

# PROGRAMMING

September 2023 to March 2024




**Military Family**  
Resource Centre  
Montreal Region

WELCOME • SUPPORT • UNITE



**Canada**

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<https://crfmmfrcmtl.ca/en/informations/montly%20newsletter>

## Welcome – Support – Unite!

Here is our fall and winter program for 2023-2024! The entire team at the Military Family Resource Centre Montreal Region has put together a new program that we hope you'll enjoy. The activities offered are designed to connect families, bring the community together and strengthen our sense of belonging.

Military families need to be able to adapt to a wide range of situations. The MFRC is constantly evolving to adjust to the new realities of life.

The activities, courses and workshops we offer are designed to meet your needs and help you become part of the community. In the next few pages, you will find information about the new services we are offering to support your families. We have also kept the feature activities that you particularly like, for everyone's enjoyment.

Want to learn more about our services and activities? Subscribe to our newsletter or join us on social media and in the Servir newspaper. Register for our activities via our portal at [crfmmfrcmtl.ca](https://crfmmfrcmtl.ca).

The MFRC's Board of Directors and staff are very pleased to welcome you to the community.



**FRANCINE HABEL**  
Executive Director

## Table of Contents

September .....	3
October .....	7
November .....	13
December .....	17
January .....	19
February .....	22
March .....	26
Virtual Services .....	30
Virtual Programming .....	31
Regular Services .....	32

## Follow us on social media!



For any question or for more informations, write to us at: [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

Website : [cfmws.ca](https://cfmws.ca)

Connect to our web portal: [crfmmfrcmtl.ca](https://crfmmfrcmtl.ca)



## IMPORTANT NOTICE

The Youth Community Integration Centre is closed until the open house on **September 17, 2023**.



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean services points will be closed on **Monday, September 4, 2023** - Labour Day.

## Welcome Party

### FAMILIES ARRIVING IN THE REGION

It's the perfect opportunity to welcome new families to the region! Come one, come all to learn more about the MFRC's services and meet other military families in the community. All military families are invited to participate, whether you are new to the region or not.

**AGE:** Military, veterans, spouses and their children

**DATE:** Saturday, September 9, 2023

**TIME:** 10:00 a.m.–2:00 p.m.

**LOCATION:** Saint-Jean Garrison

**COST:** Free

**REGISTRATION PERIOD:** Friday, July 14 to Wednesday, September 6, 2023, on the MFRC portal

## Mugs and Mingle

### TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

**A new initiative to create a support network for new military families.**

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshops.**

**AGE:** Military family and next of kin

**DATES:**

- Wednesday, September 13, 2023
- Wednesday, September 20, 2023
- Wednesday, September 27, 2023

**TIME:** 6:30 p.m.–8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**

From one month in advance until the Monday before the activity, on the MFRC portal. A minimum number of people is required.





## Youth services Open House

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Military, veterans, spouses and their children  
**DATE:** Sunday, September 17, 2023  
**TIME:** 1:00 p.m.–4:00 p.m.  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Tuesday, August 1, to Thursday, September 14, 2023, on the MFRC portal

## Community Integration Activity in English

**BRUNCH & MINGLE**

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills.

**AGE:** Military spouses and veterans  
**DATE:** Tuesday, September 19, 2023  
**TIME:** 9:30 a.m.–11:00 a.m.  
**LOCATION:** Saint-Jean MFRC  
**COST:** Free  
**REGISTRATION PERIOD:** Thursday, August 17, to Sunday, September 17, 2023, on the MFRC portal

## Zootherapy Workshop for kids 9 to 17

**ABSENCE OF A LOVED ONE**

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to learn more about these challenges.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Thursday, September 21, 2023  
**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Sunday, August 20, to Wednesday, September 20, 2023, on the MFRC portal

## Second-Language Classes

**FRENCH AND ENGLISH**

In Saint-Jean-sur-Richelieu, Saint-Hubert or virtually, we offer you the opportunity to take our free second-language classes to develop your second-language skills and ease the transition from one region to another!

**AGE:** Military spouses and children ages 6 to 10  
**DATE:** Second-language classes start the week of September 18, 2023  
**TIME:** Depends on the group – day or evening possible  
**LOCATION:** Saint-Hubert or Saint-Jean MFRC and/or online via Zoom  
**COST:** Free  
**REGISTRATION PERIOD:** Monday, August 28, to Monday, September 11, 2023, on the MFRC portal

## Community Integration Activity for kids 9 to 17

**INTRODUCTION TO THE "YOUTH CONNECT" APP**

"Youth Connect" is a bilingual app for young people from military families. It was created in collaboration with a number of MFRCs. It is a safe, supervised place for kids to talk, have fun and learn. It will also help kids stay in touch and prepare for relocation. To get the app, register on the MFRC portal and then download it to a smartphone, tablet or computer.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Wednesday, September 20, 2023  
**TIME:** 6:00 p.m.–8:30 p.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Friday, September 1, to Wednesday, September 20, 2023, on the MFRC portal

## Community Integration Activity for kids 9 to 17

**SPORTS ACTIVITIES TO HELP YOUNG PEOPLE LEARN ABOUT THEMSELVES**

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Friday, September 22, 2023  
**TIME:** 6:00 p.m.–8:00 p.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Friday, September 1, to Friday, September 22, 2023, on the MFRC portal





## Discovery Workshop

YOGA AND RELAXATION

### Absence and deployment support group

This workshop teaches breathing, meditation and yoga exercises that can help during difficult deployment-related moments. This is an opportunity for people to get together and share tips and experiences about deployment or absence.

**AGE:** Military spouses and next of kin

**DATE:** Saturday, September 23, 2023

**TIME:** 2:00 p.m.–3:30 p.m.

**LOCATION:** Saint-Hubert MFRC

**COST:** Free

**REGISTRATION PERIOD:** Monday, August 21, to Thursday, September 21, 2023, on the MFRC portal

## Tip of the Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents

**DATE:** Monday, September 25, 2023

**LOCATION:** MFRC's Facebook page, portal and Website

**COST:** Free

## Play

“PROJET MONARQUES”

On stage, five artists borrow the words of hundreds of veterans, members and their loved ones, to express their feelings. Five lives, five stories that reflect the daily challenges of people affected in different ways by operational stress injuries and post-traumatic stress disorder. Open to members of the military and civilian communities. **In English only.**

**AGE:** Military and civilian communities, ages 16 and older

**DATE:** Wednesday, September 27, 2023

**TIME:** 7:30 p.m. (the play runs 90 minutes with no intermission)

**LOCATION:** Théâtre de la ville de Longueuil, 180 Gentilly E. Street, Longueuil

**COST:** \$25, everything included

**REGISTRATION PERIOD:** Ongoing at [www.theatredelaville-location.tuxedobillet.com/Location/piece-de-theatre-monarques](http://www.theatredelaville-location.tuxedobillet.com/Location/piece-de-theatre-monarques).

## Community Integration Activity for kids 5 to 12

**HOMEWORK AND LESSONS DON'T HAVE TO BE BORING!**

A workshop that enhances support for young people by helping them develop strategies and tools for tackling their homework.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Wednesday, September 27, 2023

**TIME:** 5:00 p.m.–5:45 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, August 25, to Monday, September 25, 2023, on the MFRC portal

## Community Integration Activity

MIXOLOGY WORKSHOP

Participants will have the opportunity to chat and make new acquaintances in a festive atmosphere in this guided workshop, during which they will learn the basics of mixology by making three mocktails. **Bilingual activity.**

**AGE:** Military spouses and veterans

**DATE:** Thursday, September 28, 2023

**TIME:** 7:00 p.m.–8:30 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Friday, August 25, to Monday, September 25, 2023, on the MFRC portal

## Recognition of prior Learning and Education Equivalency

Do you have work experience that you would like to have recognized so you can get an education credential more quickly? Do you have an education credential from another province or country and you're looking for information on how to start the equivalency process? This short presentation, followed by a discussion period, will give you the tools you need to start these processes. **Bilingual presentation.**

**AGE:** Military spouses

**DATE:** Friday, September 29, 2023

**TIME:** 10:00 a.m.–11:30 a.m.

**LOCATION:** Online via Zoom

**COST:** Free

**REGISTRATION PERIOD:** Wednesday, September 13, to Wednesday, September 20, 2023, on the MFRC portal





## Connection Opportunity

### APPLE PICKING (NORTH SHORE)

Apple picking moves to the North Shore for our families who live in the northern suburbs. Come and meet us to learn more about our year-round services and get together with other military families.

**AGE:** Military, veterans, spouses and their children

**DATE:** Saturday, September 30, 2023

**TIME:** 11:00 a.m.–1:00 p.m.

**LOCATION:** *Verger La Magie de la Pomme*, 925 Fresnière Road, Saint-Eustache

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, August 22, to Monday, September 25, 2023, on the MFRC portal

## Art therapy for military spouses and veterans with OSI

Living with your spouse's operational stress injury (OSI) presents many challenges! These art therapy workshops provide a private space for sharing experiences, making discoveries and connecting with yourself and others. You'll be encouraged to explore your own reality through a variety of creative activities. The workshops are led by certified professional art therapists. No artistic knowledge or talent required! **Bilingual activity.**

**Six workshops on different topics.** You can register for all of them or just a few. We encourage you to attend all of them, as therapy is a process.

**AGE:** Military spouses and veterans

**DATE:** Saturday, September 30, 2023

**TIME:** 10:00 a.m.–noon

**LOCATION:** 4928 Ambroise-Lafortune Street, Boisbriand

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, August 1, to Monday, September 25, 2023, on the MFRC portal





## Connection Opportunity

### APPLE PICKING (SOUTH SHORE)

Apple picking moves to the South Shore for our families who live in the southern suburbs. Come and meet us to learn more about our year-round services and get together with other military families. Your first bag of apples is free, compliments of the MFRC.

**AGE:** Military, veterans, spouses and their children

**DATE:** Sunday, October 1, 2023

**TIME:** 11:00 a.m.–1:00 p.m.

**LOCATION:** Verger Pom-Nature, 1408 Ozias-Leduc Road, Mont-Saint-Hilaire

**COST:** First bag of apples free (1 per family)

**REGISTRATION PERIOD:** Wednesday, August 23, to Monday, September 25, 2023, on the MFRC portal

## Art Therapy Workshop

### FOR KIDS 5 TO 12

A workshop that enhances support for young people by allowing them to explore their creativity in a therapeutic process that may have many benefits for personal growth, awareness and problem-solving.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, October 1, 2023

**TIME:** 10:00 a.m.–11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, August 29, to Friday, September 29, 2023, on the MFRC portal

## Mugs and Mingle

### TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

A new initiative to create a support network for new military families .

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshops.**

**AGE:** Military family and next of kin

**DATES:**

- Wednesday, October 4, 2023
- Wednesday, October 11, 2023
- Wednesday, October 18, 2023
- Wednesday, October 25, 2023

**TIME:** 6:30 p.m.–8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIODS:**

From one month in advance until the Monday before the activity, on the MFRC portal. A minimum number of people is required





## Art Therapy for military spouses and veterans with OSI

Living with your spouse's operational stress injury (OSI) presents many challenges! These art therapy workshops provide a private space for sharing experiences, making discoveries and connecting with yourself and others. You'll be encouraged to explore your own reality through a variety of creative activities. The workshops are led by certified, professional art therapists. No artistic knowledge or talent required! **Bilingual activity.**

**Six workshops on different topics.** You can register for all of them or just a few. We encourage you to attend all of them, as therapy is a process.

## Community Integration Activity for kids 9 to 17

### ZEN ART WORKSHOP

To support kids' personal development, we invite them to take part in activities that encourage creativity and expression and foster interpersonal relationships and a sense of belonging. Zen workshops also help teens build on healthy lifestyle habits to promote good mental health and reduce anxiety, whether it's due to military lifestyle issues or everyday life.

**AGE:** Military spouses and veterans

**LOCATION:**  
944 Begon Street,  
Sherbrooke

**DATES:** Wednesdays  
• October 4, 2023  
• October 11, 2023  
• October 18, 2023  
• October 25, 2023

**TIME:**  
6:15 p.m.–8:15 p.m.

**COST:** Free

**REGISTRATION PERIOD:**  
Tuesday, August 1, to Monday, September 25, 2023, on the MFRC portal

**LOCATION:**  
Saint-Hubert MFRC

**DATES:** Thursdays  
• October 5, 2023  
• October 12, 2023  
• October 19, 2023  
• October 26, 2023

**TIME:**  
6:15 p.m.–8:15 p.m.

**LOCATION:**  
4928 Ambroise-Lafortune Street,  
Boisbriand

**DATES:** Saturdays  
• October 7, 2023  
• October 14, 2023  
• October 21, 2023  
• October 28, 2023

**TIME:**  
10:00 a.m.–noon

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Wednesday, October 11, 2023

**TIME:** 6:30 p.m.–8:30 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**  
Friday, September 1, to Sunday, October 1, 2023, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### HOMEWORK AND LESSONS DON'T HAVE TO BE BORING!

A workshop that enhances support for young people by helping them develop strategies and tools for tackling their homework.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Wednesday, October 4, 2023

**TIME:** 5:00 p.m.–5:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**  
Saturday, September 2, to Monday, October 2, 2023, on the MFRC portal







## Daddy & Me

### HALLOWEEN MAKE-UP WORKSHOP

Daddy & Me activities help nurture the relationship between fathers and their children. They are mainly based on an idea from the *Regroupement de la valorisation de la paternité* (alliance for the promotion of fatherhood). We invite dads and their children to take a moment together to discover the art of Halloween make-up with the help of a professional.

**AGE:** Kids 4 and up accompanied by their father military or veteran  
**DATE:** Thursday, October 12, 2023  
**TIME:** 6:00 p.m.–8:00 p.m.  
**LOCATION:** Saint-Jean MFRC  
**COST:** Free  
**REGISTRATION PERIOD:** Sunday, September 10, to Tuesday, October 10, 2023, on the MFRC portal

## Connection Opportunity

### PUMPKIN PICKING (Eastern Townships)

Pumpkin picking moves to the Eastern Townships for our families who live in eastern Quebec. Come and meet us to learn more about our year-round services and get together with other military families. The first pumpkin is free, compliments of the MFRC. The MFRC team is available to provide you with information about our services that help families integrate into the region.

**AGE:** Military, veterans, spouses and their children  
**DATE:** Saturday, October 14, 2023  
**TIME:** 11:00 a.m.–1:00 p.m.  
**LOCATION:** To be determined  
**COST:** First pumpkin free (1 per family)  
**REGISTRATION PERIOD:** Sunday, September 10, to Tuesday, October 10, 2023, on the MFRC portal

## Making a Macramé Planter

### BUILDING RELATIONSHIPS TO BREAK DOWN ISOLATION

#### Absence and deployment support group

This group takes the form of a discovery workshop. Participants are invited to learn how to tie a macramé planter while sharing and bonding with other participants. Coffee and snacks will be served! You'll come away with your creation, a flower pot holder and a small plant, and you'll have learned something new!

**AGE:** Spouses, children and next of kin of deployed member  
**DATE:** Sunday, October 15, 2023  
**TIME:** 9:00 a.m.–noon  
**LOCATION:** Saint-Hubert MFRC  
**COST:** Free  
**REGISTRATION PERIOD:** Wednesday, September 6, to Friday, October 6, 2023, on the MFRC portal

## Community Integration Activity for kids 9 to 17

### FOOSBALL TOURNAMENT

To support integration and build relationships, we invite kids who are new to the area to take part in team-building activities.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Friday, October 13, 2023  
**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Sunday, October 1, to Saturday, October 14, 2023, on the MFRC portal

  
**IMPORTANT NOTICE**  
The Saint-Hubert, Montreal and Saint-Jean services points will be closed on **Monday, October 9, 2023** - Thanksgiving.

**HEALTHY RELATIONSHIPS AWARENESS WEEKS**  
Over the two-week period of Healthy Relationships Awareness Week, the Family Violence Advisory Team (FVAT) presents activities that provide information about healthy relationships. You don't want to miss it, so stay tuned!  
**DATES:** Monday, October 16, to Friday, October 27, 2023





## Community Integration Activity in English

**BRUNCH & MINGLE**

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills..

**AGE:** Military spouses and veterans

**DATE:** Tuesday, October 17, 2023

**TIME:** 9:30 a.m.–11:00 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**

Friday, September 15, to Sunday, October 15, 2023, on the MFRC portal

## Military Life 101

**VIRTUAL**

A virtual workshop for military family members who want to learn more about the military lifestyle and its effects, support each other as new members of the community, and get help with the transition from civilian to military life. **The workshop is presented in French.**

**AGE:** Military family and next of kin

**DATE:** Wednesday, October 18, 2023

**TIME:** 6:45 p.m.–8:45 p.m.

**LOCATION:** Virtual

**COST:** Free

**REGISTRATION PERIOD:**

Saturday, September 16, to Monday, October 16, 2023, on the MFRC portal

## Zootherapy Workshop for kids 9 to 17

**ABSENCE OF A LOVED ONE**

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, October 19, 2023

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**

Tuesday, September 19, to Wednesday, October 18, 2023, on the MFRC portal

## First Aid / Paramedical Techniques

This course teaches first aid and cardiopulmonary resuscitation (CPR) techniques for infants, children and adults. At the end of the course, you will receive your first aid card certifying your training.

**AGE:** Military spouses and children aged 14 and older

**DATES:**

- English: Wednesday, October 18, 2023
- French: Friday, October 20, 2023

**TIME:** 8:30 a.m.–4:30 p.m.

**LOCATION:** Online via Teams

**COST:** Free

**REGISTRATION PERIOD:**

Monday, September 25, to Monday, October 2, 2023, on the MFRC portal

## Virtual Discussion Evenings for kids 9 to 17

**ON THE "YOUTH CONNECT" PLATFORM**

Kids 9 to 17 are invited to visit the "Youth Connect" platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

**AGE:** children of military and veterans members; ages 9 to 17

**DATE:** Thursday, October 19, 2023

**TIME:** 6:30 p.m.–7:30 p.m.

**LOCATION:** "Youth Connect" platform

**COST:** Free

**REGISTRATION PERIOD:**

Tuesday, September 19, to Thursday, October 19, 2023, on the MFRC portal. Also requires access to the "Youth Connect" app

## Community Integration Activity for kids 9 to 17

**SPORTS ACTIVITIES TO HELP YOUNG PEOPLE LEARN ABOUT THEMSELVES**

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, October 20, 2023

**TIME:** 6:00 p.m.–8:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**

Sunday, October 1, to Friday, October 20, 2023, on the MFRC portal





## Community Integration Activity for kids 5 to 12

### TECH ACTIVITY

Kids aged 5 to 12 are invited to learn about new technologies. The program features robotics, electric circuits and much more. The aim is to help young people form relationships while having fun.

**AGE:** Children of military and veterans members; ages 5 to 12  
**DATE:** Sunday, October 22, 2023  
**TIME:** 9:30 a.m.–10:30 a.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Sunday, October 1, to Wednesday, October 18, 2023, on the MFRC portal

## Activity for kids 5 and under

### ANIMALS

Children 5 and under (limited spaces) or children accompanied by their parents are invited to enjoy an animal-themed workshop. The aim is to work on different spheres of development in kids 5 and under.

**AGE:** children of military and veterans members, preschoolers 5 and under  
**DATES:**  
• Tuesday, October 24, 2023: Saint-Hubert MFRC  
• Thursday, October 26, 2023: Saint-Jean MFRC  
**TIME:** 10:00 a.m.–11:00 a.m. (Participants can arrive at 9:45 a.m.). Drop-in daycare operating on regular schedule  
**COST:** Free  
**REGISTRATION PERIOD:** Starting the Monday before, depending on available spaces at the drop-in daycare centre  
• Saint-Hubert : 450 462-8777, #6810  
• Saint-Jean : 450 358-7099, #7955  
On the portal for parents accompanied by their child

## Mental Health Aid Training

### VETERANS

Mental health first aid for the veteran community is the first aid given to people who have an emerging mental health problem or are going through a mental health crisis. This course does not teach people to be therapists or support workers. Members of the veteran community will learn how to respond when someone is going through a crisis or showing the early signs of a mental-health problem. **This course is presented in English.**

**AGE:** For medically released CAF members, medically released veterans and their families  
**DATES:** Thursday, October 26 & Friday, October 27, 2023  
**TIME:** 8:30 a.m.–12:30 p.m.  
**LOCATION:** Virtual training  
**COST:** Free  
**REGISTRATION PERIOD:** Wednesday, September 6, to Friday, October 6, 2023, on the MFRC portal





## Connection Opportunity

### HALLOWEEN

Here's an opportunity to connect with other military families and learn more about what your MFRC has to offer, an opportunity to browse through the Centre's services. Put on a costume and have fun in a spooky family atmosphere! Surprises and activities for the whole family.

**AGE:** Military, veterans, spouses and their children

**DATE:** Saturday, October 28, 2023

**TIME:** To be determined

**LOCATION:** To be determined

**COST:** Free

**REGISTRATION PERIOD:** Monday, September 18, to Wednesday, October 18, 2023, on the MFRC portal

## Tip of the Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents

**DATE:** Monday, October 30, 2023

**LOCATION:** MFRC's Facebook page, portal and Website

**COST:** Free

## Activity for kids 5 and under

### TRICK-OR-TREATING

Kids 5 and under who are registered with the drop-in daycare centre or kids accompanied by their parents are invited to take part in trick-or-treating in the Méga building. Ask the Childhood and Youth Coordinator for details.

**AGE:** Children of military and veterans, preschoolers 5 and under

**DATE:** Tuesday, October 31, 2023

**TIME:** 9:00 a.m.–noon

**LOCATION:** The Méga, Saint-Jean Garrison

**COST:** Free

**REGISTRATION PERIOD:** Starting the Monday before, depending on available spaces  
• Saint-Jean : 450 358-7099 #7955

## Community Integration Activity for kids 5 to 12

### HALLOWEEN

To support integration and build relationships, we invite kids who are new to the area to take part in Halloween-themed activities.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, October 29, 2023

**TIME:** 9:00 a.m.-noon and 1:00 p.m.-3:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, September 29, to Sunday, October 29, 2023, on the MFRC portal





## Mugs and Mingle

TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

A new initiative to create a support network for new military families.

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshops.**

**AGE:** Military family and next of kin

**DATES:**

- Wednesday, November 1, 2023
- Wednesday, November 8, 2023
- Wednesday, November 15, 2023
- Wednesday, November 22, 2023
- Wednesday, November 29, 2023

**TIME:** 6:30 p.m.–8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**

From one month in advance until the Monday before the activity, on the MFRC portal. A minimum number of people is required

## Art Therapy for military spouses and Veterans with OSI

Living with your spouse's operational stress injury (OSI) presents many challenges! These art therapy workshops provide a private space for sharing experiences, making discoveries and connecting with yourself and others. You'll be encouraged to explore your own reality through a variety of creative activities. The workshops are led by certified, professional art therapists. No artistic knowledge or talent required! **Bilingual activity**

**Six workshops on different topics.** You can register for all of them or just a few. We encourage you to attend all of them, as therapy is a process.

**AGE:** Military spouses and veterans

**LOCATION:**

944 Begon Street,  
Sherbrooke

**DATES:** Wednesdays

- November 1, 2023
- November 8, 2023

**TIME:**

6:15 p.m.–8:15 p.m.

**COST:** Free

**REGISTRATION PERIOD:**

Tuesday, August 1, to Monday, September 25, 2023, on the MFRC portal

**LOCATION:**

Saint-Hubert MFRC

**DATES:** Thursdays

- November 2, 2023
- November 9, 2023

**TIME:**

6:15 p.m.–8:15 p.m.

**LOCATION:**

4928 Ambroise-Lafortune Street,  
Boisbriand

**DATE:** Saturday, November 4,

2023

**TIME:**

10:00 a.m.– noon





## Community Integration Activity for kids 9 to 17

### VISIT TO A COMMUNITY PARTNER

To encourage conversation or support integration into our region, we offer kids an opportunity to meet various leaders from the local community and the military community.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, November 2, 2023

**TIME:** 6:00 p.m.–8:30 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 1, to Thursday, November 2, 2023, on the MFRC portal

## Remembrance Day Community Integration Activity for kids 9 to 17

### VETERAN'S VISIT

The military lifestyle has its realities and challenges. Whether it's coping with an upcoming transition more effectively or recognizing the role that veterans play, the projects in this activity will help kids develop and understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Wednesday, November 8, 2023

**TIME:** 6:30 p.m.–7:30 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre and on the "Youth Connect" platform

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 1, to Wednesday, November 8, 2023, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### MAKING CHRISTMAS CARDS FOR MILITARY PERSONNEL DEPLOYED OVER THE HOLIDAYS

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids develop and understand these problems a little better.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, November 12, 2023

**TIME:** 9:00 a.m.–noon. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 1, to Sunday, November 12, 2023, on the MFRC portal

## Pajama Breakfast

### HOLIDAY CARD MAKING (SANTA CLAUS OPERATION)

In a festive atmosphere, come and make Christmas cards for your loved ones who won't be home for the holidays. The MFRC will then forward the cards you have made especially for your loved ones.

**AGE:** Spouses, children and next of kin

**DATE:** Sunday, November 5, 2023

**TIME:** 9:00 a.m.–noon

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Saturday, September 30, to Tuesday, October 31, 2023, on the MFRC portal

## Community Integration Activity for kids 9 to 17

### MAKING CHRISTMAS CARDS FOR MILITARY PERSONNEL DEPLOYED OVER THE HOLIDAYS

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids develop and understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, November 9, 2023

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 1, to Thursday, November 9, 2023, on the MFRC portal



## IMPORTANT NOTICE

Closing - Remembrance Day.

- The Youth Community Integration Centre will be closed on **Saturday, November 11, 2023**
- The Montreal Region Military Family Resource Centre will be closed on **Monday, November 13, 2023**





## Community Integration Activity in English

**BRUNCH & MINGLE**

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills.

**AGE:** Military spouses and veterans

**DATE:** Tuesday, November 14, 2023

**TIME:** 9:30 a.m.–11:00 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Thursday, October 12, to Sunday, November 12, 2023, on the MFRC portal

## Zootherapy Workshop for kids 9 to 17

**ABSENCE OF A LOVED ONE**

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, November 16, 2023

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 15, to Wednesday, November 15, 2023, on the MFRC portal

## Community Integration Activity for kids 11 to 17

**OUTING FOR TEENS (NORTH SHORE)**

Teen outings are designed to create links between young people living in the same realities. Take this opportunity to come and have fun with us.

**AGE:** Children of military and veterans members; ages 11 to 17

**DATE:** Saturday, November 18, 2023

**TIME:** 1:00 p.m.–4:00 p.m.

**LOCATION:** TAG E-Karting & Amusement, 270 Sicard Street, Sainte-Thérèse

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 15, to Wednesday, November 15, 2023, on the MFRC portal

## Virtual Discussion Evenings for kids 9 to 17

**ON THE "YOUTH CONNECT" PLATFORM**

Kids 9 to 17 are invited to visit the "Youth Connect" platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, November 16, 2023

**TIME:** 6:30 p.m.–7:30 p.m.

**LOCATION:** "Youth Connect" platform

**COST:** Free

**REGISTRATION PERIOD:** Monday, October 16, to Thursday, November 16, 2023, on the MFRC portal. Also requires access to the "Youth Connect" app

## Community Integration Activity for kids 9 to 17

**IMPROV WORKSHOP**

To support kids' personal development, we invite them to take part in activities that encourage creativity and expression and foster interpersonal relationships and a sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, November 17, 2023

**TIME:** 6:30 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Sunday, October 1, to Friday, November 17, 2023, on the MFRC portal

## Art Therapy Workshop

**FOR KIDS 5 to 12**

A workshop that enhances support for young people by allowing them to explore their creativity in a therapeutic process that may have many benefits for personal growth, awareness and problem-solving.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, November 19, 2023

**TIME:** 10:00 a.m.–11:30 a.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Monday, October 16, to Thursday, November 16, 2023, on the MFRC portal





## Understanding Quebec's School System

Come and learn more about the unique features of the Quebec school system. The presentation is offered in conjunction with St. John's School. An explanation of the procedure and the eligibility criteria for English schools in the province will be provided. You'll also be able to ask any questions you may have. **Bilingual presentation.**

**AGE:** Military spouses and their children aged 18 and older

**DATE:** Friday, November 24, 2023

**TIME:** 10:00 a.m.–11:30 a.m.

**LOCATION:** Online via Zoom

**COST:** Free

**REGISTRATION PERIOD:**  
Wednesday, November 8, to  
Wednesday, November 15, 2023, on the MFRC portal

## Community Integration Activity for kids 9 to 17

### SPORTS ACTIVITIES TO HELP YOUNG PEOPLE LEARN ABOUT THEMSELVES

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, November 24, 2023

**TIME:** 6:00 p.m.–8:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**  
Wednesday, November 1, to Friday,  
November 24, 2023, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### TECH ACTIVITY

Kids aged 5 to 12 are invited to learn about new technologies. The program features robotics, electric circuits and more. The aim is to help young people form relationships while having fun.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, November 26, 2023

**TIME:** 9:30 a.m.–10:30 a.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**  
Wednesday, November 1, to  
Friday, November 24, 2023, on the MFRC portal

## Community Integration Activity

### MAKING CHRISTMAS DECORATIONS

Participants will have the opportunity to chat and make new acquaintances in a relaxed atmosphere during the Christmas decoration workshop. All materials required for the project are provided.

**AGE:** Military spouses

#### DATES AND LOCATIONS:

- Tuesday, November 28, 2023: Youth Community Integration Centre
- Thursday, November 30, 2023: Saint-Jean MFRC

**TIME:** 6:30 p.m.–8:30 p.m.

**COST:** Free

**REGISTRATION PERIOD:**  
Tuesday, October 24, to Friday,  
November 24, 2023, on the MFRC portal

## Connection Opportunity

### HOLIDAY GET-TOGETHER

Get together for a magical holiday event at Granby Zoo. It's an opportunity for military families to meet, chat and share experiences. Kids and adults will have the chance to meet Santa and enjoy themed activities.

**AGE:** Military, veterans, spouses and their children

**DATE:** Sunday, November 26, 2023

**TIME:** 10:00 a.m.–1:00 p.m. (followed by a private tour of the Asia Pavilion)

**LOCATION:** Granby Zoo,  
1050 David-Bouchard North blvd., Granby

**COST:** Free

**REGISTRATION PERIOD:**  
Saturday, October 21, to Tuesday,  
November 21, 2023, on the MFRC portal

## Tip of the Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents

**DATE:** Monday, November 27, 2023

**LOCATION:** MFRC's Facebook page, portal and Website

**COST:** Free







## IMPORTANT NOTICES

### CLOSING - Holiday season.

- The Saint-Hubert, Montreal and Saint-Jean services points and drop-in daycare will be closed from **Friday, December 22, 2023, to Tuesday, January 2, 2024**
- The Youth Community Integration Centre will be closed from **Saturday, December 16, 2023, to Wednesday, January 17, 2024**

## Escale

### TRANSITIONING TO CIVILIAN LIFE

The transition to civilian life comes with many issues and changes. So we're offering you a time out. Whether you're single or in a couple, we'll discuss strategies for transitioning from military to civilian life. There will be life skills workshops to help you think about the transition. It will also be a unique opportunity to talk with other people who are dealing with the same issues. **Bilingual.**

**AGE:** 18 years and older (Military and spouses)

**DATES:** Friday, December 1, to Sunday, December 3, 2023

**TIME:** 10:00 a.m. Friday-noon Sunday

**LOCATION:** Auberge West Brome, 128 QC-139 Road, West Brome

**COST:** Free

**REGISTRATION PERIOD:**

Tuesday, October 10, to Friday, November 10, 2023, on the MFRC portal

## Activity for kids 5 and under

### CHRISTMAS STORY

As part of our initiatives to stimulate early reading, come and enjoy a Christmas story told by a facilitator. This activity is for children 5 and under (space is limited) or children accompanied by their parents. **In French.**

**AGE:** Children of military and veterans members, preschoolers 5 and under

**DATES AND LOCATIONS:**

- Monday, December 4, 2023: Saint-Hubert MFRC
- Wednesday, December 6, 2023: Saint-Jean MFRC

**TIME:** 10:00 a.m.-11:00 a.m. (Participants can arrive at 9.45 a.m.). The drop-in Daycare is open according to the regular schedule

**COST:** Free

**REGISTRATION PERIOD:**

Starting the Monday before, depending on available spaces at the drop-in daycare

- Saint-Hubert : 450 462-8777 #6810
- Saint-Jean : 450 358-7099 #7955

Or on the portal if the child will be accompanied by a parent

## Mugs and Mingle

### TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

**A new initiative to create a support network for new military families**

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshop.**

**AGE:** Military family and next of kin

**DATE:** Wednesday, December 6, 2023

**TIME:** 6:30 p.m.-8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**

Monday, October 23, to Monday, December 4, 2023, on the MFRC portal. A minimum number of people is required





## Community Integration Activity for kids 9 to 17

### PHOTOGRAPHY WORKSHOP – SEEING THE WORLD FROM A NEW ANGLE

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that foster personal development and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, December 8, 2023

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Monday, November 27, to Friday, December 8, 2023, on the MFRC

## Community Integration Activity in English

### BRUNCH & MINGLE

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills.

**AGE:** Military spouses and veterans

**DATE:** Tuesday, December 12, 2023

**TIME:** 9:30 a.m.–11:00 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Friday, November 10, to Sunday, December 10, 2023, on the MFRC portal

## Community Integration Activity for kids 9 to 17

### CHRISTMAS DINNER

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that foster personal development and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, December 15, 2023

**TIME:** 6:00 p.m.–11:00 p.m.

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Wednesday, November 1, to Wednesday, December 13, 2023, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### CHRISTMAS ACTIVITY

To support integration and build relationships, we invite kids who are new to the area to take part in Christmas-themed activities. Activities include crafts, making breakfast together, and outdoor games. In the afternoon, we will watch a Christmas movie and enjoy some holiday snacks.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, December 10, 2023

**TIME:** 9:00 a.m.–noon and 1:00 p.m.–3:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Wednesday, November 1, to Sunday, December 10, 2023, on the MFRC portal

## Zootherapy Workshop for kids 9 to 17

### ABSENCE OF A LOVED ONE

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, December 14, 2023

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Monday, November 13, to Wednesday, December 13, 2023, on the MFRC portal

## Tip de Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents

**DATE:** Monday, December 18, 2023

**LOCATION:** MFRC's Facebook page, portal and Website

**COST:** Free





## IMPORTANT NOTICES

### OPENNING

- The Youth Integration Community Centre will open on **Wednesday, January 17, 2024**, as indicated in the schedule.
- MFRC Montreal Region will open on **Wednesday, January 3, 2024**.

## Second-Language Classes

### FRENCH ANSD ENGLISH

In Saint-Jean-sur-Richelieu, in Saint-Hubert or virtually, we offer you the opportunity to take our second-language classes for free! The aim is to develop second-language skills that will help you make the transition from one region to another!

**AGE:** Military spouses and their children ages 6 to 10

**DATE:** Second-language classes start the week of January 15, 2024

**TIME:** Depends on the group – day or evening possible

**LOCATION:** MFRC Saint-Hubert or Saint-Jean and/or online via Zoom

**COST:** Free

**REGISTRATION PERIOD:** Monday, December 4, to Sunday, December 10, 2023, on the MFRC portal

## Virtual Discussion Evenings for kids 9 to 17

### ON THE “YOUTH CONNECT” PLATFORM

Kids 9 to 17 are invited to visit the “Youth Connect” platform on the third Thursday of each month. At each meeting, we’ll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, January 18, 2024

**TIME:** 6:30 p.m.–7:30 p.m.

**LOCATION:** “Youth Connect” platform

**COST:** Free

**REGISTRATION PERIOD:** Monday, December 18, 2023, to Thursday, January 18, 2024, on the MFRC portal. Also requires access to the “Youth Connect” app

## Discory Breakfast

### REFOCUSING WITH COLOUR (MAKING MANDALAS)

#### Absence and deployment support group

Participants are invited to have breakfast and chat with people who are currently experiencing or have experienced the absence of a military loved one over the past year. Then an instructor will teach you step-by-step how to create a mandala, starting with its origins. You’ll come away well-fed and with a head full of ideas!

**AGE:** Spouses, children and next of kin of deployed military

**DATE:** Sunday, January 21, 2024

**TIME:** 9:00 a.m.–noon

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Sunday, December 17, 2023, to Wednesday, January 17, 2024, on the MFRC portal





## Community Integration Activity for kids 5 to 12

### WINTER FUN

To support kids' personal development, we invite them to take part in activities that encourage creativity and cooperation and foster interpersonal relationships and a sense of belonging. The winter fun workshop also promotes healthy lifestyle habits by demonstrating the importance of physical activity.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, January 21, 2024

**TIME:** 9:00 a.m.-noon and 1:00 p.m.-3:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, January 5, to Sunday, January 21, 2024, on the MFRC portal

## Mugs and Mingle

TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

A new initiative to create a support network for new military families

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshop.**

**AGE:** Military family and next of kin

**DATES:**

- Wednesday, January 24, 2024
- Wednesday, January 31, 2024

**TIME:** 6:30 p.m.-8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**

From one month in advance until the Monday before the activity, on the MFRC portal. A minimum number of people is required

## Zootherapy Workshop for kids 9 to 17

### ABSENCE OF A LOVED ONE

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, January 25, 2024

**TIME:** 6:00 p.m.-9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**

Friday, December 22, 2023, to Wednesday, January 24, 2024, on the MFRC portal

## Community Integration Activity in English

### BRUNCH & MINGLE

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills.

**AGE:** Military spouses and veterans

**DATE:** Tuesday, January 23, 2024

**TIME:** 9:30 a.m.-11:00 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**

Thursday, December 21, 2023, to Sunday, January 21, 2024, on the MFRC portal





## Community Integration Activity for kids 9 to 17

### SPORTS ACTIVITIES TO HELP YOUNG PEOPLE LEARN ABOUT THEMSELVES

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, January 26, 2024

**TIME:** 6:00 p.m.–8:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, January 5, to Friday, January 26, 2024, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### TECH ACTIVITY

Kids aged 5 to 12 are invited to learn about new technologies. The program features robotics, electric circuits and more. The aim is to help young people form relationships while having fun.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, January 28, 2024

**TIME:** 9:30 a.m.–10:30 a.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, January 5, to Wednesday, January 24, 2024, on the MFRC portal

## Tip of the Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents

**DATE:** Monday, January 29, 2024

**LOCATION:** MFRC's Facebook page, portal and Website

**COST:** Free





## Connection Opportunity

FAMILY ACTIVITIES – FAMILY CAMP

This is another opportunity to connect with other military families. You can meet and chat with other families in the community and form new friendships. Bring the whole family to one of Quebec’s most beautiful locations for a weekend of winter activities. Please register each family member on our portal. **Space is limited.**

**AGE:** Military, veterans, spouses and their children

**DATE, TIME AND LOCATION:**  
More details coming, stay tuned!

**COST:** Free

**REGISTRATION PERIOD:**  
More details coming, stay tuned!

## Community Integration Activity for kids 9 to 17

VISIT TO A COMMUNITY PARTNER

To encourage conversation or support integration into our region, we offer kids an opportunity to meet various leaders from the local community and the military community.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, February 1, 2024

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**  
Friday, January 5, to Thursday, February 1, 2024, on the MFRC portal

## Art Therapy Workshop

FOR KIDS 5 TO 12

A workshop that enhances support for young people by allowing them to explore their creativity in a therapeutic process that may have many benefits for personal growth, awareness and problem-solving.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, February 4, 2024

**TIME:** 10:00 a.m.–11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:**  
Tuesday, January 2, to Friday, February 2, 2024, on the MFRC portal





## Community Integration Activity

### BINGO!

A lively bingo activity with a funny host, encouraging discussion in a fun atmosphere. Come and play with us for a chance to win one of our many prizes!

**AGE:** Military spouses and veterans

**DATES AND LOCATIONS:**

- French: Tuesday, February 6, 2024: Youth Community Integration Centre
- English: Wednesday, February 7, 2024: Saint-Jean MFRC

**TIME:** 6:30 p.m.–8:30 p.m.

**COST:** Free

**REGISTRATION PERIOD:** Sunday, December 31, 2023, to Wednesday, January 31, 2024, on the MFRC portal

## Community Integration Activity for kids 9 to 17

### VALENTINE'S DAY – SECOND LANGUAGE

The military lifestyle has its realities and challenges. Whether it's coping with relocation more effectively or coming to terms with military life, the projects in this activity will help kids develop and understand these problems a little better. In this activity, the participants are asked to write a friendship letter in their second language.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Wednesday, February 7, 2024

**TIME:** 6:30 p.m.–8:30 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, January 5, to Wednesday, February 7, 2024, on the MFRC portal

## Mugs and Mingle

### TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

A new initiative to create a support network for new military families

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshop.**

**AGE:** Military family and next of kin

**DATES:**

- Wednesday, February 7, 2024
- Wednesday, February 14, 2024
- Wednesday, February 21, 2024
- Wednesday, February 28, 2024

**TIME:** 6:30 p.m.–8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** From one month in advance until the Monday before the activity, on the MFRC portal. A minimum number of people is required

## Discussion Workshop for kids 14 to 16

Relationships aren't always easy. For Valentine's Day, we invite you to a chocolate party and a discussion on the theme of relationships with other young people in the same situation as you! **Bilingual activity.**

**AGE:** Children of military and veterans members; ages 14 to 16

**DATE:** Thursday, February 8, 2024

**TIME:** 6:30 p.m.–8:30 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Monday, January 8, to Thursday, February 8, 2024, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### CHOCOLAT FONDUE

To support kids' personal development, we invite them to take part in activities that encourage an open and inclusive attitude toward other members of the community.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, February 11, 2024

**TIME:** 1:00 p.m.–3:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, January 5, to Thursday, February 8, 2024, on the MFRC portal

## Discussion Workshop for people 17 to 24

Relationships aren't always easy. For Valentine's Day, we invite you to come and talk about your experiences with other young people and get tips and suggestions! **Bilingual activity.**

**AGE:** Young people of military and veterans members; ages 17 to 24

**DATE:** Tuesday, February 13, 2024

**TIME:** 6:30 p.m.–8:30 p.m.

**LOCATION:** Online via Teams

**COST:** Free

**REGISTRATION PERIOD:** Saturday, January 13, to Tuesday, February 13, 2024, on the MFRC portal





## Mental Health First Aid Training

VETERANS

Mental health first aid for the veteran community is the first aid given to people who have an emerging mental health problem or are going through a mental health crisis. This course does not teach people to be therapists or support workers. Members of the veteran community will learn how to respond when someone is going through a crisis or showing the early signs of a mental-health problem. **In French only.**

**AGE:** For medically released CAF members, medically released veterans and their families

**DATES:** Thursday, February 15 & Friday, February 16, 2024

**TIME:** 8:30 a.m.–12:30 p.m.

**LOCATION:** Virtual training

**COST:** Free

**REGISTRATION PERIOD:** Monday, January 1, to Thursday, February 1, 2024, on the MFRC portal

## Information Session on youth Employment 16 to 20

Find out about employment programs specifically for young people, and learn more about work opportunities with international student exchanges.

**AGE:** Young people of military and veterans members; ages 16 to 20

**DATE:** Thursday, February 15, 2024

**TIME:** 4:00 p.m.–5:00 p.m.

**LOCATION:** Online via Zoom

**COST:** Free

**REGISTRATION PERIOD:** Thursday, February 1, to Thursday, February 8, 2024, on the MFRC portal

## Discussion Workshop for kids 11 to 13

Relationships aren't always easy. For Valentine's Day, we invite you to a chocolate party and a discussion on the theme of relationships. **Bilingual activity.**

**AGE:** Children of military and veterans members; ages 11 to 13

**DATE:** Thursday, February 15, 2024

**TIME:** 6:30 p.m.–8:30 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Monday, January 15, to Thursday, February 15, 2024, on the MFRC portal

## Community Integration Activity for kids 9 to 17

BEACH PARTY!

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that foster personal development and create a stronger sense of belonging. Forget about winter for a while by taking part in activities with a southern flair.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, February 16, 2024

**TIME:** 6:00 p.m.–10:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Thursday, February 1, to Friday, February 16, 2024, on the MFRC portal

## Community Integration Activity in English

BRUNCH & MINGLE

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills.

**AGE:** Military spouses and veterans

**DATE:** Tuesday, February 20, 2024

**TIME:** 9:30 a.m.–11:00 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRTION PERIOD:** Thursday, January 18, to Sunday, February 18, 2024, on the MFRC portal

## Community Integration Activity for kids 5 to 12

TECH ACTIVITY

Kids aged 5 to 12 are invited to learn about new technologies. The program features robotics, electric circuits and more. The aim is to help young people form relationships while having fun.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, February 18, 2024

**TIME:** 9:30 a.m.–10:30 a.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Sunday, January 14, to Wednesday, February 14, 2024, on the MFRC portal







## Military Life 101

VIRTUAL

A virtual workshop for military family members who want to learn more about the military lifestyle and its effects, support each other as new members of the community, and get help with the transition from civilian to military life. **The workshop is presented in French.**

**AGE:** Military family and next of kin  
**DATE:** Wednesday, February 21, 2024  
**TIME:** 6:45 p.m.–8:45 p.m.  
**LOCATION:** Virtual  
**COST:** Free  
**REGISTRATION PERIOD:** Friday, January 19, to Monday, February 19, 2024, on the MFRC portal

## Information Session on Youth Employment 14 to 18

If you just got your first job and you'd like to learn a little more about labour standards, this meeting is for you. This information session will help you integrate into the region's job market and provide an opportunity to discuss its realities.

**AGE:** Children of military and veterans members; ages 14 to 18  
**DATE:** Thursday, February 22, 2024  
**TIME:** 4:00 p.m.–5:00 p.m.  
**LOCATION:** Online via Zoom and "Youth Connect" platform  
**COST:** Free  
**REGISTRATION PERIOD:** Thursday, February 1, to Thursday, February 8, 2024, on the MFRC portal

## Community Integration Activity for kids 9 to 17

SPORTS ACTIVITIES TO HELP YOUNG PEOPLE LEARN ABOUT THEMSELVES

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Friday, February 23, 2024  
**TIME:** 6:00 p.m.–8:00 p.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Thursday, February 1, to Friday, February 23, 2024, on the MFRC portal

## Virtual Discussion Evenings for kids 9 to 17

ON THE "YOUTH CONNECT" PLATFORM

Kids 9 to 17 are invited to visit the "Youth Connect" platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Thursday, February 22, 2024  
**TIME:** 6:30 p.m.–7:30 p.m.  
**LOCATION:** "Youth Connect" platform  
**COST:** Free  
**REGISTRATION PERIOD:** Monday, January 22, to Thursday, February 22, 2024, on the MFRC portal. Also requires access to the "Youth Connect" app

## Zootherapy Workshop for kids 9 to 17

ABSENCE OF A LOVED ONE

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17  
**DATE:** Thursday, February 22, 2024  
**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule  
**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert  
**COST:** Free  
**REGISTRATION PERIOD:** Tuesday, January 23, to Wednesday, February 21, 2024, on the MFRC portal

## Tip of the Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents  
**DATE:** Monday, February 26, 2024  
**LOCATION:** MFRC's Facebook page, portal and Website  
**COST:** Free





## Activities for kids 5 to 12

### SPRING BREAK ACTIVITIES

The Saint-Jean service location and the Youth Community Integration Centre have Spring Break activities for kids aged 5 to 12. The kids are invited to take part in morning or afternoon workshops. Watch our publications for details. There are also online courses for kids, such as "Babysitting" and "Home Alone." Bilingual activities.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** The week of March 4, 2024

**TIME:** To be determined

**LOCATION:** Saint-Jean MFRC and the Youth Community Integration Centre

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, January 9, to Friday, February 9, 2024, on the MFRC portal

## Connection Opportunity

### INTERNATIONAL WOMEN'S DAY

Celebrating International Women's Day is a must for women in the military. Every year, the MFRC offers a new activity to highlight the importance of women in the military community and give them an opportunity to talk to each other.

**AGE:** Military, military spouses, and veterans

**DATE:** Wednesday, March 8, 2023

**TIME:** To be determined

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, February 6, to Wednesday, March 6, 2024, on the MFRC portal

## Art Therapy Workshop

### FOR KIDS 5 TO 12

A workshop that enhances support for young people by allowing them to explore their creativity in a therapeutic process that may have many benefits for personal growth, awareness and problem-solving.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, March 10, 2024

**TIME:** 10:00 a.m.–11:30 a.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Wednesday, February 7, to Thursday, March 7, 2024, on the MFRC portal





## Community Integration Activity for kids 5 to 12

### LEGO SUPER MARIO

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, March 10, 2024

**TIME:** 1:00 p.m.–3:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Monday, February 5, to Tuesday, March 5, 2024, on the MFRC portal

## Daddy & Me

### TALKING STICK WORKSHOP

Daddy & Me activities help nurture the relationship between fathers and their children. They are mainly based on an idea from the *Regroupement de la valorisation de la paternité* (alliance for the promotion of fatherhood). We invite dads and their children to come and make a talking stick. You can then include it in your family conversations. The workshop includes a number of activities.

**AGE:** Kids 4 and up accompanied by their father military or veteran

**DATE:** Saturday, March 16, 2024

**TIME:** 9:30 a.m.–11:30 a.m.

**LOCATION:** *Maison des peuples autochtones*, 510 des Trentes Mnt, Mont-Saint-Hilaire

**COST:** Free

**REGISTRATION PERIOD:** Wednesday, February 7, to Thursday, March 7, 2024, on the MFRC portal

## Community Integration Activity in English

### BRUNCH & MINGLE

One Tuesday a month, get together for a brunch and coffee. This is an opportunity for Anglophones to enjoy an activity in English and for Francophones to practise their second-language skills.

**AGE:** Military spouses and veterans

**DATE:** Tuesday, March 19, 2024

**TIME:** 9:30 a.m.–11:00 a.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Saturday, February 17, to Sunday, March 17, 2024, on the MFRC portal

## Community Integration Activity

### WELL-BEING AND YOGA WORKSHOP

Give yourself a well-deserved break and join us in trying out mindfulness, meditation and yoga techniques. You'll come away with some tools for coping with the stresses of everyday life and the anxiety that the military family lifestyle can cause.

**AGE:** Military spouses

**DATE:** Tuesday, March 12, 2024

**TIME:** 6:30 p.m.–8:30 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Saturday, February 10, to Sunday, March 10, 2024, on the MFRC portal

## Community Integration Activity for kids 5 to 12

### SUGAR SHACK

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that foster personal development and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, March 17, 2024

**TIME:** 9:00 a.m.–noon. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, March 1, to Tuesday, March 12, 2024, on the MFRC portal

## Mugs and Mingle

### TO ASSIST WITH INTEGRATION INTO THE MILITARY LIFESTYLE

A new initiative to create a support network for new military families

An evening where members of recruits' families can get together to chat, support each other as new members of the community, and learn more about the military way of life. **Bilingual workshop.**

**AGE:** Military family and next of kin

**DATES:**  
• Wednesday, March 20, 2024  
• Wednesday, March 27, 2024

**TIME:** 6:30 p.m.–8:45 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** From one month in advance until the Monday before the activity, on the MFRC portal. A minimum number of people is required





## Virtual Discussion Evenings for kids 9 to 17

ON THE "YOUTH CONNECT" PLATFORM

Kids 9 to 17 are invited to visit the "Youth Connect" platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, March 21, 2024

**TIME:** 6:30 p.m.–7:30 p.m.

**LOCATION:** "Youth Connect" platform

**COST:** Free

**REGISTRATION PERIOD:** Wednesday, February 21, to Thursday, March 21, 2024, on the MFRC portal. Also requires access to the "Youth Connect" app

## Zootherapy Workshop for kids 9 to 17

ABSENCE OF A LOVED ONE

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to understand these problems a little better.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, March 21, 2024

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, February 20, to Wednesday, March 20, 2024, on the MFRC portal

## Information Session

HOW TO APPLY FOR JOBS IN THE FEDERAL PUBLIC SERVICE

Did you know that every year, the federal public service recruits thousands of Canadians from across the country? Improve your chances of landing a job in the federal public service by attending this information session given by an employee of the Public Service Commission of Canada. Registration required. **Priority will be given to military spouses.**

**AGE:** Military spouses and next of kin aged 18 and older

**DATE:** Friday, March 22, 2024

**TIME:** 9:30 a.m.–11:30 a.m.

**LOCATION:** Online via Zoom

**COST:** Free

**REGISTRATION PERIOD:** Tuesday, March 5, to Tuesday, March 12, 2024, on the MFRC portal

## Community Integration Activity for kids 9 to 17

SPORTS ACTIVITIES TO HELP YOUNG PEOPLE LEARN ABOUT THEMSELVES

To support the integration of kids who are new to the area and build community ties, we invite them to participate in activities that promote a healthy, active lifestyle and create a stronger sense of belonging.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, March 22, 2024

**TIME:** 6:00 p.m.–8:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, March 1, to Thursday, March 21, 2024, on the MFRC portal

## Community Integration Activity for kids 11 to 17

OUTING FOR TEENS (SHERBROOKE)

Teen outings are designed to create links between young people living in the same realities. Take this opportunity to come and have fun with us.

**AGE:** Children of military and veterans members; ages 11 to 17

**DATE:** Thursday, March 23, 2024

**TIME:** The activity starts at 1:00 p.m.

**LOCATION:** *Combat d'Archers*, 1519 King E. Street, Sherbrooke

**COST:** Free

**REGISTRATION PERIOD:** Friday, February 23, to Friday, March 15, 2024, on the MFRC portal

## Community Integration Activity for kids 5 to 12

TECH ACTIVITY

Kids aged 5 to 12 are invited to learn about new technologies. The program features robotics, electric circuits and more. The aim is to help young people form relationships while having fun.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** Sunday, March 24, 2024

**TIME:** 9:30 a.m.–10:30 a.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, March 1, to Wednesday, March 20, 2024, on the MFRC portal





## Tip of the Month

Devised by our social workers, the Tip of the Month provides insight into a specific situation. MFRC staff help you strengthen family ties. We offer solutions to help you develop a healthy, barrier-free relationship with your kids. Follow us online for the *Tip of the Month!*

**AGE:** Parents

**DATE:** Monday, March 25, 2024

**LOCATION:** MFRC's Facebook page, portal and Website

**COST:** Free

## Community Integration Activity for kids 9 to 17

**VISIT TO A COMMUNITY PARTNER**

To encourage conversation or support integration into our region, we offer kids an opportunity to meet various leaders from the local community and the military community.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, March 28, 2024

**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Friday, March 1, to Thursday, March 28, 2024, on the MFRC portal

## Volunteer Recognition Activity for kids 9 to 17

Volunteering is an important aspect of the MFRC. We want to encourage our young people to get involved in their community so that they can develop self-reliance and learn more about themselves. Participants can choose from a variety of interesting and fun volunteer activities.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Friday, March 29, 2024

**TIME:** To be determined

**LOCATION:** To be determined

**COST:** Free

**REGISTRATION PERIOD:** The young person must be an active volunteer to take part in this activity





## Rosetta Stone

### FOR SECOND-LANGUAGE LEARNING

The MFRC offers free licences for Rosetta Stone online courses. With Rosetta Stone, you can learn the language of your choice on your own and at your own pace. There are a limited number of licences, and they are available year-round for military spouses only. Contact our Employment and Education department for information or to register.

Note: There may be a waiting list for this service.

**AGE:** Military spouses

**LOCATION:** Online, via the Rosetta Stone platform

**COST:** Free

**REGISTRATION PERIOD:** Ongoing, on the MFRC portal

## Online Health Care

Have questions about Quebec's health care system?

Don't have a family doctor yet? The MFRC has solutions:

- Help with getting on the waiting list for a family doctor;
- Contact information for walk-in clinics;
- How Bonjour-santé works; and,
- Licences for telemedicine service (depending on assessment)

**AGE:** Military, veterans, spouses, and their children

**COST:** Free

**REGISTRATION:**

[SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca)

or by phone:

450 358-7099 # 2917 (Saint-Jean) or

450 462-8777 # 6821 (Saint-Hubert)





## Online Training

**APPRIVOISEZ LA PETITE ENFANCE LES DOIGTS DANS LE NEZ  
NAVIGATING CHILDHOOD - YOUR TOOL BOX TO RESPECTFUL PARENTING**

An online course for parents who want to understand their child better and get through each day with confidence and humour. **This course is available in French and in English.**

**AGE:** For military and veterans parents of children aged 10 and under

**DATE:** Ongoing

**SCHEDULE :** Ongoing

**LOCATION:** Online Training

**COST:** Free

**REGISTRATION PERIOD:**  
Ongoing, on the MFRC portal

## Online Training

**TAMING SEXUAL DEVELOPMENT FROM INFANCY TO PRE-ADOLESCENCE**

Training for parents of children aged 2 to 10 to help them support their children's healthy psychosexual development and positive self-image. **Training offered in French.**

**AGE:** For military and veterans parents, training focused on children aged 2 to 10

**DATE:** Starting Monday, September 18, 2023

**SCHEDULE:** Ongoing

**LOCATION:** Online training

**COST:** Free

**REGISTRATION PERIOD:**  
Ongoing, on the MFRC portal

## Conference

**MISE AU POINT SUR MESURE POUR LES COUPLES**

**Trainer: Danie Beaulieu, Ph.D.**

"The Mise au point sur mesure pour le couple conference has charmed thousands of people! Presented with humor and passion by doctor of psychology, author and speaker Danie Beaulieu, it is sure to enthrall, entertain... and enlighten you! " **Available in French only.**

[www.academieimpact.com/fr/formations/pour-tous/special-st-valentin/](http://www.academieimpact.com/fr/formations/pour-tous/special-st-valentin/)

**AGE:** For military and veterans couples

**DATE:** Ongoing

**SCHEDULE:** Ongoing

**LOCATION:** Online conference

**COST:** Free

**REGISTRATION PERIOD:**  
Ongoing, on the MFRC portal to receive a free code. Please allow a slight delay for the code to be e-mailed to you. One license per couple

## Webinar

**HOLD ME TIGHT**

Based on the brief intervention model of couples therapy, this online program has shown positive long-term results. It is an opportunity to improve your relationship and strengthen your bond. One licence per couple. A total of eight chapters you can complete at your own pace. **This program is available in English.**

**AGE:** For military and veterans couples

**DATE:** Ongoing

**SCHEDULE:** Ongoing

**LOCATION:** Online program available at:  
[www.holdmetightonline.com/register/](http://www.holdmetightonline.com/register/)

**COÛT :** Free

**REGISTRATION PERIOD:**  
Ongoing, on the MFRC portal to receive a free code. Please allow a slight delay for the code to be e-mailed to you. One license per couple

## Conference

**IMPROVING YOUR PARENT-TEEN RELATIONSHIPS**

**Trainer: Danie Beaulieu, Ph.D.**

"Parent-teen relationships are among the most demanding, the most trying, but also the most moving. No one knows their child better than a parent. Sometimes, new tools are welcome. A conference filled with "parenting energy" and practical tips. Equip yourself with simply effective strategies for coping with everyday situations. Discover how to get through the "difficult stages" while enriching your family life. Seize the opportunity to become better parents while treating yourself to an evening filled with simple tips and humor." **Conference offered in French only.**

[www.academieimpact.com/fr/formations/pour-tous/ameliorer-relations-parents-adolescents/](http://www.academieimpact.com/fr/formations/pour-tous/ameliorer-relations-parents-adolescents/)

**AGE:** For military and veterans parents of teenagers

**DATE:** Ongoing

**SCHEDULE:** Ongoing

**LOCATION:** Online conference

**COST:** Free

**REGISTRATION PERIOD:**  
Ongoing, on the MFRC portal to receive a free code. Please allow a slight delay for the code to be e-mailed to you. One license per family

## Online Training

**FROM THE BIRDS & THE BEES TO NETFLIX & CHILL: TALKING ABOUT RELATIONSHIPS, SEX, AND CONSENT**

This course helps parents open the conversation about relationships, sex and consent with their children, while receiving family preparation support. **Training offered in English.**

**AGE:** For military and veterans parents, training focused on children and teens

**DATE:** Starting Monday, September 18, 2023

**SCHEDULE:** Ongoing

**LOCATION:** Online Training

**COST:** Free

**REGISTRATION PERIOD:**  
Ongoing, on the MFRC portal





## Workshops for 0 to 5 years old TO FACILITATE TRANSITION AND INTEGRATION/ TEMPORARY DAYCARE SERVICES (DROP-IN DAYCARE)

Workshops on social skills development, fine motor skills development and total development will be offered every morning. The service is available Monday to Friday from 7:45 a.m. to noon in Saint-Hubert and Saint-Jean.

The drop-in daycare is an occasional, temporary service offered from 1:00 p.m. to 4:30 p.m. at the Saint-Jean and Saint-Hubert services points. You can also register your child for lunch

### Schedule:

Workshops: 7:45 a.m. to noon  
Lunch: Noon to 1:00 p.m.  
Drop-in daycare: 1:00 p.m. to 4:30 p.m.

To make a reservation or check availability, contact the reception desk at the desired services point. You can make a reservation up to one week in advance.

**Saint-Jean :** 450 358-7099 # 7955

**Saint-Hubert :** 450 462-8777 # 6810

For all other questions, write to [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca) or call 450-358-7099 # 7955 (Saint-Jean) or 450-462-8777 # 6810 (Saint-Hubert).

## Early Reading Program

Give reading as a gift to your child. In order to support early reading program in children aged 0-5 years, it is possible to register your child for this initiative. Through the awakening to reading, you contribute to the future educational success of your child. By registering for the program, a book is sent monthly to your home according to the chosen language (English or French).

**AGE:** Child of military or veteran 5 years and under not attending school

**DATE:** If registration is made before the 10th day of month, the first book is received the following month. Otherwise, please count 2 months before receipt of the first book. You are registered until the end of the program i.e. **until June 2024**

**COST:** Free

**REGISTRATION PERIOD:** Before the 10th day of the month, limited places, on the MFRC portal

## Second Language Skills Development Program

Youth ages 6 and older can receive an annual membership to a magazine in a second language to support them in their learning. The subscription is automatically for 1 year, i.e. 10 to 12 issues, depending on the magazine. The Second Language Skills Development program is carried out in collaboration with the RBC Foundation.

**AGE:** Children of military and veterans members; ages 6 and older

**COST:** Free

**REGISTRATION PERIOD:** Ongoing, on the MFRC portal. Receipt of the first magazine will be towards the end of the month following your registration







## Community Integration Activity for kids 9 to 17

SAINT-HUBERT

The aim is to cultivate friendships and build a network of young people who are familiar with the realities and challenges of the military lifestyle. The service includes special activities, projects on themes related to the challenges of the military family lifestyle, and community integration get-togethers. Our facilitators create a sense of community that teens identify with and enjoy being part of.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE AND SCHEDULE:** For more information consult our monthly Youth Program calendar on our Facebook page

**LOCATION:** The Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** Ongoing, on the MFRC portal

## Community Integration Activity for kids 5 to 12

SAINT-HUBERT

A program of activities to create a sense of belonging, to support the integration of kids who are new to the area, and to help kids form relationships with peers experiencing the realities and impacts of the military lifestyle. Our dynamic facilitators will offer a variety of lively activities such as group games, crafts, and cooking workshops. Even though the Youth Community Integration Centre is located in the Family Housing area, activities are open to all children in the MFRC Montreal Region community.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATE:** The weekend. For more information, consult our monthly calendar on our Facebook

**SCHEDULE:** 9:00 a.m. to noon and 1:00 p.m. to 3:00 p.m.

**LOCATION:** The Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:** By the Friday before the activity, on the MFRC portal

## Education Counselling

Education counselling meeting and support. Contact the Employment and Education service for more information.

**AGE:** People of military and veterans members; ages 15 and older

**DATE:** According to the MFRC schedule

**SCHEDULE:** Depending on availabilities, by appointment

**LOCATION:** To be determined or virtual

**COST:** Free

**INFORMATION AND REGISTRATION:** With our Employment and Education Coordinator, or write to us at [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Employability Counselling

Individual and personalized service in the job search process. Contact the Employment and Education service for more information.

**AGE:** people of military and veterans members; ages 15 and older

**DATE:** According to the MFRC schedule

**SCHEDULE:** Depending on availabilities, by appointment

**LOCATION:** To be determined or virtual

**COST:** Free

**INFORMATION AND REGISTRATION:** With our Employment and Education Coordinator, or write to us at [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Volunteering for kids 9 to 17

SAINT-JEAN MFRC

Volunteering is an important aspect of the MFRC. We want to encourage our young people to get involved in their community so they can develop self-reliance and learn more about themselves. Participants can choose from a variety of interesting and fun volunteer activities.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** To be determined

**SCHEDULE:** To be determined

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION PERIOD:** Ongoing, on the MFRC portal

## "Youth Connect"

A PATHWAY TO VIRTUAL SERVICES 9-17 YEARS OLD

The "Youth Connect" is a bilingual app, grouping several MFRCs, for kids from military families. It is a safe, supervised place for kids to talk, have fun and learn. This enables them to maintain contact with other young people even when they relocate. To get the app, register on the MFRC portal and then download it to a smartphone, tablet, or desktop computer. "Youth Connect" is carried out in collaboration with True Patriot Love Foundation.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Based on the sector's programming schedule

**SCHEDULE:** Consult our online platforms for the calendar

**LOCATION:** "Youth Connect" app

**COST:** Free

**REGISTRATION PERIOD:** Ongoing, on the MFRC portal





## Integration Group

### MORNING VOLUNTEERING

Volunteers have the opportunity to exercise their creativity and share their expertise by taking part in projects that are important to them, based on their different initiatives. A number of volunteer jobs are available, depending on individual interests. Join us! Drop-in daycare is available free of charge for your preschool-age children while you are volunteering (reservation required).

**AGE:** Military spouses and veterans

**SCHEDULE:**

- Tuesdays from 9:00 a.m. to 11:30 a.m.: the Saint-Hubert MFRC
- Thursdays from 9:00 a.m. to 11:30 a.m.: the Saint-Jean MFRC

**COST:** Free

**INFORMATION AND REGISTRATION:**

Contact our Community Integration Officers

## Creative Evenings

In an atmosphere conducive to sharing and bonding, MFRC volunteers welcome members of our community every Tuesday. Participants are encouraged to bring their arts and crafts projects (e.g., knitting, painting, drawing, sewing). Basic materials and a binder full of craft ideas are available on site to help you decide on your next project. A Cricut Maker (cutting machine) is also available, so you can learn how to use this handy tool.

**AGE:** Military spouses

**SCHEDULE:** Tuesdays from 6:30 p.m. to 9:00 p.m.

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, St-Hubert

**COST:** Free

**REGISTRATION PERIOD:**

On the MFRC portal, up to the day of the event

## Intervention and Parenting Support

### CHILDREN 17 AND UNDER

We provide families with specialized and personalized support regarding family dynamics, communication, and interventions with children. The goal of special care counselling is to equip, support, and inform parents regarding their children's education and development.

**AGE:** Military, veterans, spouses, and their children

**DATE:** According to the MFRC schedule

**SCHEDULE:** Depending on availabilities

**LOCATION:** Saint-Jean, Saint-Hubert, Montreal and online.

**COST:** Free

**REGISTRATION PERIOD:**

Ongoing at [svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca) or by phone: 450 358-7099 # 2917 (Saint-Jean) or 450 462-8777 # 6821 (Saint-Hubert)

## Moral Support during a Deployment

Offered to families who have a loved one currently away on military service. A trained support worker is prepared to lend a sympathetic ear, whether you are looking for specific services or just need someone to talk to.

**AGE:** Military, veterans, spouses, and their children

**DATE:** According to the MFRC schedule

**SCHEDULE:** Depending on availabilities

**LOCATION:** Saint-Jean, Saint-Hubert, Montreal and online

**COST:** Free

**INFORMATION AND REGISTRATION:**

[svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca) or by phone: 450 358-7099 # 2917 (Saint-Jean) or 450 462-8777 # 6821 (Saint-Hubert)

## Psychosocial Counselling

The MFRC offers psychosocial counselling. Our special education technicians and social workers are there to provide support when you need it.

**AGE:** Military, veterans, spouses and their children

**DATE:** According to the MFRC schedule

**SCHEDULE:** Depending on availabilities

**LOCATION:** Saint-Jean, Saint-Hubert, Montreal and online

**COST:** Free

**INFORMATION AND REGISTRATION:**

[svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca) or by phone: 450 358-7099 # 2917 (Saint-Jean) or 450 462-8777 # 6821 (Saint-Hubert)

## Volunteering for kids 9 to 17

### AT THE YCIC

Volunteering is an important aspect of the MFRC. We want to encourage our young people to get involved in their community so they can develop self-reliance and learn more about themselves. Participants can choose from a variety of interesting and fun volunteer activities.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATES:**

- Wednesday, October 18, 2023
- Wednesday, November 15, 2023
- Wednesday, December 13, 2023
- Wednesday, January 24, 2024
- Wednesday, February 14, 2024
- Wednesday, March 13, 2024

**SCHEDULE:** 6:00 p.m. to 9:00 p.m.

**LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION PERIOD:**

Ongoing, on the MFRC portal



## Integration Activity for kids 5 to 12

SAINT-JEAN MFRC

Activity for kids 5 to 12. The aim is to break down the isolation that children experience, encourage them to talk to other kids and the activity leaders, and create bonds between kids who are in the same situation. We look forward to seeing you every Sunday morning. There will be a different activity every week: tech activities, sports, art and much more.

- AGE:** Children of military and veterans members; ages 5 to 12
- DATE:** From Sunday, September 24, 2023
- SCHEDULE:** 9:00 a.m. to 11:30 a.m.
- LOCATION:** Saint-Jean MFRC
- COST:** Free
- REGISTRATION PERIOD:** Starting the Tuesday before each week's activity, on the MFRC portal

## Homework Help for kids 5 to 12 AT THE YCIC OR VIRTUAL

Children are encouraged to take advantage of our facilitators' assistance. Our facilitators are offering this service to help kids who are getting accustomed to a new location. A peer tutoring service can also be made available. Kids between 12 and 17 who are interested in volunteering to help with elementary school homework and lessons are encouraged to sign up. Youth volunteer hours are eligible for the MFRC Montreal Region Volunteer Recognition Program. Many benefits to discover!

- AGE:** Children of military and veterans members; ages 5 to 12
- DATE:** Every Wednesday night, starting Wednesday, September 27, 2023
- SCHEDULE:** 4:30 p.m. to 6:00 p.m.
- LOCATION:** Youth Community Integration Centre, 40 La Verendrye Street, Saint-Hubert, or online on the "Youth Connect" app
- COST:** Free
- REGISTRATION PERIOD:** Ongoing, on the MFRC portal


## Youth Advisory Committee ages 9 to 17

The Youth Advisory Committee meets in hybrid mode to discuss youth services issues, the needs of children and young people, to plan themed activities and have fun while developing new leadership skills.

- AGE:** Children of military and veterans members; ages 9 to 17
- DATES:**
  - Thursday, September 28, 2023
  - Thursday, October 26, 2023
  - Thursday, November 23, 2023
  - Thursday, February 22, 2024
  - Thursday, March 21, 2024
- SCHEDULE:** 6:00 p.m. to 9:00 p.m.
- LOCATION:** Youth Integration Community Centre, 40 La Verendrye Street, Saint-Hubert, and online on the "Youth Connect" app
- COST:** Free
- REGISTRATION PERIOD:** By the Tuesday before the activity, on the MFRC portal

SAINT-HUBERT  
450-462-8777 #6810

SAINT-JEAN GARRISON  
450-358-7099 #7955



CRFM Région de Montréal MFRC Montreal Region

OUR EMAIL ADDRESS  
INFO.CRFM@FORCES.GC.CA

HOME INFORMATION OUR SERVICES "MONARQUES 0-17 YEARS OLD SERVICES EMPLOYMENT AND EDUCATION INTERVENTION AND PARENTING SUPPORT INTEGRATION FORMS PROJECT"



**The place to sign up for  
all our activities and events!**  
[www.crfmmfrcmtl.ca](http://www.crfmmfrcmtl.ca)

# Join us:

## Welcome and information

Saint-Jean : 450 358-7099 # 7955  
Saint-Hubert : 450 462-8777 # 6810  
Montreal: 514 252-2777 #4984  
Email: [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Psychosocial Support

Saint-Jean : 450 358-7099 # 2917  
Saint-Hubert : 450 462-8777 # 6821  
Email: [svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca)



**Military Family  
Resource Centre**  
Montreal Region

WELCOME • SUPPORT • UNITE



### SAINT-HUBERT

4815, de la Savane Road,  
Saint-Hubert (Quebec) J3Y 9G1  
Telephone : 450 462-8777 # 6810  
Fax : 450 462-6822

### MONTREAL

6550, Hochelaga Street,  
Building 214  
Montreal Garrison  
Montreal (Quebec) H1N 1X9  
Telephone : 514 252-2777 # 4984

### SAINT-JEAN-SUR-RICHELIEU

178, Falaise Street,  
Saint-Jean Garrison,  
Richelain (Quebec) J0J 1R0  
Telephone : 450 358-7099 # 7955  
Fax : 450 358-7007

### SHERBROOKE

41, King West Street, Suite 2,  
Sherbrooke (Quebec) J1H 1P1  
Telephone : 450 358-7099 # 2349



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