



Calendar

January 2025

Community Conversations by MFRC Volunteers - Mornings *Open to all*

January 9 & 23, Thursdays | 0930 – 1130 | MFRC Multi-purpose Room

Info-Connect: SISIP Financial *For recently relocated families, and those who feel as though they are still settling into Winnipeg, 18+*

January 13, Monday | 1800 – 1930 | MFRC Multi-purpose Room | Register online by **January 9**

Let's Connect CAF Community | \$5 *For military members and their loved ones, 18+, who have recently experienced relocation, deployment, or frequent separations*

January 16, Thursday | 1800 – 2000 | Hangar 17 All Ranks Mess (Building 61), Warrants & Sergeants Breakout Room | Register online or in person by **January 10**

Reintegration Brunch | \$5 *For military families who have recently reunited from deployment*

January 25, Saturday | 1030 – 1200 | MFRC Multi-purpose Room
Register by emailing tamika.reid@winnipegmfr.ca by **January 22**

Community Coffee Break *Open to all*

January 29, Wednesday | 1000 – 1100 | MFRC Multi-purpose Room

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

January 29, Wednesday | Call the front desk for the time and location (204 833 2500 ext. 257 4500)

Pet Therapy Workshop: Stress and Emotions *For medically-releasing members and medically-released veterans and their families*

January 30, Thursday | 1400 – 1600 | Winnipeg Humane Society, 45 Hurst Way
Register by emailing tamika.reid@winnipegmfr.ca by **January 24**

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:

