



OCTOBER, NOVEMBER & DECEMBER 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. 528-6300
Fax: 780-973-1401
information@mfrcedmonton.com
Facebook and Instagram: @EdmontonMFRC

General Office Hours:

Monday to Friday: 9:00 am - 4:45 pm
Closed weekends & statutory holidays

MFRC Child Care Centre Hours:

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

MFRC Contact Information

Base Phone Number	780-973-4011 plus ext.
General Information/Reception	528-6300
Child Care Centre	528-6307
Relocations Family Navigator	528-6385
Absences Family Navigator	528-6304
French Services	528-5081
Fund Development	528-6324
Mental Health and Wellness	528-6300
Veteran Family Coordinator	528-6331
Family Liaison Officer	528-2480
Child Care Navigator	528-7048

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](#)
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

**For programs, see pages 12 - 19*

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. 528-6300
- Email 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

Connect with French Services

- English/French resources for children and adults
- Information on connecting with the local Francophone community
- Finding services delivered in French

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

Posted families can access 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.

Visit CFMWS.ca/support-services/moving-housing/guide-to-relocating to download a copy.

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. 528-6300 and ask for the intake worker
- Email intake@mfrcedmonton.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

Navigating Disability Services

There's a wide range of supports for people with disabilities and caregivers of children and adults with disabilities.

We can connect you with:

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

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
- 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.

Absences

** For programs, see pages 12 - 19*

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
- Call 780-973-4011 ext. 528-6304
- Email 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 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 CONNECT
- Pre and Post Deployment Sessions

For Families with Children

- Build a Bear gift cards - Children of deploying/ deployed parents can receive a \$20 gift card to Build-a-Bear. All children (3 months to 18 years of age with a parent posted to Edmonton who is deploying overseas) can receive and redeem one card per year (within a 12 month period).
- Helping Children Stay in Touch - Children of deployed members may be eligible to receive a one-time grant up to \$250 per family to assist with the purchase or subsidization of a tablet/iPAD during a deployment of 90 days or more through Support Our Troops.
- Children's books - Provide 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 are also available.

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 Preparation

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.



Absences

** For programs, see pages 12 - 19*

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

Phone call or email check-ins begin once we receive confirmation that the member has deployed and can continue at the frequency of your choosing. A Family Information Form must be completed in order for the MFRC to reach out to family members. The form can be filled out by the member or a family member through self-identification. 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.

Drop-off Locations:

Base Mail Room: Building 181m Churchill Ave.

Monday to Friday | 9:30 am - 4:00 pm

*Hours may vary. Call 780-973-4011 ext. 528-4813

Edmonton MFRC: Building 161 Mons Ave.

Monday to Friday | 9:00 am - 4:30 pm

Closed weekends & statutory holidays

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 Reset

Focus on the realities of post-deployment reintegration, including the challenges and emotions that often come with this transition. Discussions include the anticipation of the homecoming, reintegration and stabilization, emotional cycle of deployment and coping strategies.

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.

Deployment Readiness Guide

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 or call 780-973-4011 ext. 528-6304 to get your copy.

Child Care

**For programs, see pages 12 - 19*

Child Care

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 or Teen Babysitter? Child Care providers or Teen Babysitters can request to be added to one of our registry lists and the MFRC will connect you with families in need of child care or babysitting services.

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

- Call 780-973-4011 ext. 528-7048
- Email ccnav@mfrcedmonton.com
- Visit us in person

Child Care Centre

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

Families in Alberta are likely to encounter wait lists while attempting to secure a place for their children. The MFRC maintains an extensive waitlist and is constantly changing. It is recommended that parents add their children on to our waitlist as soon as possible. The MFRC Child Care Centre is also eligible for child care affordability grants.

For current child care centre fees or information about the MFRC Child Care Centre services:

- Call 780-973-4011 ext. 528-6300
- Email information@mfrcedmonton.com
- Visit our front reception desk

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.

Youth Centre

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 Take Over (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 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. 528-6314
- Email 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 visit CFMWS.ca/Edmonton/YouthDropIn.



HOLLY JOLLY HOLIDAY EVENT

Get into the festive spirit with a fun-filled day of taking pictures in our digital photo booth, decorating cookies, making crafts and ornaments, and more!



DECEMBER 5 | 1:00 - 4:00 PM | MFRC

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

Register: online, in-person or call 780-973-4011 ext. 528-6300

\$5.00 per family



Register Here



MFRC Programs

**For programs, see pages 12 - 19*

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.

To register for a program:

- Visit us in person at the MFRC, Bldg. 161
- By phone at 780-973-4011 ext. 528-6300
- Online at 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.



Programs for Child & Youth

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

Discover You

Connect, create and grow through our Discover You Series. Youth will participate in hands-on sessions that combine fun activities, creative challenges, group conversations and practical tools designed to help build confidence, strengthen relationships, and develop skills to handle everyday challenges. Participants will also create a library of take-home activities from each session to support their learning and growth.

Session 1: Welcome & Getting to Know Each Other
September 24 | 6:00 - 7:30 pm

Session 2: Understanding Yourself
October 29 | 6:00 - 7:30 pm

Session 3: Communication Beyond Words
November 26 | 6:00 - 7:30 pm

Session 4: Active Listening Challenge
December 10 | 6:00 - 7:30 pm

No program fee

Open to: youth ages 11-17 from CAF, Veteran, 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!

Spooktacular Creative Creations
October 1 | 6:00 - 8:00 pm

Halloween Movie Night - October 9 | 6:00 - 8:00 pm

The Ultimate Halloween Bash - October 16 | 6:00 - 8:00 pm

Boo-riliant Bright Minds - October 22 | 6:00 - 8:00 pm

Video Game Tournament - November 5 | 6:00 - 8:00 pm

Tournament of Games - November 19 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - November 20 | 6:00 - 8:00 pm

B-I-N-G-O! - December 3 | 6:00 - 8:00 pm

Holiday Movie Night - December 18 | 6:00 - 8:00 pm

No program fee

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!

Halloween Movie Night - October 2 | 6:00 - 8:00 pm

Spooktacular Creative Creations
October 8 | 6:00 - 8:00 pm

The Ultimate Halloween Bash - October 16 | 6:00 - 8:00 pm

Boo-riliant Bright Minds - October 22 | 6:00 - 8:00 pm

Video Game Tournament - November 5 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - November 6 | 6:00 - 8:00 pm

Tournament of Games - November 19 | 6:00 - 8:00 pm

B-I-N-G-O! - December 3 | 6:00 - 8:00 pm

Holiday Movie Night - December 4 | 6:00 - 8:00 pm

No program fee

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

Teen Take Over

Come explore video games, computers, art and science materials or board games...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.

Art Night: Paint Swap - October 15 | 6:00 - 8:00 pm

Teen Choice - October 23 | 6:00 - 8:00 pm

Teen Choice - November 27 | 6:00 - 8:00 pm

Teen Choice - December 17 | 6:00 - 8:00 pm

No program fee

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

Programs for Child & Youth

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

Mini Coping Skills Bootcamp

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.

Participants will meet in a supportive space to learn how to manage their emotions in a safe and creative way. Each child will create a personalized “Pocket Hug” by decorating a small rock to keep with them in their pocket, backpack or beside their bed. This special coping tool fits perfectly inside the hand and can be used to help calm the mind when experiencing feelings of sadness, anxiety or fear. By learning how to focus on its texture and warmth, children can feel more grounded and connected during difficult moments. With a gentle squeeze it can also feel just like a hug from a person who makes you feel safe, loved and supported.

October 17 | 11:30 am - 1:00 pm

No program fee

Open to: youth ages 6-7 from current-serving CAF families

Babysitting Course

Learn how to become a safe and responsible babysitter through the Little Lungs course, led by certified Red Cross instructors. This course will teach youth the skills needed for providing care to children, with a strong focus on first aid and emergency response.

November 12 | 9:00 am - 4:00 pm

\$30 per participant

Open to: youth ages 11-15 years from CAF and Veteran families, and Families of the Fallen

Home Alone Safety

Is your child ready to stay home alone? The Stay Safe Course, provided through Little Lungs, will help your child build the confidence and skills needed to stay home alone safely while providing peace of mind for parents and caregivers. In this interactive five-hour training program, your child will learn the importance of responsibility, safety, preparing and responding to unexpected situations, and basic first aid.

November 13 | 9:00 am - 2:00 pm

\$15 per participant

Open to: youth ages 9-13 years from CAF and Veteran families and Families of the Fallen

Mini Coping Skills Bootcamp

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.

Participants will meet virtually in a safe space to share their feelings and learn coping skills while participating in a fun and creative activity.

November 17 & 24 | 6:00 - 7:00 pm | Virtual

No program fee

Open to: youth ages 8-12 from current-serving CAF families

Youth Drop In

**Youth Registration Package required*

The Edmonton MFRC Youth Drop In program offers a safe and supportive environment for military, Veteran and Defence Community youth between the ages of 6 and 17. Youth can explore, create and build positive relationships with peers and are given free choice to participate in all the activities offered throughout the Youth Centre. Please note, weekday times are NOT offered on Sturgeon School Division non-school days and closed on holiday long weekends.

October Dates

Ages 6 - 15

October 1 | 3:00 pm - 5:00 pm
October 2 | 3:00 pm - 5:00 pm
October 3 | 1:00 pm - 4:00 pm
October 5 | 3:00 pm - 5:00 pm
October 5 | 6:00 pm - 8:00 pm
October 6 | 3:00 pm - 5:00 pm
October 7 | 3:00 pm - 5:00 pm
October 7 | 6:00 pm - 8:00 pm
October 8 | 3:00 pm - 5:00 pm
October 9 | 3:00 pm - 5:00 pm
October 14 | 3:00 pm - 5:00 pm
October 14 | 6:00 pm - 8:00 pm
October 15 | 3:00 pm - 5:00 pm
October 16 | 3:00 pm - 5:00 pm
October 17 | 3:00 pm - 5:00 pm
October 19 | 3:00 pm - 5:00 pm
October 20 | 3:00 pm - 5:00 pm
October 21 | 3:00 pm - 5:00 pm
October 21 | 6:00 pm - 8:00 pm
October 22 | 3:00 pm - 5:00 pm
October 23 | 3:00 pm - 5:00 pm
October 24 | 1:00 pm - 4:00 pm
October 26 | 3:00 pm - 5:00 pm
October 27 | 3:00 pm - 5:00 pm
October 28 | 3:00 pm - 5:00 pm
October 28 | 6:00 pm - 8:00 pm
October 29 | 3:00 pm - 5:00 pm
October 30 | 3:00 pm - 8:00 pm

November Dates

Ages 6 - 15

November 2 | 3:00 pm - 5:00 pm
November 3 | 3:00 pm - 5:00 pm
November 4 | 3:00 pm - 5:00 pm
November 4 | 6:00 pm - 8:00 pm
November 5 | 3:00 pm - 5:00 pm
November 6 | 3:00 pm - 5:00 pm
November 7 | 1:00 pm - 4:00 pm
November 14 | 12:30 pm - 4:30 pm
November 16 | 3:00 pm - 5:00 pm
November 17 | 3:00 pm - 5:00 pm
November 18 | 3:00 pm - 5:00 pm
November 18 | 6:00 pm - 8:00 pm
November 19 | 3:00 pm - 5:00 pm
November 20 | 3:00 pm - 5:00 pm
November 21 | 1:00 pm - 4:00 pm
November 23 | 3:00 pm - 5:00 pm
November 24 | 3:00 pm - 5:00 pm
November 25 | 3:00 pm - 5:00 pm
November 25 | 6:00 pm - 8:00 pm
November 26 | 3:00 pm - 5:00 pm
November 27 | 3:00 pm - 5:00 pm
November 28 | 1:00 pm - 4:00 pm
November 30 | 3:00 pm - 5:00 pm

December Dates

Ages 6 - 15

December 1 | 3:00 pm - 5:00 pm
December 2 | 3:00 pm - 5:00 pm
December 2 | 6:00 pm - 8:00 pm
December 3 | 3:00 pm - 5:00 pm
December 4 | 3:00 pm - 5:00 pm
December 8 | 3:00 pm - 5:00 pm
December 9 | 3:00 pm - 5:00 pm
December 9 | 6:00 pm - 8:00 pm
December 10 | 3:00 pm - 5:00 pm
December 11 | 3:00 pm - 5:00 pm
December 12 | 1:00 pm - 4:00 pm
December 14 | 3:00 pm - 5:00 pm
December 15 | 3:00 pm - 5:00 pm
December 16 | 3:00 pm - 5:00 pm
December 16 | 6:00 pm - 8:00 pm
December 17 | 3:00 pm - 5:00 pm
December 18 | 3:00 pm - 8:00 pm

Programs for Absences

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

Deployment Appreciation Mixer with Build-A-Bear

Join us for an afternoon of appreciation and connection at our Deployment Appreciation Mixer featuring Build-A-Bear! This family-friendly social event brings together military families who are preparing for or currently experiencing the deployment of a loved one.

Children and youth will receive their very own Build-A-Bear and enjoy creative, hands-on activities including making accessories and personalized keepsakes for their furry friend. Adults are invited to connect with others who understand the deployment journey, share meaningful conversations in a welcoming environment, and take home a complimentary appreciation gift.

October 3 | 1:00 - 3:00 pm

No program fee

Open to: current-serving CAF families experiencing an imminent or current deployment

OP CONNECT

The unique challenges of military life can bring periods of separation, but families do not have to face them alone. OP CONNECT provides opportunities for members of the military community to connect with others, build support networks, access valuable resources and information, and develop skills to support their well-being.

Canvas & Connections | October 22 | 6:00 - 8:00 pm

Location: MFRC | No program fee

Open to: adult (18+) CAF family members

Journaling for Mindfulness

November 25 | 6:00 - 8:00 pm

Location: MFRC | No program fee

Open to: adult (18+) CAF family members

**Child care is available.*

Registration is required, and space is limited.

Deployment Preparation

Are you prepared for your loved one to be away? Join us as we focus on the challenges that you may experience while you prepare for an upcoming deployment or work-related absence of a loved one. Participants will learn about available supports and resources while connecting with others who are preparing for a similar experience.

November 18 | 6:00 - 7:30 pm

**Child care available.*

Registration is required, and space is limited.

No program fee

Open to: adult (18+) CAF family members preparing for a deployment or work-related absence

Whoville Trees

Get into the holiday spirit by creating your own Whoville-inspired tree with Prairie Gardens! Connect with fellow members of the military community for a festive gathering of creativity as you make a one-of-a-kind Grinch themed holiday decoration.

December 11 | 2:00 - 4:30 pm

Location: Prairie Gardens | No program fee

Open to: adult (18+) current-serving CAF families currently deployed or experiencing an imminent or current work-related absence

Programs for Adults

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

Conversation Franco'Fun

Are you looking to practice your French-speaking skills? Our weekly conversation group will help you to improve your French language skills, become more confident, navigate social interactions more easily and make connections with others in the community. Whether you are new to French or already building your skills at a beginner or intermediate level, all are welcome. Each session will offer participants the opportunity to meet in a safe and welcoming space and participate in fun learning experiences such as playing games, reading books, engaging in role-play activities, trivia and much more!

October 1, 6, 8, 13, 15, 20, 22, 27 & 29 | 12:00 - 1:00 pm

November 3, 5, 10, 12, 17, 19, 24 & 26 | 12:00 - 1:00 pm

December 1, 3, 8, 10, 15 & 17 | 12:00 - 1:00 pm

No program fee

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

Café Frenchy

Join us for coffee and friendly conversation! Make connections, build your support network and practice your French language skills and learning about programs and services available in the community. Participants are responsible for the purchase of their own food and beverage.

French Connection - October 3 | 10:30 am - 12:30 pm

Location: Edmonton Garrison Tim Hortons

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

French Connection - November 7 | 10:30 am - 12:30 pm

Location: Edmonton Garrison Tim Hortons

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

Fête d'hiver multiculturelle

December 12 | 12:00 - 4:00 pm

Location: La Cite Francophone

Open to: current-serving CAF, Veteran, Defence
Community families and Families of the Fallen (all ages)

No program fee

Conversation Anglo'Fun

Are you looking to practice your English-speaking skills? Our weekly conversation group will help you to improve your English language skills, become more confident, navigate social interactions more easily and make connections with others in the community. Whether you are new to English or already building your skills at a beginner or intermediate level, all are welcome. Each session will offer participants the opportunity to meet in a safe and welcoming space and participate in fun learning experiences such as playing games, engaging in role-play activities, trivia and much more!

October 5, 7, 14, 19, 21, 26 & 28 | 12:00 - 1:00 pm

November 2, 4, 9, 16, 18, 23, 25 & 30 | 12:00 - 1:00 pm

December 2, 7, 9, 14 & 16 | 12:00 - 1:00 pm

No program fee

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

Wellness Within Series

Recharge your mind, body and spirit with our Wellness Within Series. Each engaging, hands-on session is designed to inspire self-care, connection and personal growth. Participants will build practical coping skills, connect with themselves mentally, physically, and spiritually, and leave with clear intentions to support their well-being.

Paint Night: The Art of Flexibility

October 5 | 6:00 - 8:00 pm

Location: MFRC | No program fee

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

Sound Bath Experience

December 9 | 6:00 - 7:30 pm

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

*Child care is available.

Registration is required, and space is limited.

Programs for Adults

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

Eat Well

Morinville FCSS, in collaboration with Sobey's Morinville, presents the Eat Well Food Program! Purchase a quality monthly food hamper for just \$30 per order! Each hamper provides four servings each of three different meats, vegetables and fruits.

October 21 | November 18 | December 16

3:00 - 6:00 pm

\$30 per order

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

Mental Health First Aid

Join us to become certified in Mental Health First Aid and increase your confidence and willingness to help by learning what signs to look for and the appropriate treatment to better manage potential or developing mental health problems.

Mental Health First Aid Veteran Community is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental crisis. It does not train people to become counsellors or therapists and just like physical first aid, this course aims to ensure that those most in contact with members of the Veteran Community can identify the signs of an emerging mental health problem and respond effectively in a crisis.

November 2 & 3 | 9:00 am - 1:00 pm | Virtual

No program fee

Open to: medically releasing CAF members, medically released Veterans, and their families (3B release or preparing for 3B release) are given priority. CAF, Veteran, Defence Community families and Families of the Fallen are eligible to attend if space is available.

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.

Needle Felting - November 14 | 1:00 - 4:00 pm

Location: Visual Arts Studio | \$15 per participant

Open to: adults (18+) from current-serving CAF and Veteran families

*Child care available. Registration is required, and space is limited.

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

*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

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 Café 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, October 1 - December 17

9:30 am - 12:00 pm | 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.

October 6, 13 & 20

November 3, 17 & 24

December 1, 8 & 15

10:00 - 11:30 am | \$2 per family

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

Circle of Security

Explore how supporting your child's emotional development will build your bond. Open doors to a deeper understanding of your child's needs with this free eight-week program for caregivers of children 0 - 6 years of age. Free meal included each week, with limited child care also available.

In partnership with Fort Saskatchewan Families First Society and Sturgeon County.

October 7, 14, 21 & 28

November 4, 18 & 25

December 2

10:00 am - 12:00 pm | No program fee

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

Child Immunization Clinic

Alberta Health Services (AHS) provides immunizations and health education services to military families from Lancaster Park on the 2nd Tuesday of each month at the Edmonton MFRC. Immunizations are free of charge for infants and children who live in Alberta and are provided according to the AHS immunization schedule. Immunizations are recommended for infants starting at two months of age.

To book an immunization appointment or to speak to a Public Health Nurse, please call the Morinville Public Health Centre directly at 780-342-2600 ext. 3 and then ext. 2 and indicate that you wish to have your child seen at the MFRC.

October 13 | November 10 | December 8

9:30 am - 12:00 pm

No program fee

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

Pumpkin Picking

Join us in celebrating the fall season at Prairie Gardens! Connect with fellow members of the military community for a fun fall afternoon of pumpkin picking and carving.

October 24 | 1:00 - 4:00 pm

Location: Prairie Gardens | \$5 per participant

Open to: current-serving CAF families (all ages)

Pregnancy and Beyond Support Group

Take time to nurture yourself during and after your pregnancy by exploring all aspects of your health in a supportive, welcoming space. Join us for this six-part series where we will focus on the domains of wellness for pregnancy and beyond with activities and topics that focus on your social, physical, environmental, intellectual, financial, spiritual, vocational and emotional well-being.

November 5, 12, 19 & 26 | December 3 & 10

6:00 - 7:30 pm

No program fee

***6 week in-person sessions**

**Open to: adults 18+ and youth ages 13-17 from CAF,
Veteran and Defence Community Families, and Families
of the Fallen who are pregnant or postpartum
(up until baby's 1st birthday)**

Programs for Parents/Families

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

Shining the Light of Remembrance

Join us to help shine a light on Canada's Veterans, fallen heroes, the current-serving members of our military and their families who devote their lives in service. Connect with your community to create a Lantern of Remembrance to dedicate to a loved one, a Veteran or a unit or battle. Participants will be encouraged to keep the light of remembrance burning all year long because Remembrance Day is every day.

Participants have the option to attend a session in-person either at the MFRC or the Veteran's Association Food Bank (VAFB). Participants attending the session at the MFRC can decorate either a candle or a glass jar to create their lantern, while participants attending the session at the Veteran Association Food Bank will be able to decorate a glass jar. Craft supplies, snacks and refreshments will be provided.

November 6 | 10:00 am - 12:00 pm
Location: Veteran Association Food Bank

November 7 | 10:00 am - 12:00 pm
Location: MFRC

No program fee

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

Holiday Makers Market

Join us at our Holiday Makers Market for a festive shopping experience packed with holiday cheer and one-of-a-kind finds. Our market will be filled with local vendors selling handmade goods, unique gifts, seasonal treats and more to help you check off your holiday list.

Stop by to shop local, sip on a delicious hot cocoa and get your gifts wrapped at our holiday gift-wrapping station! Plus, get into the holiday spirit as you learn more about the MFRC and take the opportunity to connect with others in the military community.

November 21 | 10:00 am - 2:00 pm

Registration is not required

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

*Interested in attending as a vendor?
Contact outreach@mfrcedmonton.com.
Application deadline is November 2, 2026.
Cost is \$10 per booth.

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.

Family Ceramic Painting

November 28 | 11:00 am - 1:00 pm

Location: The Cat Lady's Art Studio | \$10 per participant
Open to: youth ages 6+ and their parents/guardians of current-serving CAF and Veteran families and Families of the Fallen

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



Sponsors & Donors

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 or connect with our fund development coordinator at funddev@mfrcedmonton.com.

THANK YOU FOR YOUR SUPPORT