



# APRIL, MAY & JUNE PROGRAM & SERVICES GUIDE

Edmonton Military Family Resource Centre



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**Military Family Resource Centre**

Building 161, Mons Avenue, Lancaster Park  
 Phone: 780-973-4011 ext. 6300  
 Fax: 780-973-1401  
 information@mfrcedmonton.com  
 Facebook and Instagram: @EdmontonMFRC

**General Office Hours:**

Monday to Friday: 9am - 4:45pm  
 Closed weekends & statutory holidays

**MFRC Day Care Hours:**

Monday to Friday: 6:45am - 5:30pm  
 Closed weekends & statutory holidays

**MFRC Contact Information**

Base Phone Number ..... 780-973-4011 plus ext.

General Information/Reception ..... 6300

Daycare ..... 6307

Relocations Family Navigator ..... 6385

Absences Family Navigator ..... 6304

Emergency Child Care ..... 6300

Language Services ..... 5081

Fund Development, Volunteering ..... 2285

Mental Health & Wellness ..... 6300

Employment and Special Needs ..... 7048

Veteran Family Coordinator ..... 6324

Child Care Navigator ..... 6380

# Edmonton MFRC

Military Family Resource Centres (MFRC) offer programs, services and mental health support for military families facing the three unique challenges of military life.

- **Relocations** - moving and settling into your new community
- **Absences** - support before, during and after an absence
- **Transitions** - moving to civilian life and becoming a veteran family

In Edmonton, we also offer child care services and enhanced programs like youth programming.

## Who We Serve

Edmonton MFRC is open to anyone of significance to a military member, including Regular, Reserve, Veteran and medically-released Veteran members, including:

- All types of families - with or without children
- Spouses, girlfriends/boyfriends, partners
- Children and dependants of military members
- Parents, grandparents, siblings

Many programs are also open to the Defence Community and their families, which includes Families of the Fallen, civilian DND staff and MFRC/PSP staff.

*Each program will list who is eligible.*

## About the MFRC

We are a charitable, non-profit organization that is governed by a volunteer Board of Directors. At least 51% of the board members are family of full-time serving Canadian Armed Forces personnel.

We implement the Military and Veteran Family Services Program, which outlines the specific supports offered to military families that are funded by Military Family Services, a division of CFMWS.

Our mission is to support military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

## Stay in Touch

Get updates on MFRC programs and services, so you can take advantage of everything we have to offer!

Facebook or Instagram: [@EdmontonMFRC](#)

French Facebook: [@CRFEdmonton](#)

Website: [CFMWS.ca/Edmonton/MFRC](#)

## Stay updated with our e-newsletter

Subscribe to our biweekly e-newsletter to hear about new programs, discounts and special offers for military families!

Visit [CFMWS.ca/Edmonton/MFRC](#) and click the link to subscribe. You can unsubscribe at any time.



# Relocations

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## Support for Families Relocating

From the day you get your posting message to when you arrive and settle into your new home, the MFRC is here to help make your move as smooth as possible.

Contact us with any questions you have. Our bilingual staff will connect with you one-on-one and prepare a custom information package that fits your family's specific needs.

- Call 780-973-4011 ext. 6300
- Email [information@mfrcedmonton.com](mailto:information@mfrcedmonton.com)
- Visit us in person

## Ways We Can Help You Settle Into Your New Home

### Connect with New Services

We can point you to links and resources that make it easier to find services such as:

- New doctors/medical clinics
- Alberta licenses and health cards
- Privatized utilities
- Schools for your children
- Child care

### Support Finding a Job or Starting a Business

- Help discovering education and training options in the Edmonton area
- Applying for recertification, training or education grant for spouse/significant other for employment or entrepreneurship

### Navigating Special Needs Services

There's a wide range of supports for individuals with disabilities and caregivers of children and adults with disabilities. We can connect you with:

- Referrals to community agencies
- Information on local services and opportunities to meet others in similar situations
- Access to funding or grant options to assist with the costs of assessments, therapies and/or specialized services

## Connect with French Services

- We offer English/French language training for adult (18+)
- Information on connecting with the local Francophone community
- Finding services delivered in French

Language training options are assessed on a case-by-case basis to match you with the option that best meets your family's needs.

## Make New Friends and Explore Your New Community

- Finding MFRC, PSP and community programs
- Exploring local events, festivals and attractions
- Applying for a club, activity or sport grant for spouse/children within the first year of a new posting

## MFRC Relocation Resources

### Pre-Posting Packages

Our pre-posting packages familiarize you with the Edmonton area before you arrive, helping you choose what community you want to live in and know what to expect when you arrive.

### Welcome Packages

Single, family or new baby (0-12 months) welcome packages are available in both English and French to current serving families for pick-up at the MFRC.

### Welcome to CFB Edmonton Guide

Our Welcome Guide has useful information for every step of your journey, saving you the work of finding it all yourself. Visit the MFRC to get a copy.

### Military Family Services Relocation Kit and Resources

Edmonton MFRC is a pilot site offering posted families a toolkit from Military Family Services that can help you organize your move and keep important information together in one easy-to-find place. We also have helpful resources to help prepare your family for your move.

# Mental Health

## Health and Wellness Support

Our Mental Health and Wellness team understands military life, and provides confidential support for family members navigating difficult times.

To access our Mental Health and Wellness services:

- Call 780-973-4011 ext. 6300 and ask for the intake worker
- Email [intake@mfrccdmonton.com](mailto:intake@mfrccdmonton.com)
- Visit us in person

## Ways We Can Help You

### Help Finding Resources

Be connected with helpful resources that support your:

- Parenting
- Relationship
- Communication
- Personal wellness

### Short-term Counselling

The MFRC provides confidential, short-term counselling for families of military and veteran members.

Sessions are:

- Offered in-person, online or by phone
- Solution-focused
- Most effective when challenges are first identified

### Crisis Support

When a crisis happens the MFRC is here to connect you with:

- Resources
- Emergency child care (see page 8 for more information)
- Programs available to military families
- Resources to help you with your personal well-being

## Mental Health Programs

We offer programs to support your mental health and well-being such as:

- Relationship strengthening
- Coping skills
- Grief and loss for children
- Support groups

## Supporting Transitioning from Military to Civilian Life

### Assistance Coping with an Illness, Injury or Death

Family members who are dealing with a military member's illness, injury or death can work with a Family Liaison Officer for free short-term assistance including:

- Individual counselling
- Support navigating different programs and services

### Veteran Family Programs

The MFRC can help ease the transition from active service to veteran status by supporting medically releasing CAF members, medically released Veterans, and their families by helping them navigate:

- The complex process of releasing
- The challenges that may arise
- The impacts that can happen to social, emotional and financial well-being
- Access to community-based education and prevention programs, supports and services

Connect with the MFRC to set up a one-on-one session to get a copy of the Veteran Family Journal.

Need support? We're here to help. Reach out to access our confidential mental health services with no waitlist. Contact us Monday – Friday, 9:00am – 4:30pm at [intake@mfrccdmonton.com](mailto:intake@mfrccdmonton.com) or 780-973-4011 ext. 6300.

# Absences

## Support During Absences

Deployments, exercises, training - whether planned or last minute, overseas or domestic when a family member is away, can be stressful.

The MFRC offers many resources to help families before, during and after an absence. To find out more:

- Visit [CFMWS.ca/Support-Services/Deployment](http://CFMWS.ca/Support-Services/Deployment)
- Call 780-973-4011 ext. 6304
- Email [deployment@mfrcedmonton.com](mailto:deployment@mfrcedmonton.com)

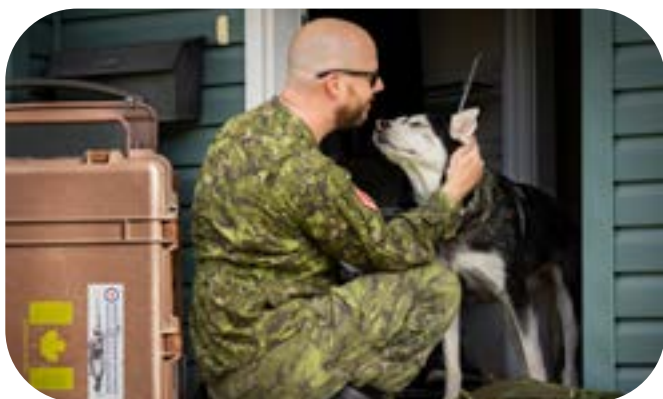
## Deployment E-Newsletter

Our quarterly e-newsletter shares programs, special events, and deployment-specific information. To subscribe, go to [CFMWS.ca/Support-Services/Deployment](http://CFMWS.ca/Support-Services/Deployment) and look for the link.

## Deployment Programs

Learn how to prepare, thrive and stay connected throughout the different phases of deployment with programs such as:

- Op Coffee
- Thriving and Surviving
- Stronger Relationships
- Parent/Caregiver Workshops



## Before an Absence

Families who prepare can lessen some of the worry should challenges arise. The MFRC team helps families by sharing what resources are available and forecasting potential hurdles.

## Fill Out a Family Information Form

The MFRC can do a check-in to see if everyone's on track during an absence. A Family Information Form must be filled out for the MFRC to reach out to family members - either the member or a family member can submit this form.

## Readiness Guide

Get the tools you need to be ready for any absence! Our Readiness Guide gets you prepared should your family experience an emergency and you need someone to step in.

## Pre-Deployment Road to Mental Readiness (R2MR)

Focus on the potential challenges and emotions which are most experienced on the home front while preparing for your loved one to deploy. Discussions include phases of the deployment, coping strategies, family representative information and more.

## Get the Scoop (family style briefing)

Learn about MFRC programs and services while preparing for a work-related absence.

*\*Get the Scoop can be paired with R2MR.*

## For Families with Children

- Build a Bear gift cards - available to a member posted in Edmonton who is deploying overseas
- Helping Children Stay in Touch - a one-time grant per household towards the purchase of an iPad/Tablet for the family of a deployed member through Support our Troops
- Children's books
- Helpful information on what behaviours to watch for and tips for helping children through absences
- Resources and guides on how to discuss difficult topics with children

# Absences

## During an Absence

### Personalized Assistance

While a family member is away, unexpected challenges can arise. Contact us if you need help finding answers or solutions.

### Keep in Touch Service

This personalized service begins once we receive confirmation that the member has deployed and can continue at the frequency of your choosing. We must have a completed Family Information Form to receive this service.

Though unit Family Reps usually confirm deployments, the MFRC doesn't always know when a member has deployed. If you haven't heard from us, please connect and let us know.

### Sending Morale Mail

Family and friends can send care packages free of charge to those deployed overseas. To receive this service, all packages must be addressed to the Belleville, ON address and taken to the Canada Post outlet located in the Base Mail room. Packages taken to other Canada Post locations will require paid postage to Belleville, ON.

Base Mail Room: 3 CDSG (Building 181) Churchill Ave.

Monday to Friday | 9:30am - 4pm

\*Hours may vary. Call 780-973-4011 ext. 4813

## After an Absence

Coming back together after an absence can create new challenges as you relearn how to jointly manage schedules and responsibilities.

### Post-Deployment R2MR

The anticipation of the member's return is exciting; it can also be nerve-wracking and cause extra stress. This session focuses on the anticipation of the homecoming, renegotiating the relationship, home roles and more.

### Post-Reintegration Check-ins

We can do a check-in to see how your family reintegration is going.

### The Importance of Family Care Plans

A Family Care Plan supports your family in your absence and makes the unexpected become more manageable.

Keeping your Family Care Plan updated can reduce some of the stress and worry by identifying contacts who are able to step in and help if things go off course, whether you are supporting children or not.

The smallest detail can make an unexpected turn of events more stressful than it needs to be.

Edmonton MFRC's Deployment Readiness Guide helps you think about all the things you may need to know in the event of an emergency and you need someone to step in.

Email [deployment@mfrcedmonton.com](mailto:deployment@mfrcedmonton.com) or call 780-973-4011 ext. 6304 to get your copy.



# Child Care

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## Daycare

The Edmonton MFRC's full-time licensed day care provides an inclusive, encouraging environment for children between the ages of 12 months and five years.

Families in Alberta are likely to encounter waitlists while attempting to secure a place for their children. The MFRC maintains an extensive waitlist which can be upwards of two to three years and is constantly changing. It is recommended that parents add their children on to our waitlist as soon as possible. The MFRC Daycare is also eligible for child care grants and fee subsidies.

For current daycare fees or information about the MFRC Daycare services:

- Call 780-973-4011 ext. 6300
- Email [information@mfrcedmonton.com](mailto:information@mfrcedmonton.com)
- Visit our front reception desk

## Child Care Support

The MFRC Child Care Navigator role is a new pilot project that provides navigational support to military families who are experiencing child care related challenges.

With knowledge and expertise of child care services in the Edmonton area, our Child Care Navigator can share tools, resources and information with families who are exploring child care options and help connect them to programs and services that will meet their unique family needs.

## Child Care Registry

The MFRC Child Care Registry is a valuable tool to assist military families in their search for child care and connect them with local service providers in the Edmonton area.

Are You Looking for Child Care? The MFRC has an up-to-date list of child care providers and resources to assist you in finding private and licensed child care in your community.

Are You a Child Care Provider? Child care providers can request to be added to our Child Care Registry and the MFRC will connect you with families in need of child care services. Families need child care providers who can provide care over a weekend, weekly or monthly basis.

To learn more about how we can help you navigate child care or to be added to our Child Care Registry:

- Call 780-973-4011 ext. 6380
- Email [ccnav@mfrcedmonton.com](mailto:ccnav@mfrcedmonton.com)
- Visit us in person

## Emergency Family Care Assistance (EFCA)

Does your family need care for a family member in an emergency situation? As part of the Emergency Family Care Assistance (EFCA) Policy, military families may be eligible to access financial assistance to help offset costs associated with the care of a family member.

Military families are encouraged to have a Family Care Plan (FCP), however emergencies can happen that prove too challenging for the FCP to accommodate. The EFCA aims to provide support for short-term emergencies when other lines of support provided by CAF and Director General Compensation and Benefits are insufficient.

If you qualify for support, you will be connected with a local service provider. If you do not qualify, you will be directed to other possible support services.

## How to Access

Contact Edmonton MFRC during regular business hours and ask to speak to someone about emergency child care. Our Child Care Navigator will guide you through a series of questions to assess your eligibility for support under the EFCA policy.

On weekends, weeknights or holidays, call the Family Information Line at 1-800-866-4546 and ask to speak to an emergency child care representative.

## Reimbursement

Depending on the situation, you may need to cover the cost of services up front then be later reimbursed. Reimbursements will be issued by either Military Family Services or your local MFRC, but not by both. There is no cost to military families for using these services.



# Child & Youth

Our MFRC Youth Programs provide a fun and safe space for youth ages 6 – 17 to participate in registered and drop-in programs that help to grow their sense of social, physical and mental wellness.

## Registered Programs

Youth can attend registered programs which include movie nights, arts and crafts, STEM science and games that focus on building friendships, social skills and confidence based on their age group:

- Kids Connection Corner (Ages 6-8)
- Youth Explore Zone (Ages 9-12)
- Teen Takeover (Ages 13-17)

## Youth Drop in Programs

Youth can explore, create and build positive relationships with peers through video games, computers, art and science materials, board games, air hockey and more. Youth who attend our drop-in programs are given free choice to participate in all the activities offered throughout the Youth Centre.

To learn more about our MFRC child and youth programs:

- Call 780-973-4011 ext. 6314
- Email [childyouth@mfrcedmonton.com](mailto:childyouth@mfrcedmonton.com)
- Visit us in person

Please note, fees may be applied to activities based on a program-by-program basis.

For the health safety and security of all participants, all individuals attending a youth program or activity must complete a Youth Programs Registration Package which can be requested from our Family Navigator – Child and Youth.

For additional updates, hours of operation or to view our monthly calendar, please follow the [@EdmontonMFRCyouth](#) Facebook page.



# Sponsors & Donors

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On behalf of the MFRC staff, board of directors and volunteers, we want to say THANK YOU to our community for keeping the MFRC in mind.

Meaningful donations and strong community partnerships enable the MFRC to continue to provide programs and services as we move forward with keeping our families and the unique challenges they face top of mind. As the only local non-profit organization nationally mandated as the frontline service provider to Canadian military families, we are the strength behind the uniform. The MFRC is here to make a difference in the lives of military families whether they are wishing to connect in a new community, look for peer support or seek tools to cope during a work-related absence.

To donate to the MFRC, please visit us online at [CanadaHelps.org](https://CanadaHelps.org) or connect with our fund development coordinator at [funddev@mfrcedmonton.com](mailto:funddev@mfrcedmonton.com).

The MFRC hosts the following major fundraising events and campaigns with the support of our community partners:

- Yellow Ribbon Gala Dinner and Silent Auction
- Tim Horton's Smile Cookie Campaign

Proceeds from these initiatives enable the MFRC to continue to provide programs and services that enhance the strength and resilience of military families.

## THANK YOU FOR YOUR SUPPORT



# MFRC Programs

The MFRC offers programs that help families deal with the unique challenges of military life. Our programs evolve to meet community needs, so the programs listed here are a sample of what we have to offer.

Check out all our programs currently available in this guide or visit [CFMWS.ca/Edmonton/MFRCPrograms](https://CFMWS.ca/Edmonton/MFRCPrograms).

To register for a program:

- Visit us in person at the MFRC, Bldg. 161
- By phone at 780-973-4011 ext. 6300
- Online at [CFMWS.ca/Edmonton/MFRCPrograms](https://CFMWS.ca/Edmonton/MFRCPrograms)

## Registration Terms and Conditions

### Program Refund Policy

This policy is intended for general interest workshops and programs. Some restrictions may apply. Please refer to individual program terms of agreement for specific refund policies.

Workshops or programs that require a fee to be paid in advance are non-refundable due to the costs associated with booking spaces and/or facilitators and purchasing materials. Withdrawals may be reviewed on a case-by-case basis.

### Program Cancellations

Programs offered by the MFRC may be cancelled due to insufficient registration. Every effort will be made to notify participants promptly and transfer or refund options will be provided. Register at least one week prior to your workshop or program start date to avoid disappointment.

### Statutory Holidays

Unless otherwise noted, programs or workshops will not be offered on statutory holidays.



# Month of the Military Child

*\* Registration required. Register early, space is limited.*

Join us as we celebrate Month of Military Child and recognize military children for the important contributions they make to our CAF community.

Throughout the month of April, the MFRC will host programs, events and activities that support military youth with a focus on acknowledging and building their strength and resiliency. Youth will have the opportunity to participate and connect with peers who have similar experiences being part of a military family.

## Youth Take Home Painting Kit

Explore your creativity and show what resiliency means to you as a military child with a Youth Take Home Painting Kit from the MFRC. Kits are filled with art supplies, step-by-step instructions and a sample of a dandelion painting to give you everything you need to participate at home. Youth can choose to paint the resilient dandelion design or a symbol of their own choosing.

Kits will be made available in English or French and will be ready for pick-up at the MFRC starting on April 2.

No program fee

Open to: children ages 6 - 17 from current-serving CAF members only

## Help Me Grow Activity Kits

Spend time with your child as they learn and explore through fun resiliency activities that focus on early childhood development with a Help Me Grow Activity Kit from the MFRC! The activities are designed for children under the age of 5 years old and focus on enhancing early childhood development and care in areas such as physical health and well-being, social competence, communication skills and general knowledge, emotional maturity, and language and thinking skills.

Kits will be made available in English or French and will be ready for pick-up at the MFRC starting on April 4.

No program fee

Open to: children ages 0 - 5 from current-serving CAF members only

## Kids Connection Corner

Are you looking to have fun and meet new friends? Check out these programs just for kids that focus on building friendships, social skills, confidence and more!

Movie Night - April 5 | 6 - 8pm

Game Night - April 11 | 6 - 8pm

No program fee

Open to: children ages 6 - 8 from CAF and Veteran families, and Families of the Fallen

## Choose Your Own Adventure/TGIF

The MFRC and PSP Kids TGIF have partnered together to bring you a fun-filled evening. Come explore video games, art materials or board games...it's your choice! Youth will have fun while learning about resilience, building friendships, social skills, confidence and more.

April 12 | 6 - 8pm

No program fee

Open to: children ages 6 - 12 from CAF and Veteran families, and Families of the Fallen

## Light the City Teal

On April 12<sup>th</sup> the High Level Bridge in Edmonton will light up teal to recognize Month of the Military Child. [#LightTheBridge](#)

# Month of the Military Child

*\* Registration required. Register early, space is limited.*

## Teal Up Day Family Event

Teal Up with us for a fun-filled day of activities to celebrate the strength and resiliency of military children and recognize the important contributions they make to our CAF community.

Families will decorate their own Teal Up T-shirt or tote bag, create bracelet and key chain crafts, visit the balloon artist and photo booth, participate in a scavenger hunt, make a special wish on the wishing tree, and connect with other military families in the community.

Families can stop by any time between 11:00am and 2:00pm; however, registration is required as supplies and space are limited. All children under 8 years old require supervision. Snacks and refreshments will be provided.

April 13 | 11am - 2pm

No program fee

Open to: CAF and veteran members and their families, and Families of the Fallen

## Teen Takeover

Come explore video games, computers, art and science materials, board games or air hockey...it's your choice! Youth will have free choice to participate in all the activities offered throughout the space while learning how resiliency can help them adapt to a variety of challenging experiences. Youth will also have fun with their peers and build friendships, social skills, confidence and more!

Teen Choice - April 18 | 6 - 8pm

Teen Choice DIY - April 26 | 6 - 8pm

No program fee

Open to: children ages 13 - 17 from CAF and Veteran families, and Families of the Fallen

## Youth Explore Zone

Are you looking to have fun and meet new friends? Check out these programs just for youth that focus on building friendships, social skills, confidence and more!

Movie Night - April 19 | 6 - 9pm

Game On! - April 25 | 6 - 9pm

No program fee

Open to: children ages 9 - 12 from CAF and Veteran families, and Families of the Fallen

## Community Meet Up: Family Paint Day

Join us to create a painting on canvas with Double B Event Planning to show what resiliency means to you as a member of a military family. Adults and youth ages 5 + will be provided with step-by-step instructions to paint their very own resilient dandelion design.

April 27 | 1 - 4pm

\$5 per family

Open to: current-serving CAF members and their immediate family only



# Programs for Child & Youth

\*Registration required. Register early, space is limited.

## Terrific Twos & Threes

Children will learn through play as they explore their environment in a safe and educational setting. Toilet training is modeled and washroom routines are frequent and flexible.

Tuesdays, April 2 - June 11 | 9 - 11am

Tuesdays, April 4 - June 13 | 9 - 11am

\$164.80/session

Open to: CAF, Veteran, Defence community families and Families of the Fallen

## Youth Explore Zone

Are you looking to have fun and meet new friends? Check out our programs just for youth that focus on building friendships, social skills, confidence and more!

Game Night - May 2 | 6 - 9pm

Creative Creations - May 10 | 6 - 8:30pm

PJ, Popcorn & Movie Night - May 17 | 6 - 9pm

Bright Minds - May 23 | 6 - 9pm

B-I-N-G-O - June 6 | 6 - 9pm

Creative Creations - June 14 | 6 - 8:30pm

PJ, Popcorn & Movie Night - June 21 | 6 - 9pm

\*Program may be subject to a \$2 fee per participant

Open to: youth ages 9 - 12 from CAF, Veteran, Defence Community families and Families of the Fallen

## Kids Connection Corner

Are you looking to have fun and meet new friends? Check out our programs just for kids that focus on building friendships, social skills, confidence and more!

PJ, Popcorn & Movie Night - May 3 | 6 - 8pm

Creative Creations - May 9 | 6 - 8pm

B-I-N-G-O - May 24 | 6 - 8pm

Bright Minds - May 30 | 6 - 8pm

PJ, Popcorn & Movie Night - June 7 | 6 - 8pm

Creative Creations - June 13 | 6 - 8pm

Choose Your Own Adventure - June 27 | 6 - 8pm

\*Program may be subject to a \$2 fee per participant

Open to: youth ages 6 - 8 from CAF, Veteran, Defence Community families and Families of the Fallen



# Programs for Child & Youth

*\* Registration required. Register early, space is limited.*



## Home Alone Safety

Help your child prepare for independence with this interactive two-hour training program that teaches safety, first aid, and comfort skills through games and role-playing. This course is provided through the Canada Safety Council and will help your child build confidence while providing peace of mind for parents and caregivers.

May 15 | 5:30 - 7:30pm

\$20 per participant

Open to: youth ages 10+ from CAF, Veteran families and Families of the Fallen

## Teen Take Over

Come explore video games, computers, art and science materials, board games or air hockey...it's your choice! Youth will have free choice to participate in all the activities offered throughout the space while having fun with their peers, building friendships, social skills, confidence and more.

May 16 & 31 | June 20 & 28 | 6 - 8pm

No program fee

Open to: youth ages 13 - 17 from CAF, Veteran, Defence Community families and Families of the Fallen

## Youth Babysitting Course

Learn how to become a responsible babysitter through this Canada Safety Council program that teaches youth the basic skills for emergency first aid situations and how to care for infants and small children.

June 1 | 9am - 4pm

\$40 per participant

Open to: youth ages 12+ from CAF families

## Mini Coping Skills (Virtual)

The Mini Coping Skills Bootcamp is an interactive educational program that teaches children various coping strategies while normalizing the understanding that everyone experiences stressful moments, and that it is okay to experience difficult emotions.

June 4 & 18 | 5 - 6pm

No program fee

Open to: youth ages 8 - 12 from CAF and veteran families



# Programs for Adults

*\* Registration required. Register early, space is limited.*

## Café Frenchy

Join us for coffee and friendly conversation! Make connections, build your support network and practice your French language skills while meeting other Francophones and learning about programs and services available in the community.

April 6 | May 4 | June 1 | 10:30am

No program fee

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

## Mindfulness Coaching

Train your mind and increase your awareness of what you are sensing and feeling in the moment. Practice breathing, guided imagery, and relaxation to lower stress and strengthen your mental health.

Starts May 16 | 6:30 - 8pm

\*Course runs for 5 weeks

No program fee

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

## Community Meet Ups

Are you looking to meet new people in the community? Join our monthly Community Meet Ups to make friends, find support, explore different interests or just to have fun! Each month we will meet up at a different location in the Edmonton area to participate in a group event or activity.

Activate Gaming Experience - May 18 | 2:30 - 5pm

Location: Activate Edmonton West | \$10 per participant

Open to: CAF families (18+)

Elk Island Park - June 14 | 6 - 10pm

Location: Elk Island Park | \$5 per person or \$10 per family

Open to: CAF families (all ages)

## Hold Me Tight®

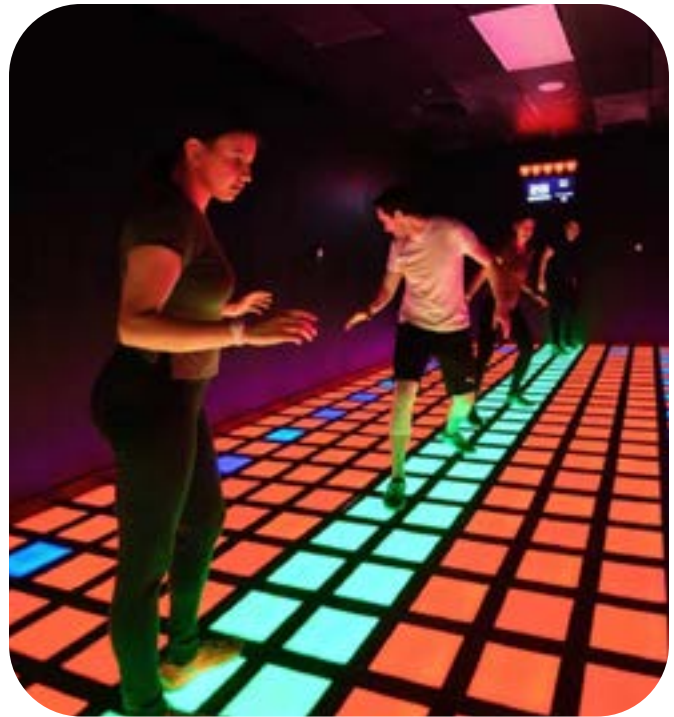
Developed by Dr. Sue Johnson, this online program can be done at home at your own pace and helps couples strengthen their bond, resolve conflicts, solve problems and better their mental health.

For more information, please contact [intake@mfrcedmonton.com](mailto:intake@mfrcedmonton.com)

\*This course is offered online and can be completed at your own pace

No program fee

Open to: CAF, Veteran families and Families of the Fallen





# Programs for Deployment

*\* Registration required. Register early, space is limited.*

## Operation Coffee

OP Coffee is a monthly coffee-chat type program that allows significant others of military members to meet and build a connection with others. Topics will focus on preparing for and coping with work-related absences. Drop ins are also welcome, however registration is preferred.

April 10 | May 8 | June 12 | 6 - 7:30pm

No program fee

Open to: adult (18+) CAF family members

## Stronger Relationships

Relationships with strong connections can make handling the stress of military life easier. A popular tool to create connections is from the worldwide best-selling book *The Five Love Languages* by Dr. Gary Chapman.

Hear how this tool can strengthen your relationship while both together and apart. Discovering what makes your significant other feel loved and how they show love will grow your communication and appreciation with one another.

According to Dr. Chapman, this exercise is one of the simplest ways to improve your relationships. Facilitated by Padre Christoph Deutschmann, this course is designed to speak to military life.

June 17 | 6 - 7:30pm

No program fee

Open to: adult (18+) CAF, Veteran, Defence Community families and Families of the Fallen

## Pre-Deployment Road to Mental Readiness

Are you prepared for your loved one to be away? Join us as we focus on the challenges and emotions that you may experience while you prepare for an upcoming deployment or absence of a loved one. Families who are prepared can reduce some of the stress when the unexpected happens. Discussions include what to expect during different phases, coping strategies, family representative information and more.

For more information, please contact [deployment@mfrcedmonton.com](mailto:deployment@mfrcedmonton.com)

No program fee

Open to: adult (18+) CAF family members

## Post-Deployment Road to Mental Readiness

The anticipation of the member's return is exciting; it can also be nerve-wracking and cause extra stress. Families who are prepared can reduce some of the stress when the unexpected happens. This session focuses on the anticipation of the homecoming, renegotiating the relationship, home roles and more.

For more information, please contact [deployment@mfrcedmonton.com](mailto:deployment@mfrcedmonton.com)

No program fee

Open to: adult (18+) CAF family members

## Get the Scoop

Learn about MFRC programs and services which may of benefit while preparing for the work-related absence.

For more information, please contact [deployment@mfrcedmonton.com](mailto:deployment@mfrcedmonton.com)

No program fee

Open to: adult (18+) CAF family members



# Programs for Parents/Families

\* Registration required. Register early, space is limited.

## Play Café

Fill your cup! Come and connect with other parents/ caregivers and let your little ones play. Our free drop-in Play Cafe provides a wonderful opportunity to spend time with your children (ages 0-5) and get to know other parents and caregivers in the military community. The space includes a story corner, craft tables, refreshment area and outdoor playground (weather permitting).

**Mondays & Thursdays, April 4 - June 27**

**9:30am - 12pm | No program fee**

**Open to: parents/caregivers and their children 5 years and under from current serving CAF families**

## Stay and Play

Bring your little ones to explore, play and connect with other families in a safe and nurturing space. Parents/ caregivers will actively engage with their children through fun activities that focus on early childhood development while building supportive social connections with others.

**April 9, 23 & 30 | May 7, 14 & 25 | June 4, 18, 25**

**10 - 11:30am | \$2 per family**

**Open to: parents/caregivers and their children 5 years and under from current serving CAF families**



## Moms Support Group

Join our bi-weekly support group for expectant and new moms of newborns. Connect and share with other moms in a safe and nurturing space while building a supportive social network. Sessions will include information, resources, advice and presentations from our Mental Health Team as well as midwives, doulas, lactation consultants and nutritionists to help support the health and wellness of both mom and baby.

Health for Two, a free program for pregnant women, is also offered up until baby is two months of age. Resources including prenatal vitamins and baby vitamin D are available.

**Baby Playtime - April 10 | 10 - 11:30am**

**Postpartum Care - April 24 | 6 - 7:30pm**

**Mother's Day Tea | May 8 | 10 - 11:30am**

**Nesting 101 - May 22 | 6 - 7:30pm**

**Shop and Swap - June 5 | 10 - 11:30am**

**New Members Night - June 19 | 6 - 7:30pm**

**No program fee**

**Open to: CAF, Veteran, Defence Community families and Families of the Fallen**

## Plant a Seed - READ!

Join us to Plant a Seed – READ! Together, the MFRC and the Edmonton Garrison Community Library are excited to offer this FREE delightful and engaging bilingual story time program that helps inspire children to achieve their dreams and realize their full potential, like a garden that explodes into life when it gets what it needs.

Children will participate by listening to stories, planting their very own seeds in soil and connecting with other families as they learn more about gardening and how to take care of the earth. Parents/caregivers and their children 5-9 years are invited to attend.

**May 3 | 5 - 7pm**

**No program fee**

**Open to: parents/caregivers and their children 5 - 9 years old from CAF, Veteran, Defence Community families and Families of the Fallen**

# Programs for Parents/Families

*\* Registration required. Register early, space is limited.*

## Family Connections

Our Family Connections programs are designed to encourage peer-to-peer support in a safe space where families and children can connect with each other. The MFRC is a welcoming environment for children of all ages and a great way for families to meet each other or reconnect and have fun.

**Fam-tastic Bowling Event | May 25 | 2 - 4pm**

\$10 per person

Open to: Current-serving CAF families

## Child Care Safety

What signs should you watch for if a child is sick? How do you create a safe environment inside and outside the home? Learn this and more in this free online course offered by St. John Ambulance that helps parents and caregivers keep young children safe.

*\*This course is offered online and can be completed at your own pace*

No program fee

Open to: CAF, Veteran, Defence community families and Families of the Fallen





# Saint-Jean Baptiste Celebration

Saturday, June 22, 3 - 6 pm

MFRC Field



Come celebrate Saint-Jean-Baptiste Day with the MFRC! Enjoy food, games, activities, music, entertainment and fun for the whole family in celebration of French heritage and culture.

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

Register: online, in person or call 780-973-4011 ext. 6300

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