



MFRC
CRFM
WINNIPEG

Calendar

June 2024

Playdate in the Park *For newly-posted families*

June 18, Tuesday | 1000 – 1130

Park on Doncaster Street (South RHU neighbourhood)

For more information or to register email jessica.jones@winnipegmfr.ca

Positive Program | \$5 *For adult military family members*

June 19, Wednesday | 1900 – 2030 | MFRC Multi-purpose Room

Register by emailing jenny.brennan@winnipegmfr.ca by **June 12**

Mindful Meditation with Goats | \$5/person or \$10/family

For military families going on/experiencing deployment

June 22, Saturday | 1330 – 1530 | Aurora Farm, 4265 Waverley Street

Register by emailing tamika.reid@winnipegmfr.ca by **June 14**

2024 Annual General Assembly | Virtual, via Zoom *Open to all*

June 25, Tuesday | 1800

Register by June 14 at bit.ly/3WFB7Cp

Veteran Family Program Lunch & Learn *For military members and veterans*

June 26, Wednesday | 1200 – 1300 | CANEX, Building 139, Room 220

Register by emailing tamika.reid@winnipegmfr.ca by **June 21**

Community Conversations by MFRC Volunteers - At night *Open to all*

June 26, Wednesday | 1800 – 1930 | MFRC Multi-purpose Room

Deployment Workshops | By appointment:

- **All-inclusive Morale Mail Package-building** *For families of the deployed*
- **Bonding Without Borders** *For deploying military members and their spouses*
- **Deployment Memory Box** *For military families preparing for deployment*

Email tamika.reid@winnipegmfr.ca to book an appointment

Scan to learn more:

