SAVE THE DATE!
Children’s Easter Party
Saturday, April 1st 2017

Sign up for a morning of family outdoor fun!

More details and registration information for this event will be included in future Shields, on our website and in our spring newsletter.

Vehicle Maintenance Workshop

Monday January 16th
6-8pm
CFB North Bay Auto Club
1600 Airport Road, Bldg 57

Join us as we gain more knowledge about keeping our vehicle working in tip top shape. For more information or to register, please call Pam at 705-494-2011 extension 2053 or Linda at extension 2026.

Second Language Classes

Monday evenings
January 16—February 13 2017
630–830pm
North Bay MFRC Board Room

Our 5 FRENCH classes will enhance students’ conversation skills. Priority will be given to students registered with Rosetta Stone and CF/USAF dependants. To register please contact Diane at 705-494-2011 extension 2056. (The Rosetta Stone online program continues to be offered to dependents.)
Your Employment and Education Coordinator is here to help you seek answers in regards to going back to school, looking for employment or ways to improve your resume. For more information please call Pam at 705-494-2011 ext 2053 or email her at Pamela.Lennips@forces.gc.ca

Self-Compassion Yoga
A perfect way to end your busy day! Join us at the MFRC on Thursdays from 4:15-5:30pm for gentle self-compassion yoga and calming relaxation. This involves deep breathing, gentle stretching and quiet meditation. Please register early to claim your spot, space is limited!

Mindfulness Program
Join us to learn how mindfulness can enrich your life. This practice will improve your emotional and physical well-being! We meet once a week for lighthearted discussions, sharing and mindfulness meditation practice in a safe non-judgemental environment. Come out for our Wednesday evening sessions from 6-7:30pm at the MFRC.

What is Mindfulness? In a nutshell, mindfulness is about being completely in touch with the present moment and being open to experiences as they come.

"Mindfulness means paying attention in a particular way; On purpose, in the present moment, non-judgmentally." ~ Jon Kabat-Zinn

“Just For Us”
This is a self-help group, promoting emotional health and wellness. A fun, safe place where you feel accepted empowered and motivated.
We meet Friday mornings at the MFRC downstairs from 9am-12pm.
**Road to Mental Readiness (R2MR) Training**

*An Educational Deployment Training Offered to Spouses*

**One-on-one training session**

**Road to Mental Readiness** is a Deployment Educational Training Program to better equip members and their families with Pre-deployments, Deployments, Post-Deployments and absences due to frequent trainings.

Deployment is a fact of military life. For most CAF personnel the opportunity to deploy around the world, making a difference in lives of others is what prompted their desire to join in the first place. However, for military families, managing deployments can be particularly challenging: extended separations, increased workloads, anxiety over the safety of their loved one, and managing transition and reintegration issues upon completion of the tour-all amount to stress.

**Overall Objectives of R2MR Training**

- Better understand the familial challenges associated with deployment
- Increase awareness about mental health
- Learn new tools and approaches to manage familial stress of deployment
- Recognize personal and external resources to foster mental health and well-being in the family.

Separations can be hard. Come on over to your Military Family Resource Centre and let’s get together for approx. 2 hours and we’ll do the training program to better assist you and your family with the deployment of your loved one. For more information contact Linda at 705-494-2011 ext 2026.

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**Teen Centre Valentine Dinner & Movie**

Friday February 10th

530-1100pm

East Side Mario & Galaxy Theatre

Teens ages 13-18 you are invited to a special evening out with your friends. Cost $10.

For more information and to register please call the Teen Centre at 705-494-2011 ext 2645.

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**Military Family Parent and Child Playgroup**

Moms and dads are invited to come out every Tuesday morning. Meet new friends and help your child learn through play. Please bring a nut free snack.

9-11:30am ~ Chapel Annex

No registration is required. For more information contact:

Diane - MFRC 705-494-2011 ext 2056
Aoife - EYC 705-474-8910 x 0

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Interested in translating your military experience and education into the civilian workplace? Ask me about the PORTFOLIO program.

Interested in family resiliency training? Ask me about the FOCUS program.

Interested in gaining skills and certification to be a first responder in a mental health emergency? Ask me about the Mental Health First Aid for the Veteran Community course.

Interested in training to prepare you for transition from military to civilian life? Ask me about the SHIFTING GEARS program.

Interested in using your experience to help other families navigate the transition from military to civilian life? Ask me about our ADVISORY COMMITTEE.

Don't forget about our upcoming Intro to Art Therapy Workshop...stay tuned for details...

For more information, please contact our Veteran Family Coordinator, Tina Tomason at Tina.Tomason@forces.gc.ca or by calling 705-494-2011 ext 2138.
Upcoming Community Events

“Lee Ann Womack”
January 11th
Location: Capitol Centre, North Bay
For more info call 705-474-4747

“Stars and Ski Weekend”
January 20th—22nd
February 24th—26th
March 10th—12th
For more information call the Canadian Ecology Centre, Mattawa
705-744-1715

“Winter’s Embrace”
February 10th–12th
Canadian Ecology Centre, Mattawa
For more info call 705-744-1715

“The Realistic Joneses”
Performed by the Gateway Theatre Guild
Location: Odysée High School, North Bay
For info check their website

Bubble Guppies Live! Ready To Rock
March 14th
Location: Capitol Centre, North Bay
For more info call 705-474-4747

For more activities in your community visit the following web sites:
www.cityofnorthbay.ca;
www.northernontario.org;
www.downtownnorthbay.ca;
www.westnipissingouest.ca;
www.northbayheartbeat.com

Home Selling/Buying Workshop
Wednesday March 8th
630-730pm
North Bay MFRC

Where do you start? What do you look for? An experienced realtor and home inspector will help you decipher the secrets to either finding your dream home or staging your home for selling. To register please call Diane at 705-494-2011 extension 2056.

NORTH BAY COMMUNITY SHOP AT HOME SERVICES DIRECTORY

Kyla Creative
Photographer, Graphic Designer,
Wordsmith
Contact Kyla Palin
at 705-845-5653
Email: kyla@kylacreative.com

Avon Consultant
Contact Jackie Taylor
at 705-752-2870
Email: avonorder@netspectrum.ca

Norwex Consultant
Our Global Mission is:
“Improving quality of life by radically reducing chemicals in our home”
Contact Angela Mecham
at 778-349-5496
Email: angela.sm7@gmail.com

Mitch n’ Cakes
Cakes, cupcakes, etc
Contact Michelle Jennings
at 705-498-7792
Email: Michelle.Jennings@hotmail.com

Music Lessons on Base
Professional teacher with years of experience
Offering piano technique and music theory for children and adults
12 Royal Crescent, Hornell Heights, ON
Contact Veronika at 705-498-4735

Smooth
Full body waxing by Justine Arsenault
Contact Justine at 705-825-0418
Email: justineoarsenault@gmail.com
"Kids are welcome to come with you to appointment"

Tupperware Representative
Contact Michelle Banks at 705-825-0418
Email:

To place your at home business advertisement here please contact Pamela Lennips at 705-494-2011 extension 2053 or email Pamela.Lennips@forces.gc.ca
39 Sterling Avenue, Hornell Heights, North Bay, ON P0H 1P0
Telephone: 705-494-2011 ext 2053
Toll Free: 1-866-472-9433
Fax: 705-494-2106
Website: www.familyforce.ca
Facebook/Twitter: North Bay MFRC

Hours of Operation
8:00 am - 4:00 pm Monday to Friday

Mission Statement
To provide programs and services that foster strong community and family relationships in response to the unique needs of military families throughout Northeastern Ontario.

Vision Statement
Fulfilling needs, evolving programs, enhancing military family life.

Values
Mindful
Flexible
Reliable
Compassionate
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<td><strong>New Years Day</strong></td>
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<td><strong>Parent Child Playgroup 9-11:30am</strong></td>
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**For more information about MFRC Programs & Events or to request a French version of this calendar, please call us at 705-494-2011 ext 2053.**

*Calendars may be subject to change.*
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<td></td>
<td>Résumé &amp; cover letter writing assistance available by appointment call x2916</td>
<td>Coffee Connections &amp; Spouses Night Out For info call x2066</td>
<td>1 Mindfulness Workshop 6-7:30p Fun Factory 5:30-7pm Youth Corner 7-8:30p</td>
<td>2 Self-Compassion Yoga 4:15-5:30p Teen Ctr Drop-In 6-10pm</td>
<td>3 Teen Centre Swimming</td>
<td>4 Teen Ctr Drop-In 6-10pm</td>
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<td>5</td>
<td>Coffee Connections 9:30-11:30am</td>
<td>Parent Child Playgroup 9-11:30am Parent &amp; Youth Mindfulness 6-730pm</td>
<td>8 Mindfulness Workshop 6-7:30p Fun Factory 5:30-7pm Youth Corner 7-8:30pm</td>
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*Calendars may be subject to change*
Grape Stomping
at the Davedi Club
Parent Tot Playgroup
RMC vs Nip Nup Hockey Game
Ribbon Cutting November 2016
Spouses Night
Les Familles Comptent
CRFM de North Bay
VOLUME 7, ÉDITION 4
Hiver 2017

Fête de Pâques pour les enfants
Samedi 1er avril 2017

Inscrivez-vous pour un matin en plein air avec votre famille!

Plus de détails et d’information concernant l’inscription sera publié dans le prochain journal de la base le Bouclier, sur notre site Web et dans notre bulletin de nouvelles du printemps.

Atelier entretien de véhicule
Lundi, 16 janvier
18h00 -20h00
Club auto BFC North
1600 Airport Road, Édifice 57

Joignez-vous à nous et améliorez vos connaissances pour maintenir votre véhicule en excellent condition. Pour plus d’information ou pour s’inscrire, veuillez appeler Pam au 705-494-2011 poste 2053 ou Linda au poste 2026.

Souper et Soirée au Cinéma Centre d’ados
Vendredi, le 10 février
17h30-23h
East Side Mario et Cinéma Galaxy

Nos adolescents de 13-18 ans sont invités à nous joindre à une soirée de spéciale avec vos amis. Coût 10$.

Pour plus d’information ou pour s’inscrire, veuillez appeler le Centre d’Ados au 705-494-2011 ext 2645.
Notre mission

Notre mission est de fournir des programmes et services qui encouragent de solides liens entre la communauté et la famille, en réponse aux besoins uniques des familles militaires du Nord-Est de l’Ontario.

Déclaration

Nous voulons répondre aux besoins, élaborer de nouveaux programmes et améliorer la vie des familles militaires.

Nos valeurs

Conscient
Responsable
Flexible
Méthodique