

FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
26	27				30	31	Youth Drop-in (Ages 6 - 8) 1:00 - 4:00 pm Youth Drop-in (Ages 9 - 17) 5:30 - 8:30 pm
Youth Drop-in (Ages 9 - 17) 1:00 - 4:00 pm	Play Cafe (Ages 0 - 5) 9:30 am - 12:00 pm Youth Drop-in (Ages 6 - 15) 3:00 - 5:00 pm	Stay and Play (Ages 0 - 5) 10:00 - 11:30 am Youth Drop-in (Ages 6 - 15) 3:00 - 5:00 pm Coping Skills Bootcamp (Ages 8 - 12) 6 - 7:30pm	Youth Drop-in (Ages 6 - 15) 3:00 - 5:00 pm	Play Cafe (Ages 0 - 5) 9:30 am - 12:00 pm Kids Connection Corner: Creative Creations (Ages 6 - 8) 6:00 - 8:00 pm	Family Connections: Family Sweetheart Dance (All Ages) 6:00 - 8:00 pm Youth Explore Zone: Choose Your Own Adventure (Ages 6 - 12) 6:00 - 9:00 pm	Youth Drop-in (Ages 9 - 17) 1:00 - 4:00 pm Youth Drop-in (Ages 9 - 17) 5:30 - 8:30 pm	
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For more information, please contact us:

780-973-4011 ext. 528-6300 | information@mfrcedmonton.com | CFMWS.ca/Edmonton/MFRCPrograms

MFRC CHILD & YOUTH PROGRAMS

Youth Drop In | No Fee

Open to youth (ages 6-17) and offers the ability to move freely throughout the centre with a variety of activities to choose from. For details, please refer to the calendar for age groups, dates, and times. Please note, weekday times are NOT offered on Sturgeon School Division non-school days (i.e. PD Days, Teachers' Convention, Spring Break, etc.).

Play Cafe | Drop In Program | No Fee

Our free drop-in Play Cafe provides a wonderful opportunity to spend time with your children (ages 0-5) and get to know other parents and caregivers in the military community. The space includes a story corner, craft tables, refreshment area and outdoor playground (weather permitting).

Stay & Play | Registered Program | \$2 per family

Parents/caregivers will actively engage with their children through fun activities that focus on early childhood development while building supportive social connections with others. Sessions will include simple activities that you and your child can do at home together. Parents/caregivers and their children 5 years and under are invited to attend.

Coping Skills Bootcamp | Registered Event | No Fee

In this three-week course, children will come together in a safe space to share their feelings and participate in activities to practice various coping strategies. By the end of the course, children will have created their own take-home toolkit using what they learned and practiced through the program. Children are expected to attend all three sessions. Activities include making slime, painting, meditating, interactive games, physical movement, yoga, and more!

Kids Connection Corner: Creative Creations | Registered Program | No Fee

Explore your creativity, make connections and have fun! Youth will have the opportunity to make new friends while using a variety of arts and crafts materials to create unique artwork on their own or together with their peers. Activities include Valentine card making, painting and more!

Family Connections: Family Sweetheart Dance | Registered Program | \$5 per family

Love is in the air! Dance the night away at our special Valentine's themed family sweetheart dance. The evening will be filled with music, desserts, photos and fun for everyone to enjoy with the ones they love the most. Best of all...families can capture all the memories of the evening using fun props, filters and backgrounds as they strike a pose in the digital photo booth. Parents and children of all ages are invited to attend (all children must be accompanied by an adult).

Youth Explore Zone: Choose Your Own Adventure | Registered Program | No Fee

The MFRC and PSP Kids TGIF have partnered together to bring you a fun-filled evening. Come explore video games, art materials or board games...it's your choice! Youth will have fun while learning about resilience, building friendships, social skills, confidence and more.

Youth Explore Zone: Creative Creations | Registered Program | No Fee

Explore your creativity, make connections and have fun! Youth will get creative with hands-on projects that spark imagination and foster DIY skills on their own or together with their peers. Activities include Valentine card making, string art and more!

Kids Connection Corner: Movie Night | Registered Program | No Fee

Join us for PJ, Popcorn & Movie Night! Youth can wear their pj's, enjoy some snacks and watch the movie Gnomeo & Juliet while connecting with their peers. Popcorn and refreshments will be offered during the movie.

Teen Take Over | Registered/Drop In Program | No Fee

Come explore video games, computers, art and science materials, board games or air hockey it's your choice! Youth will have free choice to participate in all the activities offered throughout the space while having fun with their peers, building friendships, social skills, confidence and more.

Youth Explore Zone: Movie Night | Registered Program | No Fee

Join us for PJ & Popcorn Movie Night! Youth can get cozy in their pj's, enjoy some snacks and watch the movie IF while connecting with their peers. Popcorn and refreshments will be offered during the movie.

Kids Connection Corner: B-I-N-G-O | Registered Program | No Fee

Did somebody say BINGO? Youth will play rounds of BINGO to WIN prizes while connecting with their peers.