

























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Valentine's Day Activity 1800 - 1900  Positive Program Kickoff 2000 - 2100 	2 Occasional Child Care 0900 - 1600  French Story Time 0900	3 Café Franco Virtuel 0930 - 1130 	4 Occasional Child Care 0900 - 1600	5 New Recruits Family Café 1100 - 1200 	
7 Photography in the Park-Winter Scenes-Photo chat 1330 - 1430 	8 Mother Goose in French Toi, Moi et la Mère l'Oie 1800 - 1900 	9 Occasional Child Care 0900 - 1600  French Story Time 0900	10 Café Franco Virtuel 0930 - 1130 	11 Occasional Child Care 0900 - 1600  The U in Us 1000 - 1100 OR 1900 - 2000	12 New Recruits Family Café 1100 - 1200 	
	15 Closed for Louis Riel Day	16 Occasional Child Care 0900 - 1600  French Story Time 0900	17 Café Franco Virtuel 0930 - 1130 	18 Occasional Child Care 0900 - 1600	19 Parent Community 0900 - 1100  New Recruits Family Café 1100 - 1200  Games Night in 1900 - 2100 	
	22 Mother Goose in French Toi, Moi et la Mère l'Oie 1800 - 1900  Decorate Your Pink Shirt Craft 1800 - 1900  Mature Women's Group 1900 - 2100 	23 Occasional Child Care 0900 - 1600  French Story Time 0900	24 Café Franco Virtuel 0930 - 1130  Reunion Readiness 1200 - 1300 	25 Occasional Child Care 0900 - 1600	26 New Recruits Family Café 1100 - 1200  Café Franco Cuisine en soirée 1900 - 2000 	
	Occasional Child Care (OCC) 6 mos - 12 yrs Tuesdays and Thursdays 0900 - 1600 Military Families can email mfrchildrenprograms@outlook.com or call 204-833-2500 ext. 2491 to book their time two weeks in advance. Half or full days are available.		March Positive Program March brings thoughts of green and spring, so our theme is "Plant. Grow. Nurture." We won't just be looking at the gardening side of this theme but also about nurturing ourselves and others, what is needed for our own growth including rest, nutrition, water, mental stimulation and more. Register by February 28 Email Jenny at jbrennamfrc@gmail.com . Cost is \$5			



MFRC YOUTH CENTRES (YC)

The YC programs are currently all virtual. Follow the Youth Centre on Facebook and Instagram @WinnipegMFRCYOUTH. Subscribe to the YC YouTube Channel at bit.ly/MFRCYCYoutube

www.CAFconnection.ca/Wpg

    @WinnipegMFRC

LEGEND

- Children's Programs
- Parenting & Family Programs
- Adult Programs
- French Programs

Icons indicate virtual program platforms:

Zoom  Facebook  YouTube 

PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES  MFSP MILITARY FAMILY SERVICES PROGRAM 

These MFRC programs are open to everyone in our military community – members, spouses, and civilian staff. All programs are free unless otherwise indicated. For programs presented on Zoom, you need a free Zoom account to participate on your computer or mobile device. However, if computer access is not possible you can join by phone. For interactive programs on Facebook, a Facebook account is required to participate. You can view our event listings and postings without an account on Facebook. Participants can pick up packages, program kits or pay for programs at the MFRC during our office hours of Monday to Friday, 10:00 a.m. to 2:00 p.m. Alternate arrangements may be available for kit delivery, contact the program coordinator for details.

ADULT PROGRAMS

FEBRUARY POSITIVE PROGRAM - IT'S ALL ABOUT THE HEART. AND

Our theme for February's Positive Program is "It's all about the Heart." February is full of celebrations, not just Valentine's Day. Join us on Zoom and find out what else is happening. We focus on the positive in this program! Your registration includes a program kit. Mon., Feb. 1, 2000 - 2100. Register by Jan. 28 by email at jbrennanmfr@gmail.com. Cost is \$5

NEW RECRUITS FAMILY CAFÉ

Has someone in your family just joined the Canadian Armed Forces? Would you like to learn about the services the MFRC can offer you and your family? Come and meet the Deployment Coordinator and other families of military members. Making connections in your new community means having support when you need it. Fridays, 1100 - 1200 Register by the Thursday before the Café by email at deploymentwmfr@gmail.com.

THE U IN US – MAINTAINING HEALTHY CONNECTIONS DURING DEPLOYMENT

Deployments can be challenging for yourself and your relationship. Join Laurie, Ana, and other families for a fun workshop on how to be your best self for you and your loved one. This interactive talk will focus on how to stay healthy and keep connected. There will be prizes and a surprise just for you! This workshop is open to the CAF community, and we encourage you to register ASAP, as space is limited. Thurs., Feb. 11 with 2 OPTIONS either 1000 - 1100 OR 1900 - 2000. Fee \$5. Register by Fri., Feb. 5 by email at deploymentwmfr@gmail.com.

GAMES NIGHT IN

Need a fun evening 'in' with some friends? Would you like to play Bingo and a few other games? Join Jenny for Adult Games Night. Full of fun, friends, laughs, and some gentle competition! Your game night kit will include your game materials, as well as a snack to enjoy. Fri., Feb. 19, 1900 - 2100. Cost is \$5. Register by Feb. 16 by email at jbrennanmfr@gmail.com to register.

CONNECTING STORIES

Stories connect us throughout our lives. Join the MFRC Book Club this winter. We have selected three autobiographies that reflect 'our voice, our experience'. The focus is on autobiographies of the military experience. There will be a discussion night with the authors to share ideas, thoughts, and feelings about each book, and to ask and answer questions. Find out more on Facebook or by emailing kim.smyrski@forces.gc.ca or jbrennanmfr@gmail.com. Register by Feb. 18 by email at jbrennanmfr@gmail.com.

REUNION READINESS

After a deployment, the reintegration process can be challenging. Join Ana, our Deployment Program Coordinator, for an interactive session on what to expect when your loved one returns and how to manage the transition. Open to the CAF community. Wed., Feb. 24, 12:00 - 1:00 p.m. Register by Mon., Feb. 22 by via email - deploymentwmfr@gmail.com

MATURE WOMEN'S GROUP

Join us for fun and conversation. If you're a 45+ woman, military member, spouse, or parent of a member - this is a great way to meet others while sharing your wisdom and experience about navigating life's journey. Mon., Feb. 22, 1900 - 2100. Register by emailing Kim at Kim.Smyrski@forces.gc.ca

CHILDREN AND YOUTH PROGRAMS

I LOVE TO READ MONTH

February is 'I Love to Read' month. Watch our Facebook page and YouTube channel for stories read by our guest readers on Tuesdays and Thursdays throughout the month of February.

DECORATE YOUR PINK SHIRT CRAFT TIME

Join us to decorate your pink shirt for Pink Shirt Day (which is February 24) We will talk about why we wear pink and ways to practice kindness. We encourage participants to share your pink shirt on via social media on Feb 24 with the tag #pinkshirtday. Children 5 to 12 years of age. \$5 per participant. Mon., Feb. 22nd, 1800 - 1900 Register by February 17 via email - mfrchildrenprograms@outlook.com. Pick up your craft package at the MFRC by Feb 18.

PARENTING AND FAMILY PROGRAMS

MOTHER GOOSE IN FRENCH - TOI, MOI ET LA MÈRE L'OIE

(parrainé par /sponsored by CRÉE et la PPFM) Come and enjoy this popular French sing along program for 0-5 years, now via Zoom. We encourage you to come to all the sessions, but it is not required. Mon., Feb. 8 & 22 1800 - 1900 Register via email - sltwinnipegmfr@gmail.com.

A PARENT COMMUNITY

Connect with other parents in your military community without leaving your house - no bundling kids up or disturbing nap times. We will discuss topics related to parenting children of all ages. Come for conversation and connection and get to know other military families in the Winnipeg area. Fri., Feb. 19, 0900 - 1100. Register by Feb. 18 via email - jbrennanmfr@gmail.com.

FRENCH SERVICES

VALENTINE'S DAY VIRTUAL ACTIVITY

This activity is for children 3 - 12 years old with an adult's participation. We will share a story and do the craft together. You can wear any Valentine colour you fancy. Mon., Feb. 1, 18:00-19:00. Register by Jan. 26 via email mfrchildrenprograms@outlook.com.

CAFÉ FRANCO

Monthly "open social time" via Facebook Rooms. No themes, just a chance to connect with your fellow 'franco' military community members. All levels of French welcome. Wednesdays 0930 - 1130 Register via email - sltwinnipegmfr@gmail.com.

CAFÉ VIRTUEL - FRANCO-CUISINE EN SOIRÉE

Once a month, a Francophone community member shares a recipe, and we gather in a relaxed (virtual) atmosphere to socialize from the comfort of our homes. Friday, February 26, 1900 - 2000. Register by Feb. 22 via email - sltwinnipegmfr@gmail.com

Icons indicate virtual program platforms:

Zoom  Facebook  YouTube 