

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Coming in September</b> Kids Club, Nursery School, Terrific Toddlers, Mother Goose in French, Creative Tots – All start in September Craft Drop in at Night Preparing for Deployment and Reunion – Frequent Interval Separation (FIS) Restorative Yoga Cognitive Behaviour Therapy Preparing for Reunion Mature Women's Group			Employment – Speaker series, Employment & education support group Circle of Security Parent Together at Night A Maze in Corn New Recruits Family Café English and French Classes begin in September Park Photography Day Community Coffee Break	<b>1</b> Community Coffee 1000 - 1100	<b>2</b> A Parent Community 0930 - 1130	<b>3</b>
<b>4</b>	<b>5</b> Office Closed	<b>6</b> Employment & Education Support Group 0930 - 1130 Walking for Wellness 1000 - 1130	<b>7</b> Youth Centre Field Trip Winnipeg Beach 1000 - 1600 Financial Matters for Transitioning Families (presented in French) 1200 - 1300	<b>8</b> Community BBQ 1130 - 1300 Exceptional Fun 1830 - 2030	<b>9</b> Parent in the Park 0930 - 1130	<b>10</b>
<b>11</b> Make Ahead Meals 1300 - 1500	<b>12</b>	<b>13</b> Employment & Education Support Group 0930 - 1130	<b>14</b> Youth Centre Activity Splash Island 1000 - 1600 A Parent Group 0930 - 1130	<b>15</b> Helping Families 1800 - 1930	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b> Walking for Wellness 1000 - 1130 R U Ready 1800 - 2000	<b>21</b> Youth Centre Field Trip Fort Gibraltar 1130 - 1430 Craft Drop-in Afternoon 1330 - 1500 Parent Together at Night 1830 - 2000	<b>22</b> Community BBQ 1130 - 1300 Preparing for deployment 1300 - 1500	<b>23</b> A Parent Community 0930 - 1130 Souper Franco - Stella's at CCFM 1700 - 1900	<b>24</b> Deployment Activity - Creating a Memory Box 1000 - 1130
<b>25</b>	<b>26</b>	<b>27</b> Employment & Education Support Group 0930 - 1130 Deployment Dinner Date 1700 - 1900	<b>28</b> A Parent Group 0930 - 1130	<b>29</b> Everything Binder 1730 - 1900	<b>30</b>	<b>31</b> New Recruits Parent Café 1100 - 1200



### MFRC YOUTH CENTRES (6 - 12 YEAR OLD)

Closed August 26 - September 15 Reopens September 16

#### 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

[f](#) @WINNIPEGMFRCYOUTH

[www.cafconnection.ca](http://www.cafconnection.ca) [i](#) [f](#) [t](#) @WinnipegMFRC  
mfrf.crfm.winnipeg@gmail.com

### LEGEND

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



## 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., August 1, 1000 - 1100. Drop-in.

### MFRC COMMUNITY BBQ'S

A variety of barbecue classics are available by donation. Thurs., August 8 & 22, 1130 - 1300.

## 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, August 6, 13 & 27, 0930 - 1130. Drop-in.

### FINANCIAL MATTERS FOR TRANSITIONING FAMILIES

Virtual session presented in French by the Veteran Family Program and SISIP Financial. Help ease the transition from military to post-service life. Wed., August 7, 1200. Register by July 26 by calling 204-833-2500 ext. 4507. Presented in French.

### EXCEPTIONAL FUN

Fun and games night for people with exceptional needs age 16 - 30 years. Must arrive by 1900. Thurs., August 8, 1800 - 2000. Drop in.

### MAKE AHEAD MEALS

Come make some meals in advance. Menu is focused on easy, healthy meals that are ready to go from the freezer. Register early as this fills up quickly. Sun., August 11, 1300 - 1500

### SOUPER FRANCO

Come out for a casual dinner with fellow francophones and francophiles at Stella's at CCFM 340 Provencher. Fri., August 23, 1700 - 1900. Register by August 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. You have room to work! Wed., August 21, 1330 - 1500. Drop-in.

### PREPARING FOR DEPLOYMENT

Workshop to building skills to make preparing for separation easier. Thurs., August 22, 1300 - 1500 Register by August 16.

### EVERYTHING BINDER

Come create an 'everything binder' to house all of the important information you may need during your loved one's deployment. A great chance to get prepared and organized. Thurs., August 29, 1730 - 1900. Register by August 23

## CHILDREN & YOUTH 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.

### PRE-SCHOOL CAMP

For 3 - 5 yrs. \$100 per week, per child. Monday to Friday, 10:00 - 3:00 with extended care available for a fee. Call 204-833-2500 ext. 2491 to register or for more information.

## YOUTH CENTRE PROGRAMS

Annual membership to youth centre is required in addition to any trip/event fees. Membership is \$20 and valid for 12 calendar months.

### WINNIPEG BEACH

Field trip to the iconic beach town of Winnipeg Beach. Bring a bagged lunch, your bathing suit, towel, and sunscreen. Wed., August 7. Depart MFRC 1000. Return 1600. \$10 per child. Register by July 31

### SPLASH ISLAND

Field trip to Splash Island Waterpark in Portage La Prairie. Limited Space. Wed., August 14, Depart MFRC 1000. Return 1600. \$12 per child. Register by August 7

### FORT GIBRALTAR

The youth will have a guided tour of this historic 'living museum'. Wed., August 21, Depart MFRC 1130 Return 1430. Register by August 14.

## 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, August 6 & 20, 1000 - 1130. Register by July 30 and August 13.

### PARENT IN THE PARK

Join us for fun and networking in the park. Fri., August 9, 0930 - 1130. Register by August 7.

### PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Fri., August 2, 16 & 30, 0930 - 1130. Drop-in

### PARENT GROUP

Join us for parenting discussions and networking. Wed., August 14 & 28, 0930 - 1130. Drop-in.

### HELPING FAMILIES

Newcomer and sponsor families will join forces with Winnipeg Harvest to learn how Harvest fights hunger in the city and province and feeds hope. Thurs., August 15, 1800 - 1930. Register by August 14.

### PARENTING TOGETHER AT NIGHT

Join us for a parenting group in the evening. Wed., August 21, 1830 - 2030. Drop-in.

### R U READY

Come out for tips, strategies and ideas on how to get back into the school routine. A "Mom's Calendar" is included in registration. Tues., August 20, 1830 - 2000. Register by August 14. \$10.

### DEPLOYMENT ACTIVITY: MAKE A MEMORY BOX

Create your very own box to hold mementos of your loved one while they are deployed, or fill keepsakes to share when they return. Sat., August 24, 1000 - 1130. \$5 per family. Register by August 21. 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., August 27, 1700 - 1900. \$5 per adult and \$3 per child (5-12), under 4 free with a max \$20 per family. Register by August 23.

### 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. Sat., August 24, 1100 - 1200. Drop-in.

**14 SEPT** 2019

**Fall fair**  
17 WING

**Foire automnale**  
17<sup>e</sup> ESCADRE

**0930 to / à 1400**  
• BLDG / BÂT. 90 • MFRC/CRFM •

Wing Commander's Welcome & Coffee Break  
starting at 0930 hrs at the MFRC 102 Comet St.

La pause-café de bienvenue du commandant de l'escadre des 09h30 au CRFM 102, rue Comet

HOSTED BY / PRÉSENTÉ PAR  
**MFRC/CRFM**

\*first 500 registered at the welcome table receive a \$5 voucher for the food trucks 500 premiers inscrits à la table d'accueil reçoivent un bon de \$5 pour les food trucks  
\*\*Bring a change of clothes as you will get wet at the foam party. Apportez des vêtements de rechange, car vous vous mouillerez à la mousse en foire

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!