

# JANUARY, FEBRUARY & MARCH 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](mailto: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 & Wellness .....	528-6300
Employment and Special Needs .....	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: [@CRFMEdmonton](#)  
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](http://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](mailto: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 Special Needs Services

There's a wide range of supports for individuals 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@mfrcedmonton.com](mailto:intake@mfrcedmonton.com)
- Visit us in person

## Ways We Can Help You

### Help Finding Resources

Be connected with helpful resources that support you:

- 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@mfrcedmonton.com](mailto:intake@mfrcedmonton.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](http://CFMWS.ca/Support-Services/Deployment)
- Call 780-973-4011 ext. 528-6304
- Email [deployment@mfrcedmonton.com](mailto: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](http://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.

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

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](mailto:deployment@mfrcedmonton.com) or call 780-973-4011 ext. 528-6304 to get your copy.

## 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.



# 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, which can be upwards of three years, 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](mailto: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](mailto: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](mailto: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](http://CFMWS.ca/Edmonton/YouthDropIn).



# Sponsors & Donors

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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.

On October 18, 2025, the Edmonton MFRC hosted its 19<sup>th</sup> Annual Yellow Ribbon Gala Dinner and Silent Auction. Thank you to our Platinum Sponsor - Edmonton Salutes Committee; Gold Donor - Cox Charitable Foundation; Silver Sponsors - Commissionaires of Northern Alberta Division and Sturgeon County; and Bronze Sponsors - Associated Engineering AB LTD, City of Fort Saskatchewan, Funky Petals – Fort Saskatchewan and Memories Funeral Home.

Thank you to all our silent auction donors, and to all who attended the event. Your support was integral to the success of this year's Gala! 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](https://CanadaHelps.org) or connect with our fund development coordinator at [funddev@mfrcedmonton.com](mailto:funddev@mfrcedmonton.com).

**THANK YOU FOR YOUR SUPPORT**



# 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](http://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](http://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.*

## **Post-Deployment Reintegration Workshop**

Are you getting ready for your loved one's return? Join us as we 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, the emotional cycle of deployment, coping strategies and more.

January 28 | 6:00 - 7:30 pm

\*Child care available for ages 1-5.

Registration is required, and space is limited.

No program fee

Open to: adult (18+) CAF family members

## **OP CONNECT**

OP CONNECT is a monthly coffee-chat type program that allows significant others of military members to meet and build a connection with others. Topics will focus on preparing for and coping with work-related absences.

Canvas and Connections

February 12 | 6:00 - 7:30 pm | \$10 per participant

Journaling for Mindfulness

March 4 | 6:00 - 7:30 pm | No program fee

\*Child care available for ages 1-5.

Registration is required, and space is limited.

Open to: adult (18+) CAF family members

## **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.

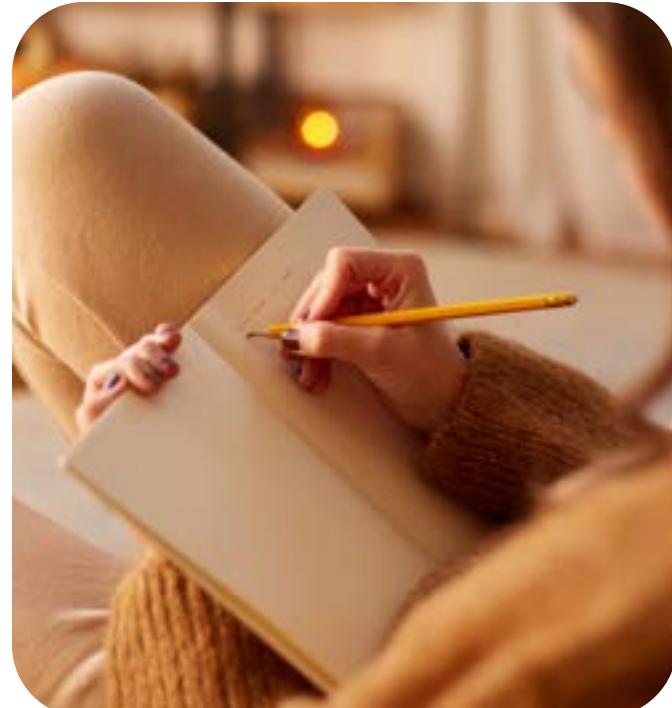
February 18 | 6:00 - 7:30 pm

\*Child care available for ages 1-5.

Registration is required, and space is limited.

No program fee

Open to: adult (18+) CAF family members



# 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.

## January Dates

### Ages 6 - 8

January 24 | 1:00 - 4:00 pm

### Ages 6 - 15

January 5 | 3:00 - 5:00 pm  
January 6 | 3:00 - 5:00 pm  
January 7 | 3:00 - 5:00 pm  
January 8 | 3:00 - 5:00 pm  
January 9 | 3:00 - 5:00 pm  
January 12 | 3:00 - 5:00 pm  
January 13 | 3:00 - 5:00 pm  
January 14 | 3:00 - 5:00 pm  
January 14 | 6:00 - 8:00 pm  
January 15 | 3:00 - 5:00 pm  
January 16 | 3:00 - 5:00 pm  
January 17 | 1:00 - 4:00 pm  
January 19 | 3:00 - 5:00 pm  
January 20 | 3:00 - 5:00 pm  
January 21 | 3:00 - 5:00 pm  
January 21 | 6:00 - 8:00 pm  
January 22 | 3:00 - 5:00 pm  
January 23 | 3:00 - 5:00 pm  
January 26 | 3:00 - 5:00 pm  
January 27 | 3:00 - 5:00 pm  
January 28 | 3:00 - 5:00 pm  
January 28 | 6:00 - 8:00 pm  
January 29 | 3:00 - 5:00 pm

### Ages 9 - 17

January 10 | 1:00 - 4:00 pm  
January 11 | 1:00 - 4:00 pm  
January 18 | 1:00 - 4:00 pm  
January 25 | 1:00 - 4:00 pm  
January 31 | 1:00 - 4:00 pm

## February Dates

### Ages 6 - 8

February 21 | 1:00 - 4:00 pm

### Ages 6 - 15

February 2 | 3:00 - 5:00 pm  
February 3 | 3:00 - 5:00 pm  
February 4 | 3:00 - 5:00 pm  
February 4 | 6:00 - 8:00 pm  
February 7 | 1:00 - 4:00 pm  
February 9 | 3:00 - 5:00 pm  
February 10 | 3:00 - 5:00 pm  
February 11 | 3:00 - 5:00 pm  
February 11 | 6:00 - 8:00 pm  
February 12 | 3:00 - 5:00 pm  
February 13 | 3:00 - 5:00 pm  
February 17 | 3:00 - 5:00 pm  
February 18 | 3:00 - 5:00 pm  
February 18 | 6:00 - 8:00 pm  
February 19 | 3:00 - 5:00 pm  
February 20 | 3:00 - 5:00 pm  
February 23 | 3:00 - 5:00 pm  
February 24 | 3:00 - 5:00 pm  
February 25 | 3:00 - 5:00 pm  
February 25 | 6:00 - 8:00 pm  
February 26 | 3:00 - 5:00 pm  
February 27 | 3:00 - 5:00 pm

### Ages 9 - 17

February 1 | 1:00 - 4:00 pm  
February 7 | 1:00 - 4:00 pm  
February 8 | 1:00 - 4:00 pm  
February 22 | 1:00 - 4:00 pm  
February 28 | 1:00 - 4:00 pm

## March Dates

### Ages 6 - 8

March 21 | 1:00 - 4:00 pm

### Ages 6 - 15

March 2 | 3:00 - 5:00 pm  
March 3 | 3:00 - 5:00 pm  
March 4 | 3:00 - 5:00 pm  
March 4 | 6:00 - 8:00 pm  
March 5 | 3:00 - 5:00 pm  
March 6 | 3:00 - 5:00 pm  
March 7 | 1:00 - 4:00 pm  
March 10 | 3:00 - 5:00 pm  
March 11 | 3:00 - 5:00 pm  
March 11 | 6:00 - 8:00 pm  
March 12 | 3:00 - 5:00 pm  
March 13 | 3:00 - 5:00 pm  
March 16 | 1:00 - 4:00 pm  
March 17 | 3:00 - 5:00 pm  
March 18 | 3:00 - 5:00 pm  
March 18 | 6:00 - 8:00 pm  
March 19 | 3:00 - 5:00 pm  
March 20 | 3:00 - 5:00 pm  
March 30 | 3:00 - 5:00 pm  
March 31 | 3:00 - 5:00 pm

### Ages 9 - 17

March 1 | 1:00 - 4:00 pm  
March 8 | 1:00 - 4:00 pm  
March 15 | 1:00 - 4:00 pm  
March 22 | 1:00 - 4:00 pm  
March 28 | 1:00 - 4:00 pm  
March 29 | 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!

Youth Game & Trivia Night - January 15 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - January 16 | 6:00 - 8:00 pm

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

Creative Creations - February 12 | 6:00 - 8:00 pm

Video Game Tournament - February 26 | 6:00 - 8:00 pm

Game Night! - February 27 | 6:00 - 8:00 pm

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

B-I-N-G-O! - March 12 | 6:00 - 8:00 pm

Choose Your Own Adventure - March 20 | 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!

Youth Game & Trivia Night - January 15 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - January 23 | 6:00 - 8:00 pm

Taking Care of Me - January 29 | 6:00 - 8:00 pm

Creative Creations - February 5 | 6:00 - 8:00 pm

PJ, Popcorn & Movie Night - February 20 | 6:00 - 8:00 pm

Game Night! - February 27 | 6:00 - 8:00 pm

B-I-N-G-O! - March 5 | 6:00 - 8:00 pm

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

Choose Your Own Adventure - March 20 | 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



# Programs for Child & Youth

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

## 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.

January 22 & 30 | February 13 & 19 | March 13 & 19

6:00 - 9:00 pm

No program fee

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



## 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.

February 21 | 1:00 - 3:00 pm

\$20 per participant

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



## Coping Skills Bootcamp

With frequent moves to new locations and family members often away for work, children in military families face unique challenges. The Coping Skills Bootcamp is an interactive group program that helps children better cope with difficult situations and feelings.

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!

February 24, March 3 & 10 | 6:00 - 7:30 pm

No program fee

Open to: youth ages 8-12 from CAF families

# Programs for Adults

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

## Community Hub

Looking for a place to unwind, create, work, or just be? Our adult drop-in program provides a welcoming, flexible space to bring a project, start a conversation, or just enjoy the space in a relaxed, no-pressure environment. Whether you're looking for a quiet spot to read or work, a chance to connect with others, or simply a comfortable place to unwind, this unfacilitated program provides a supportive atmosphere that can be used however you choose.

January 5 | February 2 | March 2 | 1:00 - 3:00 pm

January 9 | February 6 | March 6 | 6:00 - 8:00 pm

\*Child care available for ages 1-5.

Registration is required, and space is limited.

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.

French Connection - January 10 | 11:00 am - 12:30 pm

Location: Edmonton Garrison Tim Hortons

French Connection - February 14 | 10:30 am - 12:30 pm

Location: Edmonton Garrison Tim Hortons

Month of the Francophonie Family Movie Night

March 20 | 5:00 - 8:00 pm | MFRC

No program fee

Open to: CAF, Veteran, Defence Community

families and Families of the Fallen

## Conversation Mix-Up

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!

January 13, 20 & 27 | 12:00 - 1:00 pm

January 15, 22 & 29 | 4:00 - 5:00 pm

February 3, 10, 17 & 24 | 12:00 - 1:00 pm

February 5, 12, 19 & 26 | 4:00 - 5:00 pm

March 3, 10 & 17 | 12:00 - 1:00 pm

March 5, 12 & 19 | 4:00 - 5:00 pm

No program fee

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

## 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.

Pottery Class - January 17 | 1:00 - 4:00 pm

Pottery Class - January 18 | 6:00 - 9:00 pm

Location: St. Albert Place | \$15 per participant

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

Let's Get Baking! - February 22 | 10:00 am - 12:00 pm

Location: Clareview Recreation Centre Kitchen

\$10 per participant

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

Activate Gaming Experience - March 8 | 1:00 - 3:00 pm

Location: Activate West Edmonton | \$15 per participant

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

# Programs for Adults

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

## **The Whole-Brain Child Workshop**

The Whole-Brain Child workshop is designed for families with children from birth to teenage years and explores how the brain grows and how that affects a child's feelings, behaviour and development. In this one-day session, you'll learn easy, practical strategies to help you navigate everyday challenges such as big emotions or tough transitions and help your child become more resilient, emotionally strong, and capable. Lunch will be provided.

**January 31 | 9:00 am - 4:00 pm**

**\*Child care available for ages 1-5.**

**Registration is required, and space is limited.**

**No program fee**

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

## **Special Needs Workshop**

Join us for a presentation by Shine Beyond Limits to explore key concepts of social-emotional development for families of children with special needs. This session will be delivered by occupational and behaviour therapists and will include practical strategies to support children's overall well-being, relationships, and success at home and in school. Parents/caregivers will also have the opportunity to ask questions and come together in a welcoming space to connect with other families, share experiences and grow as a community.

**February 25 | 6:30 - 7:30 pm**

**\*Child care available for ages 1-5.**

**Registration is required, and space is limited**

**No program fee**

**Open to: adults (18+) from CAF and Veteran families**

## **Shop N' Swap**

Come trade your gently used items for something new-to-you with a sustainable shopping experience at no cost. Families can bring donated items they no longer need - like clothes, toys, books, household goods or crafts— and discover unique finds all while connecting with each other, saving money, and reducing waste in a fun, eco-friendly environment.

**March 14 | 3:00 - 5:00 pm**

**No program fee**

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

## **Mental Health First Aid**

Join us to become certified in Mental Health First Aid and increase your confidence and willingness to help by learning what signs to look for and the appropriate treatment to better manage potential or developing mental health problems.

Mental Health First Aid Veteran Community is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental crisis. It does not train people to become counsellors or therapists and just like physical first aid, this course aims to ensure that those most in contact with members of the Veteran Community can identify the signs of an emerging mental health problem and respond effectively in a crisis.

**March 16 & 17 | 9:00 am - 5:00 pm**

**No program fee**

**Open to: Medically releasing CAF members, medically released Veterans, and their families (3B release or preparing for 3B release) are given priority. CAF, Veteran, Defence Community families and Families of the Fallen are eligible to attend if space is available.**

## **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 Café 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).

**January 14 & 28 | February 11 & 25 | March 11 & 25**

**10:00 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.

**January 13 & 20 | February 2, 10 & 17 | March 3, 10 & 17**

**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 2<sup>nd</sup> 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.

**January 13 | February 10 | March 10**

**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 Series

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

**January 14 & 28 | February 11 & 25 | March 11 & 25**

**10:00 am - 12:00 pm**

**No program fee**

**\*6 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.

**Fam-tastic Bowling Event - January 24 | 2:00 - 4:00 pm**

**Location: St. Albert Bowling and Rec Centre**

**\$10 per participant**

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

**Family Sweetheart Dance - February 13 | 5:30 - 7:30 pm**

**Location: MFRC | \$5 per family**

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

**Family Ceramic Painting - March 21 | 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.*

## **Standard First Aid, CPR & AED – Level C**

Are you looking to get certified in First Aid, AED & CPR? This two-day course through the Heart and Stroke Foundation, offered in partnership with First Choice First Aid, will teach you how to recognize and provide intervention for life threatening emergencies until medical help arrives (choking, shock, unconsciousness, severe bleeding, wound care, CPR for adult casualties and resuscitation for infants and children). It also includes a brief component on Mental Health Awareness.

**February 28 & March 1 | 8:00 am - 5:00 pm**

**\$120 per participant**

**Open to: adults and children 12+ years of age from CAF, Veteran, Defence community families and Families of the Fallen**

## **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**



Celebrate the Month of the  
Francophonie with the MFRC!

# Sugar Shack



Celebrate the magic of the Canadian Sugar Shack! Families are invited to join us for a sugar shack experience at the MFRC.

Indulge in sweet maple taffy, popcorn and hot chocolate as you play games, snowshoe through the snow, and create Francophone-inspired crafts while listening to French Canadian music.



SATURDAY, MARCH 14 | 2:00 - 5:00 PM | MFRC

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