

# PROGRAM

April to August 2026



**Military Family**  
Resource Centre  
Montreal Region

WELCOME • SUPPORT • UNITE



Canada



## Welcome – Support – Unite!

Introducing our spring-summer program! The entire team at the Montreal-area Military Family Resource Centre is delighted to present you with an offer designed to accompany you over the coming months. We hope it will meet your expectations and inspire you.

Through this program, we aim to foster meaningful connections, strengthen bonds among families, and nurture a deep sense of belonging within our military community. Military life demands great adaptability. Aware of the challenges this represents, we are constantly evolving our services to stay in tune with your needs and the changing realities of families.

Free family activities, workshops, training and seasonal novelties: our spring-summer program offers a variety of opportunities to equip yourself, integrate and share meaningful moments. You'll also find your favorite activities, renewed for everyone's enjoyment.

This program is aimed primarily at military spouses and children, and at veterans and their spouses. We invite you to discover it at your leisure and book the activities that interest you. To stay informed, subscribe to our newsletter, follow us on social networks, consult the Servir newsletter and register for our activities via our portal at [crfmmfrcmtl.ca](http://crfmmfrcmtl.ca).

The members of the Board of Directors and the entire MFRC team are delighted to have you with us and look forward to seeing you this spring and summer.

**FRANCINE HABEL**  
General Manager

## Table of Contents

April .....	3
May .....	4
June .....	6
July .....	8
August .....	9
Regular Services .....	10
Virtual Services .....	14

## Follow-us



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

Website: [cfmws.ca](http://cfmws.ca)

Connect to our web portal: [crfmmfrcmtl.ca](http://crfmmfrcmtl.ca)



## IMPORTANT NOTICE

Service points closed on April 3 and 6.

## Integrating new families - Morning before Graduation

This meeting is organized to enable members of recruit families to get together, exchange ideas and learn more about the military way of life. It offers a space for mutual support between new members of the community, while providing a better understanding of the realities of military life. Bilingual workshop.

**AGE:** all ages

**DATE:** Thursday mornings (when there is a graduation at CFLRS)

**TIME:** 9:30 a.m. to 11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**REGISTRATION:** by Monday of the same week, on the portal

## Military Kids Month activities

Join us at YCIC for creative workshops and activities specially designed to celebrate Military Kids Month. It's a great opportunity to have fun and celebrate the strength and resilience of our children!

**AGE:** 5 to 12

**DATES:** April 11 and 19

**TIME:** 1:00 p.m. to 4:00 p.m.

**LOCATION:** YCIC, 40, rue la Vérendrye, St-Hubert

**REGISTRATION:** on the portal

## Schooling in Quebec

Moving to the region soon and have questions about education in Quebec? Contact our Employment and Education Coordinator before you arrive to understand the specifics of the school system and facilitate your children's enrolment. Bilingual meeting, 5 to 15 participants. Individual meetings available on request.

**AGE:** 18 and over

**DATE:** April 24

**TIME:** 10:00 a.m. to 11:00 a.m.

**LOCATION:** online (ZOOM or Microsoft TEAMS)

**REGISTRATION:** from April 1 to 17, on the portal

## Early-learning workshop

To better support our little ones in their development, our special education teachers organize workshops throughout the year. Through playful activities, we support children aged 0 to 5 as they face the challenges of military life.

We provide parents with a tip sheet (also available on the Cible petite enfance platform in the logbook) to encourage continuity of learning at home.

**AGE:** 5 and under

**DATES ET LOCATIONS :**

- April 14 (Saint-Hubert MFRC drop-in daycare)
- April 16 (Saint-Jean MFRC drop-in daycare)

**TIME:** 10:00 a.m. to 11:00 a.m.

**REGISTRATION:** up to the day before the workshop, during regular drop-in registrations

## Superhero Family Rally

A festive and unforgettable day to celebrate the strength and resilience of children from military families. Challenges, games and surprises await you... Come and take up the challenge with your family!

**DATE:** April 25

**TIME:** 1:00 p.m. to 5:00 p.m.

**LOCATION:** 438 parade ground, Saint-Hubert

**REGISTRATION:** until April 10, on the portal



## IMPORTANT NOTICE

Service points closed on May 18.

## Integrating new families - Morning before Graduation

This meeting is organized to enable members of recruit families to get together, exchange ideas and learn more about the military way of life. It offers a space for mutual support between new members of the community, while providing a better understanding of the realities of military life. Bilingual workshop.

**AGE:** all ages

**DATE:** Thursday mornings (when there is a graduation at CFLRS)

**TIME:** 9:30 a.m. to 11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**REGISTRATION:** by Monday of the same week, on the portal

## Youth Mental Health Retreat

Funded by Lockheed Martin for Youth Mental Health, we invite teenagers aged 12 to 17 to spend a weekend with our animation and intervention team. Outdoor activities, themed workshops and more are on the agenda! An event not to be missed!

**AGE:** 12 to 17

**DATE:** May 15 to 17

**TIME:** 9:30 a.m. to 11:30 a.m.

**LOCATION:** Centre de Villégiature Jouvence (departure by bus from Saint-Hubert MFRC)

**REGISTRATION:** until May 1, on the portal

## The Quebec job market

Moving to the region soon and looking for a job? Contact our Employment and Education Coordinator before you arrive to find out about local opportunities, adapt your CV to Quebec standards and get answers to your questions. That way, you'll be ready as soon as you settle in. Bilingual meeting, 3 to 15 participants. Individual meetings on request.

**AGE:** 18 and over

**DATE:** May 22

**TIME:** 10:00 a.m. to 11:00 a.m.

**LOCATION:** online (ZOOM or Microsoft TEAMS)

**REGISTRATION:** from May 1 to 15, on the portal

## Military Life 101

A virtual workshop for military family members, designed to deepen understanding of the military lifestyle and its impact. By supporting each other 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.

**AGE:** all ages

**DATE:** May 20

**TIME:** 6:30 p.m. to 8:30 p.m.

**LOCATION:** online (Microsoft TEAMS)

**REGISTRATION:** until May 18, on the portal



## Playgroup: activities for 0-5 and 6-12 year-olds (Sherbrooke)

Treat yourself to a moment of respite while your children (aged 0 to 12) take part in supervised activities with our team of educators and animators. A safe and enriching experience that promotes fun and socialization.

**AGE:** 0 to 12

**DATE:** May 23

**TIME:** 9:00 a.m. to 11:30 a.m.

**LOCATION:** Maison de la famille, 72 Victoria Street, Sherbrooke, J1H 3H7

**REGISTRATION:** until May 20, on the portal

## Play Coparents quelque part - Encouraging cooperation between parents

This play is presented in collaboration with Théâtre Parminou and made possible by the Violence Advisory Team. *Coparents quelque part* offers a touching and authentic look at the reality of parents, whether in a relationship or separated, trying to work together despite the challenges of everyday life. With humor and sensitivity, the play highlights the importance of communicating, respecting each other and keeping the child at the heart of all decisions. A simple, human and deeply unifying experience.

**AGE:** couples, as well as separated parents

**DATE:** May 27

**TIME:** 1:30 p.m. to 3:00 p.m.

**LOCATION:** Mega de Saint-Jean

**REGISTRATION:** on the portal

## Caring for those who support Well-being for spouses

A day dedicated to the well-being of the partners of military personnel and veterans, with the aim of discussing the emotions and feelings aroused by the illness or injury of a member or veteran. The role of caregiver will also be addressed, enabling participants to better understand this reality and to feel equipped in this role.

**DATE:** May 30

**TIME:** 10:00 a.m. to 3:00 p.m.

**LOCATION:** Hôtel Manoir d'Youville, 498 boulevard d'Youville, Châteauguay, J6J 5T9

**REGISTRATION:** until May 22, on the portal





## IMPORTANT NOTICE

Service points closed on June 24 and YCIC closed from June 15 to 22.

## Integrating new families - Morning before Graduation

This meeting is organized to enable members of recruit families to get together, exchange ideas and learn more about the military way of life. It offers a space for mutual support between new members of the community, while providing a better understanding of the realities of military life. Bilingual workshop.

**AGE:** all ages

**DATE:** Thursday mornings (when there is a graduation at CFLRS)

**TIME:** 9:30 a.m. to 11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**REGISTRATION:** by Monday of the same week, on the portal

## Military Life 101

A virtual workshop for military family members, designed to deepen understanding of the military lifestyle and its impact. By supporting each other 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.

**AGE:** all ages

**DATE:** May 20

**TIME:** 6:30 p.m. to 8:30 p.m.

**LOCATION:** online (Microsoft TEAMS)

**REGISTRATION:** until May 18, on the portal

## Early-learning workshop

To better support our little ones in their development, our special education teachers organize workshops throughout the year. Through playful activities, we support children aged 0 to 5 as they face the challenges of military life.

We provide parents with a tip sheet (also available on the Cible petite enfance platform in the logbook) to encourage continuity of learning at home.

**AGE:** 5 and under

**DATES ET LOCATIONS:**

- June 16 (Saint-Hubert MFRC drop-in daycare)
- June 18 (Saint-Jean MFRC drop-in daycare)

**TIME:** 10:00 a.m. to 11:00 a.m.

**REGISTRATION:** up to the day before the workshop, during regular drop-in registrations

## CICJ closing event

Join us for an afternoon of activities designed to mark the end of the YCIC season. This event is designed to recognize the participation of our young people and the involvement of our animators, and to celebrate together a season filled with fun, learning and beautiful memories.

**AGE:** 5 to 17

**DATE:** June 14

**TIME:** 1:00 p.m. to 4:00 p.m.

**LOCATION:** YCIC, 40, rue la Vérendrye, St-Hubert



Mark your calendars for our AGM! Full details will be announced shortly.

## Summer activities at YCIC

### Weeks 1 and 2

This summer, the YCIC is open according to a set schedule, offering stimulating and interesting activities for children aged 5 to 12, in half-day sessions (AM and/or PM), from Tuesday to Thursday. Registration is by the week, starting on the Wednesday preceding the week of activities. Please note that we do not cover the lunch period.

**AGE:** 5 to 12

**DATES:**

- Week 1 - June 23 to 25 (closed June 24)
- Week 2 - June 30 to July 2 (closed July 1)

**TIME:** 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

**LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert

**REGISTRATION:** from Wednesday of the previous week until groups are full

## Information Luncheon: Transition from military to civilian life

This lunchtime meeting, organized in collaboration with key transition partners (Transition Centre, Veterans Affairs, SISIP and nurse case managers) is aimed at spouses who are going through the release process. It aims to better prepare families for the medical release of military personnel by providing clear, comprehensive and reassuring information on the administrative, financial and emotional aspects of this transition.

**DATE:** to be confirmed

**TIME:** 12:00 p.m. to 1:00 p.m.

**LOCATION:** online

**REGISTRATION:** on the portal

## Youth Course - Babysitting

This babysitting course enables young people to acquire the knowledge they need to become competent babysitters and learn to look after themselves at home. Participants will learn the basic first aid techniques and skills needed to care for children younger than themselves.

**AGE:** 11 to 15

**DATE:** to be confirmed

**LOCATION:** online

**REGISTRATION:** on the portal

## Youth course - Ready to be left alone

This Red Cross course gives young people the skills they need to stay at home on their own. Participants will learn basic first-aid techniques and the skills they need to stay safe when they're home alone.

**AGE:** 9 to 13

**DATE:** to be confirmed

**LOCATION:** online

**REGISTRATION:** on the portal





## IMPORTANT NOTICE

Service points closed on July 1.

## Integrating new families - Morning before Graduation

This meeting is organized to enable members of recruit families to get together, exchange ideas and learn more about the military way of life. It offers a space for mutual support between new members of the community, while providing a better understanding of the realities of military life. Bilingual workshop.

**AGE:** all ages

**DATE:** Thursday mornings (when there is a graduation at CFLRS)

**TIME:** 9:30 a.m. to 11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**REGISTRATION:** by Monday of the same week, on the portal

## Summer activities at YCIC

*Weeks 3 to 6*

This summer, YCIC is open according to a set schedule, offering stimulating and interesting half-day activities (AM and/or PM) for children aged 5 to 12, from Tuesday to Thursday. Registration is by the week, starting on the Wednesday preceding the week of activities. Please note that we do not cover the lunch period.

**AGE:** 5 to 12

**DATES:**

- Week 3 - July 7 to 9
- Week 4 - July 14 to 16
- Week 5 - July 21 to 23
- Week 6 - July 29 to 30

**TIME:** 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

**LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert

**REGISTRATION:** from Wednesday of the previous week until groups are full

## Psycho-educational workshops on social skills

To better support our young people, four psycho-educational workshops have been designed to equip them for the challenges of military life (relocations, frequent absences of a parent, etc.). These workshops will address essential themes: self-knowledge, communication, managing emotions and developing healthy relationships.

**AGE:** 5 to 12

**DATES:** July 7, 14, 21 and 28

**TIME:** 11:00 a.m. to 12:00 p.m.

**LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert

**REGISTRATION:** from Wednesday of the previous week until groups are full





## IMPORTANT NOTICE

YCIC closed from August 14 until September.

## Integrating new families - Morning before Graduation

This meeting is organized to enable members of recruit families to get together, exchange ideas and learn more about the military way of life. It offers a space for mutual support between new members of the community, while providing a better understanding of the realities of military life. Bilingual workshop.

**AGE:** all ages

**DATE:** Thursday mornings (when there is a graduation at CFLRS)

**TIME:** 9:30 a.m. to 11:30 a.m.

**LOCATION:** Saint-Jean MFRC

**REGISTRATION:** by Monday of the same week, on the portal

## Summer activities at YCIC

*Weeks 7 and 8*

This summer, YCIC is open according to a set schedule, offering stimulating and interesting half-day activities (AM and/or PM) for children aged 5 to 12, from Tuesday to Thursday. Registration is by the week, starting on the Wednesday preceding the week of activities. Please note that we do not cover the lunch period.

**AGE:** 5 to 12

**DATES:**

- Week 7 - August 4 to 6
- Week 8 - August 11 to 13

**TIME:** 8:30 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m.

**LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert

**REGISTRATION:** from Wednesday of the previous week until groups are full

## Second language courses (french and english) Fall session

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

**AGE:** 16 years and older and children 6 to 10 years old

**DATE:** start of courses-week of September 21

**TIME:** according to the groups, morning or evening classes are possible

**LOCATION:** St-Jean Garrison, Saint-Hubert MFRC and/or online with the ZOOM platform

**REGISTRATION:** from August 16 to September 16, on the portal





## Drop-in daycare service 0-5 years

The occasional, short-term drop-in daycare service, designed to facilitate transition and integration, is available Monday to Friday from 7:45 a.m. to 4:30 p.m. at the Saint-Jean and Saint-Hubert service points. A program of activities conceived to develop social skills, fine motor skills, and overall areas of development is scheduled each day.

Children can be registered for the morning block, from 7:45 a.m. to 12:30 p.m., or for the afternoon block, from 12:30 p.m. to 4:30 p.m., according to the needs. To check availability, make a reservation (up to one week in advance), or for any other questions, please contact the reception of the desired service location: write to [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca) or call 450 358-7099 #668-7955 (Saint-Jean) or 450 462-8777 #663-6810 (Saint-Hubert).

## Early Reading Program

Give the gift of reading to your child! When you enroll your child in the program, a book is sent home each month in the language of your choice (English or French). The program is available from September to June.

**AGE:** 5 years and under not attending school

**DATE:** If registration is made before the 5th day of the month, the first book is sent the following month. Otherwise, please allow 2 months for delivery of the first book (e.g.: Registration before September 5, first book delivered in October. Registration on September 8, first book delivered in November). You are registered until the end of the program, i.e. until June 2026.

**REGISTRATION:** before the 5th day of the month, on the portal

## Playgroup: activity for 5-12-year-olds

Treat yourself to a moment of respite while your children (aged 5 to 12) take part in supervised activities with our animation team. A safe and enriching experience that promotes fun and socialization.

**AGE:** 5 to 12

**DATE:** October to June (see youth program for dates)

**LOCATION:** Saint-Jean MFRC and Saint-Hubert YCIC

**REGISTRATION:** on the portal

## School and career information consultation

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

**AGE:** 14 and over

**DATE:** Monday, Tuesday, Thursday and Friday

**TIME:** 8:00 a.m. to 4:30 p.m. (subject to availability, by appointment)

**LOCATION:** to be determined or virtual

**REGISTRATION:** with our Employment and Education Coordinator, or by e-mail at [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Parental support and accompaniment for children aged 0-17

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

**AGE:** parents and children of military families

**DATE:** Monday to Friday

**TIME:** 8:00 a.m. to 4:30 p.m. (subject to availability)

**LOCATION:** to be determined

**REGISTRATION:** ongoing, at [SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca) or by phone: 450 358-7099 #668-2917 (Saint-Jean)

## Volunteer mornings

In a friendly atmosphere that fosters exchange, volunteers have the opportunity to exercise their creativity and share their expertise in projects that are close to their hearts, according to their different initiatives. A variety of tasks are also on offer, depending on individual interests. Come and join us! The drop-in daycare is offered free of charge to your preschool children during the volunteer period, by reservation only.

**AGE:** 18 and over

**TIME AND LOCATION:**

- Wednesdays, 9 a.m. to 11:30 a.m. at the Saint-Hubert MFRC
- Thursdays, 9 a.m. to 11:30 a.m. at the Saint-Jean MFRC

**INFORMATION AND REGISTRATION:** e-mail [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Psychosocial services - Prevention, Support and Intervention

The Prevention, Support and Intervention sector offers human, reassuring and non-judgmental psychosocial support to military families and reservists (Class B -180 days and Class A). Whether you're dealing with stress, relationship difficulties, emotional issues, parenting challenges or simply need to talk, our team is here to listen, guide and equip you.

The Prevention, Support and Intervention sector offers human, reassuring and non-judgmental psychosocial support to military families and reservists (Class B -180 days and Class A). Whether you're dealing with stress, relationship difficulties, emotional issues, parenting challenges or simply need to talk, our team is here to listen, guide and equip you.

**AGE:** all ages (members of the military community)

**DATE:** Monday to Friday

**TIME:** 8:00 a.m. to 4:30 p.m. (subject to availability)

**LOCATION:** to be determined

**REGISTRATION:** e-mail [SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca) or by phone at 450 358-7099 #668-2917

## Evening talk and creativity

Every Monday, MFRC volunteers welcome members of our community in an atmosphere conducive to sharing and bonding. You're invited to bring your own art project (knitting, painting, drawing, sewing, etc.). Basic materials and an inspiration binder are also available on site to guide you in the creation of your next project. A Cricut Maker is also available. Take advantage of this opportunity to learn how to use this practical tool.

**AGE:** 18 and over

**TIME:** Mondays, 6:30 p.m. to 9:00 p.m.

**LOCATION:** YCIC, 40, rue la Vérendrye, Saint-Hubert

**INFORMATION AND REGISTRATION:** e-mail [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Psychosocial Support

The Montreal-area MFRC's Psychosocial Support service is the initial point of contact for an initial assessment of your needs in relation to a situation you, your couple or a member of your family are experiencing. You will then be referred to our intervention services (social workers and specialized educators). If necessary, you may also be referred to an appropriate community resource, depending on the nature of your request.

Every family is unique and faces its own challenges. We want you to know that you are not alone. All it takes is one call or e-mail to get the ball rolling. Our Psychosocial Support Counsellor offers you a sympathetic ear, personalized support and confidential referral to the services and resources that can really help you.

For more information or if you have any questions, please do not hesitate to contact our Psychosocial Support Counsellor:  
 Saint Hubert: 450-462-8777 #663-6821  
 Saint-Jean: 450-358-7099 #668-2917  
[SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca)



## Services offered during absence

The Absence service offers support and resources adapted to the needs of military families during periods of absence, providing concrete tools, activities and personalized support to help them through these transitional moments.

Emotional support and personalized accompaniment:

- Individual accompaniment;
- Support from a counsellor;
- Courtesy calls;
- Comfort calls during deployment and upon return;
- Support during absence or reunion with a military member;
- Access to the services of specialized social workers and educators (in person or by teleconference).

Practical tools and resources:

- Absence kit;
- Deployment tools and books.

Family services:

- Parcel delivery via our points of service (Saint-Hubert, Saint-Jean-sur-Richelieu, Montreal, Sherbrooke);
- Last-resort daycare service;
- One morning of respite per week at the drop-in daycare center, subject to availability.

## Absence preparation meetings

Personalized, one-on-one meetings are organized to help loved ones prepare for their absence, answer questions and concerns, and open discussion on the issues they will face during their absence.

Meetings are held throughout the year, according to families' needs, either face-to-face or via TEAMS. Contact the Absence sector to make an appointment at 450-358-7099 #668-2911 or [SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca).

## Return from absence preparation meetings

Personalized one-on-one meetings are organized to help family and friends prepare for the return from absence, answer questions and concerns, and open discussion on issues experienced during reintegration.

Meetings are held throughout the year, according to families' needs, either face-to-face or via TEAMS. Contact the Absence sector to make an appointment at 450-358-7099 #668-2911 or [SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca).

## Operation Santa Claus

Students, the community and military families are invited to create greeting cards to thank the troops. These cards, reflecting the importance of the military's role, will be added to holiday packages.

They can be dropped off at Saint-Hubert or Saint-Jean, or sent by mail. For more information, contact the Absence Sector at 450-358-7099 #668-2911 or [SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca).



## Support in the event of illness, serious injury or bereavement

The Family Liaison Officers (FLOs), who are social workers, support the families of ill or injured military personnel, as well as bereaved families. They provide information, support and psychosocial intervention for children, adolescents and adults. These meetings can take place face-to-face or by videoconference. They can be for individuals, couples or families, and cover a wide range of issues such as bereavement, coping with illness and injury, burnout and other challenges affecting military personnel and their families.

In addition, an intervention and support group in the event of a parent's OSI (operational stress injury) can be organized:

- for youth aged 6 to 9, 10 to 12 and 12 to 17, lasting 8 weeks;
- for adults aged 18 and over, lasting 6 weeks

For more information or to participate in our intervention and support groups, please contact us:

Saint Hubert: 450-462-8777 #663-6821

Saint-Jean: 450-358-7099 #668-2917

SvcPersCRFMSoutienPsyStJean@forces.gc.ca





## Second language learning

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

**AGE:** 18 and over

**LOCATION:** online (LRDG platform)

**REGISTRATION:** contact the Employment and Education Coordinator by e-mail at [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

## Navigating childhood - Your toolbox to respectful parenting

This course is designed for parents who want to better understand their children and live their daily lives with greater confidence and serenity, while receiving support for family preparation. Available in English.

**AGE:** parents (for children aged 0 to 10)

**DATE:** ongoing

**LOCATION:** online

**REGISTRATION:** ongoing, on the portal

## Tailor-made training for couples

A dynamic and accessible training program designed to help couples better understand their relationship, strengthen their complicity and rekindle their connection. Through concrete examples, humor and simple tools, this course offers a fresh look at communication, love and life as a couple. Available in French with English subtitles.

**AGE:** couples (18+)

**DATE:** ongoing

**LOCATION:** online

**REGISTRATION:** ongoing, on the portal

## Get to grips with early childhood from the inside out

This course is designed for parents who want to better understand their children and live their daily lives with greater confidence and serenity, while receiving support for family preparation. Available in French.

**AGE:** parents (for children aged 0 to 10)

**DATE:** ongoing

**LOCATION:** online

**REGISTRATION:** ongoing, on the portal

## Shine in your "solo" or co-parenting role

This course is designed for parents who want to better understand their children and approach daily life with confidence and serenity. Available in French and English.

**AGE:** parents

**DATE:** ongoing

**LOCATION:** online

**REGISTRATION:** ongoing, on the portal

## Improving parent-teen relationships

Relationships between parents and teenagers can be among the most demanding, yet also the most touching. This dynamic conference offers a host of concrete, simple and effective tools to help you navigate the challenges of everyday life. With humor and kindness, it suggests strategies for living more serenely through difficult times and enriching family life.

**AGE:** parents of teenagers

**DATE:** ongoing

**LOCATION:** online

**REGISTRATION:** ongoing, on the portal



## Supporting children in secure parenthood

As part of the Healthy Relationships campaign, the Violence Advisory Team is organizing a conference aimed at fostering a harmonious parent-child relationship while reinforcing children's emotional security. This conference focuses on identifying the needs underlying children's behaviours and reactions, better understanding the issues related to crying, crises and oppositional situations, and integrating concrete, adapted strategies that take into account both the child's age and the specific context of military families. Available in French.

**AGE:** parents of teenagers

**DATE:** ongoing

**LOCATION:** online

**REGISTRATION:** ongoing, on the portal





**Military Family  
Resource  
Centre**  
Montreal Region

### **Psychosocial Support**

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

### **Absence sector**

Saint-Jean: 450-358-7099 #668-2911  
Saint-Hubert: 450 462-8777 #663-6818



### **SAINT-HUBERT**

4815, chemin de la Savane  
Saint-Hubert (Quebec) J3Y 9G1  
Telephone: 450 462-8777 #663-6810  
Fax: 450 462-6822

### **SAINT-JEAN-SUR-RICHELIEU**

Saint-Jean Garrison  
178, rue Falaise  
Richelain (Quebec) J0J 1R0  
Telephone: 450 358-7099 # 668-7955  
Fax: 450 358-7007

### **MONTREAL**

Montreal Garrison  
6550, rue Hochelaga  
Building 214, room 129-1,  
Montreal (Quebec) H1N 1X9  
Telephone: 514 252-7777 #663-4984

### **SHERBROOKE**

41 King Street West, Suite 2  
Sherbrooke (Quebec) J1H 1P1  
Telephone: 450 358-7099 #668-2349

### **YOUTH COMMUNITY INTEGRATION CENTRE (YCIC)**

40, rue la Vérendrye  
Saint-Hubert (Quebec) J3Y 3Y9

Informations:

[info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)

Portal et newsletter registration:

[crfmmfrcmtl.ca](http://crfmmfrcmtl.ca)

Web Site: [cfmws.ca](http://cfmws.ca)



Canada