



APRIL, MAY & JUNE PROGRAM & SERVICES GUIDE

Edmonton Military Family Resource Centre



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Military Family Resource Centre

Building 161, Mons Avenue, Lancaster Park
Phone: 780-973-4011 ext. 528-6300
Fax: 780-973-1401
information@mfrcedmonton.com
Facebook and Instagram: @EdmontonMFRC

General Office Hours:

Monday to Friday: 9:00 am - 4:45 pm
Closed weekends & statutory holidays

MFRC Child Care Centre Hours:

Monday to Friday: 6:45 am - 5:30 pm
Closed weekends & statutory holidays

MFRC Contact Information

Base Phone Number	780-973-4011 plus ext.
General Information/Reception	528-6300
Child Care Centre	528-6307
Relocations Family Navigator	528-6385
Absences Family Navigator	528-6304
Emergency Child Care	528-6300
French Services	528-5081
Fund Development	528-6324
Mental Health and Wellness	528-6300
Employment and Disabilities	528-7048
Veteran Family Coordinator	528-5603
Family Liaison Officer	528-2480

Edmonton MFRC

Military Family Resource Centres (MFRC) offer programs, services and mental health support for military families facing the three unique challenges of military life.

- **Relocations** - moving and settling into your new community
- **Absences** - support before, during and after an absence
- **Transitions** - moving to civilian life and becoming a Veteran family

In Edmonton, we also offer child care services and enhanced programs like youth programming.

Who We Serve

Edmonton MFRC is open to anyone of significance to a military member, including Regular, Reserve, Veteran and medically-released Veteran members, including:

- All types of families - with or without children
- Spouses, girlfriends/boyfriends, partners
- Children and dependants of military members
- Parents, grandparents, siblings

Many programs are also open to the Defence Community and their families, which includes Families of the Fallen, civilian DND staff and MFRC/PSP staff.

Each program will list who is eligible.

About the MFRC

We are a charitable, non-profit organization that is governed by a volunteer Board of Directors. At least 51% of the board members are family of full-time serving Canadian Armed Forces personnel.

We implement the Military and Veteran Family Services Program, which outlines the specific supports offered to military families that are funded by Military Family Services, a division of CFMWS.

Our mission is to support military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

Stay in Touch

Get updates on MFRC programs and services, so you can take advantage of everything we have to offer!

Facebook or Instagram: [@EdmontonMFRC](#)

French Facebook: [@CRFEdmonton](#)

Website: CFMWS.ca/Edmonton/MFRC

Stay updated with our e-newsletter

Subscribe to our biweekly e-newsletter to hear about new programs, discounts and special offers for military families!

Visit CFMWS.ca/Edmonton/MFRC and click the link to subscribe. You can unsubscribe at any time.



Relocations

**For programs, see pages 12 - 19*

Support for Families Relocating

From the day you get your posting message to when you arrive and settle into your new home, the MFRC is here to help make your move as smooth as possible.

Contact us with any questions you have. Our bilingual staff will connect with you one-on-one and prepare a custom information package that fits your family's specific needs.

- Call 780-973-4011 ext. 528-6300
- Email information@mfrcedmonton.com
- Visit us in person

Ways We Can Help You Settle Into Your New Home

Connect with New Services

We can point you to links and resources that make it easier to find services such as:

- New doctors/medical clinics
- Alberta licenses and health cards
- Privatized utilities
- Schools for your children
- Child care

Support Finding a Job or Starting a Business

- Help discovering education and training options in the Edmonton area
- Applying for recertification, training or education grant for spouse/significant other for employment or entrepreneurship

Navigating Disability Services

There's a wide range of supports for people with disabilities and caregivers of children and adults with disabilities. We can connect you with:

- Referrals to community agencies
- Information on local services and opportunities to meet others in similar situations
- Access to funding or grant options to assist with the costs of assessments, therapies and/or specialized services

Connect with French Services

- English/French resources for children and adults
- Information on connecting with the local Francophone community
- Finding services delivered in French

Make New Friends and Explore Your New Community

- Finding MFRC, PSP and community programs
- Exploring local events, festivals and attractions
- Applying for a club, activity or sport grant for spouse/children within the first year of a new posting

MFRC Relocation Resources

Pre-Posting Packages

Our pre-posting packages familiarize you with the Edmonton area before you arrive, helping you choose what community you want to live in and know what to expect when you arrive.

Welcome Packages

Single, family or new baby (0-12 months) welcome packages are available in both English and French to current serving families for pick-up at the MFRC.

Welcome to CFB Edmonton Guide

Our Welcome Guide has useful information for every step of your journey, saving you the work of finding it all yourself. Visit the MFRC to get a copy.

Military Family Services Relocation Kit and Resources

Edmonton MFRC is a pilot site offering posted families a toolkit from Military Family Services that can help you organize your move and keep important information together in one easy-to-find place. We also have helpful resources to help prepare your family for your move.

Mental Health

**For programs, see pages 12 - 19*

Health and Wellness Support

Our Mental Health and Wellness team understands military life, and provides confidential support for family members navigating difficult times.

To access our Mental Health and Wellness services:

- Call 780-973-4011 ext. 528-6300 and ask for the intake worker
- Email intake@mfrccdmonton.com
- Visit us in person

Ways We Can Help You

Help Finding Resources

Be connected with helpful resources that support your:

- Parenting
- Relationship
- Communication
- Personal wellness

Short-term Counselling

The MFRC provides confidential, short-term counselling for families of military and Veteran members.

Sessions are:

- Offered in-person, online or by phone
- Solution-focused
- Most effective when challenges are first identified

Crisis Support

When a crisis happens the MFRC is here to connect you with:

- Resources
- Emergency child care (see page 8 for more information)
- Programs available to military families
- Resources to help you with your personal well-being

Mental Health Programs

We offer programs to support your mental health and well-being such as:

- Relationship strengthening
- Coping skills
- Grief and loss for children
- Support groups

Supporting Transitioning from Military to Civilian Life

Assistance Coping with an Illness, Injury or Death

Family members who are dealing with a military member's illness, injury or death can work with a Family Liaison Officer for free short-term assistance including:

- Individual counselling
- Support navigating different programs and services

Veteran Family Programs

The MFRC can help ease the transition from active service to veteran status by supporting medically releasing CAF members, medically released Veterans, and their families by helping them navigate:

- The complex process of releasing
- The challenges that may arise
- The impacts that can happen to social, emotional and financial well-being
- Access to community-based education and prevention programs, supports and services

Connect with the MFRC to set up a one-on-one session to get a copy of the Veteran Family Journal.

Need support? We're here to help. Reach out to access our confidential mental health services with no waitlist. Contact us Monday – Friday, 9:00 am – 4:30 pm at intake@mfrccdmonton.com or 780-973-4011 ext. 528-6300.

Absences

* For programs, see pages 12 - 19

Support During Absences

Deployments, exercises, training - whether planned or last minute, overseas or domestic when a family member is away, can be stressful.

The MFRC offers many resources to help families before, during and after an absence. To find out more:

- Visit CFMWS.ca/Support-Services/Deployment
- Call 780-973-4011 ext. 528-6304
- Email deployment@mfrcedmonton.com

Deployment E-Newsletter

Our quarterly e-newsletter shares programs, special events, and deployment-specific information. To subscribe, go to CFMWS.ca/Support-Services/Deployment and look for the link.

Deployment Programs

Learn how to prepare, thrive and stay connected throughout the different phases of deployment with programs such as:

- OP CONNECT
- Parent/Caregiver Workshops
- Deployment Workshops

For Families with Children

- Build a Bear gift cards - Children of deploying/ deployed parents can receive a \$20 gift card to Build-a-Bear. All children (3 months to 18 years of age with a parent posted to Edmonton who is deploying overseas) can receive and redeem one card per year (within a 12 month period).
- Helping Children Stay in Touch - Children of deployed members may be eligible to receive a one-time grant up to \$250 per family to assist with the purchase or subsidization of a tablet/iPAD during a deployment of 90 days or more through Support Our Troops.
- Children's books - Provide helpful information on what behaviours to watch for and tips for helping children through absences. Resources and guides on how to discuss difficult topics with children are also available.

Before an Absence

Families who prepare can lessen some of the worry should challenges arise. The MFRC team helps families by sharing what resources are available and forecasting potential hurdles.

Fill Out a Family Information Form

The MFRC can do a check-in to see if everyone's on track during an absence. A Family Information Form must be filled out for the MFRC to reach out to family members - either the member or a family member can submit this form.

Readiness Guide

Get the tools you need to be ready for any absence! Our Readiness Guide gets you prepared should your family experience an emergency and you need someone to step in.

Pre-Deployment Readiness Workshop

Focus on the potential challenges and emotions which are most experienced on the home front while preparing for your loved one to deploy. Discussions include phases of the deployment, coping strategies, family representative information and more.



Absences

** For programs, see pages 12 - 19*

During an Absence

Personalized Assistance

While a family member is away, unexpected challenges can arise. Contact us if you need help finding answers or solutions.

Keep in Touch Service

Phone call or email check-ins begin once we receive confirmation that the member has deployed and can continue at the frequency of your choosing. A Family Information Form must be completed in order for the MFRC to reach out to family members. The form can be filled out by the member or a family member through self-identification. If you haven't heard from us, please connect and let us know.

Sending Morale Mail

Family and friends can send care packages free of charge to those deployed overseas. To receive this service, all packages must be addressed to the Belleville, ON address and taken to the Canada Post outlet located in the Base Mail room. Packages taken to other Canada Post locations will require paid postage to Belleville, ON.

Drop-off Locations:

Base Mail Room: Building 181m Churchill Ave.

Monday to Friday | 9:30 am - 4:00 pm

*Hours may vary. Call 780-973-4011 ext. 528-4813

Edmonton MFRC: Building 161 Mons Ave.

Monday to Friday | 9:00 am - 4:30 pm

Closed weekends & statutory holidays

After an Absence

Coming back together after an absence can create new challenges as you relearn how to jointly manage schedules and responsibilities.

Post-Deployment Reintegration Workshop

Focus on the realities of post-deployment reintegration, including the challenges and emotions that often come with this transition. Discussions include the anticipation of the homecoming, reintegration and stabilization, emotional cycle of deployment and coping strategies.

Post-Reintegration Check-ins

We can do a check-in to see how your family reintegration is going.

The Importance of Family Care Plans

A Family Care Plan supports your family in your absence and makes the unexpected become more manageable.

Keeping your Family Care Plan updated can reduce some of the stress and worry by identifying contacts who are able to step in and help if things go off course, whether you are supporting children or not.

Deployment Readiness Guide

The smallest detail can make an unexpected turn of events more stressful than it needs to be.

Edmonton MFRC's Deployment Readiness Guide helps you think about all the things you may need to know in the event of an emergency and you need someone to step in.

Email deployment@mfrcedmonton.com or call 780-973-4011 ext. 528-6304 to get your copy.

Child Care

**For programs, see pages 12 - 19*

Child Care Centre

The Edmonton MFRC's full-time licensed child care centre provides an inclusive, encouraging environment for children between the ages of 12 months and five years.

Families in Alberta are likely to encounter wait lists while attempting to secure a place for their children. The MFRC maintains an extensive waitlist and is constantly changing. It is recommended that parents add their children on to our waitlist as soon as possible. The MFRC Child Care Centre is also eligible for child care affordability grants.

For current child care centre fees or information about the MFRC Child Care Centre services:

- Call 780-973-4011 ext. 528-6300
- Email information@mfrcedmonton.com
- Visit our front reception desk

Child Care Support

With knowledge and expertise of child care services in the Edmonton area, our Family Navigators can share tools, resources and information with families who are exploring child care options and help connect them to programs and services that will meet their unique family needs.

Child Care Registry

The MFRC Child Care Registry is a valuable tool to assist military families in their search for child care and connect them with local service providers in the Edmonton area.

Are You Looking for Child Care? The MFRC has an up-to-date list of child care providers and resources to assist you in finding private and licensed child care in your community.

Are you a Child Care Provider or Teen Babysitter? Child Care providers or Teen Babysitters can request to be added to one of our registry lists and the MFRC will connect you with families in need of child care or babysitting services.

To learn more about how we can help you navigate child care or to be added to our Child Care or Teen Babysitter Registry lists:

- Call 780-973-4011 ext. 528-6314
- Email childyouth@mfrcedmonton.com
- Visit us in person

Emergency Family Care Assistance (EFCA)

Does your family need care for a family member in an emergency situation? As part of the Emergency Family Care Assistance (EFCA) Policy, military families may be eligible to access financial assistance to help offset costs associated with the care of a family member.

Military families are encouraged to have a Family Care Plan (FCP), however emergencies can happen that prove too challenging for the FCP to accommodate. The EFCA aims to provide support for short-term emergencies when other lines of support provided by CAF and Director General Compensation and Benefits are insufficient.

If you qualify for support, you will be connected with a local service provider. If you do not qualify, you will be directed to other possible support services.

How to Access

Contact Edmonton MFRC during regular business hours and ask to speak to someone about emergency child care. Our Mental Health and Wellness Team will guide you through a series of questions to assess your eligibility for support under the EFCA policy.

On weekends, weeknights or holidays, call the Family Information Line at 1-800-866-4546 and ask to speak to an emergency child care representative.

**For programs, see pages 12 - 19*

Our MFRC Youth Programs provide a fun and safe space for youth ages 6 – 17 to participate in registered and drop-in programs that help to grow their sense of social, physical and mental wellness.

Registered Programs

Youth can attend registered programs which include movie nights, arts and crafts, STEM science and games that focus on building friendships, social skills and confidence based on their age group:

- Kids Connection Corner (Ages 6-8)
- Youth Explore Zone (Ages 9-12)
- Teen Take Over (Ages 13-17)

Youth Drop in Programs

Youth can explore, create and build positive relationships with peers through video games, computers, art and science materials, board games and more. Youth who attend our drop-in programs are given free choice to participate in all the activities offered throughout the Youth Centre.

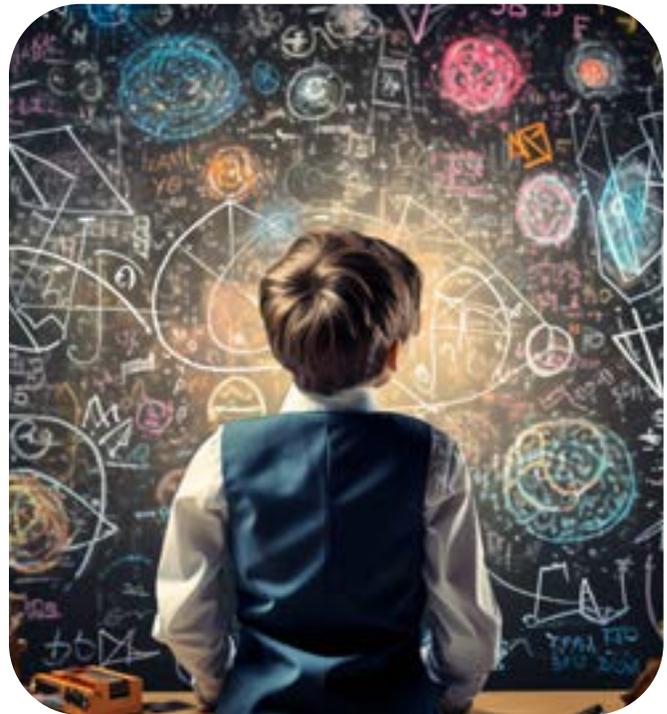
To learn more about our MFRC child and youth programs:

- Call 780-973-4011 ext. 528-6314
- Email childyouth@mfrcedmonton.com
- Visit us in person

Please note, fees may be applied to activities based on a program-by-program basis.

For the health safety and security of all participants, all individuals attending a youth program or activity must complete a Youth Programs Registration Package which can be requested from our Family Navigator – Child and Youth.

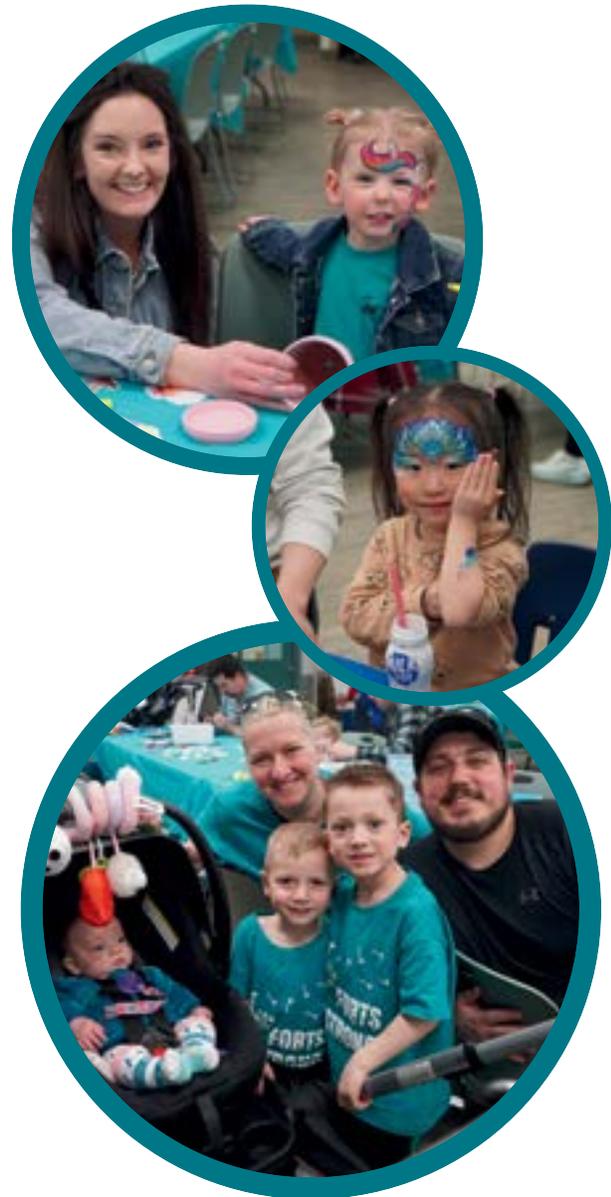
For additional updates, hours of operation or to view our monthly calendar, please visit CFMWS.ca/Edmonton/YouthDropIn.



Teal Up Family Event



Teal Up with us to celebrate our military children with a fun-filled day of crafts, games, face painting, glitter tattoos, a scavenger hunt to win PRIZES, and more!



APRIL 18 | 1:00 - 4:00 PM | MFRC

**Register: online, in-person or call
780-973-4011 ext. 528-6300**

Open to: CAF and Veteran members and their families, and Families of the Fallen



MFRC Programs

**For programs, see pages 12 - 19*

The MFRC offers programs that help families deal with the unique challenges of military life. Our programs evolve to meet community needs, so the programs listed here are a sample of what we have to offer.

Check out all our programs currently available in this guide or visit CFMWS.ca/Edmonton/MFRCPrograms.

To register for a program:

- Visit us in person at the MFRC, Bldg. 161
- By phone at 780-973-4011 ext. 528-6300
- Online at CFMWS.ca/Edmonton/MFRCPrograms

Registration Terms and Conditions

Program Refund Policy

This policy is intended for general interest workshops and programs. Some restrictions may apply. Please refer to individual program terms of agreement for specific refund policies.

Workshops or programs that require a fee to be paid in advance are non-refundable due to the costs associated with booking spaces and/or facilitators and purchasing materials. Withdrawals may be reviewed on a case-by-case basis.

Program Cancellations

Programs offered by the MFRC may be cancelled due to insufficient registration. Every effort will be made to notify participants promptly and transfer or refund options will be provided. Register at least one week prior to your workshop or program start date to avoid disappointment.

Statutory Holidays

Unless otherwise noted, programs or workshops will not be offered on statutory holidays.



Programs for Absences

**Registration required. Register early, space is limited.*

Pre-Deployment Readiness Workshop

Are you prepared for your loved one to be away? Join us as we focus on the challenges and emotions that you may experience while you prepare for an upcoming deployment or work-related absence of a loved one. Being prepared can reduce some of the stress when the unexpected happens and help to build growth and resiliency. Discussions include what to expect during the different phases of deployment, coping strategies, self-care and more.

April 8 | 6:00 - 7:30 pm

*Child care is available.

Registration is required, and space is limited.

No program fee

Open to: adult (18+) CAF family members experiencing an imminent, current or recent work-related absence

OP CONNECT

Come together to connect and build your support system amongst peers within the military community. Who can better understand the highs and lows than those marching the same paths? Share and hear some great tips on how to thrive while managing the homefront during work-related absences.

Homefront Check-In | April 22 | 6:00 - 7:30 pm

Self-Care Essentials | May 6 | 6:00 - 7:30 pm

Trivia Night | June 25 | 6:00 - 8:00 pm

No program fee

*Child care is available.

Registration is required, and space is limited.

Open to: adult (18+) CAF family members experiencing an imminent, current or recent work-related absence

Stronger Relationships

Strong, healthy and supportive relationships can help couples better manage the stresses of military life. Learn practical tips and strategies to strengthen your relationship and stay connected whether you're together or miles apart. Topics include the Emotional Cycle of Deployment, understanding each other's Love Languages, and maintaining healthy communication during trainings, exercises, deployments, and every challenge in between.

May 26 | 6:00 - 7:30 pm

*Child care is available.

Registration is required, and space is limited.

No program fee

Open to: adult (18+) couples CAF families preparing for or experiencing a deployment or work-related absence

Telus World of Science

Spark your imagination with a fun-filled day of discovery at the Telus World of Science! Families are invited to explore and experiment together with a variety of interactive activities and exhibits while meeting and connecting with other military families in the community. Activities include access to the health zone, space gallery, nature exchange, S.P.A.C.E gallery, science garage, arctic journey, CuriousCITY and more! Participant fee includes admission, IMAX Theatre tickets, pizza, snacks and refreshments.

May 30 | 10:00 am - 1:00 pm

\$10 per adult, \$5 per child (ages 2 and under are free)

Open to: current-serving CAF families experiencing an imminent, current or recent work-related absence

Youth Drop In

**Youth Registration Package required*

The Edmonton MFRC Youth Drop In program offers a safe and supportive environment for military, Veteran and Defence Community youth between the ages of 6 and 17. Youth can explore, create and build positive relationships with peers and are given free choice to participate in all the activities offered throughout the Youth Centre. Please note, weekday times are NOT offered on Sturgeon School Division non-school days and closed on holiday long weekends.

April Dates

Ages 6 - 15

April 1 | 3:00 - 5:00 pm
April 1 | 6:00 - 8:00 pm
April 2 | 3:00 - 5:00 pm
April 7 | 3:00 - 5:00 pm
April 8 | 3:00 - 5:00 pm
April 8 | 6:00 - 8:00 pm
April 9 | 3:00 - 5:00 pm
April 10 | 3:00 - 5:00 pm
April 13 | 3:00 - 5:00 pm
April 14 | 3:00 - 5:00 pm
April 15 | 3:00 - 5:00 pm
April 15 | 6:00 - 8:00 pm
April 16 | 3:00 - 5:00 pm
April 17 | 3:00 - 5:00 pm
April 20 | 3:00 - 5:00 pm
April 21 | 3:00 - 5:00 pm
April 22 | 3:00 - 5:00 pm
April 22 | 6:00 - 8:00 pm
April 23 | 3:00 - 5:00 pm
April 24 | 3:00 - 5:00 pm
April 27 | 3:00 - 5:00 pm
April 28 | 3:00 - 5:00 pm
April 29 | 3:00 - 5:00 pm
April 29 | 6:00 - 8:00 pm
April 30 | 3:00 - 5:00 pm

Ages 9 - 17

April 11 | 1:00 - 4:00 pm
April 12 | 1:00 - 4:00 pm
April 19 | 1:00 - 4:00 pm
April 25 | 1:00 - 4:00 pm
April 26 | 1:00 - 4:00 pm

May Dates

Ages 6 - 8

May 23 | 1:00 - 4:00 pm

Ages 6 - 15

May 1 | 3:00 - 5:00 pm
May 2 | 1:00 - 4:00 pm
May 4 | 3:00 - 5:00 pm
May 5 | 3:00 - 5:00 pm
May 6 | 3:00 - 5:00 pm
May 6 | 6:00 - 8:00 pm
May 7 | 3:00 - 5:00 pm
May 8 | 3:00 - 5:00 pm
May 11 | 3:00 - 5:00 pm
May 12 | 3:00 - 5:00 pm
May 13 | 3:00 - 5:00 pm
May 13 | 6:00 - 8:00 pm
May 14 | 3:00 - 5:00 pm
May 19 | 3:00 - 5:00 pm
May 20 | 3:00 - 5:00 pm
May 20 | 6:00 - 8:00 pm
May 21 | 3:00 - 5:00 pm
May 22 | 3:00 - 5:00 pm
May 25 | 3:00 - 5:00 pm
May 26 | 3:00 - 5:00 pm
May 27 | 3:00 - 5:00 pm
May 27 | 6:00 - 8:00 pm
May 28 | 3:00 - 5:00 pm
May 29 | 3:00 - 5:00 pm

Ages 9 - 17

May 3 | 1:00 - 4:00 pm
May 9 | 1:00 - 4:00 pm
May 10 | 1:00 - 4:00 pm
May 24 | 1:00 - 4:00 pm
May 30 | 1:00 - 4:00 pm
May 31 | 1:00 - 4:00 pm

June Dates

Ages 6 - 8

June 20 | 1:00 - 4:00 pm

Ages 6 - 15

June 2 | 3:00 - 5:00 pm
June 3 | 3:00 - 5:00 pm
June 3 | 6:00 - 8:00 pm
June 4 | 3:00 - 5:00 pm
June 5 | 3:00 - 5:00 pm
June 6 | 1:00 - 4:00 pm
June 8 | 3:00 - 5:00 pm
June 9 | 3:00 - 5:00 pm
June 10 | 3:00 - 5:00 pm
June 10 | 6:00 - 8:00 pm
June 11 | 3:00 - 5:00 pm
June 12 | 3:00 - 5:00 pm
June 15 | 3:00 - 5:00 pm
June 16 | 3:00 - 5:00 pm
June 17 | 3:00 - 5:00 pm
June 17 | 6:00 - 8:00 pm
June 18 | 3:00 - 5:00 pm
June 19 | 3:00 - 5:00 pm
June 22 | 3:00 - 5:00 pm
June 23 | 3:00 - 5:00 pm
June 24 | 3:00 - 5:00 pm
June 24 | 6:00 - 8:00 pm
June 25 | 3:00 - 5:00 pm
June 26 | 3:00 - 5:00 pm

Ages 9 - 17

June 7 | 1:00 - 4:00 pm
June 13 | 1:00 - 4:00 pm
June 14 | 1:00 - 4:00 pm
June 21 | 1:00 - 4:00 pm
June 27 | 1:00 - 4:00 pm
June 28 | 1:00 - 4:00 pm

Programs for Child & Youth

**Registration required. Register early, space is limited.*

Kids Connection Corner

Are you looking to have fun and meet new friends? Check out our programs just for kids that focus on building friendships, social skills, confidence and more!

Play, Eat, Repeat - April 2 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - April 10 | 6:00 - 8:00 pm

Creative Creations - April 23 | 6:00 - 8:00 pm

Game On! - April 30 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - May 1 | 6:00 - 8:00 pm

B-I-N-G-O! - May 7 | 6:00 - 8:00 pm

Game Night - May 15 | 6:00 - 8:00 pm

Choose Your Own Adventure - May 22 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - June 5 | 6:00 - 8:00 pm

Bright Minds - June 11 | 6:00 - 8:00 pm

Choose Your Own Adventure - June 19 | 6:00 - 8:00 pm

Game On! - June 25 | 6:00 - 8:00 pm

No program fee

Open to: youth ages 6-8 from CAF, Veteran, Defence Community families and Families of the Fallen

Youth Explore Zone

Are you looking to have fun and meet new friends? Check out our programs just for youth that focus on building friendships, social skills, confidence and more!

Play, Eat, Repeat - April 2 | 6:00 - 8:00 pm

Creative Creations - April 9 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - April 17 | 6:00 - 8:00 pm

Game On! - April 30 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - May 8 | 6:00 - 8:00 pm

B-I-N-G-O! - May 14 | 6:00 - 8:00 pm

Choose Your Own Adventure - May 22 | 6:00 - 8:00 pm

Game Night! - May 28 | 6:00 - 8:00 pm

Bright Minds - June 4 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - June 12 | 6:00 - 8:00 pm

Choose Your Own Adventure - June 19 | 6:00 - 8:00 pm

Game On! - June 25 | 6:00 - 8:00 pm

No program fee

Open to: youth ages 9-12 from CAF, Veteran, Defence Community families and Families of the Fallen

Teen Take Over

Come explore video games, computers, art and science materials or board games...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.

Teen Choice Trivia Night - April 16 | 6:00 - 8:00 pm

Teen Choice - April 24 | 6:00 - 8:00 pm

Teen Choice - May 21 | 6:00 - 8:00 pm

Teen Choice Movie Night - May 29 | 6:00 - 8:00 pm

Taking Care of Me - June 18 | 6:00 - 8:00 pm

Teen Choice - June 26 | 6:00 - 8:00 pm

No program fee

Open to: youth ages 13-17 from CAF, Veteran, Defence Community families and Families of the Fallen

Programs for Child & Youth

**Registration required. Register early, space is limited.*

Mini Coping Skills Bootcamp

The Mini Coping Skills Bootcamp is an interactive educational program that teaches children various coping strategies while normalizing the understanding that everyone experiences stressful moments, and that it is okay to experience difficult emotions.

Participants will meet in a supportive space to learn how to manage their worries in a safe and creative way. Each child will create their own friendly "Worry Monster", a special tool to help them practice deep breathing and give their worries to their monster to hold onto. When we learn to take deep breaths to calm our mind and let our worries go for a moment, they don't feel as big or scary.

May 2 | 11:30 am - 1:00 pm

No program fee

Open to: youth ages 6-7 from CAF families

Home Alone Safety

Help your child prepare for independence with this interactive two-hour training program that teaches safety, first aid, and comfort skills through games and role-playing. This course is provided through the Canada Safety Council and will help your child build confidence while providing peace of mind for parents and caregivers.

May 6 | 5:30 - 7:30 pm

\$20 per participant

Open to: youth ages 10+ from CAF, Veteran families and Families of the Fallen

Mini Coping Skills Bootcamp

The Mini Coping Skills Bootcamp is an interactive educational program that teaches children various coping strategies while normalizing the understanding that everyone experiences stressful moments, and that it is okay to experience difficult emotions.

Participants will meet virtually in a safe space to share their feelings and learn coping skills while participating in a fun and creative activity.

June 2 & 9 | 6:30 - 7:30 pm | Virtual

No program fee

Open to: youth ages 8-12 from CAF families



Programs for Adults

**Registration required. Register early, space is limited.*

Conversation Franco'Fun

Are you looking to practice your French-speaking skills? Our weekly conversation group will help you to improve your French language skills, become more confident, navigate social interactions more easily and make connections with others in the community. Whether you're new to French, just beginning, advanced, or somewhere in between, all levels are welcome. Each session will offer participants the opportunity to meet in a safe and welcoming space and participate in fun learning experiences such as playing games, reading books, engaging in role-play activities, trivia and much more!

April 7, 9, 14, 16, 21, 23, 28 & 30 | 12:00 - 1:00 pm

May 5, 7, 12, 14, 19, 21, 26 & 28 | 12:00 - 1:00 pm

June 2, 4, 9, 11, 16 & 18 | 12:00 - 1:00 pm

No program fee

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

Café Frenchy

Join us for coffee and friendly conversation! Make connections, build your support network and practice your French language skills and learning about programs and services available in the community.

April 11 | May 9 | June 6 | 10:30 am - 12:30 pm

Location: Edmonton Garrison Tim Hortons

No program fee

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

Pathways to Thrive - Children with Disabilities Early Childhood Intervention Session

Join us for a presentation by Transitions on their Early Childhood Intervention and Family Services Program aimed to help every child reach their fullest potential and enhance their ability to thrive.

Parents/Caregivers of children and youth with developmental disabilities from birth up to 3 ½ years of age will learn how to better understand their child's development, build essential skills, navigate valuable resources, and gain support in accessing respite, community and personal care aides, and/or work related and behavioral consultation.

April 15 | 6:30 - 7:30 pm

*Child care is available.

Registration is required, and space is limited.

No program fee

Open to: adults (18+) from current-serving CAF and Veteran families

Wellness Within Series

Recharge your mind, body and spirit with our Wellness Within Series. Each engaging, hands-on session is designed to inspire self-care, connection and personal growth. Participants will build practical coping skills, connect with themselves mentally, physically, and spiritually, and leave with clear intentions to support their well-being.

Exploring your Window of Tolerance through Art

April 20 | 6:00 - 7:30 pm

Sound Bath Experience

June 16 | 6:00 - 7:30 pm

*Child care is available.

Registration is required, and space is limited.

No program fee

Open to: adults (18+) from current-serving CAF, Veteran and Defence Community families and Families of the Fallen

Programs for Adults

**Registration required. Register early, space is limited.*

Community Meet Ups

Are you looking to meet new people in the community? Join our monthly Community Meet Ups to make friends, find support, explore different interests or just to have fun! Each month we will meet up at a different location in the Edmonton area to participate in a group event or activity.

MOMC Trivia & Bingo - April 24 | 6:00 - 7:30 pm

Location: MFRC | No program fee

Open to: Current-serving CAF and Veteran families and Families of the Fallen

Snow Valley Target & Mini Golf

May 23 | 1:00 - 3:00 pm

Location: Snow Valley Target & Mini Golf

\$5 per participant

Open to: adults (18+) from current-serving CAF families

Elk Island Park - June 19 | 7:00 - 8:30 pm

Location: Elk Island Park

\$5 per participant or \$10 per family

Open to: Current-serving CAF families (all ages)

The Caregiver Resiliency Series

Are you a caregiver looking for helpful strategies to manage stress and support your own well-being? Join us for the three-part Caregiver Resiliency Series, where participants will gain tools to build resilience, enhance self-awareness, and develop sustainable caregiving practices.

Angry Moments, Isolation & Loneliness

May 13 | 5:30 - 7:30 pm

Anxiety & Authentic Living

May 27 | 5:30 - 7:30 pm

Building Better Boundaries & Resilience

June 10 | 5:30 - 7:30 pm

*Child care is available.

Registration is required, and space is limited.

No program fee

Open to: adults (18+) from current-serving CAF, Veteran and Defence Community families and Families of the Fallen

Welcome to Edmonton Information Session

Are you newly posted to CFB Edmonton? Whether you are planning your move or have recently arrived, we invite you to join us for this virtual information session to learn about the wide range of supports and resources available to help you settle into your new community with ease. Topics will include health care, finances, schools, child care, education, employment and more!

May 31 | 3:00 - 4:00 pm | Virtual

No program fee

Open to: adults (18+) from current-serving CAF, Veteran and Defence Community families and Families of the Fallen

Hold Me Tight®

Developed by Dr. Sue Johnson, this online program can be done at home at your own pace and helps couples strengthen their bond, resolve conflicts, solve problems and better their mental health.

For more information, please contact
intake@mfrcedmonton.com

*This course is offered online and can be completed at your own pace

No program fee

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

Programs for Parents/Families

**Registration required. Register early, space is limited.*

Play Café

Fill your cup! Come and connect with other parents/ caregivers and let your little ones play. 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).

Mondays & Thursdays, April 2 - June 29

9:30 am - 12:00 pm | No program fee

Open to: parents/caregivers and their children
5 years and under from current-serving CAF families

Stay and Play

Bring your little ones to explore, play and connect with other families in a safe and nurturing space. Parents/ caregivers will actively engage with their children through fun activities that focus on early childhood development while building supportive social connections with others.

April 7, 14 & 21 | May 5, 12 & 19 | June 2, 9 & 16

10:00 - 11:30 am | \$2 per family

Open to: parents/caregivers and their children
5 years and under from current serving CAF families

Child Immunization Clinic

Alberta Health Services (AHS) provides immunizations and health education services to military families from Lancaster Park on the 2nd Tuesday of each month at the Edmonton MFRC. Immunizations are free of charge for infants and children who live in Alberta and are provided according to the AHS immunization schedule. Immunizations are recommended for infants starting at two months of age.

To book an immunization appointment or to speak to a Public Health Nurse, please call the Morinville Public Health Centre directly at 780-342-2600 ext. 3 and then ext. 2 and indicate that you wish to have your child seen at the MFRC.

April 14 | May 12 | June 9

9:30 am - 12:00 pm

No program fee

Open to: CAF, Veteran, Defence Community families
and Families of the Fallen

Pregnancy Support Group - Nurture You

Take time to nurture yourself during your pregnancy by exploring all aspects of your health in a supportive, welcoming space. Join us for this five-part series where we will focus on the domains of wellness for pregnancy with activities and topics that focus on your social, physical, environmental, intellectual, financial, spiritual, vocational and emotional well-being.

April 16 & 20 | May 14 & 28 | June 11

6:00 - 7:30 pm

No program fee

*5 week in-person sessions

Open to: adults 18+ and pregnant youth ages 13-17 from CAF, Veteran and Defence Community Families, and Families of the Fallen

Family Connections

Our Family Connections programs are designed to encourage peer-to-peer support in a safe space where families and children can connect with each other. The MFRC is a welcoming environment for children of all ages and a great way for families to meet each other or reconnect and have fun.

MOMC Family Dinner & Movie Night

April 25 | 4:00 - 6:00 pm | Location: MFRC

Open to: Current-serving CAF and Veteran families
and Families of the Fallen

Family Ceramic Painting - June 27 | 11:00 am - 1:00 pm

Location: Creative Cove | \$10 per participant

Open to: youth ages 6+ and their parents/guardians
of current-serving CAF and Veteran families and Families
of the Fallen

Programs for Parents/Families

**Registration required. Register early, space is limited.*

Summer Makers Market

Join us at our Summer Makers Market for a one-of-a-kind shopping experience!

Our market will be filled with local vendors from the military community who will be selling handmade goods, unique gifts, seasonal treats and more!

Stop by to shop local, sip on a delicious lemonade, grab a tasty cool treat and play fun outdoor games while learning more about the MFRC and connecting with others in the military community.

June 13 | 1:00 - 4:00 pm

Registration is not required

Open to: CAF, Veteran, Defence Community families and Families of the Fallen

**Interested in attending as a vendor?*

Contact outreach@mfrcedmonton.com.

Application deadline is May 25, 2026.

Cost is \$10 per booth.

Child Care Safety

What signs should you watch for if a child is sick? How do you create a safe environment inside and outside the home? Learn this and more in this free online course offered by St. John Ambulance that helps parents and caregivers keep young children safe.

**This course is offered online and can be completed at your own pace*

No program fee

Open to: CAF, Veteran, Defence Community families and Families of the Fallen





Sponsors & Donors

On behalf of the MFRC staff, board of directors and volunteers, we want to say THANK YOU to our community for keeping the MFRC in mind.

Meaningful donations and strong community partnerships enable the MFRC to continue to provide programs and services as we move forward with keeping our families and the unique challenges they face top of mind. As the only local non-profit organization nationally mandated as the frontline service provider to Canadian military families, we are the strength behind the uniform. The MFRC is here to make a difference in the lives of military families whether they are wishing to connect in a new community, look for peer support or seek tools to cope during a work-related absence.

Thank you to The Fountain Head Tattoo - St. Albert for their donation of \$2,000 from their annual Lest We Forget Flash Tattoo Day fundraiser. Your generosity has helped the MFRC in its mission to provide essential programs and services to support our military families as they navigate the unique challenges of military life.

To donate to the MFRC, please visit us online at CanadaHelps.org or connect with our fund development coordinator at funddev@mfrcedmonton.com.

THANK YOU FOR YOUR SUPPORT