



mfr · ncr
crfm · rcn

Military Family Resource Centre of the National Capital Region

Workshops, Playgroups and Events Calendar

October 2017

330 Croil Private, Building 471, Ottawa, ON K1V 1J1

How to participate: (613) 998-4888 or info@mfr-ncr.ca to register

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Playgroup 9 am	4 Playgroup 9 am *New* Brain Train 4 :30 pm (1)	5 Casual Care 9 am Casual Care 1 pm	6	7 Playgroup 9:30 am (2)
8	9	10 Playgroup 9 am	11 Playgroup 9 am Recruitment Fair 10 am (1) *New* Brain Train 4:30pm (1) [Adult] Coffee Time 10 am (3)	12 Casual Care 9 am Casual Care 1 pm Poets' Circle 5:30 pm (1)	13 [Adult] Escape Room 6:00 pm (4) Casual Care 5 pm	14 Playgroup 9:30 am (2) Veterans' Headstones Spruce Up Project 9:30 am (5)
15	16 Poets' Circle 5:30 pm (1) [Adult] Coffee Time 9:30 am (6) Resume clinic 9 am (7)	17 Playgroup 9 am	18 Playgroup 9 am *New* Brain Train 4:30pm (1) Interview Clinic 1 pm (7)	19 Casual Care 9 am Casual Care 1 pm Poets' Circle 5:30 pm (1) [Adult] Silk Scarf Craft 6 pm	20 [Teen] Haunted Mill 6:45 pm (11)	21 Playgroup 9:30 am (2) Veterans' Headstones Spruce Up Project 9:30 am (5)
22 Spooky Sunday Cinema 1pm	23 Poets' Circle 5:30 pm (1)	24 Playgroup 9 am	25 Playgroup 9 am *New* Brain Train 4:30pm (1) [Adult] Coffee Time 1:30 pm (8)	26 Casual Care 9 am Casual Care 1 pm	27 Casual Care 5 pm	28 Playgroup 9:30 am (2) Veterans' Headstones Spruce Up Project 9:30 am (5) Poem Presentation 2 pm (9)
29 Parent of Military: Tour and reception 1:30 pm (10)	30	31 Playgroup 9 am 				



CAFconnection.ca/NCR



Where will we be when we are not at the MFRC?

- 1 200 De Niverville Pvt, Uplands
- 2 MacNeil Court, Kanata
- 3 Geronimo, Kemptville
- 4 Escape Manor, 201 Queen Street, Downtown
- 5 Notre-Dame Cemetery
- 6 The Grounds Café, Stittsville
- 7 YSB employment services, 1355 Bank St
- 8 Café Les Saisons Coffee, Chelsea
- 9 The Perley and Rideau Veterans' Health Centre
- 10 Beechwood Cemetery
- 11 Watson's Mill, Manotick