



Goose Bay Military Family Resource Centre  
**COMMUNITY  
NEWS**



Welcome

**INSIDE:**

- Navigating summer stress: Tips for managing anxiety as school ends.
- Second Language Training
- Coding for Veterans
- Respite Care

**Welcome Jessica and Trudy!!!**

The Goose Bay Military Family Resource Centre would like to welcome Jessica Crane and Turdy Beresford to the organization. Jessica has accepted the position as Personal Development & Community Integration Coordinator and Tudy has accepted the position as Receptionist/Program Assistant.

Hi everyone,

My name is Jessica Crane. I'm married to Mcpl Brandon Crane, and we have two wonderful children, Easton and Emma. I'm excited to join the MFRC team as the Coordinator for Personal Development and Community Integration. Labrador holds a special place in my heart, having grown up in Port Hope Simpson on the South Coast.

Outside of work, my family and I cherish our time outdoors. Whether it's snowmobiling, ATV rides, walking, fishing, or simply spending time with family and friends.

I am looking forward to meeting all of you and starting this new chapter with the MFRC.



My name is Trudy Beresford, and I am currently the Receptionist/ Program Assistant at the Goose Bay Family Resource Centre. I was born in Botwood, Newfoundland and Labrador, and moved to Goose Bay at an early age. I am the wife of Gerry, a veteran who served in the Canadian Armed Forces for 36 years. Together, we have two sons, Wayne and Corey, both of whom are serving in the Air Force. Wayne is currently stationed in Tacoma, Washington, as an Air Battle Manager with his wife, Brittany, and their two children, Callie and Grayson. Corey is an Air Weapons Technician based in Cold Lake, Alberta. We moved back to Goose Bay in October of 2019 after Gerry retired from the military. During our time with the military after leaving Goose Bay in 1992 we lived in Gagetown NB, St. John's NL, Gagetown NB again and then Petawawa ON, as well as Saint John NB. With my extensive knowledge of military life and experience, I bring a unique perspective to my role at the Family Resource Centre. In my spare time, I enjoy knitting and working with my Cricut machine making beautiful gifts.



## Exciting News from Our Social Worker!

We are thrilled to share that our social worker will be welcoming a new military baby in July! As a result, she will be going on maternity leave for 12 months. While we are in the process of planning coverage during her absence, we want to ensure you have access to the resources you may need during this time. Please stay tuned for updates regarding the mental health services at our office. In the meantime, here are some valuable resources that you can reach out to:

- Family Information Line (24/7 service): 1800 866 4546
- Canadian Forces Member Assistance Plan (24/7 service): 1 800 268 7708
- NL Mental Health Crisis Line (24/7 service): 811
- Bridge the Gapp: [www.bridgethegapp.ca](http://www.bridgethegapp.ca)
- Mental Health and Addictions - Labrador Grenfell Health: 709 897 2343
- Kids Help Phone (24/7 Service):
  - Text CONNECT to 686868
  - Call 1 800 668 6868
  - Visit [KidsHelpPhone.ca](http://KidsHelpPhone.ca)
- Crisis Text Line for Military Children (24/7 Service): Text CAFKIDS to 686868

These resources are available to support you and your loved ones during any mental health challenges you may encounter. Remember, seeking help is a sign of strength, and assistance is always within reach.

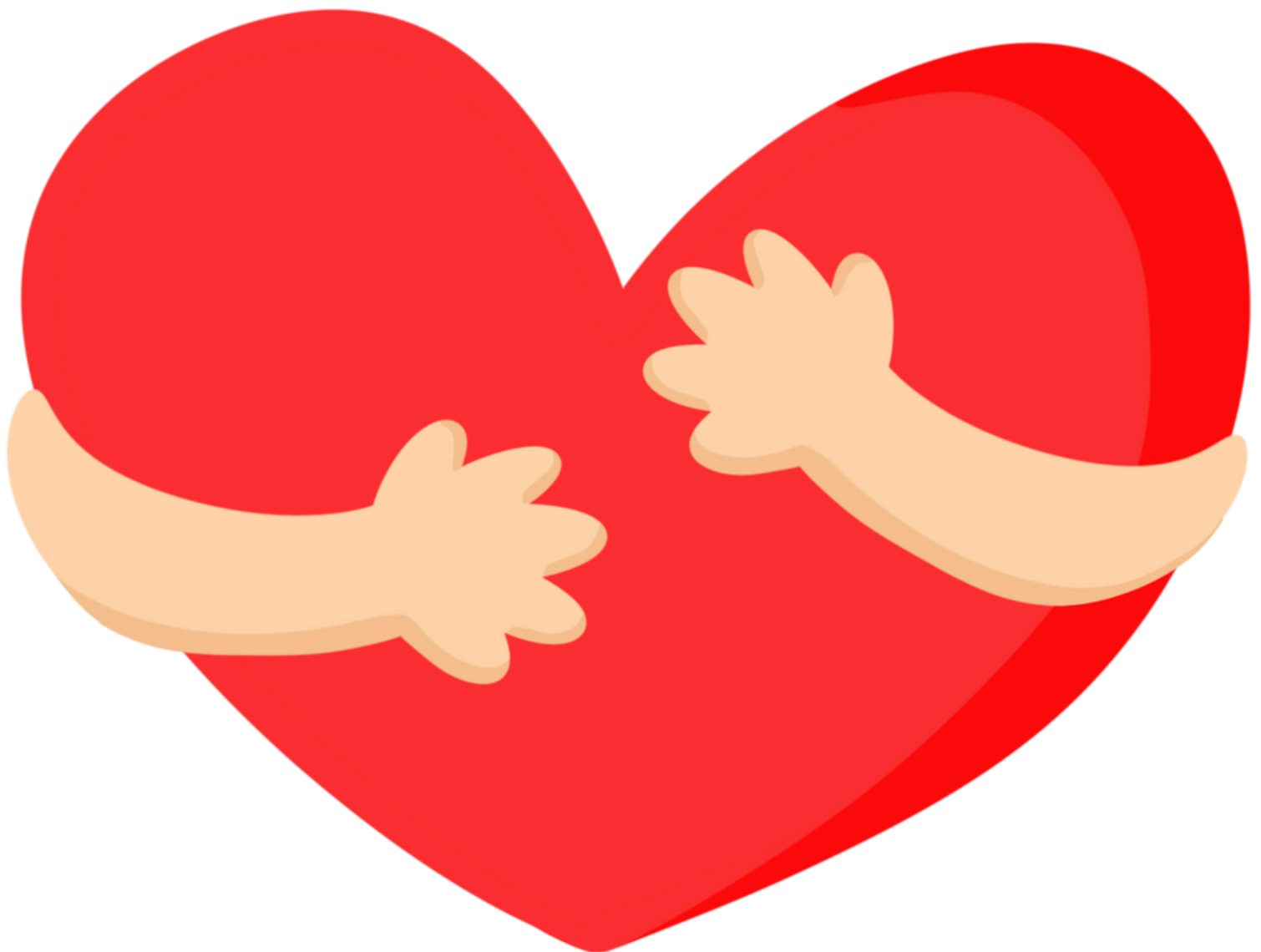
JULY 2024

## Hold Me Tight

Military Family Services provided the MFRC with virtual licenses for the “Hold Me Tight” program. The “Hold Me Tight” Program is a couple’s program that can improve your relationship by strengthening your bond, provide tips on conflict resolution, tips to lessen depression and anxiety, strengthen your self-image and The Hold Me Tight program is the only program found to both improve relationship satisfaction and foster a more secure bond. The online version allows couples to access the content of the program from their own homes and work through the content at their own pace.

To learn more about this program, please visit <https://holdmetightonline.com>

The virtual program also allows support to reach those couples that are in isolated locations, such as Goose Bay, or who are unable to attend in-person services. \*Please note that the virtual program is currently only available in English. If you are interested in participating in this program or would like further information, please contact [jennifer.saunders@forces.gc.ca](mailto:jennifer.saunders@forces.gc.ca)



## Second Language Training

### LRDG

Pour l'amour du français MD / For the Love of English™ is an online program crafted to elevate your proficiency in French or English. This comprehensive curriculum spans 16 modules, aligning with the Government of Canada's A, B, and C linguistic levels. Accessible 24/7 via computer and tablet, this interactive approach ensures targeted learning for your success. With flexibility at its core, you can tailor your learning journey to suit your schedule, location, and pace. Ready to embark on your language learning adventure? Email [Jennifer.Saunders@forces.gc.ca](mailto:Jennifer.Saunders@forces.gc.ca) to sign up for LRDG today!



## Community Highlight

### Parks and Beaches in Happy Valley Goose Bay

- **Kinsmen Park:** Situated on Hamilton River Road between the hospital and the College of the North Atlantic, Kinsmen Park features a full playground, splash pad, stage, BBQ area, gazebo, and a winter-cleared walking trail. It is a popular venue for community celebrations in Happy Valley Goose Bay. The park is open from 10am to 9pm.
- **Steve's Playground:** Located on Ikey Street.
- **Laurier Loop Playground:** Found on Laurier Loop.
- **Spruce Park Playground:** Located near Lake Crescent.

### Beaches:

- **North West River Beach:** Located in the community of North West River, approximately 33km from Goose Bay.
- **Gosling Lake:** This area is also used for camping. The turn-off for this beach is about 13km from the beginning of North West River Road. There may be small fee to enter the beach.
- **Wilburn/Welbourne Bay:** Accessible via a dirt road off North West River Road, approximately 7.5km from the road's start, followed by 5km of dirt road. It features a small sandy beach surrounded by cabins.

**Please note: All beaches are used at your own risk.**

## Farewell Message

To the members of our 5 Wing Community departing the Big Land this posting season; as you prepare to leave Goose Bay, we want to express our heartfelt gratitude for being part of our community. It has been a pleasure getting to know you, and we hope your time here has been enjoyable. We wish you all the best at your next posting, and remember, our doors are always open if you return to visit.

We wish  
you  
all  
the  
Best

JULY 2024

## New to 5 Wing Goose Bay?

If you've recently arrived here, have you had a chance to visit the MFRC yet? If not, we invite you to stop by the Goose Bay MFRC for a welcome tour, to meet our staff, receive your welcome package, and some gifts! You can find us at 564 Rivers Road, open Monday to Friday from 8:00am to 4:30pm. We're excited to meet you all!



## Coffee Mornings

Make sure to pencil in our monthly Coffee Morning at the MFRC—it's a fantastic opportunity to socialize with fellow community members and learn more about your community. Bring the kids along too—they're more than welcome! Our upcoming Coffee Morning will be held on Wednesday, July 24th.



## Child & Youth

Welcome to Goose Bay! As posting season begins, we extend a warm welcome to all new families joining our community.

We offer a wide range of programs for children, youth, and families throughout the year, with the majority of our activities taking place from September to June.

**New Summer Programs:** This summer, we are introducing our morning Community Connection group, which will meet once a week at the base gym or a local park. Starting in September, the group will resume its usual schedule on Tuesdays and Thursdays at the MFRC. This casual group is perfect for stay-at-home spouses and moms, with or without children, providing a chance to get out of the house and connect with others.

If you are interested in our Community Connection group and want to stay informed about meet-ups and events, please join our new Facebook group: GBMFRC Community Connections/Morning Hangout.

**Summer Fun Day Camp:** Our Summer Fun Day Camp is in full swing, offering many exciting themed weeks ahead. If your child is not enrolled in the camp but you need a drop-in day, we have two drop-in spots available exclusively for military families. To secure a spot, please email [Mary.Kokol@forces.gc.ca](mailto:Mary.Kokol@forces.gc.ca) or call 896-6900 ext. 555-2430.

**Kids Club and Teen Night:** Please note that there will be no Kids Club or Teen Night during July and August. These programs will resume in September.

**After-School Program (ASP):** Registration for the After-School Program will take place in August, with dates to be announced soon.

We look forward to a fantastic summer and an exciting year ahead with all our Goose Bay families!





## Navigating summer stress: Tips for managing anxiety as school ends.

If you're a parent or caregiver of school-aged children, you understand the unique stressors and anxiety this time of year brings. With the transition from the school year into summer break, schedules become less predictable and can cause increased stress and anxiety for parents, caregivers, and children alike.

Moving from a structured routine, where children know what to expect each hour of their day, to an open or inconsistent one, can be anxiety-inducing<sup>1</sup>. On the flip side, the pressure to fill children's days with activities, programs, entertainment, and fun is stressful for parents and caregivers.

With the right strategies in place, it's possible to navigate this time with ease and ensure a smooth transition into the summer months.

1. **Maintain a routine:** Maintaining some semblance of a routine is incredibly beneficial for everyone during the summer. Staying consistent with regular wake-up and bedtimes, mealtimes, and daily activities can help reduce last-minute scrambling and uncertainty of what the day will bring (and the dreaded "I'm bored!" complaints). Consider co-creating a schedule so you can design the routine together.
2. **Stay connected:** The end of the school year can often mean a decrease in social interactions for both parents and children. Making a conscious effort to stay connected with friends, family members, and the community can minimize feelings of isolation and provide much-needed emotional support during times of stress.
3. **Prioritize self-care:** As a parent or caregiver, it's common to prioritize the needs of your children over your own. However, it's essential to remember the importance of self-care, especially during times of stress and anxiety. Ensure you're making time for activities that bring you joy and relaxation. In prioritizing your mental health, you're also setting a positive example for children to do the same.
4. **Limit screen time:** While technology can be a valuable tool for entertainment and communication, excessive screen time can contribute to feelings of stress and anxiety. Set daily limits on screen time and encourage alternative activities such as outdoor play, arts and crafts, or board games. Reducing screen time promotes healthier habits and creates more opportunities for meaningful connection with your family.
5. **Seek professional help if needed:** If you or an adolescent child are struggling to manage stress and anxiety, it might be beneficial to seek professional help. BounceBack® is one option. It is a free Cognitive Behavioural Therapy (CBT) coaching program designed to help manage both anxiety and stress for youth and adults ages 15 and older. Working remotely with a trained coach, BounceBack® can help you build the skills you need to improve your mental health.

It's perfectly understandable to have feelings of stress and anxiety as the school year comes to a close. However, summer also gives the gift of time to recharge and prioritize mental health and well-being. By implementing these strategies and, when needed, seeking professional help from programs like BounceBack®, you can get back to looking forward to a summer free of stress and anxiety.

For more information on BounceBack please visit: <https://cmha.ca/bounce-back/>



## MILITARY FAMILY SERVICES RESOURCES:

MFS is conducting the Family Experience Survey, focusing on your experiences during military-related absences. Your experiences as a military family are unique, invaluable, and we want to hear about your family's journey. The survey is open to adults 18 years of age and older who are:

- A CAF member who has experienced at least one military-related absence due to a deployment, tasking, training, or imposed restriction in the past 12 months, or
- The spouses/partners, parent or family members of a CAF member who experienced at least one military-related absence due to a deployment, tasking, training, or imposed restriction in the past 12 months

Do you qualify? Take the survey today!

[https://mfssfm.qualtrics.com/jfe/form/SV\\_cC5z0SkqRpcQQyq](https://mfssfm.qualtrics.com/jfe/form/SV_cC5z0SkqRpcQQyq)

MFS is excited to announce the expanded delivery of an established program, "The Road to Mental Readiness" (R2MR) to military and Veteran families with the launch of a new website. R2MR is a program designed to improve overall emotional well-being, and enhance resilience and readiness among all Canadian military members and their families.

<https://cmf-dev.cfmwsmfs.com/>

## EXTERNAL RESOURCES:

[Upcoming webinars, courses and conferences:](#)

[Bridges to Safety Online Course | YMCA of Greater Halifax/Dartmouth-Centre for Immigrant Programs \(Virtual, Free enrollment\)](#)

[July 16, 2024 \(Self-directed\)](#)

<https://www.eventbrite.ca/e/bridges-to-safety-online-course-july-16th-2024-tickets-728895565257?aff=oddtcreator>

[Recorded webinars, videos and podcasts:](#)

["Childhood Experiences of Family Violence Among Racialized Immigrant Youth: Impacts and Recommendations" - Dr. Purnima George and Archana Medhekar-YWCA, presentation for Violence Against Women Network](#)

<https://register.gotowebinar.com/recording/3117782207105589507>

["Technology-Facilitated Gender-Based Violence Among Teens: Closing the Gap in Canadian Knowledge & Resources- Western Centre for Research & Education on Violence Against Women & Children Learning Network](#)

<https://gbvlearningnetwork.ca/webinars/recorded-webinars/2023/webinar-2023-10.html>

["The Parents of Modern Manhood" - Next Gen Men](#)

[https://modernmanhood.simplecast.com/episodes/bonus-episode-the-parents-of-modern-manhood?mc\\_cid=097ad14919&mc\\_eid=a7bf767237](https://modernmanhood.simplecast.com/episodes/bonus-episode-the-parents-of-modern-manhood?mc_cid=097ad14919&mc_eid=a7bf767237)

["Co-creating Trauma-Informed Spaces"- Crisis & Trauma Resource Institute](#)

[https://ctrinstitute.com/podcast/episode-25-co-creating-trauma-informed-spaces/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=Co-creating%20Trauma-Informed%20Spaces&utm\\_campaign=May%2010%20-%20Podcast](https://ctrinstitute.com/podcast/episode-25-co-creating-trauma-informed-spaces/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Co-creating%20Trauma-Informed%20Spaces&utm_campaign=May%2010%20-%20Podcast)

["Wellness \(Beyond Feminist Brain Drain Symposium\) - Women's Shelters Canada](https://www.youtube.com/watch?v=hq1L_cPFRtw&list=PLmAkDVk4o5Q1w-T5ZETf0brHmLQ2jAMpZ&index=2)

[https://www.youtube.com/watch?v=hq1L\\_cPFRtw&list=PLmAkDVk4o5Q1w-T5ZETf0brHmLQ2jAMpZ&index=2](https://www.youtube.com/watch?v=hq1L_cPFRtw&list=PLmAkDVk4o5Q1w-T5ZETf0brHmLQ2jAMpZ&index=2)

["Combating the Silence Around Suicide with Dennis Mackenzie"- Atlas Institute For Veterans And Families](https://atlasveterans.ca/community/podcast/episode-18-combating-the-silence-around-suicide-with-dennis-mackenzie/?mc_cid=0c9f8622f8&mc_eid=108bc72673)

[https://atlasveterans.ca/community/podcast/episode-18-combating-the-silence-around-suicide-with-dennis-mackenzie/?mc\\_cid=0c9f8622f8&mc\\_eid=108bc72673](https://atlasveterans.ca/community/podcast/episode-18-combating-the-silence-around-suicide-with-dennis-mackenzie/?mc_cid=0c9f8622f8&mc_eid=108bc72673)

## Resources:

["Who am I? A qualitative exploration of the identities of spouses/partners of UK Armed Forces Veterans"- Journal of Military, Veteran and Family Health](https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-2023-0068)

<https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-2023-0068>

["Fathering at a distance in the military: Techniques for presence and emotion work among Canadian Armed Forces fathers"- Journal of Military, Veteran and Family Health](https://jmvfh.utpjournals.press/doi/pdf/10.3138/jmvfh.2024.10.issue-2)

<https://jmvfh.utpjournals.press/doi/pdf/10.3138/jmvfh.2024.10.issue-2>

["Addressing Sexual Violence and Promoting the Sexual Rights of Women Labelled with Intellectual Disabilities"- Western Centre for Research & Education on Violence Against Women & Children Learning Network](https://gbvlearningnetwork.ca/our-work/issuebased_newsletters/issue-41/Learning-Network-Issue-41.pdf)

[https://gbvlearningnetwork.ca/our-work/issuebased\\_newsletters/issue-41/Learning-Network-Issue-41.pdf](https://gbvlearningnetwork.ca/our-work/issuebased_newsletters/issue-41/Learning-Network-Issue-41.pdf)

["It's Not Just You". Searching for an End to Gender-based Violence- Women and Gender Equality Canada](https://www.canada.ca/en/women-gender-equality/campaigns/gender-based-violence-its-not-just/searching-for-end-gender-based-violence.html?utm_campaign=wage-fegc-inj-24-25&utm_medium=email&utm_source=equality-matters&utm_content=searching-for-an-end-to-gender-based-violence-en-240501)

[https://www.canada.ca/en/women-gender-equality/campaigns/gender-based-violence-its-not-just/searching-for-end-gender-based-violence.html?utm\\_campaign=wage-fegc-inj-24-25&utm\\_medium=email&utm\\_source=equality-matters&utm\\_content=searching-for-an-end-to-gender-based-violence-en-240501](https://www.canada.ca/en/women-gender-equality/campaigns/gender-based-violence-its-not-just/searching-for-end-gender-based-violence.html?utm_campaign=wage-fegc-inj-24-25&utm_medium=email&utm_source=equality-matters&utm_content=searching-for-an-end-to-gender-based-violence-en-240501)

["The State of America's Boys: An Urgent Case for a More Connected Boyhood"- A Report for the Global Boyhood Initiative, 2021](https://www.boyhoodinitiative.org/sites/default/files/2023-06/State-of-American-Boys-Report.pdf?mc_cid=caf8a9063b&mc_eid=a7bf767237)

[https://www.boyhoodinitiative.org/sites/default/files/2023-06/State-of-American-Boys-Report.pdf?mc\\_cid=caf8a9063b&mc\\_eid=a7bf767237](https://www.boyhoodinitiative.org/sites/default/files/2023-06/State-of-American-Boys-Report.pdf?mc_cid=caf8a9063b&mc_eid=a7bf767237)

[The Access to Justice Hub- The Sexual Assault Support Center of Ottawa \(SASC\).](https://sascottawa.com/access-to-justice-hub/)

<https://sascottawa.com/access-to-justice-hub/>

["Understanding the Wound of Trauma"- Crisis & Trauma Resource Institute](https://ctrinstitute.com/blog/understanding-trauma-ctri/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Understanding%20the%20Wound%20of%20Trauma&utm_campaign=May%204%20-%20Blog)

[https://ctrinstitute.com/blog/understanding-trauma-ctri/?utm\\_source=ActiveCampaign&utm\\_medium=email&utm\\_content=Understanding%20the%20Wound%20of%20Trauma&utm\\_campaign=May%204%20-%20Blog](https://ctrinstitute.com/blog/understanding-trauma-ctri/?utm_source=ActiveCampaign&utm_medium=email&utm_content=Understanding%20the%20Wound%20of%20Trauma&utm_campaign=May%204%20-%20Blog)

[Educational and Practical Resources on Addressing and Preventing GBV towards 2SLGBTQIA+ Youth for Service Providers- The SAFER Project](https://saferproject.ca/resources/)

<https://saferproject.ca/resources/>



“10 Ways to Invest in Survivor Expertise”- Western Centre for Research & Education on Violence Against Women & Children Learning Network

<https://gbvlearningnetwork.ca/our-work/infographics/invest-in-survivor-expertise/index.html>

“Gender-Based Violence (GBV) Service Provision and Access in Times of Crisis”- Woman ACT

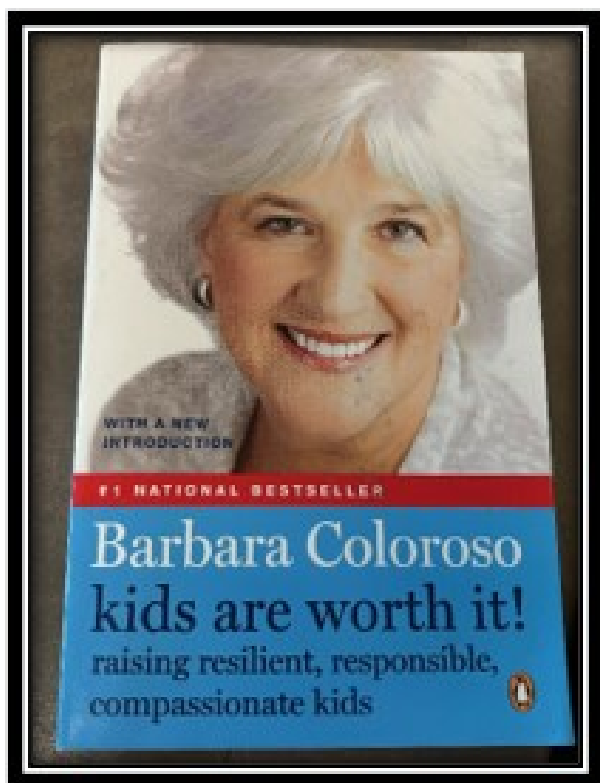
<https://womanact.ca/publications/issue-brief-gender-based-violence-service-provision-and-access-in-times-of-crisis/>

“A Guide to Moral Injury For Veterans and Families”- Atlas Institute For Veterans And Families

[https://atlasveterans.ca/documents/moral-injury/moral-injury-families-en.pdf?mc\\_cid=b47cf0c48a&mc\\_eid=2a5dc12694](https://atlasveterans.ca/documents/moral-injury/moral-injury-families-en.pdf?mc_cid=b47cf0c48a&mc_eid=2a5dc12694)

“Working With Survivors of Child Sexual Abuse Material: Five Principles for Professionals”- Canadian Centre for Child Protection & University of New South Wales (UNSW Sydney).

[https://content.c3p.ca/pdfs/C3P\\_WorkingWithSurvivors\\_Professionals\\_en.pdf](https://content.c3p.ca/pdfs/C3P_WorkingWithSurvivors_Professionals_en.pdf)



## Lending Library

Kids are worth it!

By Barbara Coloroso

Discover:

- \* Three tenets of a good parent-child relationship
- \* Six critical life messages your child needs to hear
- \* Discipline and punishment-why one works and the other only appears to
- \* Good news about the strong-willed child
- \* The pitfalls of bribes, threats, rewards, and punishment
- \* Steps to buffer your child from sexual promiscuity, drug abuse, and suicide

## Coding For Veterans

Coding for Veterans, in partnership with the University of Ottawa, offers a 100% online, instructor-led, self-paced, flexible program which gives veterans and opportunity to join the tech industry and start a career in software development and cyber security. Did you know our program is open to family members of those in the CAF? Contact us to learn about funding options available to you!

<https://www.codingforveterans.com/>



**DID YOU KNOW FAMILIES OF CAF MEMBERS ARE ELIGIBLE FOR OUR PROGRAM?**

**SOFTWARE AND CYBERSECURITY PROGRAMS AVAILABLE**



100% ONLINE



FULL-TIME AND PART-TIME OPTIONS AVAILABLE



CAN BE COMPLETED IN AS LITTLE AS **8 MONTHS**



FUNDING OPTIONS AVAILABLE

### **ENROLL TODAY**

[www.codingforveterans.com](http://www.codingforveterans.com)

1-800-317-0058

[info@codingforveterans.com](mailto:info@codingforveterans.com)



## Veteran Family Program

Releasing from the Canadian Armed Forces can be challenging for members and families, but even more so when the release is the result of a medical situation. When a Canadian Armed Forces Member makes the transition from active service to Veteran status, their family does too. The Veteran Family Program is here to help ease that transition by providing enhanced information and referral services, specialized transition programs and some of the traditional programs offered through Military Family Resource Centres. For more information please contact Jennifer at 896-6900 ext. 555-2157.



**VETERAN FAMILY PROGRAM COORDINATOR**  
**who are they and how can they assist?**

- supports medically releasing CAF members, medically released CAF Veterans, and their families as they transition into post-service life
- aids in the navigation of, and access to, relevant programs & services
- facilitates referrals to appropriate agencies & organizations as needed
- on-going support to families as required

**TO LEARN MORE:**

- Visit any Canadian Military Family Resource Centre and speak with the onsite Veteran Family Program Coordinator;
- Call the Family Information Line at 1-800-866-4546 or email [FIL@CAFconnection.ca](mailto:FIL@CAFconnection.ca); or,
- Visit [www.cfmws.ca/support-services/releasing/veteran-family-program](http://www.cfmws.ca/support-services/releasing/veteran-family-program) for more information.

## Respite Care

The MFRC will provide respite care for families when a Military Member is deployed or away for any reason. This provides an opportunity for those families to have a break if they feel the need. Families must pre-register for respite care, due to limited space in Robin's Nest Daycare. The MFRC will also fund up to \$9 an hour for nine hours a week for a babysitter during the daytime or evening if there is no space in daycare. For more information please contact Holly at 896-6900 ext. 2154.





# Mental Health First Aid- Veteran Community

## Interest List

### Fall Interest List

This Mental Health First Aid-Veteran Community is a group interactive workshop tailored to address the needs of Canadian Armed Forces Veterans and the people who care for and about them.

This course is offered in three modules:

Module 1 is a self-paced online portion that must be completed prior to attending Modules 2 & 3 Modules 2 and 3, which are live classroom portions.

### What participants will learn:

Participants will develop a thorough understanding of the five basic actions of the ALGEE Model. ALGEE is the framework used to facilitate a confident conversation about mental health with family, friends, colleagues and strangers.

### Participants will:

- Be introduced to signs, symptoms and risk factors of mental health problems;
- Learn to decrease the social distance between themselves and someone with a mental health problem;
- Increase their confidence to help someone undergoing a mental health crisis;
- Be able to identify professional and self-help resources; and
- Improve mental health wellness

### The program covers these main topics:

- Mental Health and stigma
- Substance-related disorders
- Mood related disorders
- Anxiety and Trauma
- Psychotic Disorders

Join us to become certified in Mental Health First Aid Veteran Community. **THIS TRAINING IS FREE!!!** Seats are limited and registration will be on a first come first serve basis. Priority will be given to medically-releasing Canadian Armed Forces members, medically-released Veterans, and their families. For more information or if you are interested in taking this course please contact Jennifer at 896-6900 ext. 555-2157.



# JULY 2024

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
7	1 	2	3	4	5 	6
14 	15	16	17	18	19	20
21	22	23	24 COFFEE MORNING 	25	26	27
28	29	30	31			
						

Coffee Morning 9:30-11am. MFRRC