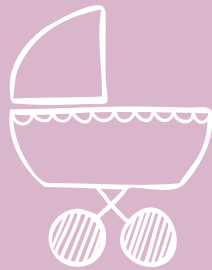


# TIME OUT TUESDAYS & THURSDAYS



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

February 5th to March 28th at the CSMFRC

Tuesdays: 9:00am - 12:00pm

Thursdays: 4:30pm - 8:00pm

**\*\*NO SERVICES THE WEEK OF FEBRUARY 18TH-22ND\*\***

\*No meals or snacks are provided

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

Must pre-register 24 hours before the day of the desired day.

**\*\*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)