

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ENGLISH AND FRENCH CLASSES START IN SEPTEMBER. SEE WEBSITE FOR DETAILS	1 Canada Day - closed -	2 Employment & Education Support Group 0930 - 1130 Walking for Wellness 1000 - 1130 Green Team Youth Drop-in Opens Military Night at Winnipeg Goldeyes 1900	3 North Side Youth Drop-in Opens Café Français MFRC 0930 - 1130 Financial Matters for Transitioning Families 1200	4 Community Coffee 1000 - 1100 French Lunch 'n Chat 1230 - 1315 Everyday Joy - Appreciating Nature 1800 - 2000	5 Parent in the Park 0930 - 1130	6 New Recruits Parent Café 1100 - 1200
7	8	9	10 Café Français MFRC 0930 - 1130 A Parent Group 0930 - 1130 Youth Centre Field Trip Stonewall Quarry 1000 - 1530	11 French Lunch 'n Chat 1230 - 1315 Community BBQ 1130 - 1300 French Workout Bldg. 90 1715 - 1815 Family BBQ South Side 1730 - 1900	12	13
14	15	16	17 Craft Drop-in Afternoon 1330 - 1500 Parent Together at Night 1830 - 2000 Youth Centre Activity Prairie Exotics 1300 - 1400	18 French Lunch 'n Chat 1230 - 1315 Souper Franco at the Assiniboine Park 1730 - 2030	19 A Parent Community 0930 - 1130 Fire Hall Visit 1300 - 1500	20 St. Norbert Market and Picnic Day 10:30 shopping 11:30 picnic
21	22 Craft Drop-in At Night 1830 - 2030	23 Employment & Education Support Group 0930 - 1130	24 A Parent Group 0930 - 1130 Youth Centre Field Trip Assiniboine Park Zoo 1030 - 1445	25 Community BBQ 1130 - 1300 French Lunch 'n Chat 1230 - 1315 Preparing for Reunion 1300 - 1500	26 Sushi Making with Sayaka 1700 - 1900	27 New Recruits Parent Café 1100 - 1200
28 Deployment Activity - Build a Bear 1000 - 1100	29	30 Employment & Education Support Group 0930 - 1130 Walking for Wellness 1000 - 1130 Deployment Dinner Date 1700 - 1900	31 Youth Centre Field Trip Fort Whyte Alive 1015 - 1500	Coming in August Aug. 7 Financial Matters for Transitioning Families (presented in French) Aug. 8 - Exceptional Fun Aug. 11 - Make Ahead Meals Aug. 15 - Helping Families Aug. 21 - Parent at Night Aug. 22 - Preparing for Deployment Aug. 22 - RU Ready? (back to school prep.) Aug. 23 - Souper Franco @ Stella's on Provencher Aug. 28 & 29 - Babysitter Course		



MFRC YOUTH CENTRES (6 - 12 YEAR OLD)
NORTH SIDE SUMMER YOUTH DROP-IN, 102 COMET ST.
 Monday, Wednesday & Friday 1000 - 1600
 Tuesday/Thursday: CLOSED
GREEN TEAM YOUTH DROP-IN, 347 DONCASTER ST.
 Monday - Friday 1000 - 1600
 Membership/Medical forms must be completed - see staff for details

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

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www.cafconnection.ca [@winnipegmfrc](https://www.instagram.com/winnipegmfrc) [@winnipegmfrc](https://www.facebook.com/winnipegmfrc) [@winnipegmfrc](https://www.twitter.com/winnipegmfrc)
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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., July 4, 1000 - 1100. Drop-in.

MFRC COMMUNITY BBQ'S

A variety of barbecue classics are available by donation. BBQ's run 1130 - 1300. Thurs., July 11 sponsored by Emergent BioSolutions. Thurs., July 25 sponsored by Fountain Tire, 3020 Portage Ave. .

ADULT PROGRAMS

EMPLOYMENT & EDUCATION SUPPORT GROUP

This small group environment is dedicated to offering a socially supportive atmosphere for spouses who are looking for employment. Tuesdays, July 2, 23 & 30, 0930 - 1130. Drop-in.

FINANCIAL MATTERS FOR TRANSITIONING FAMILIES

Virtual session presented in English by the Veteran Family Program and SISIP Financial. Help ease the transition from military to post-service life. Wed., July 3, 1200. Register by June 21, 204-833-2500 ext. 4507

CAFÉ FRANÇAIS

Join us for a coffee and chat in French at the MFRC. Come practice your French. Wednesdays., July 3 & 10, 930 - 1130. Drop-in.

EVERYDAY JOY

Appreciating Nature - weather permitting, we will meet at Assiniboine Park. Thurs., July 4, 1800 - 2000. Register by June 27.

FRENCH LUNCH 'N CHAT

Bring your lunch to the MFRC and enjoy French conversation. For all levels. Thursdays 1230 - 1315. Drop-in.

FRENCH WORKOUT

Warm-up exercises and power food tips in collaboration with PSP. Thurs., July 11, 1715 - 1815. Register by July 3.

ST. NORBERT MARKET AND PICNIC

Explore the largest Farmer's Market in the area followed by a picnic. Sat, July 20, 1030 - 1130 shopping, 1130 - 1300 picnic. Register by July 12.

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., July 17, 1330 - 1500. Drop-in.

CRAFT DROP IN AT NIGHT

We have a child free space with 8 ft tables for you to work on your craft project. Mon., July 22, 1830 - 2030. Drop-in.

SOUPER FRANCO

A casual francophone/francophile gathering. Theme: Assiniboine Park. Thurs., July 18, 1730 - 2030. Register by July 5.

PREPARING FOR REUNION

Workshop to building skills to make their return from separation easier. Thurs., July 25, 1300 - 1500 Register by July 19.

YOUTH CENTRE PROGRAMS

Annual membership to youth centre required in addition to any trip/event fees. Membership is valid for 12 calendar months.

STONEWALL QUARRY

Field trip to the Kinsmen Beach at Stonewall Quarry. Bring a bagged lunch, your bathing suit, towel, and sunscreen. Wed., July 10. Depart MFRC 1000. Return 1530. \$10 per child Register by July 3

PRAIRIE EXOTICS

The animals from Prairie Exotics visit the North Side Youth Centre. Limited Space. Wed., July 10, 1300 - 1400. Register by July 3

FIRE HALL VISIT

Group visit to the 17 wing fire hall. Friday, July 19, 1300 - 1500. Register by July 12

ASSINIBOINE PARK ZOO

Field trip includes guided tour of a Awesome Arctic Adaptations. Please bring a bagged lunch. Wed., July 24. Depart MFRC 1030. Return 1445. \$12 per child, Register by July 17

FORT WHYTE ALIVE

Learn about animals, and our prairie history! Please bring a bagged lunch. Wed., July 31. Depart MFRC 1015. Return 1500 \$ 8 per child. Register by July 24

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.

PRESCHOOL CAMP

For 3 - 5 yrs. \$100 per week, per child. Monday to Friday, 1000 - 1500 with extended care available for a fee. Call 204-833-2500 ext. 2491 to register or for more information.

PARENT & FAMILY PROGRAMS

WALKING GROUP FOR WELLNESS

We will enjoy the morning and get some fresh air and clear our heads! Starts at the MFRC. New 1 hour route each week. Walk at your own pace! Refreshments after at the MFRC. Tuesdays, July 2 & 30, 1000 - 1130. Register by June 25 and July 23.

PARENT IN THE PARK

Join us for fun and networking in the park. Fri., July 5, 0930 - 1130. Register by July 2.

PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fri., July 19, 0930 - 1130. Drop-in

PARENT GROUP

Join us for parenting discussions and networking. Wed., July 10 & 24, 0930 - 1130. Drop-in.

PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed., July 17, 1830 - 2030. Drop-in.

DEPLOYMENT ACTIVITY: BUILD A BEAR

Beat the deployment blues by making your own stuffie with a special message from deploying parent. Sun., July 28, 1000 - 1130. \$10 per child. Register by June 22. Space is limited

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., July 30, 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by July 26.

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. Saturdays, July 6 & 27, 1100 - 1200. Drop-in.

SAVE THE DATE!
RÉSERVEZ CETTE DATE !

FREE GRATUIT

SAT SAMEDI 14 SEPT 2019

Fall fair · Foire automnale 17th ESCADRE

Something for every age and ability!
Quelque chose pour tous les âges et habiletés !

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!