



MFRC
CRFM
WINNIPEG

Calendar

November 2024

Shadow Box Art Therapy Workshop *For medically-released military members*

November 7, Thursday | 1800 – 1900 | online, via Zoom
November 14, Thursday | 1800 – 2000 | in person at the MFRC
Register by emailing tamika.reid@winnipegmfrf.ca by **November 5**

Info-Connect: Organizing a babysitter co-op *For relocated families and families of the deployed, 18+*

November 13, Wednesday | 1800 – 1930 | MFRC Multi-purpose Room
Register by emailing jessica.jones@winnipegmfrf.ca by **November 6**

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

November 14 & 28, Thursdays | 0930 – 1130 | MFRC Multi-purpose Room

Family Movie: Despicable Me 4 (2024) | Free *For families going on/experiencing/reuniting from deployment this year*

November 17, Sunday, 1330 – 1500 at the MFRC Multi-purpose Room | 1530 – 1730 at Building 90 Theatre
Register by emailing tamika.reid@winnipegmfrf.ca by **November 13**

Positive Program: Staying positive through the holidays | \$5 *For adult military family members*

November 20, Wednesday | 1900 – 2030 | MFRC Multi-purpose Room
Register by emailing jenny.brennan@winnipegmfrf.ca by **November 15**

Employment Skills Workshop: Navigating through online platforms *For adult military family members*

November 21, Thursday | 1830 – 2000 | MFRC Multi-purpose Room
Register by emailing jenny.brennan@winnipegmfrf.ca by **November 14**

Community Coffee Break *Open to all*

November 27, Wednesday | 1000 – 1100 | MFRC Multi-purpose Room

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

November 27, 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@winnipegmfrf.ca to book an appointment

Scan to learn more:

