

PROGRAM

September 2026 to Mars 2027



Military Family
Resource Centre
Montreal Region

WELCOME • SUPPORT • UNITE



Canada



Welcome – Support – Unite!

Here is our fall and winter program for 2026-2027! The entire team at the Military Family Resource Centre Montreal Region has put together a new program that we hope you'll enjoy. The activities offered are designed to connect families, bring the community together and strengthen our sense of belonging.

Military families need to be able to adapt to a wide range of situations. The MFRC is constantly evolving to adjust to the new realities of life.

The activities, courses and workshops we offer are designed to meet your needs and help you become part of the community. In the next few pages, you will find information about the new services we are offering to support your families. We have also kept the feature activities that you particularly like, for everyone's enjoyment.

This program is mainly intended for members' spouses and children. Check it out from the comfort of your own home.

Want to learn more about our services and activities? Subscribe to our newsletter or join us on social media and in the Servir newspaper. Register for our activities via our portal at crfmmfrcmtl.ca.

The MFRC's Board of Directors and staff are very pleased to welcome you to the community

FRANCINE HABEL
Executive Director

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For any question or for more information, write to us at:
info.crfm@forces.gc.ca.

Website: cfmws.ca

Connect to our web portal:
crfmmfrcmtl.ca



WELCOME PARTY

Join us in large numbers to welcome the military families who have just moved to our region! Come enjoy a variety of games, a BBQ, inflatable attractions, and military-themed activities—all free of charge.

Take this opportunity to learn about the services offered by the MFRC and PSP by visiting our information booths and meeting other military families in the community.

Date: Saturday, September 12

Time: 10 a.m. to 2 p.m.

Location: Saint-Jean Garrison

Registration: until September 7



IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations as well as the YCIC will be closed on September 7 and 30

Support Package

Let's join forces to prepare care packages for our deployed service members. Boxes, encouragement cards, and other inspirational messages will be available for you on-site. Bring whatever you'd like to add to the packages to boost the morale of your loved ones and other deployed service members. Because together, we're stronger!

Date: September 17

Time: 6:30 p.m. to 8:30 p.m.

Location: 700 Woodward Street, Sherbrooke, QC J1G 1W3

Registration: until September 15

Youth Community Integration: Playgroup

Treat yourself to some downtime while your children participate in supervised activities with our team of educators and activity leaders.

Age: Children ages 5–12

Date: September 20

Time: 9 a.m. to 12 p.m.

Location: St-Jean MFRC

Registration: by the Wednesday before the activity

Seconde Language Courses (French and English)

In Saint-Jean-sur-Richelieu, Saint-Hubert, or online, we offer you the opportunity to take our second-language courses for free!

Age: 16 and older, as well as children ages 6 to 10

Dates:

- Fall session: Second-language classes begin the week of September 21, 2026
- Winter 2027 session: Second-language classes begin the week of January 19, 2027

Location: Garrison St-Jean, MFRC St-Hubert, and/or online

Registration:

- Fall session: Monday, August 3, through Thursday, September 17, 2026
- Winter Session: Tuesday, December 1 through Monday, January 4, 2027



Military Life 101

A virtual workshop for military family members, designed to provide a better understanding of military life and its impacts. To help participants support one another as new members of the community, this activity offers valuable guidance to ease the transition from civilian to military life.

The workshop is offered in English only.

Date: September 22

Time: 6:30 p.m. to 8:30 p.m.

Location: online

Registration: until September 21

Information Lunch: Transition from Military to Civilian Life

This event, organized in collaboration with key transition partners (Transition Center, Veterans Affairs, SISIP, and case management nurses), is intended for spouses whose military partner is in the process of being medically discharged. It aims to better prepare families for a service member's medical discharge by providing clear, comprehensive, and reassuring information on the administrative, financial, and emotional aspects of this transition.

Date: September 23

Time: 11:45 a.m. to 1 p.m.

Location: online

Registration: until September 21

Conference on Absence

Providing Better Support for Children (Ages 0–12) During Absences and Deployments. Led by Mélanie Bilodeau, a psychoeducator, this workshop offers practical strategies for the periods before, during, and after a parent's absence, to support family well-being and strengthen bonds of attachment.

Date: September 24

Time: 7 p.m. to 9 p.m.

Location: online

Registration: until September 23

Available as a replay for 1 year.





Playgroup: Activities for children ages 0-5 and 6-12 (SHERBROOKE)

Treat yourself to some downtime while your children (ages 0-12) participate in supervised activities with our team of educators and activity leaders. A safe and enriching experience that promotes fun and socialization.

Age: Children ages 0-12

Date: October 3

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

Location: Sherbrooke Family Center, 72 Victoria Street, Sherbrooke, QC, J1H 3H7

Registration: until October 1st

Youth Community Integration: Playgroup

Treat yourself to some downtime while your children participate in supervised activities with our team of educators and activity leaders.

Age: Children ages 5-12

Dates:

- October 4
- October 18

Time: 9 a.m. to 12 p.m.

Location: Saint-Jean MFRC

Registration: by the Wednesday before the event

Workshop: The 7 Habits of Thriving Families

Want to breathe new life into your family life? This two-session workshop will equip you with practical tools to help you thrive despite the challenges of military life. Proactivity, vision, prioritization, relationships, mutual understanding, and synergy—we'll cover it all to help you hone your winning skills!

Supervised play services for children ages 0-5 and 6-12 are available on-site for the duration of the workshop.

Dates:

- October 17
- October 24

Time: 9 a.m. to 12 p.m.

Location: Sherbrooke Family Center, 72 Victoria Street, Sherbrooke, QC, J1H 3H7

Registration: until October 14

Early Learning Workshops

To better support our youngest children in their development, we have partnered with the MFRC's Early Childhood Specialists (TES) to organize workshops throughout the year. Through fun activities, these workshops aim to help children ages 0-5 navigate the challenges of military life.

An accompanying worksheet may be provided to parents—either in person or via the *Cible Petite Enfance* platform in the logbook—so that learning can continue at home.

Age: Children 0 to 12

Dates:

- October 20
- October 22

Time: 10 a.m. to 11 a.m.

Location: MFRC daycare center in Saint-Jean and MFRC daycare center in Saint-Hubert

Registration deadline: the day before the workshop

Registration: through the daycare center's standard registration process



IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations as well as the YCIC will be closed on Monday, October 12, for Thanksgiving.



Youth Community Integration Center (Ages 9-17): Art

This artistic exploration activity invites youth ages 9 to 17 to discover different art forms in a dynamic, inclusive, and stimulating environment.

Age: Youth ages 9-17

Date: October 21

Time: 6:30 p.m. to 8:30 p.m.

Location: YCIC, 40 Vérendrye Street, Saint-Hubert

Military Life 101

A virtual workshop for military family members, designed to deepen understanding of the military lifestyle and its impacts. To help participants support one another as new members of the community, this activity offers valuable guidance to ease the transition from civilian to military life. **The workshop is offered in French.**

Date: October 21

Time: 6:30 p.m. to 8:30 p.m.

Location: online

Registration: until October 19

Community Integration Activity

A unique opportunity for spouses of military personnel and veterans to build connections with other community members and strengthen their sense of belonging after relocating. During this activity, you'll have the chance to meet others in similar situations in a warm, friendly atmosphere that encourages conversation.

Date: October 21

Time: 6:30 p.m. to 8:30 p.m.

Location: Saint-Jean MFRC

Registration: until October 15

Financial Support and Employment Opportunities with BMO, a Partner to Military Families

A two-part information session to learn more about job opportunities at BMO and the financial support and benefits available to military families.

In French:

- October 22, from 6:30 p.m. to 7:30 p.m., for the session for youth (ages 16 and up).
- October 23, from 9:30 a.m. to 10:30 a.m. for the session for adults.

In English:

- October 29, from 6:30 p.m. to 7:30 p.m., for the session for teens (ages 16 and up).
- October 30, from 9:30 a.m. to 10:30 a.m. for the adult session.

Registration: until October 9

Location: online

Minimum 10 participants / Maximum 25 participants

Halloween Event

Join us for an unforgettable Halloween activity, specially designed for kids and adults alike!

Date: October 24

Time: 1 p.m. to 4 p.m.

Location: Saint-Hubert, 34th Battalion, Building M-196





Youth Community Integration: Playgroup

Treat yourself to a little break while your children participate in supervised activities with our team of educators and activity leaders.

Age: Children ages 5–12

Dates:

- November 1, *Special LEGO City Activity*
- November 15

Time: 9 a.m. to 12 p.m.

Location: Saint-Jean MFRC

Registration: by the Wednesday before the activity

Playgroup: Activities for ages 0–5 and 6–12 (SHERBROOKE)

Treat yourself to some downtime while your children (ages 0–12) participate in supervised activities with our team of educators and activity leaders. A safe and enriching experience that promotes fun and socialization.

Age: Children ages 0–12

Date: November 14

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

Location: Sherbrooke Family Center, 72 Victoria Street, Sherbrooke, QC, J1H 3H7

Registration: until November 11

Youth Community Integration Center (Ages 9–17): Art

This artistic exploration activity invites youth ages 9 to 17 to discover different art forms in a dynamic, inclusive, and stimulating environment.

Age: Youth ages 9–17

Date: November 18

Time: 6:30 p.m. to 8:30 p.m.

Location: YCIC, 40 Vérendrye Street, Saint-Hubert

Early Learning Workshops

To better support our youngest children in their development, we have partnered with the MFRC's Early Childhood Specialists (TES) to organize workshops throughout the year. Through fun activities, these workshops aim to help children ages 0–5 navigate the challenges of military life.

An accompanying worksheet may be provided to parents—either in person or via the *Cible Petite Enfance* platform in the logbook—so that learning can continue at home.

Dates:

- November 17
- November 19

Time: 10 a.m. to 11 a.m.

Location: MFRC daycare center in Saint-Jean and MFRC daycare center in Saint-Hubert

Registration deadline: the day before the workshop

Registration: through the daycare center's standard registration process

Taking Care of Those Who Support Others: Spouses' and Partners' Well-Being

A day dedicated to the well-being of military and Veteran spouses and partners, providing an opportunity to discuss the emotions and feelings that may arise when a military member or Veteran is affected by illness or injury. The role of the caregiver will also be explored, helping participants better understand this reality and feel more equipped and supported in that role.

Date: November 28

Time: 10:00 a.m. to 3:00 p.m.

Registration: until November 20



Employment Readiness Workshop for Jobs in the Federal Public Service

By facilitating contact with federal public service human resources officials, this workshop will guide you through the job application process and provide tips on how to make your application stand out. Registration is required, and priority will be given to spouses of military personnel.

Date: November 20

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

Location: online

Registration: until November 10

Minimum 10 participants / Maximum 25 participants

Holiday Gathering

The MFRC is pleased to invite you to the Granby Zoo for a memorable holiday event. This activity is a wonderful opportunity for families in the military community to meet, connect, and share in a warm and festive atmosphere. Young and old alike will have the chance to meet Santa Claus and take part in various themed activities designed to celebrate the magic of the season. After the meal, we invite you to join us for a special tour of the Zoo, offering a unique and memorable experience for the whole family.

Date: November 22

Time: 10 a.m. to 1:30 p.m.

Location: Granby Zoo

Registration: until November 15

Let's chat, craft, and decorate—it's starting to feel like the holidays!

In a warm and friendly atmosphere, come lend a hand to the MFRC team as we decorate the Woodward site in Sherbrooke in preparation for the traditional holiday troop dinners. This activity is a wonderful opportunity to contribute to military community life, foster connections, and strengthen our support network. Because it's thanks to everyone's commitment that we make a real difference, we invite you to join us for this moment of collaboration and sharing. All necessary materials will be provided on site.

Date: November 26

Time: 6:30 p.m. to 8:30 p.m.

Location: 700 Woodward Street, Sherbrooke, QC J1G 1W3

Registration: until November 24





Information Dinner: Transition from Military to Civilian Life

This event, organized in collaboration with key transition partners (Transition Center, Veterans Affairs, SISIP, and case management nurses), is intended for spouses whose military partner is in the process of being medically discharged. It aims to better prepare families for a service member's medical discharge by providing clear, comprehensive, and reassuring information on the administrative, financial, and emotional aspects of this transition.

Date: December 1

Time: 11:45 a.m. to 1 p.m.

Location: online

Registration: until November 29

Community Integration Activity: Making a Decorative Christmas Arrangement

A unique opportunity for spouses of military personnel and veterans to connect with other community members and strengthen their sense of belonging after relocating. During this activity, you'll have the chance to create a beautiful Christmas decoration using pine branches and natural elements, all in a warm and friendly atmosphere that encourages conversation. You'll leave not only with new knowledge but also with a one-of-a-kind creation. All necessary materials are provided, and the activity is conducted in both languages.

Dates and locations:

- December 2 at the MFRC in Saint-Hubert
- December 3 at the MFRC in Saint-Jean

Time: 6:30 p.m. to 8:30 p.m.

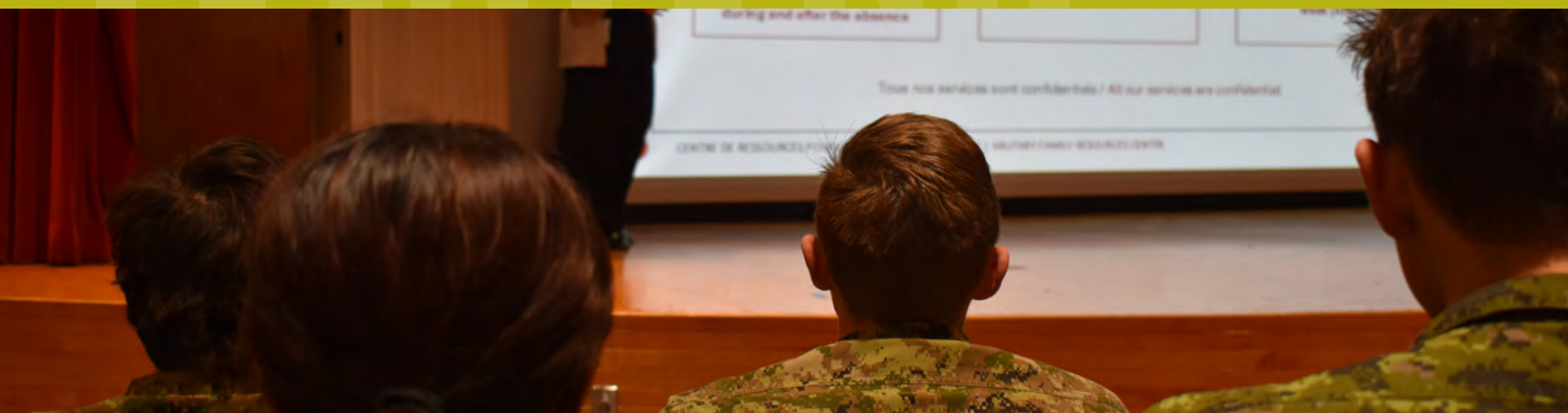
Registration: until November 26



IMPORTANT NOTICE

Service points will be closed from December 18 to January 3





Youth Community Integration: Playgroup

Treat yourself to a little break while your children participate in supervised activities with our team of educators and activity leaders.

Age: Children ages 5–12

Date: January 18

Time: 9 a.m. to 12 p.m.

Location: Saint-Jean MFRC

Registration: by the Wednesday before the activity

L'escalpe - Weekend Event Focusing on the Transition to Civilian Life

You are in the process of being discharged or have already been discharged. The transition involves many challenges and changes. We're offering a weekend in a rural setting so you can take a break and reflect on this reality. Designed for couples or singles, this weekend features psychosocial workshops to help you ease the transition from military to civilian life. It's also a unique opportunity to connect with others facing similar challenges!

Date: January 22 to January 24

Schedule: Friday at 10 a.m. through Sunday at 12 p.m.

Location: To be determined

Registration: until January 6

Military Life 101

A virtual workshop for military family members, designed to provide a better understanding of military life and its impacts. By supporting one another as new members of the community, this activity offers valuable guidance to ease the transition from civilian to military life.

The workshop is offered in English.

Date: January 26

Time: 6:30 p.m. to 8:30 p.m.

Location: online

Registration: until January 25



Military Dads Support Group

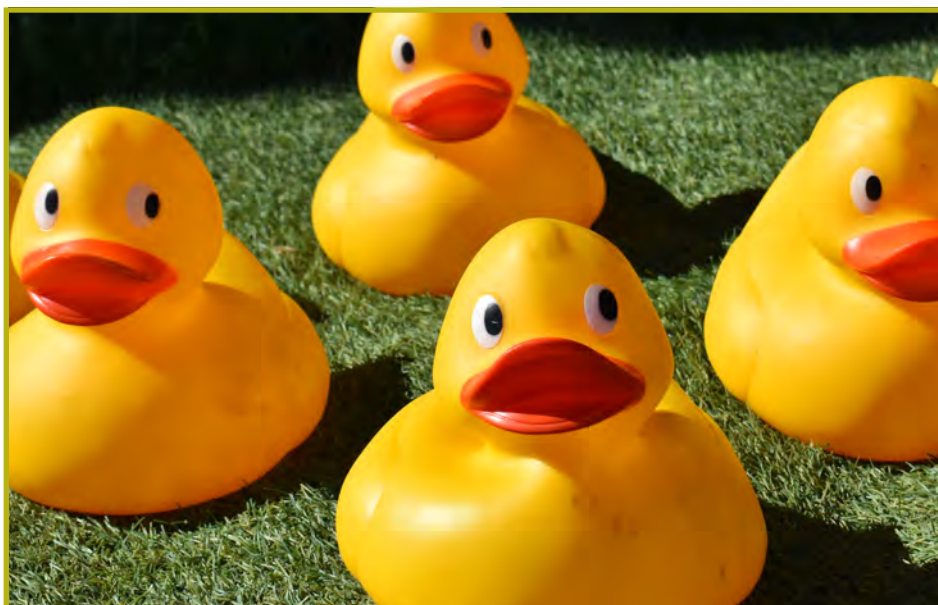
The Military Dads program helps families build stronger, healthier relationships with their children, families, and support networks. Focused on parenting within the military context, the Military Dads program works to improve the safety and well-being of military families and children, thereby enhancing the operational readiness of service members.

Date: January 20 to March 31

Schedule: Wednesdays from 9 a.m. to 12 p.m.

Location: Saint-Jean MFRC

Registration: until January 11





Youth Community Integration: Playgroup

Treat yourself to a little break while your children participate in supervised activities with our team of educators and activity leaders.

Age: Children ages 5–12

Dates:

- February 8
- February 22, LEGO City: The Wonderful World of Minecraft

Time: 9 a.m. to 12 p.m.

Location: Saint-Jean MFRC

Registration: by the Wednesday before the activity

Early Learning Workshops

To better support our youngest children in their development, we have partnered with the MFRC's TES to organize workshops throughout the year. Through fun activities, these workshops aim to help children ages 0–5 navigate the challenges of military life.

A resource sheet will be provided to parents—either in person or via the *Cible Petite Enfance* platform in the logbook—so that learning can continue at home.

Dates:

- February 9
- February 11

Time: 10 a.m. to 11 a.m.

Location: MFRC daycare center in Saint-Jean and MFRC daycare center in Saint-Hubert

Registration deadline: the day before the workshop

Registration: through the daycare center's standard registration process

Community Integration Activity

A unique opportunity for spouses of military personnel and veterans to build connections with other community members and strengthen their sense of belonging after relocating. During this event, you'll have the chance to meet others in similar situations in a warm, friendly atmosphere that encourages conversation.

Date: February 10

Time: 6:30 p.m. to 8:30 p.m.

Location: Saint-Jean MFRC

Registration: until February 4

Military Life 101

A virtual workshop for family members of service members, designed to deepen understanding of the military lifestyle and its impacts. By supporting one another as new members of the community, this activity offers valuable guidance to ease the transition from civilian to military life.

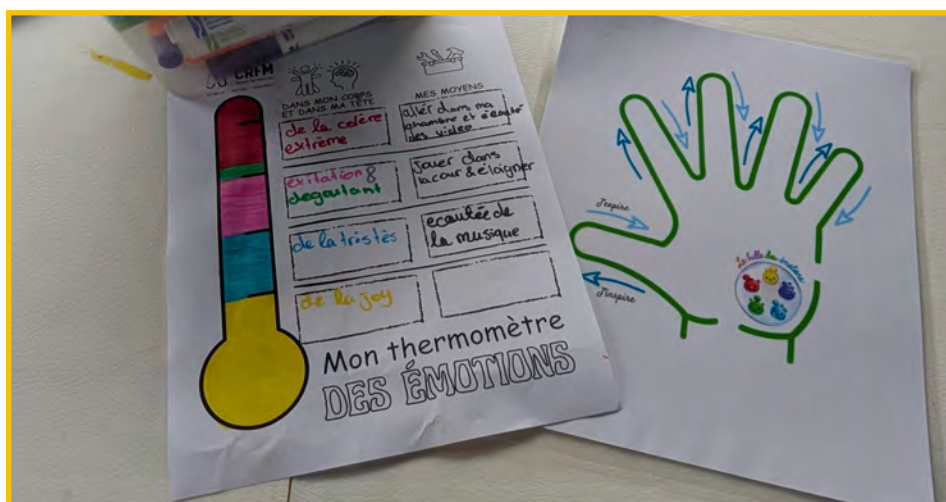
The workshop is offered in French.

Date: February 10

Time: 6:30 p.m. to 8:30 p.m.

Location: online

Registration: until February 8



Strengthening Couple Communication after Medical Discharge

Are you looking to strengthen communication in your relationship following a medical discharge? This brief intervention program is for you. First, civilian spouses will attend a workshop lasting approximately 2.5 hours. Afterward, service members and veterans will also attend a workshop lasting approximately 2.5 hours. To complete this program, a meeting with each couple will be scheduled with the facilitator in March 2027.

Dates and Times:

- February 13: 9 a.m. to noon—group workshop for (civilian) spouses only
- February 20: 9 a.m. to noon—group workshop for military personnel and veterans only

Location: Saint-Hubert MFRC

Registration: until February 1st

Selection criteria: Service members or veterans undergoing medical discharge or who have been medically discharged, and their civilian spouses. An interview with each couple will be conducted before the program begins.

Playgroup: Activities for children ages 0-5 and 6-12 (SHERBROOKE)

Treat yourself to a little break while your children (ages 0-12) participate in supervised activities with our team of educators and activity leaders. A safe and enriching experience that promotes fun and socialization.

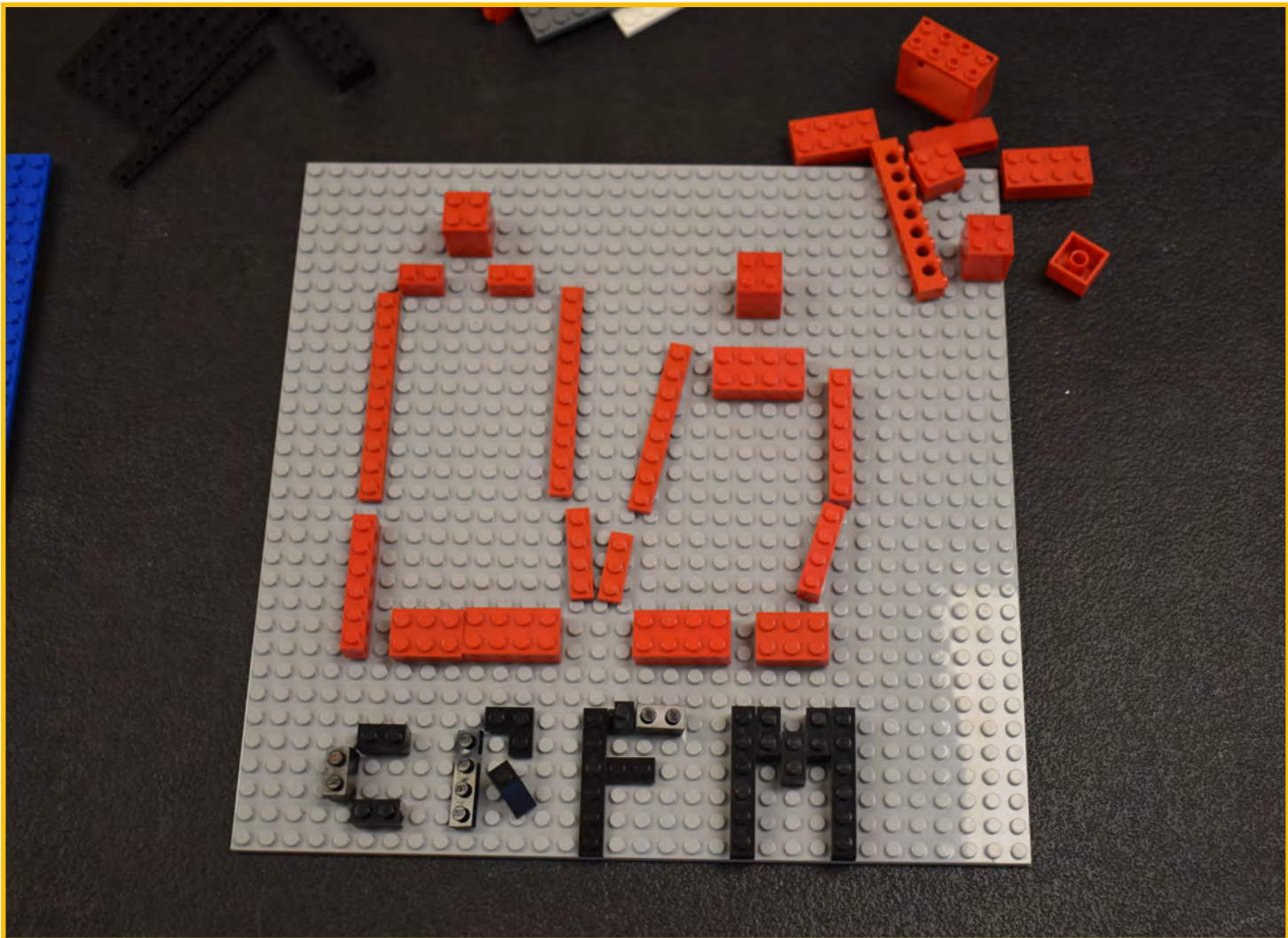
Age: Children ages 0-12

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

Date: February 20

Location: Maison de la famille, 72 Victoria Street, Sherbrooke, QC, J1H 3H7

Registration: until February 17





Women's Day: Speaking Truthfully in a Changing World

Nathalie Gervais offers workshops focused on mindful communication within the unique context of military life. Through an in-depth exploration of needs and ways to meet them, she invites participants to examine their choices with mindfulness and to develop their ability to take ownership of the situations they face. Her workshops provide a safe and supportive space that fosters authenticity, connection, and the sharing of experiences. Nathalie provides practical tools that can be applied in daily life and leads her workshops in both French and English. The workshop is open to women ages 18 and older.

Dates and Locations:

- March 8 at the MFRC in Saint-Hubert
- March 10 at the MFRC in Saint-Jean

Time: 6 p.m. to 8 p.m.

Registration: until March 5

Information Dinner: Transition from Military to Civilian Life

This event, organized in collaboration with key transition partners (Transition Center, Veterans Affairs, SISIP, and case management nurses), is intended for spouses whose military partner is in the process of being medically discharged. It aims to better prepare families for a service member's medical discharge by providing clear, comprehensive, and reassuring information on the administrative, financial, and emotional aspects of this transition.

Date: March 10

Time: 11:45 a.m. to 1 p.m.

Location: online

Registration: until March 8

Evening of Lectures, Talks, and Creativity– International Women's Rights Day

Join us for a friendly get-together with our panelists: a veteran, a service member, and a military spouse. Discover these inspiring women, the challenges they've faced, and their secrets to finding fulfillment along the way. An evening that's both energizing and rejuvenating. You'll leave with a surprise crafted with our mystery guest. A great way to build connections and expand your network!

Date: March 11

Time: 6:30 p.m. to 9 p.m.

Location: 700 Woodward Street, Sherbrooke, QC J1G 1W3

Registration: until March 9

Youth Community Integration: Playgroup

Treat yourself to a little break while your children participate in supervised activities with our team of educators and activity leaders.

Age: Children ages 5–12

Dates:

- March 15
- March 29

Time: 9 a.m. to 12 p.m.

Location: Saint-Jean MFRC

Registration: by the Wednesday before the event



Early Learning Workshops

To better support our youngest children in their development, we have partnered with the MFRC's Early Childhood Specialists (TES) to organize workshops throughout the year. Through fun activities, these workshops aim to help children ages 0-5 navigate the challenges of military life.

An accompanying worksheet may be provided to parents—either in person or via the *Cible Petite Enfance* platform in the logbook—so that learning can continue at home.

Age: Children ages 0 to 12

Dates:

- March 16
- March 18

Time: 10 a.m. to 11 a.m.

Location: MFRC daycare center in Saint-Jean and MFRC daycare center in Saint-Hubert

Registration deadline: the day before the workshop

Registration: through the daycare center's standard registration process

Community Integration Activity

A unique opportunity for spouses of military personnel and veterans to connect with other members of the community and strengthen their sense of belonging after relocating. During this event, you'll have the chance to meet others in similar situations in a warm, friendly atmosphere that encourages conversation.

Date: March 24

Time: 6:30 p.m. to 8:30 p.m.

Location: Saint-Jean MFRC

Registration: until March 18

Spring Break YOUTH CLASSES

Special activities planned for spring break—stay tuned to our social media for the schedule, available in January 2027

Smart Babysitters

This babysitting course helps teens gain the knowledge they need to become competent babysitters and learn how to look after themselves at home. Participants will learn basic first aid techniques and the skills necessary to care for children younger than themselves.

Age: Children ages 11 to 15

Location: online

Ready to Be Home Alone

This Red Cross course helps young people gain the knowledge they need to take care of themselves at home. Participants will learn basic first aid techniques and the skills necessary to ensure their safety when they are home alone.

Age: Children ages 9 to 13

Location: In-person

Science Experiments with Atomic Neurons

Get ready to discover the fascinating world of science while having fun! This interactive activity is specially designed for children ages 5 to 12 to stimulate their natural curiosity and love of exploration.

Age: Children ages 5 to 12

Location:

- YCIC, 40 Vérendrye Street, Saint-Hubert
- MFRC in Saint-Jean



VIRTUAL SERVICES AND PROGRAM



Virtual Services

Second Language Learning

The LRDG is a second-language learning program (French or English) that you can take independently and at your own pace. It is available year-round.

Location: online (LRDG platform)

Online Health Care

Do you have questions about the healthcare system in Quebec? Don't have a family doctor yet? The CRFM offers the following services:

- Assistance with registering on the waiting list for a family doctor;
- A directory of walk-in clinics;
- A detailed explanation of how the *Bonjour Santé* service works.

To register or for more information: send an email to info.crfm@forces.gc.ca.



Virtual Program - online

Shining in Your “Solo” Parenting or Co-Parenting

This training session for parents aims to provide a variety of solutions, tips, and strategies to help them find their own way to thrive when they're on their own.

Navigating Early Childhood with Ease Navigating Childhood—Your Toolbox for Respectful Parenting

This online training is designed for parents of children ages 0 to 10 who want to better understand their children and navigate daily life with greater confidence and peace of mind, while receiving support for family planning. It is offered in English and French.

Workshop: Tailored Support for Couples

A dynamic and accessible online course designed to help couples better understand their relationship, strengthen their bond, and rekindle their connection. Through real-life examples, humor, and simple tools, this course offers a fresh perspective on communication, love, and life as a couple. Course offered in French with English subtitles.

Workshop: Improving Your Parent-Teen Relationships

Relationships between parents and teenagers can be among the most challenging—but also the most heartwarming. This dynamic workshop, presented by Danie Beaulieu, Ph.D., offers a wealth of practical, simple, and effective tools to better navigate everyday challenges. With humor and compassion, she provides parents of teenagers with strategies to navigate difficult stages more calmly and enrich family life.

First Aid

Essential for family safety and an asset when looking for a job, this course teaches you first aid and cardiopulmonary resuscitation (CPR) techniques for infants, children, and adults. It is open to spouses of military personnel as well as to children of military personnel aged 14 and older. At the end of the course, you will receive your first aid certificate, attesting to your training.

| **Time:** 8:30 a.m. to 4:30 p.m.

Ready to be Home Alone

This Red Cross course helps young people develop the skills they need to safely take care of themselves at home. Participants will learn basic first aid techniques as well as essential skills to ensure their safety when they are home alone.

| **Age:** 9 to 13 years old





Daycare Service for Ages 0-5

Drop-in childcare, an occasional and temporary service, **helps facilitate the child's transition and integration.**

A daily program of activities designed to develop social skills, fine motor skills, and overall development is provided.

Schedule:

Morning: 7:45 a.m. to 12:30 p.m. & 12:30 p.m. to 4:30 p.m.

To make a reservation or check availability, contact the reception desk at your preferred service location. You can call up to one week in advance to make a reservation.

For Saint-Jean: 450-358-7099
ext. 668-7955
For Saint-Hubert: 450-462-8777
ext. 663-6810

For any other questions, please email info.crfm@forces.gc.ca

Early Reading Program

Help Your Child Discover the Joy of Reading!

With our children's book subscription program, give your child the excitement of receiving a carefully selected book each month to spark their love of reading and support their development.

Each month, our Childhood and Youth Coordinators choose an inspiring theme and select a book especially suited to young readers. To enrich the experience, every book comes with a companion activity guide created by our Special Education Technicians (SETs). These resources are designed to help you engage in meaningful discussions with your child, deepen their understanding, and support their learning.

By enrolling in the program, you will receive one book per month delivered directly to your home in the language of your choice (English or French). The program runs from September to June.

All families who register during our Welcome Party on September 12, 2026, will receive their first book free of charge.

Age: Children 5 years old and under who are not attending school

Registration: by the 5th day of the month; limited spots available; register via the CRFM portal.

Additional information: if you register by the 5th of the month, you will receive the first book the following month. Otherwise, please allow two months before receiving the first book (e.g., register by September 5, first book delivered in October; register on September 8, first book delivered in November). You are enrolled until the end of the program, which runs through June 2027.

Second Language Development Support Program

Children ages 6 and older are eligible to receive an annual subscription to a Bayard Jeunesse magazine in a second language to support their learning. The subscription automatically lasts for one year, consisting of 10 to 12 issues, depending on the magazine. The program runs from September through June.

Community Integration Center for Youth Ages 5-12

A program of activities offered to young people to foster a sense of belonging, support the integration of children who have recently arrived in the region, and build connections with peers who are experiencing the realities and impacts of military life. Our energetic facilitators will lead a variety of engaging activities, such as group games, arts and crafts, cooking workshops, and more. The activities are open to all children in the CRFM community in the Montreal area.

Age: Children ages 5-12

Date: Saturdays and Sundays from September through June. Follow us on Facebook for the schedule.

Location: CICJ, 40 Vérendrye Street, Saint-Hubert

Playgroup: Activities for ages 5-12

This activity program is designed to help children develop a sense of belonging and to facilitate the integration of children who have recently moved to the area into a new group. It also helps them build connections with peers who share the realities and impacts of military life. Our facilitators offer a variety of dynamic activities, such as group games, arts and crafts, cooking workshops, and much more.

Age: Children ages 5-12

Date: October through June (see the youth program for specific dates)

Schedule: 9 a.m. to 12 p.m. and 1 p.m. to 4 p.m.

Location: Saint-Jean CRFM and CICJ

Youth Community Integration Center (ages 9-17)

Young people are invited to form meaningful connections and build a network of friendships with others who share the realities and challenges of military life. Through a variety of programs—including special activities, themed projects, and community-building events—they can share their experiences, develop new skills, and thrive in a positive environment. Our facilitators foster an inclusive and supportive atmosphere where everyone feels welcome, develops a sense of belonging, and enjoys spending time with their peers.

Age: Youth ages 9-17

Date: Wednesdays, Thursdays, and Fridays from September through June. Follow us on Facebook for the schedule.

Time: 6 p.m. to 9:15 p.m.

Location: CICJ, 40 Vérendrye Street, Saint-Hubert

Academic and Career Counseling

This individualized, personalized service is available to those seeking employment, as well as to those who need support with educational information. Contact the Employment and Education Department for more information.

Age: 14 and older

Dates: Monday, Tuesday, Thursday, and Friday from 8 a.m. to 4:30 p.m.

Schedule: subject to availability, by appointment

Location: to be determined or online

Information and registration: Contact our Employment and Education Coordinator, or email info.crfm@forces.gc.ca

Homework Help

Youth are invited to take advantage of the support and guidance provided by the CICJ's program staff. This service aims to help youth who are resettling adapt by offering them a welcoming, stimulating environment conducive to success.

Led by the CICJ team, the homework help-session aims to support children in their academic journey through a peer tutoring program. Children ages 5 to 12 can benefit from the assistance offered, while those who wish to volunteer are invited to express their interest in supporting and encouraging other elementary school students.

In addition to promoting academic success, this initiative fosters mutual support, leadership, and a sense of belonging within the youth community. Volunteer hours completed through this program are eligible for the CRFM's volunteer recognition program in the Montreal region.

Youth volunteer hours are eligible for the Montreal Region CRFM Volunteer Recognition Program.

Age: Youth ages 5-12

Date: Wednesdays from September through June

Time: 4:30 p.m. to 6 p.m.

Location: CICJ, 40 Vérendrye Street, Saint-Hubert

Job Fair - Group Visits

Come visit job fairs with the Employment and Education Coordinator and other adults looking for work. Job fairs take place throughout the year in various cities—let us guide you and meet many employers.

A minimum of 4 participants and a maximum of 30.

New Family Orientation–Mixed–Group Session Before Graduation

A morning where recruits' family members can come together to discuss and learn more about military life. They'll support one another as new members of the community and learn what military life is like.

Date: Thursday mornings before graduation ceremonies

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

Location: Saint-Jean Garrison

Registration deadline: The Monday before graduation.

Community Engagement Mornings

In a friendly atmosphere that encourages interaction, volunteers have the opportunity to exercise their creativity and share their expertise on projects that are important to them, based on their various initiatives. A variety of tasks are also available, depending on each person's interests. Join us! Daycare is available free of charge for your preschool-aged children during the community engagement period, by reservation only.

Schedules and Locations:

- Wednesdays from 9 a.m. to 11:30 a.m. at the CRFM in Saint-Hubert
- Thursdays from 9 a.m. to 11:30 a.m. at the CRFM in Saint-Jean

Registration: with our Community Integration Officers

Special Education Services: Parental Support and Ages 0-17

The support we offer to parents and children in military families is personalized and specialized, focusing on family dynamics, communication, and interventions with children. Special education consultations aim to provide parents with the necessary tools, support, and information regarding their children's education and development.

Date: Monday through Friday, 8 a.m. to 4:30 p.m.

Registration period: ongoing, at SvcPersCRFMSoutienPsyStJean@forces.gc.ca or by phone: 450-358-7099, ext. 668-2917 (Saint-Jean)

Psychosocial Services - Prevention, Support, and Intervention

The Prevention, Support, and Intervention sector offers compassionate, safe, and non-judgmental psychosocial support to military families and reservists. Whether you're dealing with stress, relationship difficulties, emotional issues, parenting challenges, or simply need someone to talk to, our team is here to listen, guide, and empower you. Our services include individual, family, and couples counseling; prevention workshops tailored to the realities of military and reservist life; and a mentoring program to combat isolation. Each intervention is personalized and aims to enhance your well-being and that of your family.

Date: Monday through Friday, 8 a.m. to 4:30 p.m.

Registration: by email at SvcPersCRFMSoutienPsyStJean@forces.gc.ca or by phone: 450-358-7099, ext. 668-2917

Chat and Creativity Evenings

Every Monday, CRFM's volunteers welcome members of our community to a welcoming atmosphere that encourages conversation and building connections. Come have a cup of coffee or tea with us! If you'd like, bring your art project (knitting, painting, drawing, sewing, etc.). Basic supplies are available on site. A cutting machine (Circuit Maker) is also available for your use. Take advantage of this opportunity to learn how to use this very handy tool.

Schedule: Mondays from 6:30 p.m. to 9 p.m.

Location: CICJ, 40 Vérendrye Street, Saint-Hubert

Information: Contact our Community Integration Officers

Parental Support and Child Intervention Services for Children Ages 0-17

The support we offer families is designed to provide individualized and specialized guidance related to family dynamics, communication, and interventions with children. The purpose of consultations at the Special Education Services is to equip, support, and inform parents about their children's education and development.

Date: Monday through Friday, 8 a.m. to 4:30 p.m.

Registration: by email SvcPersCRFMSoutienPsyStJean@forces.gc.ca or by phone: 450-358-7099, ext. 668-2917



Services Offered during the Absence

Soutien émotionnel et accompagnement personnalisé :

- One-on-one support
- Support from a counselor
- Courtesy calls
- Check-in calls during deployment and upon return
- Support related to the absence of or reunion with a military member
- Access to services provided by social workers and specialized educators (in person or via teleconference)

Practical resources and tools

- "Ready for the Absence" Kit
- Tools and books on deployment

Family services

- Sending packages via our service locations (Saint-Hubert, Saint-Jean-sur-Richelieu, Montreal, Sherbrooke)
- Emergency Childcare
- Option to receive one morning of respite care per week at the daycare center, subject to availability.

Preparation Meetings for the Deployment

Personalized one-on-one sessions to support family members in preparing for the absence, answer questions and address concerns, and facilitate discussion about the challenges experienced during this time.

Sessions are held throughout the year, based on families' needs, either in person or virtually. Contact the Absence Support Unit to schedule an appointment at 450-358-7099 #668-2911 or at SvcPersInfoAbsenceCRFM@forces.gc.ca

Meetings to Prepare for the Return from Absence

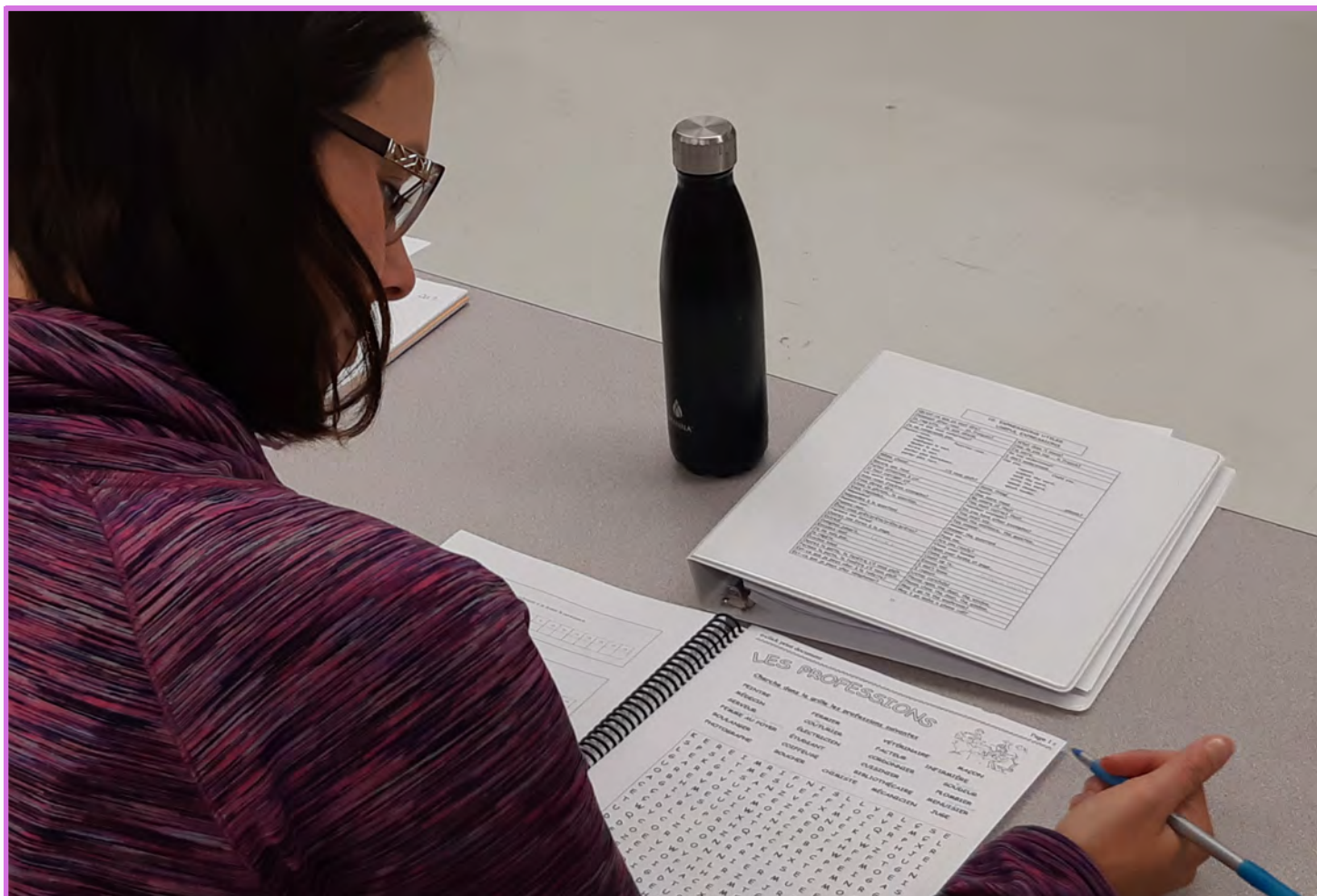
Personalized one-on-one sessions to support family members in preparing for the return from a period of absence, answer questions and address concerns, and facilitate discussion about the challenges experienced during reintegration.

These sessions are held throughout the year, based on families' needs, either in person or virtually. Contact the Absence Services Department to schedule an appointment at 450-358-7099 #668-2911 or at SvcPersInfoAbsenceCRFM@forces.gc.ca

Operation Santa Claus

Sending Christmas cards to our deployed troops during the holiday season.

For more information: SvcPersInfoAbsenceCRFM@forces.gc.ca or by phone: (450) 358-7099, ext. 668-2911



SUPPORT FOR FAMILIES DEALING WITH ILLNESS, INJURY, OR BEREAVEMENT

The Family Liaison Officer (FLO) is a specialized social worker whose role is to provide support to families of service members who are ill, injured, or facing medical discharge, as well as to bereaved families.

The FLO helps families identify their needs through one-time meetings or ongoing psychosocial support. These sessions, offered in person, via videoconference, or by phone, are designed for children, adolescents, and adults—whether individually, as a couple, or as a family.

Support can address a variety of issues, including:

- Grief
- Adjusting to illness or injury
- Emotional or occupational burnout
- Any other psychosocial challenge related to the health condition or loss of a member of the Canadian Armed Forces

In addition, we provide you with a variety of resources to support you, including informational materials such as brochures, practical guides, and reliable websites, all carefully selected to meet your needs. We also refer you to partner organizations that offer complementary services to ensure you receive comprehensive support. Finally, we provide practical advice tailored to your situation to help you make informed decisions and move forward at your own pace.

Information, Support, and Intervention Groups

Groups are also available for family members of service members living with an **operational stress injury (OSI)**. These groups provide a space to share experiences, learn more, and become better equipped to cope with daily life.

To sign up for the interest list or get more information, please feel free to contact us.

Psychosocial Support Services

The CRFM's Psychosocial Intake Center in the Montreal region is the initial point of contact for an initial assessment of your needs related to a situation you, your partner, or a family member is experiencing.

You will then be referred to our intervention services (social workers and specialized educators). If necessary, depending on the nature of your request, you may also be referred to an appropriate community resource.

The counselor at the Psychosocial Support Center offers a sympathetic ear, personalized support, and guidance toward the services and resources that can truly help you—all in complete confidentiality.

Every family is unique and faces its own challenges. Know that you are not alone. All it takes is a phone call or an email to get started.

For more information or if you have any questions, please feel free to contact the Psychosocial Support counselor:

Saint Hubert: 450-462-8777 ext. 663-6821

Saint-Jean: 450-358-7099 ext. 668-2917

SvcPersCRFMSoutienPsyStJean@forces.gc.ca

SAINT-HUBERT
1 450-462-8777 EXT. 6636810
SAINT-JEAN GARRISON
+1 450-358-7099 EXT. 6687955



OUR EMAIL ADDRESS
INFO.CRFM@FORCES.GC.CA

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HOME

The place to sign up for
all our activities and events!
crfmmfrcmtl.ca



A NEW BEGINNING, TOGETHER



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS



MFRC
Montreal Region

WELCOME • SUPPORT • UNITE



MFRC
Montreal Region

12-17 years old

TEEN RETREAT

WINTER AND SPRING
DATE TO BE ANNOUNCED

Stay tuned!



FREE
BILINGUAL

Information: info.crfm@forces.gc.ca

LOCKHEED MARTIN

La force
conjointe
Strength Behind
the Uniform



Canada

0-2 years

Growing together in my cocoon

A booklet to accompany your child during absence



This new project aims to support military families through a series of companion booklets designed for those experiencing a period of absence related to military service.

Tailored to different age groups and the unique realities of each family member, these resources provide information, activities, and reflection exercises to help families better understand, express, and navigate the challenges associated with a loved one's absence.

Are you currently experiencing, or anticipating, a period of absence?

Contact us at SvcPersInfoAbsenceCRFM@forces.gc.ca



Military Family
Resource
Centre
Montreal Region

Reception and Information:

Saint-Jean: 450-358-7099 # 668-7955
Saint-Hubert: 450-462-8777 # 663-6810
Longue-Pointe: 514 252-2777 # 663-4984

Psychosocial Services:

Saint-Jean: 450-358-7099 # 668-2917
Saint-Hubert: 450 462-8777 # 663-6821



SAINT-HUBERT

4815 Chemin de la Savane
Saint-Hubert, Quebec J3Y 9G1
Phone: 450 462-8777 # 663-6810

MONTREAL

6550 Hochelaga Street,
Building 214, Suite 114-1,
Montreal Garrison,
Montreal, Quebec H1N 1X9
Phone: 514-252-7777, # 663-4984

SAINT-JEAN-SUR-RICHELIEU

178 Falaise Street,
Saint-Jean Garrison
Richelain, Quebec J0J 1R0
Phone: 450-358-7099 # 668- 7955

SHERBROOKE

700 Woodward, Sherbrooke, Quebec
J1G 1W3
Phone: 450-358-7099 # 668-2349



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Facebook !**

facebook.com/CRFMMFRCMTL/

For more information:
info.crfm@forces.gc.ca

Registration & Portal:
crfmmfrcmtl.ca

Website: cfmws.ca



Canada