

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WESTWIN NURSERY SCHOOL 2020-2021 REGISTRATION BEGINS MARCH 1	1 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	6
7	8 Mother Goose in French 1800 - 1900 International Women's Day 1900 - 2200	9 Occasional Child Care 0900 - 1600 French Story Time 0900	10 Café Franco Virtuel 0930 - 1130 Everything Binder 1200 - 1300	11 Occasional Child Care 0900 - 1600	12 New Recruits Family Café 1100 - 1200	13
14	15	16 Occasional Child Care 0900 - 1600 French Story Time 0900	17 Café Franco Virtuel 0930 - 1130	18 Occasional Child Care 0900 - 1600 Calming Glitter Jar 2000 - 2100	19 Parent Community 0900 - 1100 New Recruits Family Café 1100 - 1200	20
21	22 Mother Goose in French 1800 - 1900	23 Occasional Child Care 0900 - 1600 French Story Time 0900	24 Café Franco Virtuel 0930 - 1130	25 Occasional Child Care 0900 - 1600	26 New Recruits Family Café 1100 - 1200 Café Franco Cuisine en soirée 1900 - 2000	27 Diner and a Laugh - 17 Wing Volunteer Appreciation, sponsored by CANEX 1800 - 1930
28	29 Happy Easter Craft 1800 - 1900 Mature Women's Group 1900 - 2100	30	31	<p><b>Occasional Child Care (OCC)</b> 6 mos - 12 yrs <b>Tuesdays and Thursdays 0900 - 1600</b> <b>Military Families!!</b> email <a href="mailto:mfrchildrenprograms@outlook.com">mfrchildrenprograms@outlook.com</a> or call 204-833-2500 ext. 2491 to book your time two weeks in advance. Half or full days are available.</p>		



**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](http://bit.ly/MFRCYCYoutube)  
[www.CAFconnection.ca/Wpg](http://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, a free Zoom account on your computer or mobile device is required to participate. If computer access is not possible, you can join by phone. A Facebook account is required to participate in programs through Facebook Rooms or Groups. Participants can pick up packages, program kits or pay for programs at the MFRC - 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.

## SPECIAL EVENTS

### DINNER AND A LAUGH

**17 Wing Volunteer Appreciation, sponsored by CANEX**  
Our annual thank-you event recognizes the time, talent, experience, effort and care that each volunteer has devoted to improving the lives and well-being of those who serve at 17 Wing Winnipeg. This year we are hosting "Dinner and a Laugh" – a virtual Comedy Night with a dinner gift card. Saturday, March 27, 1800 - 1930. Volunteers can register by March 19 at <https://bkk.cfmws.com/winnipegpub/courses/index.asp>

### INTERNATIONAL WOMEN'S DAY

Our popular annual event for women in our military community is heading online. You will be logging on to participate in a fun-filled night. But don't worry, there will still be a swag bag, snacks, an opportunity to create (Paint Night! With supplies included) and a guest speaker. You will receive your program kit pick-up instructions after registering. Cost: \$20. Monday, March 8, 1900 - 2200. Register by March 1.

## PARENTING AND FAMILY PROGRAMS

### MOTHER GOOSE IN FRENCH!

(sponsored by CRÉE et la PPFM)  
Come and enjoy this popular French sing-along program for children ages 0-5 years and their adult. Now via Zoom. We encourage you to attend both sessions, but it is not required. Mondays, March 8 & 22, 1800 - 1900. Register by the Friday before, by emailing [sltwinipegmfr@gmail.com](mailto:sltwinipegmfr@gmail.com).

### A PARENT COMMUNITY

A 'community' of parents will discuss topics related to parenting children of all ages. Stop in for conversation and connection and get to know other military families in the Winnipeg area. Friday, March 19, 0900 - 1100. Register by March 18 by email at [jbrennamfr@gmail.com](mailto:jbrennamfr@gmail.com).

## CHILDREN AND YOUTH PROGRAMS

### HAPPY EASTER CRAFT

This session is in French and geared for children ages 3 to 12 years old with an adult. We will share a story and do bunny and egg-themed crafts together. Monday, March 29, 1800 - 1900. Register by March 19th by emailing [mfrchildrenprograms@outlook.com](mailto:mfrchildrenprograms@outlook.com). Pick up your kit and pay at the MFRC front desk by March 24.

### WESTWIN NURSERY SCHOOL REGISTRATION FOR 2021-2022

Registration for Fall Nursery School begins March 1. Our Nursery is for 3 and 4-year-olds who are potty trained by the beginning of the school year. English classes are Monday, Wednesday, Friday from 0900 - 1130. An Introduction to French programs runs Monday, Wednesday, Friday afternoons from 1300 - 1530. For more information go to [www.CAFconnection.ca/Winnipeg/NurserySchool](http://www.CAFconnection.ca/Winnipeg/NurserySchool).

Icons indicate virtual program platforms:

Zoom  Facebook  YouTube 

## ADULT PROGRAMS

### NEW RECRUITS FAMILY CAFÉ

Has someone in your family recently joined the Canadian Armed Forces? Would you like to learn about the services the MFRC can offer you and your family? Come 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](mailto:deploymentwmfr@gmail.com).

### EVERYTHING BINDER

Come to this fun, interactive Zoom workshop where we will talk about the information you need for a deployment "just in case." You will receive a starter kit to create your own personalized binder. This workshop is open to the CAF community, and we encourage you to register ASAP since space is limited. Wednesday, March 10, 1200 - 1300. Cost \$5. Register by email at [deploymentwmfr@gmail.com](mailto:deploymentwmfr@gmail.com). Pick-up your kit and pay at the MFRC front desk by Friday, March 5.

### CALMING GLITTER JAR

We will be creating a calming glitter jar for you or your child. These glitter jars are a proven mindfulness tool that can help children and adults of all ages. You will pick your glitter colours to ensure a one of a kind jar. Registration includes all supplies. On the Zoom get together, we will be going over the instructions, and discussing how glitter jars are used to help ease anxiety and stress. Thursday, March 18, 2000 - 2100. Cost \$5. Register by March 15th by email at [jbrennamfr@gmail.com](mailto:jbrennamfr@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. Monday, March 29, 1900 - 2100. Register by March 26 by email at [Kim.Smyrski@forces.gc.ca](mailto:Kim.Smyrski@forces.gc.ca)

### POSITIVE PROGRAM

#### March – Plant. Grow. Nurture. &

We will not only 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. Kick-off: Mon., Mar. 1, 2000-2100. Cost: \$5. Register by February 26 by email at [jbrennamfr@gmail.com](mailto:jbrennamfr@gmail.com).

## FRENCH SERVICES

### 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, March 26, 1900 - 2000. Register by March 22 by email at [sltwinipegmfr@gmail.com](mailto:sltwinipegmfr@gmail.com).

### CAFÉ FRANCO VIRTUEL

Weekly "open social time" via Facebook Rooms on the Facebook page Les Francos du CRFM de Winnipeg. 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 - [sltwinipegmfr@gmail.com](mailto:sltwinipegmfr@gmail.com)