We will have a topic/presenter each week.	Wednesdays 1830 - 2000 January 16 February 20 March 20 April 17	Free. Drop-in.
UN-HIBERNATION AT THE CANADIAN MUSEUM FOR HUMAN RIGHTS	If this is your first winter in Winnipeg, come out of hibernation and join other Newcomers as we explore things to do in Winnipeg in the winter. We will meet at the Canadian Museum for Human Rights	Sunday 1000 January 20	Information will be emailed to newcomer families by the Newcomer Coordinator.
CIRCLE OF SECURITY	Wouldn't it be great to be able to make sense of what our kids are really asking from us? Circle of Security® Parenting program can help parents and caregivers to read children's emotional needs, support emotional management and enhance self-esteem. Each family will receive a copy of "Raising a Secure Child"	Mondays 1330 - 1500 January 21 - March 18 No class February 18	Defense Team \$40/individual, \$60/couple; Civilian \$100/individual, \$150/couple Register by date January 11
NEW RECRUITS PARENT CAFÉ	Are you a proud parent of a new military member? Would you like to learn about the services the MFRC can offer you and your family? Come and meet the Deployment Coordinator and other parents of military members at our Saturday cafe! Light refreshments will be served.	Saturdays 1100 - 1200 January 26, February 23 March 30, April 27	Free. Drop-in.
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. Meal themes will be announced in the Keeping in Touch email and on the MFRC Facebook (@WinnipegMFRC)page closer to the date of the dinner.	Tuesdays 1700 - 1900 January 29 February 26 March 26 April 30	\$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by: January 25, February 22, March 22, April 26
CUDDLE UP AND READ Westwin Children's Centre 642 Wihuri Rd	We are kicking off "I Love to Read" month with a bang! Join us for a cozy evening of hot chocolate and amazing books. Special guest readers too!	Friday 1800 - 1930 February 1	Free. Register by January 28 *Parents must stay with their children.

FAMILY & PARENTING PROGRAMS

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
EXCEPTIONAL FUN	Drop in for people with exceptional needs age 16 - 30. We will have fun, games and activities. Adult companion/worker must accompany participants.	Thursdays 1900 - 2100 February 7 April 4	Free. Drop-in. Participants must arrive by 1930
LEARN SNOW SCULPTING WITH YOUR FAMILY	Snow sculpting workshop for families with an instructor at the MFRC. Lunch included	Saturday 1030 - 1300 February 2	\$5 per person or \$10 per family Register by January 25
FAMILY TEA PARTY	Come out to the MFRC with your kids and enjoy a tea party! Get dressed up if you like, bring a fancy hat and gloves and enjoy some tea, tea sandwiches and scones!	Saturday 1300 - 1400 February 9	\$10 per family. Register by February 4.
PARENT - CHILD RESTORATIVE YOGA	5- 8 year olds bring mom or dad or another adult with you to learn the basics of breathing, stretching, and basic yoga poses for calmness in this small group session.	Mondays 1830 - 1930 February 25 March 4	\$20 for two session per child/ adult pair. Register by February 19. **Space is limited
PREPARING FOR DEPLOYMENT	Did you know that deployment is defined as any time your member is away for an extended period of time? This includes courses, taskings, IR, field time, and overseas deployments. If your member is currently or soon-to-be deployed, come to this workshop to help make the time apart easier.	Thursday 1730 - 1930 March 28	Free. Register by March 22.
PREPARING FOR REUNION	Before your loved one is due to come home, we invite you to this workshop. You will be better prepared for this transition by learning what to expect and how to manage the reintegration process.	Monday 1830-2030 April 29	Free. Register by April 19
PARENT - CHILD PAINT NIGHT	Join us for a family paint night with Kisa Maclsaac from Power of Painting! Each adult/child team will be painting a unique canvas that you can take home. Each child needs to be accompanied by an adult. There will be pizza, veggies and refreshments.	Friday 1730 - 1930 March 22	\$20 per adult/child team. Register by March 7. To register please call 204-833-2500 x2491

International Women's Day Celebration! 2019 With Kim Mills Saturday 9 March



Coffee Break
Everyone is invited
for coffee!

Visit with other community members, pick up resources, register for programs, win prizes and meet with staff.




THE FIRST THURSDAY OF EVERY MONTH AT
10:00 AM
102 COMET
ACROSS FROM 17 WING GATE



Programs with this symbol offer drop-in child care (for a fee) for children ages 18 months to 5 years old.

SPECIAL EVENTS



PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
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.	Thursdays 1000 - 1100 January 3 February 7 March 7 April 4	Free Drop in
YELLOW RIBBON GALA Victoria Inn Hotel and Convention Centre 1808 Wellington Ave.	The annual fundraising gala is a chance to relax with friends, enjoy world class entertainment by JetStream, our special guest speakers 2018 Silver Cross Mother Anita Cenerini and Vice Chief of Defense Staff, LGen Alain Parent. You could win big by bidding on the silent auction and not to be missed!	Saturday February 16 1730 cocktails	17 Wing and Lodger unit personnel and immediate family: \$75. Civilian: \$100 or Table of 10 is \$900. Tickets available until February 6.
ACROSS GENERATIONS; Shared Experiences of Supporting a Family Member with PTSD	Join us for a viewing of Military Mothers from the documentary Soldiers' Children followed by a moderated, intergenerational panel discussion.	Saturday 1300 - 1500 February 23	Free. Register by February 19.
WINTER FEST Community Recreation (Bldg. 90) and area	Winter Fest is a great way to celebrate winter with exciting indoor and outdoor activities for the entire family.	Saturday 1100 - 1400 March 2	Defense Team: \$3 per person/\$9 per family Public:\$4 per person/\$12 per family
INTERNATIONAL WOMEN'S DAY CELEBRATION	Join the MFRC as we celebrate International Women's Day. Bring a girlfriend, your neighbour, mother, mother in law, sister etc.... out for fun, food, and special guest Kim Mills.. We sold out early last year. Watch for more details on the @WinnipegMFRC Facebook page in the New Year for when tickets will be available..	Saturday March 9 Time TBA	\$20 per participant Tickets available until March 3. Location TBA
MONTH OF MILITARY CHILD KICK OFF DINNER	Join us for a fun spaghetti dinner to celebrate the resilience of our military kids and kick off their month. Everyone is welcome!	Wednesday 1730 - 1930 April 3	Adults \$3. Kids 12 and under eat free!. Register by March 27.
CABANE À SUCRE/SUGAR SHACK	Sugaring off is the process of turning maple sap into syrup. It is a joyful, traditional marking of spring's arrival which includes a 'sugar shack' meal. Come for a traditional sugaring off meal of eggs, ham, baked bean, tourtière, pancakes and of course, real maple syrup.	Saturday 1100 - 1300 April 6	\$5 per person. Kids 5 and under free. Register by March 16.
VOLUNTEER WEEK	A week of activities and events to celebrate our volunteers. Look for activity announcements closer to the event week	April 7 - 13	TBA
PINK PANCAKE BREAKFAST	We host the Pink Pancake Breakfast to show our support for Day of Pink. This day is where communities across the country unite in celebrating diversity, and raising awareness to stop homophobia, transphobia, transmiogyny and all forms of bullying.	Wednesday 0700 - 0900 April 10	Free Drop In
SPRING EGG HUNT	A fun afternoon of spring and Easter themed songs and reading followed by an egg hunt! Bilingual event!	Saturday 1430 - 1600 April 13	\$2 per child at event. Register by Wednesday, April 3. *Parent/guardian required to stay.
FAMILY SOCK HOP South Side Youth Centre, 347 Doncaster St.	Celebrate the Month of the Military Child with a family Sock Hop. This dance is for everyone with the dancing geared to 3-6 year olds from 1800-2000 and 7 and up from 1900-2100. Snacks included.	Friday 1800 - 2100 April 26	\$5 per family at the door.



Programs with this symbol offer drop-in child care (for a fee) for children ages 18 months to 5 years old.

ADULT PROGRAMS


Adult programs comprise a large portion of the monthly programs offered at the MFRC. The main aim of these programs is to foster the development of networks and a social community for participants which will assist with handling challenges, facing adversity and building resilience. We also use these programs to help build knowledge of the city and province and educate on different topics and everyday activities.

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
CAFÉ FRANÇAIS  At MFRC	Join us Wednesday mornings for a coffee and chat in French. This is a perfect opportunity to practice your French.	Wednesdays 930 - 1130 First and Second Wednesday at MFRC Fourth Wednesday École Romeo Dallaire	Free. Drop-in.
NEW YEAR! NEW GOALS! VISION BOARDS	New Year! New Goals! Come out to the MFRC and create your personal vision board. Vision boards are display boards with motivational images and words, that can be short term or something you wish for far into the future. These boards will serve as a reminder of your personal goals and help you make them reality!	Saturday 1300 - 1500 January 12	\$5 Register by January 8.
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!	Wednesday 1330-1500 January 16 February 20 March 20 April 17	Free. Drop-in.
EVERYDAY JOY	Participants will discuss and share practical ways to make their lives more joyful and fulfilling. Each month will have a theme; some will have an activity!	Thursday, 1900 - 2100 January 17 Thursday 1800 - 2000 March 7	Free Register by January 14 March 4
MAURITIAN CULTURE AND COOKING	Come learn about the culture of the island nation of Mauritius while learning how to make Mauritian gâteaux piments and chicken curry. Inviting Francophone, Francophiles, adults interested in French language and francophone cultures to participate and share ideas and recipes.	Friday 1700 - 1930 January 18	\$5. Register by January 11.
EMPLOYMENT & EDUCATION SUPPORT GROUP 	This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment while offering training, presentations, workshops and visits to local employers and education providers.	Tuesdays 0930 - 1130 January 22 - April 23	Free. Drop-in.
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 so you have room to work!	Mondays 1830 - 2000 January 21 March 18 April 15	Free. Drop-in.
LEARN TO... BULLET JOURNAL	Bullet journaling is more than just a fad, it's a great way to help you organize your life and prioritize your life! We will be learning the basics of bullet journaling, some different techniques and some creative fonts. You will leave with your own journal to get started.	Tuesday 1830 - 2030 January 22	\$15 Register by January 16.
MFRC "COUPLE FORCE"	Come out with your partner for a date night to remember. Dinner and activities provided. There will be some friendly competition between couples and within couples.	Friday 1730 - 1930 January 25	\$10 per couple. Register by January 18.



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ADULT PROGRAMS

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
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.	Mondays 1900 - 2100 January 28 February 25 March 25 April 29	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.	Thursday 1900 - 2100 January 31 February 28 March 21 1800 - 2000 April 25	Free. Register by: January 24 February 21 March 14 April 18
LEARN TO... CUPCAKES	Join us at the MFRC as we learn how to decorate cupcakes. We will learn about different frostings, and piping techniques.	Monday February 4 1830 - 2030	\$10 Register by January 30.
UNITS SNOW SCULPTING COMPETITION	Sculpting starts Monday, February 4 and must be completed by Thursday, February 7, 0930. Judging and prizes at MFRC Community Coffee Thursday February 7, 1000 Units must register their teams no later than January 25	Monday February 4 thru to Thursday, February 7, 0930	Units must register their teams no later than January 25 by calling the MFRC or emailing Brinda.Chengadu@forces.gc.ca
LIVING LIFE TO THE FULL 	Want to know how to feel better, right now? This enjoyable, interactive course introduces principles of the Five Areas Cognitive Behavioural Therapy (CBT) model and will help you understand your feelings and what to do about them. In four enjoyable 3 hour sessions – one per week – this course helps people to make a difference to their lives. Each session is expertly moderated and includes a booklet. Participants are taught how to deal with their feelings when fed up, worried, or hopeless, and learn skills that help them tackle life's problems.	Tuesdays 1300 - 1600 February 5, 12, 19, 26	Free. Register by January 25.
RESTORATIVE YOGA	Restorative Yoga is not a sweat breaking, body contorting challenging yoga class. Rather it is a practice of supported, gentle movement and stretching to relax and renew your body and being.	Mondays 1900 - 2000 February 11 March 11 April 8	\$10 per session Register by February 4 March 4 April 1
MUNCH AND LEARN POSTING PREP SERIES	Soup, salad and something related to preparing you and your family for posting will be on the menu this month! Topics may include de-cluttering, selling your home in Winnipeg, helping your children thrive with change and tips to help in your employment search. Attend one, some or all.	South Side Youth Centre Friday, March 1, 1730-1900 MFRC Thursday, March 7, 1200-1300 Wednesday, March 13 1200 - 1300 Tuesday, March 19, 1730 - 1900	\$2 per person per session. Register by: February 26 March 5 March 11 March 18
LADIES NIGHT OUT! - BOWLING Uptown Alleys St. Mathews	Bring your girlfriends (military or not) and enjoy a night of friendly rivalry on the lanes!	Tuesday 1900 - 2100 March 12	\$10. Register by March 5.
MENTAL HEALTH SERIES - TAMING ANXIETY	Anxiety comes in so many forms - some subtle, some not. Join us for a skill building night with special guest presenters.	Wednesday 1900 - 2100 March 13	Free. Register by March 8.
CARD MAKING	Participants will be making 8 general purpose cards. Two of each persons hand made cards will be sent to deployed members.	Tuesday, 1900 - 2100 March 19	\$10. Register by March 12.



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ADULT PROGRAMS

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
MAKE AHEAD MEALS	Not sure what to make for dinner? NO time to make anything? Come out to the MFRC and make some meals in advance. These are easy, healthy meals that are ready to go from the freezer!	Saturday 1300-1500 April 6	\$40. Register by April 1. Please bring mixing bowls, measuring cups and spoons and an apron.
LEARN TO... SPRING WREATHS	Come out and make a one of a kind wreath for your front door or for a gift! You can make a spring wreath or an Easter themed wreath. Join us for a fun night out of crafting!	Wednesday 1800 - 2000 April 10	\$10. Register by April 3.
CASE CONFERENCES	A legal professional will be presenting on case conferences so you are ready for yours. A case conference is an opportunity to agree on issues before going to motion and trial. Being prepared is essential.	Wednesday 1800 - 2000 April 17	Free. Register by April 10.

SECOND LANGUAGE TRAINING

The primary participants eligible to access Second Language Training are civilian spouses/partners and children of CAF members sixteen years of age and over. Special consideration may be given to children fourteen to fifteen years of age.

A deposit of \$25.00 is required upon registration for the course. This deposit is refundable if the participant attends 85% of classes. Courses are also open to military members for a non-refundable cost of \$25.00 and to members of the community at a non-refundable cost of \$50.00.

Please contact Brinda Chengadu at ext. 4519 for more information. * Child care is available upon request at the time of registration for day time classes for children ages 18 months to 5 years old. The Occasional Child Care Centre is available for select evenings.

PROGRAMS	DESCRIPTION	SCHEDULE	REGISTRATION INFO
ENGLISH BEGINNER AND INTERMEDIATE CONVERSATION	Focus in class will be learning new vocabulary for everyday life conversation in English.	Mondays 0945 - 1115 January 14 to April 15 (except February 18)	\$25 spouses/partners/CAF members. \$50 civilian. Register by January 8.
FRENCH BEGINNER CONVERSATION	Focus in class will be learning new vocabulary for everyday life conversation in French.	Tuesdays 1700 - 1815 January 15 to April 16 (except March 12)	\$25 spouses/partners. \$50 civilian. Register by January 8.
FRENCH INTERMEDIATE CONVERSATION	Focus in class will be consolidating vocabulary and communicating in French.	Tuesdays 1830 - 1945 January 15 to April 16 (except March 12)	\$25 spouses/partners. \$50 civilian. Register by January 8
FRENCH ADVANCED CONVERSATION	Focus in class will be grammar and thematic vocabulary consolidation and communicating in French.	Thursdays 1630 - 1830 January 17 to April 11 (except February 14)	\$25 spouses/partners. \$50 civilian. Register by January 10

All programs and schedules are subject to change. The information in the Community Connections is current as of the day it is printed. Please check our Facebook page (@WinnipegMFRC), web page (www.cafconnection.ca/Winnipeg) or call us 204-833-2500 ext 4500 to see if there are any updates, including additional programming. Monthly calendars are also available at the MFRC, on our Facebook page and website. We reserve the right to reschedule or cancel programs at anytime.



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JOIN US IN CELEBRATING INTERNATIONAL DAY OF PINK!

6th Annual

Pink Pancake Breakfast

AT THE WINNIPEG MFRC • 102 COMET ST.

W E D N E S D A Y

FAMILIES WELCOME

APRIL 10 2019

7:00 - 9:00 am

While supplies last.

FREE!



FOR MORE INFORMATION: Sherri Pierce ext. 4056 • sherri.pierce@forces.gc.ca

MFRC
CRFM
WINNIPEG



ACTIVITIES
FOR ALL AGES!

WINTER Fest 2019

Fête DE L'HIVER 2019

ACTIVITÉS POUR
TOUS LES ÂGES !

11 am - 2 pm
de 11 h à 14 h

SATURDAY MARCH 2 SAMEDI MARS

FITNESS AND RECREATION CENTRE
BLDG 90

CENTRE RÉCRÉATIF ET SPORTIF
BÂT. 90

Defence Team: \$3 per person / \$9 per family
Public: \$4 per person / \$12 per family

Équipe de la Défense: 3\$ par personne / 9\$ par famille
Public: 4\$ par personne / 12\$ par famille

Tickets available at the MFRC, Bldg 90 or at the door - Les billets sont en vente au CRFM, au bâtiment 90 ou à l'entrée
TICKETS MUST BE PRESENTED AT TIME OF ENTRY LES BILLETS DOIVENT ÊTRE PRÉSENTÉS À L'ENTRÉE

INFO. 204-833-2500 ext/poste 7013 or/ou 4500

The **Veteran Family Program**, funded by Veterans Affairs Canada, supports medically releasing CAF members, medically released Veterans and their families.

For more information please contact:

Dana Glover
204-833-2500 ext. 4507
dana.glover@forces.gc.ca

