



MFRC
CRFM
WINNIPEG

Calendar

July 2024

Playdate in the Park *For newly-posted families*

July 16, Tuesday | 1000 – 1130

Park on Silver Avenue (North RHU neighbourhood)

For more information or to register email jessica.jones@winnipegmfr.ca

Deployment Family BBQ *For military families experiencing the deployment cycle*

July 18, Thursday | 1730 – 1900 | MFRC Backyard (or Multi-purpose Room in case of rain) | Register by emailing tamika.reid@winnipegmfr.ca by **July 12**

Introduction to Pet Therapy Workshop *For medically-releasing members and medically-released veterans and their families*

July 25, Thursday | 1500 – 1600 | Winnipeg Humane Society, 45 Hurst Way
Register by emailing tamika.reid@winnipegmfr.ca by **July 22**

It's back! Community Coffee Break *Open to all*

July 31, Wednesday | 1000 – 1100 | MFRC Multi-purpose Room

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

July 31, 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@winnipegmfr.ca to book an appointment

Scan to learn more:

