



# Calendar

## March 2025

**Deployment Location Show and Tell** *For children of members returning from or preparing for deployment*

March 6, Thursday | 1830 – 1930 | MFRC Multi-purpose Room | Register by emailing [tamika.reid@winnipegmfr.ca](mailto:tamika.reid@winnipegmfr.ca) by **March 3**

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

March 6 & 20, Thursdays | 0930 – 1130 | MFRC Multi-purpose Room

**Employment Skills Workshop: Polishing your resume/cover letter | Free**

*For adult military family members*

March 12, Wednesday | 1900 – 2030 | MFRC Multi-purpose Room | Register by emailing [jenny.brennan@winnipegmfr.ca](mailto:jenny.brennan@winnipegmfr.ca) or by calling the front desk at 204 833 2500 ext. 257 4500 by **March 4**

**Family Info-Connect** *For recently relocated families, and those who feel as though they are still settling into Winnipeg*

March 17, Monday | 1800 – 1930 | St. James-Assiniboia Library, 1910 Portage Avenue | Register online by **March 11**

**Mental Health First Aid | Free** *For medically-releasing members and medically-released veterans and their families and anyone connected to the veteran community*

March 20, Thursday | 0830 – 1630 | Online, via Zoom | Register by emailing [tamika.reid@winnipegmfr.ca](mailto:tamika.reid@winnipegmfr.ca) by **March 1**

**Community Coffee Break** *Open to all*

March 26, Wednesday | 1000 – 1100 | MFRC Multi-purpose Room

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

March 26, Wednesday | Call the front desk for the time and location (204 833 2500 ext. 257 4500)

**Building Blocks** *For military children ages 9 to 12 who have recently experienced relocation or the absence of a parent due to deployment or training*

March 31 & April 1, 2, & 3 | 1400 – 1530 | MFRC Youth Centre, 102 Comet Street | Register online by **March 21**

**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](mailto:tamika.reid@winnipegmfr.ca) to book an appointment

**Scan to learn more:**

