

Merry Christmas and Happy Holidays from the Staff and Board of the MFRC.

We wish you and your family a happy, healthy New Year.

MFRC FAMILY CHRISTMAS PARTY

Drop in and celebrate the season with the MFRC staff and Board members, for our annual Christmas Party. There will be holiday crafts and activities for the kids to do, Christmas music and snacks, as well as a surprise visit from a special someone from 2:30 to 4:30 p.m.

Friday, December 18 from 2:00 to 5:00 p.m.

MFRC HOLIDAY HOURS

Monday, December 21—8:30 to 4:30 p.m.

Tuesday, December 22—8:30 to 4:30 p.m.

Wednesday, December 23—8:30 to 4:30 p.m.

Thursday, December 24—Closed

Friday, December 25—Closed

Monday, December 28—Closed

Tuesday, December 29—8:30 to 4:30 p.m.

Wednesday, December 30—8:30 to 4:30 p.m.

Thursday, December 31—Closed

Friday, January 1—Closed

The MFRC will be closing at 10:30 a.m. on Thursday, December 10, 2015.

www.facebook.com/WinnipegMFRC ~ www.twitter.com/WinnipegMFRC ~ www.pinterest.com/WinnipegMFRC

www.familyforce.ca

102 Comet Street, PO Box 17000 Stn Forces, Winnipeg, MB, R3J 3Y5

204-833-2500 extension 4500

winnipegmfr@familyforce.ca

Board of Directors

Honorary Chair – Arlene Van Ruiten

Chairperson – Lois Mallet

Vice-Chairperson - Nathalie Dufour

Secretary-Treasurer - Kaila Conway

Members– Len Brickell, Karen Hansen, Allison Leveque, Joanne Robertson, Christine Jillett

EMAIL: winnipegmfrfc@gmail.com

Winnipeg MFRC staff

Executive Director

Don Brennan
donald.brennan@forces.gc.ca Ext 4504

Second Language Services

Colombe Pelletier Ext 4515
colombe.pelletier@forces.gc.ca

Community Outreach

Dana Glover Ext 4507
dana.glover@forces.gc.ca

Employment, Education and Youth

John Bailey Ext 4511
john.bailey@forces.gc.ca

Social Worker

Sherri Pierce, BSW, RSW Ext 4056
sherri.pierce@forces.gc.ca

Social Worker

Kim Smyrski, BA, MSW Ext 4512
kim.smyrski@forces.gc.ca

Family Liaison Officer, IPSC

Laurie Jackson, BSW, RSW Ext 4478
lori.jackson2@forces.gc.ca

Adult and Parenting

Jenny Brennan Ext 4509
jen.brennan@forces.gc.ca

Volunteer Services

Barbara Thuen Ext 4519
barbara.thuen@forces.gc.ca

Office Manager

Mona Currie Ext 4500
mona.currie@forces.gc.ca

Children's Programs

Shannon Peake Ext 2491
shannon.peake@forces.gc.ca

MFRC Childcare Centre

Lois Johnson, Director
loisjohnson@mymts.net 204-837-3626
Preschool/school age program 204-837-3653
Infant program 204-831-1243

Newcomer Services

Sheila Booker Ext 4506
sheila.booker@forces.gc.ca

Deployment Services

Jamie Doherty Ext 5391
jamie.doherty@forces.gc.ca

Youth Program Assistant

Sabreena Castagner Ext. 2991
sabreena.castagner@forces.gc.ca

Receptionist

Heather Witherden Ext 4500
heather.witherden@forces.gc.ca

Thunder Bay MFRC site

Evelyn Harrison (807) 345-5116
Chelsea Nickleson Loppacher



Community Coffee Break

The MFRC Community Coffee Break takes place the first Thursday of every month. It provides a chance to meet informally with the staff and Board members of the MFRC, our military families and volunteers. As well, many members of our military and civilian communities regularly attend our Community Coffee Breaks. The food and fellowship are always outstanding, and you will even have a chance to win a door prize! Please join us on Thursday, December 3, 2015, from 10:00 to 11:00 a.m. at the MFRC.

Deployment Programs

OP DEPLOYMENT

OP DEPLOYMENT would like to give a huge shout out to Ronna Goldberg and the staff and residents from *ALL SENIORS CARE LIVING CENTERS* from across Canada who kindly put together enough Christmas gift boxes to send to each deployed CAF member from 17 Wing, 1CAD and 2CAD. The gift boxes were wrapped and addressed by MFRC staff and volunteers who attended November's Op Deployment *PACK, SNACK AND WRAP* event.

OP DEPLOYMENT will be hosting a Christmas Party for families and friends who fall under the OP Deployment program. This year's party will be **Brunch and Bowl with Santa at St. James Lanes**. This party will take place on **Sunday December 6th, from 9:30am-1pm**. **Registrations required**. Subsidized fees for families will apply. For more information, please call or e-mail Jamie Doherty, Deployment Services Coordinator.

OP DEPLOYMENT would like to wish you a very Merry Christmas, and we hope to see you here at the MFRC for the many programs being offered throughout the month of December.

Youth drop-in centres

The MFRC Youth Centres, North Side, 102 Comet Street and the South Side, 347 Doncaster Street, are currently open Monday to Friday. Please see below for hours of operation.

Youth Drop-In Centre Hours of Operation:

North Side (6-12 year olds)

Monday & Wednesday 5:00pm - 8:00pm

Friday 5:00-9:00pm

Tuesday/Thursday: CLOSED

The North Side youth Center will be open on Tuesday December 15th and Thursday December 17th from 5:00-8:00pm

South Side (6-12 year olds)

Monday/ Wednesday/ Friday : 4:00pm - 8:00pm

**Hours of Operation are subject to change based on usage and youth attendance.*

**Youth Centres are closed on Holidays.*

The South Side Youth Center will be open on Tuesday December 15th and Thursday December 17th from 4:00-8:00pm

For more detailed information of each Youth Centre and its activities, please see the attached Youth Centre calendars. We do require all youth who are take part in the drop-in programs to hand in a completed membership package. Please see a member of staff for details. All this information regarding Youth Centre activities and more great opportunities for youth is now available online. **Our Facebook page – WinnipegMFRCYouth** is dedicated to providing the most up to date information on activities, events and updates related to the MFRC Youth Centres. Be sure to "like" us and check back regularly!

To be added to the email distribution list for upcoming events and activities, please contact Sabreena Castagner, Youth Centre Assistant at 833-2500 Ext. 2991, sabreena.castagner@forces.gc.ca or John Bailey, Employment, Education & Youth Coordinator at 833-2500 Ext. 4511, john.bailey@forces.gc.ca.



1-800-866-4546

Unless specified otherwise, all programs take place at the MFRC, 102 Comet St.

Guest Speaker / Conférencière d'honneur

RCAF HONOURARY COLONEL
LORENA MCKENNITT
COLONEL HONORAIRE DE L'ARC

Entertainment by / Musique de la
The Royal Canadian Air Force Band
Musique de l'Aviation royale canadienne

 **MFCRCRFM**
MILITARY FAMILY RESOURCE CENTRE
CENTRE DES RESSOURCES POUR LES FAMILLES DES MILITAIRES
www.familyforce.ca
www.forcedelafamille.ca

10TH Annual
*Yellow
Ribbon
Gala*

**VICTORIA INN Hotel
and Convention Centre**

1808 WELLINGTON AVE.

2016

2016

*Gala des
rubans
jaunes*
10^E Annuel

Cocktails 6:00pm ~ Dinner 7:00pm
Cocktails à 18 h ~ Dîner à 19 h

DRESS / TENUE :
FORMAL ATTIRE, BUSINESS SUIT ACCEPTABLE.
TENUE DE SOIRÉE OU COMRET.

Saturday **FEBRUARY 20** FÉVRIER le samedi

\$100 per person* or Table of 10 for \$900

*A charitable donation receipt will be issued for a portion of the per-person price.

TICKETS AVAILABLE UNTIL FEBRUARY 10, 2016

100\$ par personne* ou 900\$ pour une table de 10

* Un reçu pour les dons de bienfaisance vous sera remis pour une partie du prix d'achat.

LES BIJETS SERONT EN VENTE JUSQU'AU 10 FÉVRIER 2016

For ticket information / Pour obtenir des renseignements sur les billets : **204.833.2500 ext./poste 4500**

MFCRC/CRFM - 102 Comet Street / 102, rue Comet - Monday to Friday 8:30am - 4:30pm / de lundi au vendredi, de 8 h 30 à 16 h 30

Project New Hope Canada Inc.
Presents:

Sisters of the Holy Rock



Advance Bookings –
Carolyn
204-383-5223

50/50 Draw and Silent
Auction

Saturday November 28th - 7 PM

17 Wing Theatre

680 Whytewold Rd, Winnipeg, MB

Advance Tickets \$20 – At Door \$22

Children 6-12 yrs \$10

Project New Hope Canada Inc.,
You Served ♥ We Care

www.projectnewhopecanada.com
www.facebook.com/projectnewhopecanada

Supporting Canadian Veterans and their Families



Santa's Elves

And the

Magic Christmas Shoppe



Santa will be sending some helpers down to the MFRC to set up the
MAGIC CHRISTMAS SHOPPE!

Children can visit the SHOPPE to purchase gifts for the people on their list!*

Personal shopping assistants will be available to help
select and wrap gifts.

WHEN? Tuesday, December 15 - 3:00 pm—6:00 pm

WHERE? MFRC—102 Comet Street

WHO? Children ages 12 and under

Pre-registration is requested by December 11, to ensure that the shoppe is adequately stocked.
There are a limited number of shopping appointments.

Please call the MFRC at 204-833-2500 ext. 4500 to schedule a shopping time.



All gifts: 50 cents!

Donations of gifts (for men and women),
gift bags, boxes and ribbon will be
gratefully accepted.

*Number of gifts per child may be limited, based on gift
availability.



Tutoring Services

Are you struggling in a certain subject at school?
MFRC Youth Programs is running tutoring/homework help on
Tuesday evenings!
All subjects* from grade 1-8.

* Tutoring is offered in English. French services may be available upon request

Sessions begin on November 10th. 2015

Three time slots: (1) 5:00-6:00 pm, (2) 6:00-7:00 pm, (3) 7:00-8:00pm

Sessions will take place at the MFRC,
102 Comet Street.



For more information, please contact John Bailey at 204-833-2500 ext. 4500, or Sabreena Castagner at 204-833-2500 ext. 2991

To register, please contact 204-833-2500 Ext. 4500



Parenting & Children's Programs

EVENING CHILDCARE

Tuesday, December 1

From 5:00 to 8:00 p.m.

Westwin Children's Centre

\$10/children over 2 years old; \$12 children under 2 years old.

Registration deadline: November 27, 2015

Would you like few child-free hours to help you tackle your holiday to-do list, or give you and your spouse time for a dinner date? Children 12 months to 6 years old can be cared for at Westwin Children's Centre. Call 204-833-2500 ext. 2491 to register.

MOTHER GOOSE

Tuesday, December 1—will resume in January 2016

From 9:30 to 11:00 a.m.

300 Carpathia Rd.

Parent participation required

This program is for parents/caregivers and their children (infant—5 years old).

Discover the power and pleasure of rhyme and song in a casual, friendly setting. For more information call 204-833-2500 ext. 2491. (This program is funded by Families Forward)

CREATIVE TOTS

Thursdays, December 3 and 10

Westwin Children's Centre

From 9:30 to 11:00 a.m.

Parent participation required

Parents/caregivers and children 0-5 come and explore play, crafts, songs and stories. It is a great place to meet others and introduce your child to a group setting. Please bring a nut free snack for your child.

A PARENT COMMUNITY

Fridays, December 4 and 11

From 9:30 to 11:30 a.m.

Free child care for children 18 months to five years.

A 'community' of parents will discuss topics

related to parenting children of all ages.

Stop in and have some coffee and conversation while your children play and get to know others! Once a month our Public Health Nurse will be in to provide information and resources.

KIDS CARE

CASUAL CHILD CARE

Hours:

Tuesdays and Thursdays, December 1, 3, 8, 10, 15, 17

from 9:00 to 4:00; 9:00-12:00 or 1:00 to 4:00

Fees: Children under 2 years: \$12/3 hours; \$28/7 hours.

Children 2-5 years: \$10/3 hours; \$24/7 hours. Hourly fee \$5.00 per hour, per child.

Ask about our family rates.

Location: 630 Wihuri Rd (Kid's Care Room)

The MFRC offers child care on a casual basis for children 6 months - 5 years old.

Register by calling 204-833-2500 ext. 2491 a minimum of 24 hours in advance.

Peanut free snacks, lunch and diaper supplies (if required) should be sent.

A PARENT GROUP

Wednesday, December 9

From 9:30 to 11:30 a.m.

Free child care for children 18 months to five years.

Come join us for a morning of fun, food and activities. Join other parents for some socializing, while your children 18 months to five years old socialize in the playroom. Children under 18 months will stay in the room with the parents and play.

NEXT CHAPTER

Tuesday, December 15

From 9:30 to 11:30 a.m.

Free childcare for children 18 months to five years.

Are you in the 'Next Chapter' of your parenting life? Do you have school aged kids, and are looking to socialize with other

parents with school age kids? This group will help you find yourself as you go through the middle years before the teen years! Each month we will have a different topic to discuss while having some fun and food with friends. This program is designed for parents with children ages six and up.

"GINGERBREAD" HOUSE PARTY

Thursday, December 17

From 9:30 to 11:00 p.m.

\$2.00 per house

Westwin Children's Centre

Registration deadline: December 14, 2015

Parent participation required

Create a cute "gingerbread" candy house for the holidays. Please bring a clean milk carton (1 litre or smaller). Call 204-833-2500 ext. 2491 to register.

DROP N' SHOP

Saturday, December 19

From 9:30 to 4:00 p.m.

Kid's Care, 630 Wihuri Rd.

Special drop n' shop rate: \$12.00/full day/child; \$8.00/half day/child

Registration deadline: December 15, 2015

Do you need some time to finish up those last minute holiday preparations? Leave your children ages 6 months to 4 years old with us for the morning/afternoon or full day. Snacks; lunch; outdoor apparel and diaper supplies should be sent. Space is limited. Call 204-833-2500 ext. 2491 to register. Older children may wish to register for the PSP Drop n' Shop. Call 204-833-2500 ext. 5139 or 2057 for info.

STAY N' PLAY

Tuesday, December 29

From 9:30 to 11:00 p.m.

Parent participation required

Parents and children (infant—5 years old) can drop in for some play, crafts, songs and fun in the playroom. Please bring a nut free snack for your child.

FREE MOVIE – ELF

Monday, December 21 at 1:00 p.m.

Building 90 Theatre

PSP Community Recreation and the MFRC are partnering to offer a viewing of the movie "ELF" at the base Theatre. Channel your inner Elf and join us for an afternoon of fun and laughter!

Unless specified otherwise, all programs take place at the MFRC, 102 Comet Street

Adult Programs

COFFEE AND CONVERSATION

Tuesdays, December 1, 8, 15

From 2:00 to 3:00

The Coffee & Conversation drop in program is open to anyone interested in meeting MFRC volunteers and staff. It is an opportunity to learn more about and participate in planning some of the MFRC programs, especially those involving volunteers. The coffee is always on, and the conversation is always interesting!

DECEMBER 6TH VIGIL

Sunday, December 6 at 7:00 p.m.

December 6, 2015 is the 26th anniversary of the massacre at Montreal's École Polytechnique. We will be gathering to remember the 14 women killed that day, as well as women and girls who have died due to violence in Manitoba in the past year. The vigil will be outside. Please dress for the weather. Join us indoors for conversation and light refreshments following the event.

LADIES NIGHT OUT ORNAMENT EXCHANGE

Monday, December 7

From 6:30 to 9:00 p.m.

Registration deadline: December 3, 2015

It's time once again for our annual 'Ornament Exchange'. Please bring a wrapped Christmas ornament (\$5 or under) and an appie or dessert to share. We will be playing games, having fun, laughing and sharing some snacks.

COLOUR ME CHRISTMAS

Wednesday, December 9

from 6:00 to 8:00 p.m.

Registration deadline: December 4, 2015

Cost: \$10.00

Childcare available for children ages 18 mos. to 5 years when preregistered by deadline.

The holiday season is a busy, bustling time for many folks. Take this opportunity to slow it down. Join us for mindful colouring and holiday treats. Each registered participant will receive a winter/holiday colouring book for this event.

Adult only event. No children may register. Space is limited.

HONEY HIVE

Monday, December 14 at 7:00 p.m.

Registration deadline: December 3, 2015

If you are 45+, you are welcome to join in the conversation about midlife, how to enjoy it and plan for the next stage. Our group will discuss future event ideas, such as guest speakers, ways of living, whatever our creative energies can come up with—that's why the more minds we have in the hive, the better! Come help us get our group off the ground. A craft and cookie exchange will take place.

THE HAPPINESS PROJECT HOLIDAY POTLUCK

Wednesday, December 16 at 6:00 p.m.

Childcare available for children ages 18 mos. to 5 years who preregister by

December 7.

Registration deadline: December 7, 2015

This will be the wrap-up for the 2015 Happiness Project. We will share potluck and stories of how the Happiness Project influenced us over the past year.

Curious about the Happiness project, but didn't join us in 2015? Come to the potluck to hear about others' experience with the group. Please bring a dish to share with the group. Drinks will be provided by the MFRC. Stay tuned for a new group starting in January 2016.

PYJAMA CHRISTMAS COFFEE

Monday, December 21

From 10:00 to 11:30 a.m.

Join us for the Pyjama Christmas Coffee. There will be Christmas music, activities for the kids to do, hot chocolate and seasonal baked goods.

FAMILY CHRISTMAS COLOURING

Wednesday, December 23

From 10:00 to 12:00 p.m.

Childcare available for children ages 18 mos. to 5 years with pre-registration.

Registration deadline: December 17, 2015

Holiday colouring sheets! Sweet holiday treats! Come join us for a low-key morning of colouring, visiting and snacks. Families with children ages 5+ may register for this event. Younger children may attend childcare with Miss Maddy. All children must be accompanied by an adult.

Santa's elves need your help!

Donations are requested for the Magic Christmas Shoppe.

Children will be able to shop for presents for their loved ones.

The following items are needed for its success:

- New or gently used gifts for men and women
Ex: New toiletries, hats, gloves, socks, etc.
-non-perishable treats, gently used books, jewelry, trinkets, DVD's, CD's, games, sports paraphernalia, etc.
- New or gently used gift bags and boxes
- Ribbons, bows and tape
- Monetary donations for the purchase of gifts and supplies would also be greatly appreciated.

Donations may be dropped off to the MFRC until Friday, December 11, 2015. All gifts should be in very good condition. We are not accepting clothes as donation for this event, beyond the hats/gloves/socks noted above.

Second Language Services

FRENCH COFFEE

December 2, 9, 16

From 9:30 to 11:00 a.m.

Join us every Wednesday morning for a coffee and a chat with members of the francophone community. Free child care is provided for children ages 18 months to 5 years old.

FRANCOPHONE LADIES GROUP DINNER AND GIFT EXCHANGE

Tuesday, December 8 at 6:30 p.m.

Sabai Thai Eatery, 1113 Corydon Ave.

Participants are responsible for paying for their own food and beverages.

Registration deadline: December 7, 2015

Presented in French If you speak French, come celebrate the Holiday season by joining us for a good meal. Fun and laughter are guaranteed. Bring a gift with a value of \$10.00 for the gift

Unless specified otherwise, all programs take place at the MFRC, 102 Comet Street



17 Wing

Health Promotion

Health Promotion is your one-stop shop for a healthier lifestyle! Health Promotion delivers Strengthening the Forces (STF) courses, programs and campaigns designed to assist CAF members, their families and the entire defence community to take control of their health and well-being. All programs are free of charge and open to adults affiliated with the Defense Community. Please contact 204.833.2500 ext. 4150 or HealthPromo@forces.gc.ca for more information or to register.

Mental Fitness and Suicide Awareness

Thursday, December 10 from 0800-1600 hrs

Maintaining good mental health is a key component in ensuring our overall health. Mental Fitness and Suicide Awareness will improve your knowledge and develop life skills by assisting in the understanding and maintenance of mental fitness.

Top Fuel for Top Performance

Wednesday, December 15 and Thursday, December 16 from 0830-1600 hrs

If you are serious about getting the most out of your workouts, it is vital that you regularly supply your body with nutritious food. Healthy eating packs a powerful punch, providing your body with the nutrients and energy to deliver maximum performance. Get the facts on what you need to eat and drink before, during and after physical activity.

Holiday helper

Yes, in case you've forgotten, you can have fun over the holidays. But with family, shopping, cooking and hosting, it's easy to get stressed out. Here's how to put the "fest" back into your festivities.

Get ready

If there's a holiday event and you're part of it, treat it the same way you would any important project:

Plan ahead to get things done. Make lists. Organize. Delegate.

Keep it simple. Don't shoot for the moon. Getting together doesn't need to be extravagant. Or perfect. Odds are Martha Stewart won't be there taking notes.

Say no. It's not a crime to opt out of something — especially when you've already got too much on your plate.

Make a budget. Any holiday has the potential to cost you: gifts, food, drinks, travel, and a dozen little things all add up. So budget, set a limit and stick to it.

Family time

Friends you can pick; family you're generally stuck with. So here's how to handle them:

Be serene. Put any family problems, rivalries or hostilities behind you for now. But do plan to work out your problems some other time, in private.

Be accepting. They are who they are. And so are you. Don't expect Uncle Fred to stop telling the same embarrassing stories just because it's a holiday. If you really can't stand it, leave the room.

Be understanding. Not everyone can be there for every gathering. No matter what the holiday, married family members (especially those married more than once) likely have other people to see.

Be inclusive. Involve everyone in activities, games, outings and even watching television so that it's geared to get everyone in the holiday spirit.

Remember the basics

During the holidays, it's easy to indulge in too much food or alcohol and completely ignore your need for sleep and exercise. Unfortunately, that could put a damper on your fun. Remember to:

Enjoy food and alcohol in moderation. Too much of either will likely diminish the fun part, and increase stress, for obvious reasons.

Put sleep and exercise on your to-do list. Sleep and exercise can help reduce any stress you're feeling.

Help for the holiday blues

Sometimes, the stress is going to be there no matter what, like stress caused by a life change, such as an illness in the family, a job loss or divorce or separation. But you can try to beat the holiday blues by:

- Finding someone to talk to
- Attending special holiday events sponsored by community groups or religious organizations
- Doing volunteer work — food banks, community centres, seniors' homes
- Getting as much natural light as possible — Seasonal Affective Disorder (SAD) can put a big crimp in winter holiday fun

An Evening of Traditional English Hand bells And Christmas Caroling

Join us on December 14th for
a Christmas Hand bells
performance followed by
Hot Chocolate and Caroling.



Hand bell performance will run from
6:00—7:00 pm.

Caroling will take place in the RHU
neighbourhood from 7:00—8:00 pm.

Admission is free and all are welcome!

For more information, please contact John Bailey at 204-833-2500
ext. 4511, or Sabreena Castagner at 204-833-2500 ext. 2991.

Please contact the MFRC to reserve your spot at
204-833-2500 ext. 4500



THE DUKE OF EDINBURGH'S INTERNATIONAL AWARD

What is it?

The MFRC Duke of Edinburgh program is designed to help young people along their award journey. Weekly meetings will include community service trips, adventurous journey planning, introduction to new skills and physical recreation. We will also be assisting in the adventurous journey.

The basic structure of the Award program consists of the following four main sections include:

- Service
- Adventurous Journey
- Skills
- Physical Recreation

When?

Weekly meetings will take place on Thursdays from 5:00pm-8:00pm. Sessions begin on November 5th, 2015, but participants can register anytime.

Who can participate?

Anyone aged 14-25

Costs

\$30.00 registration fee.

For more information, or to register, please contact:

Youth Program Assistant: Sabreena Castagner
204-833-2500 Ext. 2991
sabreena.castagner@forces.gc.ca

Youth Program Coordinator: John Bailey
204-833-2500 Ext. 4511
john.bailey@forces.gc.ca

FREE! Movie

Presented by the MFRC & PSP Community Rec.

Monday 21 December

Channel your inner Elf and
join us for an afternoon
of fun and laughter!

MOVIE STARTS AT 1 PM

Bldg 40 Theatre

Featuring...



Helping Entrepreneurs Reach Complete Success



- ✓ Are you tired of job searching every time you are posted?
- ✓ Do you want a career that can travel with you?
- ✓ Are you interested in your own business?
- ✓ Do you want to know how to get started?



Don't miss out on this award winning program!

Let HERCS be Your Gateway to Entrepreneurship!

Join us for this MFS endorsed program.
Each session will include three two
hour workshops offered online covering
topics including:

1. Small Business Ownership
2. Marketing
3. Social Media
4. Financing Options
5. Business Canvas
6. Resources and more...

Presented by:



Open to all family members of the
Military Community

Winter Session – Monday Jan. 11/16 1-3pm
Wednesday Jan. 13/16 1-3pm
Monday Jan. 18/16 1-3pm

Where: Online via Webex

Fee: fully funded including manual fee

Participants need: a headset with microphone
a business idea or sample to work with.

Limited Space Available

Register by December 14th, 2015

For more information or to register, please contact:

Liz Nicholas or Priscilla Tremblay at the Trenton Employment & Education Services Program
613-392-2811 ext 3852 / Elizabeth.nicholas@forces.gc.ca / priscillatremblay@trentonmfr.ca

December 2015 – Programs at a glance

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Mother Goose Coffee & Conversation Evening Childcare	2 French Coffee	3 Coffee break Creative Tots	4 A parent community	5
6 Op Deployment Christmas Party Vigil	7 Ladies Night Out Community Choir Concert	8 Coffee & Conversation Francophone ladies group	9 French Coffee A parent group Colour Me Christmas RCAF Band Concert	10 Closing at 10:30 a.m. Creative Tots	11 A parent community	12
13	14 Honey Hive	15 Coffee & Conversation Next Chapter Magic Christmas Shoppe	16 French Coffee The Happiness Project—Holiday Potluck	17 Creative Tots Gingerbread House Party	18 Family Christmas Party	19 Drop n' Shop
20	21 Pyjama Christmas Coffee "Elf"	22	23 Family Christmas Colouring	24 MFRC Closed Happy Holidays	25 MFRC Closed Happy Holidays	26
27	28 MFRC Closed Happy Holidays	29 Stay n' Play	30	31 MFRC Closed Happy Holidays	1 MFRC Closed Happy Holidays	

Registrations are accepted by phone for programs without fees. All other registrations must be done in person at the MFRC during office hours, Monday, through Friday from 8:30 a.m. to 4:30 p.m. Fees are to be paid at the time of registration. Post-dated cheques are accepted only for Kidventures and nursery school programs.

Cancellations: The Winnipeg MFRC reserves the right to cancel any program at any time. A full refund will be given and every effort will be made to notify all participants.

Unless otherwise stated all programs take place at the MFRC—102 Comet St.





December 2015

SOUTH SIDE YOUTH CENTRE
347 DONCASTER STREET

	MON	TUE	WED	THU	FRI	SAT
		1 Closed	2 Decorate	3 Closed	4 Cinnamon Snowflakes	5 
6	7 Skating	8 Closed	9 Paint Night	10 Closed	11 Christmas Movie	
13	14 Closed for Caroling	15 Christmas Crafts	16 Christmas Cookies	17 Ginger-bread	18 Closed	19
20	21	22	23	24	25	26
<p>Closed for the Holidays! We hope everyone has a safe and enjoyable holiday. We'll see you in the new year!</p>						
27	28	29	30	31		

HOURS OF OPERATION

MONDAY/ WEDNESDAY/ FRIDAY
4:00 PM - 8:00 PM (6-12 YEAR OLDS)

www.familyforce.ca
EMAIL: mfrckids@gmail.com
204-488-8563

December EVENTS

- Dec 2: Be Merry and Bright! Come help us turn our youth center into a winter wonderland!
- Dec 4: Delicious edible snowflakes!
- Dec 7: Bring your skates we're going out on the rink tonight! Hot chocolate afterwards!
- Dec 9: Let your creativity fly tonight as we create beautiful paintings
- Dec 11: Cozy up and watch a classic Christmas film
- Dec 14: **The youth center will be closed today.** We will be hosting a performance of traditional English hand bells, followed by Hot Chocolate and carolling at the North Side Yoth Center. Come on down with your families!
- Dec 15: Open for Christmas crafting!
- Dec 16: The tastiest part of the holidays!
- Dec 17: who will have the best house?

*Membership/ Medical forms must be completed! Please see staff for more details.

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December 2015

NORTH SIDE YOUTH CENTRE
102 COMET STREET



SUN	MON	TUE	WED	THU	FRI	SAT
		1 Closed	2 Cinnamon Snowflakes	3 Closed	4 Swimming	5 
6	7 Game Competition	8 Closed	9 Christmas Movies	10 Closed	11 Gym Time	12
13	14 Closed for Caroling!	15 Christmas Crafts	16 Holiday Bake Sale	17 Gingerbread Houses	18	19
	21	22	23	24	25	26
<p>Closed for the holidays! We hope everyone has a safe and enjoyable holiday! See you Next Year!!!</p>						

HOURS OF OPERATION

MONDAY/ WEDNESDAY/ FRIDAY

M/ W 5:00 PM - 8:00 PM (6-12 YEAR OLDS)

F 5:00pm—9:00pm

December Events

Dec 2: Delicious edible snowflakes!

Dec4: Don't forget your swim suits and goggles! We're headed over to the pool!

Dec 7: Who will be victorious in our video game/ board game competition

Dec 9: We are headed over to the theater to watch a Christmas classic!

Dec 11: Break out those runners; we're headed to the gym!

Dec 14: **The youth center will be closed today.** We will be hosting a performance of traditional English hand bells, followed by Hot Chocolate and carolling in the MPR. Come on down with your families!

Dec 15: Open for Christmas crafting!

Dec16: Christmas bake sale! Bring your families to purchase some tasty treats!

Dec 17: Who will have the best house?

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www.familyforce.ca
EMAIL: mfrckids@gmail.com
204-833-2500 Ext. 4502

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