

# PROGRAMMING

April to August 2025



**Military Family**  
Resource Centre  
Montreal Region

WELCOME • SUPPORT • UNITE



Canada





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monthly newsletter!  
[crfmmfrcmtl.ca/fr/accueil](http://crfmmfrcmtl.ca/fr/accueil)

## Welcome – Support – Unite!

Here is our summer programming! 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 propose 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.

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](http://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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## Follow us on social media!



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

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

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



## Month of the military child

### RECOGNITION GALA

We invite you to the 3rd edition of the Military Children Recognition Gala, an opportunity to pay tribute to the resilience of our youth. Indeed, these children face many challenges, such as relocation, the absence of a parent or transition periods in a family member's military career. It is therefore essential to highlight their strength and resilience. Come celebrate this special event with us and dress up in your finest clothes for the occasion!

**AGE:** Military children (Reserve Force, Regular Force and veterans), accompanied by their parents

**DATE:** Saturday, April 5th

**TIME:** 3:30 p.m. to 9:00 p.m.

**LOCATION:** Corporation du Fort St-Jean, 15 Rue Jacques-Cartier North, Saint-Jean-sur-Richelieu, QC, J3B 8R8

**COST:** Free

**REGISTRATION:** By Friday, March 28th, via the MFRC portal

## Creative support workshop

Through youth integration activities, the creative workshops aim to provide youth with practical tools to enhance their emotional well-being, improve their interpersonal relationships and face challenges specific to the military lifestyle, all while supporting their mental health.

**AGE:** 5 to 12 years old

**DATE:** Sunday, April 6th

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

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** Up to the Wednesday before the activity, on the portal

## Youth Integration Activity

### COMIC STRIP WORKSHOP

As part of youth integration activities, graphic design and ideation workshops allow the design of a comic strip addressing military issues. They aim to provide young people with practical tools to strengthen their emotional well-being, improve their interpersonal relationships and face the specific challenges related to the military lifestyle, while supporting their mental health. Through emotion management strategies and creative expression, the young ones will be able to improve their knowledge of response strategies to the challenges of the military lifestyle.

**AGE:** 5 to 12 years old

**DATE:** Sunday, April 6th

**TIME:** 10:00 a.m. to 11:30 a.m.

**LOCATION:** MFRC Saint-Jean

**COST:** Free

**REGISTRATION :** Monday, March 24th, to Thursday, April 24th, via the MFRC portal

## Military Dads

### MILITARY FATHERHOOD SHARING AND LEARNING GROUP

The Military Dads program supports fathers in building stronger, healthier relationships with their children, families and support networks. Specifically designed to address the challenges of parenting in the military context, this program aims to improve the safety and well-being of military families and children, thereby contributing to strengthening the operational readiness of members of the armed forces.

**Please note that this program lasts 10 weeks.**

**AGE:** Military dads

**DATE:** Tuesday, April 8th

**TIME:** 9:00 a.m. to 12:00 p.m.

**LOCATION:** MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** Starting on Friday, March 7th, until Tuesday, April 1st, via the MFRC portal





## Community Integration Activity

### DESIGN A TERRARIUM

A unique opportunity for military and veteran spouses to connect with other community members and strengthen their sense of belonging after relocation. During this activity, you will have the opportunity to create your own plant terrarium in a warm and friendly atmosphere, conducive to exchanges. You will leave not only with new knowledge, but also with a unique creation. All necessary materials are provided, and the activity takes place in a **bilingual** format.

**AGE:** 18 years and up

**DATE:** Thursday, April 10th

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

**LOCATION:** MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** By Monday, April 7th, via the MFRC portal

## Absence and deployment - Sherbrooke

### MEETING

Periods of absence related to military service represent significant challenges for loved ones back home. The goal of this evening is to bring together families of deployed military personnel to create a peer support network facing the same reality of being separated from a loved one. It will also be a valuable opportunity to exchange relevant information and advice, aimed at making daily life easier for everyone during this period of absence.

**AGE:** 18 years and up

**DATE:** Thursday, April 10th

**TIME:** 6:00 p.m. to 8:00 p.m.

**LOCATION:** 700, Woodward Street, Sherbrooke, QC, J1G 1W3

**COST:** Free

**REGISTRATION:** By Monday, April 7th, via the MFRC portal

## Youth Integration Activity

### DANCE WORKSHOP

The workshop addresses common challenges faced by children in military families, as well as violence prevention and bullying awareness. In an effort to strengthen a sense of belonging and emotional management to better meet the challenges of the military lifestyle, we encourage youth to participate in this workshop. It is important to note that this activity is movement-focused, and no specific skills or interest in dance are required. The main thing is to move and have fun together!

**AGE:** 9 to 17 years old

#### DATES:

- Thursday, April 10th
- Thursday, April 17th

**TIME:** 6:30 p.m. to 8:00 p.m.

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** Until the Wednesday before the activity, via the MFRC portal

## Mugs and Mingle

### A MILITARY FAMILY SUPPORT NETWORK

A morning gathering where family members of recruits can connect, support one another as they join the community and learn more about military life. **Bilingual workshops.**

**AGE:** Military families and close relatives

#### DATES :

- Thursday, April 10th
- Thursday, April 24th

**TIME:** 6:00 p.m. to 8:00 p.m.

**LOCATION:** MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** Up to the Monday before the activity, via the MFRC portal

## Youth Integration Activity

### COMIC STRIP WORKSHOP

As part of youth integration activities, graphic design and ideation workshops allow the design of a comic strip addressing military issues. They aim to provide young people with practical tools to strengthen their emotional well-being, improve their interpersonal relationships and face the specific challenges related to the military lifestyle, while supporting their mental health. Through emotion management strategies and creative expression, the young ones will be able to improve their knowledge of response strategies to the challenges of the military lifestyle.

**AGE:** 5 to 12 years old

**DATE:** Sunday, April 13th

**TIME:** 10:00 a.m. to 11:30 a.m.

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** From Thursday, March 13th, to Thursday, April 10, via the MFRC portal







## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations are closed on :

- Friday, April 18th – Good Friday;
- Friday, April 21st – Easter Monday.

## Early Learning Workshop

Led by the MFRC's special education technicians, these workshops use fun activities to help children aged 0 to 5 overcome the challenges of military life, such as absences, relocations, managing emotions and more. Spots are limited based on drop-in daycare availabilities.

**AGE:** Children aged 5 and under not attending school

**DATES AND LOCATIONS:**

- Wednesday, April 23rd at the Saint-Hubert MFRC
- Thursday, April 24th at the Saint-Jean MFRC

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

**COST:** Free

**REGISTRATION:** Starting the Monday before the activity, based on availability for the service during drop-in daycare at: Saint-Hubert: 450-462-8777, ext. 6810; or Saint-Jean: 450-358-7099 ext. 7955

## Youth Prevention

### WORKSHOP

A prevention workshop on the "effects of drugs" is organized to raise awareness about the consequences of using substances and to promote healthy life choices.

**AGE:** 9 to 17 years old

**DATE:** Thursday, April 24th

**TIME:** 7:00 p.m. to 8:30 p.m.

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** Up to the Wednesday before the activity, via the MFRC portal

## Veterans

### VETERANS' FAIR

In collaboration with the Quebec Veterans Foundation, Veterans Transition Network, and UN-NATO, the MFRC invites you to the **Fifth edition of the Veterans' Fair**. Come discover organizations that offer services to veterans, active military, and their families.

**CLIENTELE:** Veterans

**DATE:** Saturday, April 26th

**TIME:** 10:00 a.m. to 2:30 p.m.

**LOCATION:** Sainte-Anne Hospital, 305 Boul Des Anciens-Combattants, Sainte-Anne-De-Bellevue, QC, H9X 1Y9

**COST:** Free

**REGISTRATION:** None

## Schooling in Quebec

### PREPARATION WORKSHOP

Are you planning to move to our region soon and have questions about education in Quebec? The school system in Quebec is different from that of other regions. It is therefore essential, to facilitate your integration in the region, to inform yourself in advance to learn more about the registration of your children and thus guarantee an optimal school career. The workshop is open to a minimum of 3 participants and a maximum of 15. **This meeting is bilingual.**

**AGE:** 18 years and over

**DATE:** Friday, April 25th

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

**LOCATION:** Online using Zoom or Microsoft Teams

**COST:** Free

**REGISTRATION:** From Tuesday, April 1st to Thursday, April 17th, via the MFRC portal

## Childcare Services (0 to 5 years) in Quebec

### PREPARATION WORKSHOP

Are you moving to our region soon and have questions about finding childcare services? This process in Quebec differs from that of other provinces. Therefore, to facilitate your integration, it's essential to learn how it works in advance. The workshop is open to groups of three or more, with a maximum of 15.

**AGE:** 18 years old and up

**DATE:** Monday, April 28th

**TIMES:**

**French:** 2:00 p.m. to 3:00 p.m.

**English:** 3:00 p.m. to 4:00 p.m.

**LOCATION:** Online using Zoom or Microsoft Teams

**COST:** Free

**REGISTRATION:** From Tuesday, April 1st, via the MFRC portal

## Creative Support Workshop

Through youth integration activities, the creative workshops aim to provide youth with practical tools to enhance their emotional well-being, improve their interpersonal relationships and face challenges specific to the military lifestyle, all while supporting their mental health.

**AGE:** 5 to 12 years old

**DATE:** Sunday, April 27th

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

**LOCATION:** MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** Up to the Wednesday before the activity, on the portal





## Youth Integration Activity

### DANCE WORKSHOP

The workshop addresses common challenges faced by children in military families, as well as violence prevention and bullying awareness. With the goal of strengthening a sense of belonging and improving emotional management to better cope with the challenges of the military lifestyle, we encourage youth to participate in this workshop. It is important to note that this activity is movement-oriented, and no specific skills or interest in dance are required. The main thing is to move and have fun together!

**AGE:** 9 to 17 years old

**DATE:** Thursday, May 1st

**TIME:** 6:30 p.m. to 8:00 p.m.

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** By the Wednesday before the activity, via the MFRC portal



## Mugs and Mingle

### MILITARY FAMILY SUPPORT NETWORK

A morning gathering where family members of recruits can connect, support one another as they join the community and learn more about military life. **Bilingual workshops.**

**AGE:** Military families and close relatives

**DATES:**

- Thursday, May 1st
- Thursday, May 22nd

**TIME:** 6:00 p.m. to 8:00 p.m.

**LIEU :** MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** Up to the Monday before the activity, via the MFRC portal

## Creative Support Workshop

Through youth integration activities, the creative workshops aim to provide youth with practical tools to enhance their emotional well-being, improve their interpersonal relationships and face challenges specific to the military lifestyle, all while supporting their mental health.

**AGE:** 5 to 12 years old

**DATE:** Sunday, May 4th

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

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** By the Wednesday before the activity, via the MFRC portal

## Information Session

### PREPARING FOR AN ABSENCE

Are you about to experience the absence of a loved one? Attend our pre-deployment information session. You will learn about the challenges associated with this experience as well as practical strategies for managing departure and absence. You will also have the opportunity to learn about the services offered by the CRFM.

**AGE:** Anyone who wants to prepare for the absence of a loved one in the military

**DATE:** Tuesday, May 6th

**TIME:** 6:00 p.m. to 7:30 p.m.

**LOCATION:** Online via Microsoft Teams. A link will be emailed the day before the meeting. **Please, check your junk mail!**

**COST:** Free

**REGISTRATION:** From Monday, April 7th, to Monday, May 5th, via the MFRC portal





## Sweet tales for our little heroes

### DEPLOYMENT STORIES

Toddlers will have the opportunity to attend the reading of two stories addressing the theme of deployment. These stories serve as a means of awareness to help your children understand and better overcome the challenge of absence. For their part, parents will receive a practical toolkit, designed to open the dialogue on absence with their children and thus facilitate the adaptation to the military lifestyle.

**AGE:** 0 to 5, and their parents who accompany them

#### DATES AND LOCATIONS:

- Tuesday, May 6th at the MFRC Saint-Hubert
- Thursday, May 8th at the MFRC Saint-Jean

**TIME:** 10:00 a.m. to 11:00 a.m.  
(participants arrive at 9:45 a.m.)

**COST:** Free

**REGISTRATION:** From the Monday before, subject to availability at the drop-in day care centre.  
Contact:  
Saint-Hubert : 450-462-8777 ext. 6810  
Saint-Jean: 450-358-7099 ext. 7955

\*\* When registering your child, don't forget to sign up yourself as an accompanying parent!



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations are closed on **Monday, May 19th** – National Patriots' Day

## Creative Support Workshop

Through youth integration activities, the creative workshops aim to provide youth with practical tools to enhance their emotional well-being, improve their interpersonal relationships and face challenges specific to the military lifestyle, all while supporting their mental health.

**AGE:** 5 to 12 years old

**DATE:** Sunday, May 11th

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

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** By the Wednesday before the activity, via the MFRC portal

## Early Learning Workshops

Led by the MFRC's special education technicians, these workshops use fun activities to help children aged 0 to 5 overcome the challenges of military life, such as absences, relocations, managing emotions and more. Spots are limited based on drop-in daycare availabilities.

**AGE:** Children aged 5 and under not attending school

#### DATES AND LOCATIONS:

- Wednesday, May 14th, at the MFRC Saint-Hubert
- Thursday, May 15th at the MFRC Saint-Jean

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

**COST:** Free

**REGISTRATION :** Starting the Monday before the activity, based on availability for the service during drop-in daycare at:  
• Saint-Hubert : 450 462-8777 ext. 6810  
• Saint-Jean : 450 358-7099 ext. 7955

## Information Session

### PREPARING FOR A RETURN

Prepare for your deployed loved one's return with our Post-Deployment Information Session. designed specifically for military families, this session explores the challenges of returning service members and provides tools to help them navigate the post-deployment phase, making it easier to adjust to reintegration after their absence.

**AGE:** Anyone who wants to prepare for the return of a loved one in the military

**DATE:** Tuesday, May 13th

**TIME:** 6:00 p.m. to 7:30 p.m.

**LOCATION:** Online via Microsoft Teams. A link will be emailed the day before the meeting. **Please, check your junk mail!**

**COST:** Free

**REGISTRATION:** Tuesday, April 1st, to Monday, May 12th, via the MFRC portal

## Schooling in Quebec

### PREPARATION WORKSHOP

Are you planning to move to our region soon and have questions about education in Quebec? The school system in Quebec is different from that of other regions. It is therefore essential, to facilitate your integration in the region, to inform yourself in advance to learn more about the registration of your children and thus guarantee an optimal school career. The workshop is open to a minimum of 3 participants and a maximum of 15. **This meeting is bilingual.**

**AGE:** 18 years and over

**DATE:** Thursday, May 15th

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

**LOCATION:** Online using Zoom or Microsoft Teams

**COST:** Free

**REGISTRATION:** From Tuesday, April 1st to Thursday, April 17th, via the MFRC portal



## Military Life 101

A virtual workshop for military family members who want to learn more about the military lifestyle and its effects, support each other as new members of the community, and get help with the transition from civilian to military life. **The workshop is presented in French.**

**AGE:** Military families and close relatives

**DATE:** Wednesday, May 21st

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

**LOCATION:** Virtual, on Microsoft TEAMS

**COST:** Free

**REGISTRATION:** Until Monday, May 19th, via the MFRC portal

## The Quebec Job Market

WORKSHOP IN VIRTUAL MODE

Are you moving to our region soon and looking for a job? Through this workshop, you will discover the employment opportunities in the region, learn how to write a resume and will be able to ask your questions about employability to get precise and useful answers. The workshop is open to a minimum of 3 participants and a maximum of 15. This meeting is **bilingual**.

**AGE:** 18 years and over

**DATE:** Friday, May 23rd

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

**LOCATION:** Online via Zoom or Microsoft Teams

**COST:** Free

**REGISTRATION:** From Thursday, May 1st to Thursday, May 15th, via the MFRC portal

## Veterans : Synergy Project

### FOCUS GROUP

Former participants of the Escal project are invited to take part in a co-construction retreat. The aim is to share their personal experiences and contribute to the creation of tools and services to strengthen transition support, while improving the workshops offered as part of Escal. This discussion group will also include workshops specifically focused on the adaptation of spouses and how they experience the transition process.

**AGE:** Former participants of Escal, veterans, members in the process of release, and their spouses

**DATE AND TIME:** From Friday, May 23rd at 9:30 a.m. to Saturday, May 24th at 4:00 p.m.

**LOCATION:** Auberge West Brome, 128, QC-139, West Brome, QC, J0E 2P0

**COST:** Free of charge, but participants are responsible for their own travel expenses

**REGISTRATION:** From Wednesday, April 9th to Friday, May 9th, via the MFRC

## Childcare Services (0 to 5 years) in Quebec

### PREPARATION WORKSHOP

Are you moving to our region soon and have questions about finding childcare services? This process in Quebec differs from that of other provinces. Therefore, to facilitate your integration, it's essential to learn how it works in advance. The workshop is open to groups of three or more, with a maximum of 15.

**AGE:** 18 years old and up

**DATE:** Monday, May 26th

**TIMES:**  
**French:** 2:00 p.m. to 3:00 p.m.  
**English:** 3:00 p.m. to 4:00 p.m.

**LOCATION:** Online using Zoom or Microsoft Teams

**COST:** Free

**REGISTRATION:** From Tuesday, April 1st, via the MFRC portal

## Teen Retreat

As part of this weekend retreat, we invite teens ages 12 to 17 to participate in a series of activities aimed at fostering a sense of belonging among youth from military families in the Montreal area. This special time will allow youth to connect with their peers in order to combat the isolation of teens from military families. They will have the opportunity to take part in sports activities and practical workshops designed to provide them with tools and coping strategies to better manage the stresses related to the military lifestyle. This initiative is made possible thanks to the support of Lockheed Martin.

**AGE:** 12 to 17 years old

**DATES:** From Friday, May 30th to Sunday, June 1st

**TIME:** To be determined

**LOCATION:** Centre de Villégiature Jouvence, 131 Chemin de Jouvence, Orford, QC, J1X 6R2

**COST:** Free

**REGISTRATION:** From Monday, April 28th to Friday, May 23rd, via the MFRC portal





## Community Integration Activity

### DRIED FLOWER DECORATIVE CROWN

A unique opportunity for military and veteran spouses to connect with other community members and strengthen their sense of belonging after relocation. During this activity, you will be able to create your own summer wreath in a warm and friendly atmosphere, ideal for exchanges. You will leave not only with new knowledge, but also with a unique creation. All necessary materials are provided, and the activity takes place in a **bilingual** format.

**AGE:** Military spouses (18 years and older)

**DATE:** Tuesday, June 3rd

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

**LOCATION:** MFRC Saint-Hubert

**COST:** Free

**REGISTRATION:** By Friday, May 30th, via the MFRC portal

## Military Life 101

A virtual workshop for military family members who want to learn more about the military lifestyle and its effects, support each other as new members of the community, and get help with the transition from civilian to military life. **The workshop is presented in English.**

**AGE:** Military families and close relatives

**DATE:** Wednesday, June 11th

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

**LOCATION:** Virtual, on Microsoft TEAMS

**COST:** Free

**REGISTRATION:** Until Monday, June 9th, via the MFRC portal

## Mugs and Mingle

### MILITARY FAMILY SUPPORT NETWORK

A morning gathering where family members of recruits can connect, support one another as they join the community and learn more about military life. **Bilingual workshops.**

**AGE:** Military families and close relatives

**DATES:**

- Thursday, June 12th
- Thursday, June 26th

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

**LIEU :** MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** Up to the Monday before the activity, via the MFRC portal

## Youth Community Integration Center Send-Off

This activity offers young people leaving the region the opportunity to facilitate their departure by leaving a positive memory of their time in our community. It is a departure ritual designed to support young people in the transitions related to the military lifestyle and relocation.

**AGE:** 9 to 17 years old

**DATE:** Friday, June 13th

**TIME:** To be determined

**LIEU :** Youth Community Integration Centre, 40 Rue Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** From Monday, May 12th, to Monday, June 9th, via the MFRC portal





## Youth Community Integration Center Send-Off

This activity offers young people leaving the region the opportunity to facilitate their departure by leaving a positive memory of their time in our community. It is a departure ritual designed to support young people in the transitions related to the military lifestyle and relocation.

**AGE:** 5 to 12 years old

**DATE:** Sunday, June 15th

**TIME:** To be determined

**LIEU :** Youth Community Integration Centre, 40 Rue Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** from Tuesday, May 13th, to Friday, June 13th, via the MFRC portal

## Annual General Meeting

Come find out the MFRC's latest news! During this meeting, we will present our annual report and an overview of the past year at our organization. It's an excellent opportunity to get involved and actively contribute to your community and at the MFRC!

**AGE:** All families

**DATE:** To be determined

**TIME:** To be determined

**LOCATION:** To be determined

**COST:** Free

**REGISTRATION:** Up to the day before the activity, via our MFRC portal



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations and the Youth Community Integration Centre are closed on **Tuesday, June 24th** - Patriots' Day.

## Youth Course

### STAY SAFE

This Red Cross course enables young people to acquire the knowledge they need to learn how to stay at home alone on their own. Participants will learn the basic first aid techniques and skills needed to ensure their safety when they are home alone.

**AGE:** 9 to 13 years old

**LOCATION:** Online

### DATES AND TIME:

- **English:** Saturday, June 28th, from 9:00 a.m. to 2:00 p.m. (break from 11:00 a.m. to 12:00 p.m.)
- **French:** Sunday, June 29th, from 9:00 a.m. to 2:00 p.m. (break from 11:00 a.m. to 12:00 p.m.)

**COST:** Free

**REGISTRATION:** By Wednesday, May 28th, via the MFRC portal



## IMPORTANT NOTICE

The Youth Community Integration Centre (CICJ) will be closed **the week of Monday, June 16th and will reopen the week of Sunday, June 22nd.** Please also note that regular CICJ services will be paused starting on **Monday, June 16th.**







## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean services points as well as the YCIC will be closed on **Tuesday, July 1st** - Canada Day.

## Summer Activities at the YCIC

### WEEKS 1 TO 5

This summer, the Youth Community Integration Center will be open on a half-day schedule (morning and/or afternoon) to provide stimulating and interesting activities for children aged 5 to 12 years old. Registration will be on a weekly basis, starting on the Wednesday before the week of activities. **Please note that we do not cover the lunch period.**

**AGE:** 5 to 12 years old

### DATES:

- Monday, June 30th, to Friday, July 4th (YCIC closed on July 1st)
- Monday, July 7th, to Friday, July 11th
- Monday, July 14th, to Friday, July 18th
- Monday, July 21st, to Friday, July 25th
- Monday, July 28th, to Friday, August 1st

**TIME:** Morning and/or afternoon, according to the schedule

**LOCATION:** Youth Community Integration Center, 40 de la Vérendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION:** Starting Wednesday of the previous week, until the groups are full, via the MFRC portal







## Summer Activities at the YCIC

WEEKS 6 AND 7

This summer, the Youth Community Integration Center will be open on a half-day schedule (morning and/or afternoon) to provide stimulating and interesting activities for children aged 5 to 12 years old. Registration will be on a weekly basis, starting on the Wednesday before the week of activities. **Please note that we do not cover the lunch period.**

**AGE:** 5 to 12 years old

**DATES:**

- Monday, August 4th, to Friday, August 8th
- Monday, August 11th, to Friday, August 15th

**TIME:** Morning and/or afternoon, according to the schedule

**LOCATION:** Youth Community Integration Center, 40 de la Vérendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION:** Starting Wednesday of the previous week, until the groups are full, via the MFRC portal



## IMPORTANT NOTICE

The Youth Community Integration Centre will be closed on **Saturday, August 16th** and will reopen in September. Stay tuned for more information to come!

## Second Language Courses

FRENCH AND ENGLISH

In Saint-Jean-sur-Richelieu, Saint-Hubert or virtually, we offer you the opportunity to take our second language courses for free! **Minimum 5 participants and maximum 15 participants per groups.**

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

**DATE:** Start of second language courses week of Monday, September 22nd

**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 Friday, August 1st, to Thursday, September 18th, on the MFRC portal







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## Second Language Learning

LRDG is a second language (French or English) learning program that you can use independently at your own pace. Available throughout the year.

**AGE:** 18 years old and up

**LOCATION:** Online (LRDG platform)

**COST:** Free

**REGISTRATION OR INFORMATION:**  
Registration throughout the year, via the CRFM portal

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## Online Healthcare

Do you have questions about Quebec's healthcare system? Are you still without a family doctor? The MFRC is offering you the following services:

- Help with getting on the family doctor waiting list;
- A list of available walk-in clinics;
- A detailed explanation on how *Bonjour-santé* works.

**AGE:** All ages

**COST:** Free

**REGISTRATION OR INFORMATION:**  
[info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)



## Online Training

### NAVIGATING CHILDHOOD - YOUR TOOL BOX TO RESPECTFUL PARENTING

This online course is for parents wanting to better understand their children and navigate their daily lives with more confidence and ease, while receiving support with family preparation. **Training offered in English and French.**

**AGE:** Parents, training focuses on children aged 0 to 10 years old

**DATE:** Ongoing

**TIME:** N/A

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal (10 licences available in French, unlimited licences in English)

## Online Training

### HANDLING SEXUAL DEVELOPMENT FROM EARLY CHILDHOOD TO PREADOLESCENCE

This training for parents of children aged 2 to 10 provides tools for parents to support their children with respect to healthy psychosexual development while building a positive self-image. **Training offered in French.**

**AGE:** Parents, training focuses on children aged 0 to 10 years old

**DATE:** Ongoing

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal

## Online Training

### FROM «THE BIRDS & THE BEES» TO «NETFLIX & CHILL» : TALKING ABOUT RELATIONSHIPS, SEX AND CONSENT

This course helps parents broach the subject of relationships, sex and consent with their children, while receiving support for family preparation. **Training offered in English.**

**AGE:** Parents, training focuses on children and teenagers

**DATE:** Ongoing

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal

## Webinar

### HOLD ME TIGHT

Based on the brief intervention model of couples therapy, this program has shown positive long-term results. It is an opportunity to improve your relationship and strengthen your bond. The program is made up of a total of eight chapters you can complete at your own pace. **This program is available in English only.**

**AGE:** For couples (one licence per couple)

**DATE:** Ongoing

**LOCATION:** Online  
(<https://holdmetightonline.com/register/>)

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal. You will then receive a free login code. **Please, verify your junk mailbox.**

## Online Training

### SHINING ALONE OR WHEN CO-PARENTING

This training for parents aims to provide a number of solutions, tricks and strategies to help them find THEIR own recipe to shine on days when they are parenting alone.

**AGE:** Parents

**DATE:** Starting Tuesday, April 1st

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal (15 licences available in French, unlimited licences in English)

## Seminar

### CUSTOMIZED PROGRAM FOR COUPLES

**Facilitator: Danie Beaulieu, Ph.D.**  
This seminar has delighted thousands of people! Presented with humour and passion by doctor of psychology, author and speaker Danie Beaulieu, this original seminar on love and life as a couple is sure to enthrall, entertain... and enlighten you! **Activity offered in French only.**

**AGE:** For couples (one licence per couple)

**DATE:** Ongoing

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal. You will then receive a free login code. **Please, verify your junk mailbox.**





## Seminar

### IMPROVE YOUR PARENT-TEEN RELATIONSHIP

**Facilitator: Danie Beaulieu, Ph.D.**

This seminar is full of “parenting energy” and practical tips. Equip yourself with simple and effective strategies for coping with everyday situations. Discover how to get through the “difficult stages” more calmly while enriching your family life. Don’t miss this opportunity to become better parents while treating yourself to an evening filled with simple tips and humour. **Offered in French only.**

**AGE:** For parents of teenagers (one licence per family)

**DATE:** Ongoing

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal. You will then receive a free login code. **Please, verify your junk mailbox.**

## Youth Courses

### BABYSITTING COURSE

This babysitting course allows young people to gain the necessary knowledge to become responsible babysitters and to learn how to stay home alone. Participants will learn basic first-aid techniques and the skills needed to take care of younger children.

**AGE:** 11 to 15 years old

**DATE:** 21st and 22nd of June 2025

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Consult monthly programming for more details

## Youth Courses

### STAY SAFE

This Red Cross course allows young people to gain the necessary skills to stay home alone safely. Participants will learn basic first-aid techniques and develop essential skills to ensure their safety when home alone.

**AGE:** 9 to 13 years old

**DATE:** 28th and 29th of June 2025

**LOCATION:** Online

**COST:** Free

**REGISTRATION:** Consult monthly programming for more details

## Youth Connect

### VIRTUAL SERVICES PLATFORM FOR KIDS AGED 9 TO 17 YEARS OLD

Youth Connect is a bilingual, multi-MFRC app for young people from military families. It is a secure, supervised place for kids to talk, have fun and learn. It enables them to stay in touch with other kids they moved away from when they relocated. To get the app, register on the MFRC portal and then download it to a smartphone, tablet or desktop computer.

**AGE:** 9 to 17 years old

**DATE:** Depending on the sector’s programming schedule

**TIME:** See the calendar on our platforms

**LOCATION:** Virtual platform

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal.

## First Aid

Essential for the safety of families and a valuable asset when job seeking, this course lets you learn first aid and CPR techniques for babies, children and adults. Offered to military spouses and children aged 14 and older. At the end of the course, you will receive your first aid card, certifying that you have taken the training. **Minimum of 12 participants required.**

**AGE:** 14 years old and up

**DATE:** To be determined

**TIME:** 8:30 a.m. to 4:30 p.m.

**LOCATION:** Online (Teams)

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal.





## Daycare Service FOR 0 TO 5 YEARS OLD

The daycare service, offered on an **occasional and temporary basis**, is available Monday to Friday, from 7:45 a.m. to 4:30 p.m., at the Saint-Jean and Saint-Hubert service points. This service is designed to support families facing relocation, the absence of a family member, and all other challenges related to the military lifestyle. It offers access to tailored support to help them cope with these realities.

### Transitional daycare service

The transitional daycare service is **temporary** and lasts for a **maximum of 3 months**. It allows families who have recently arrived in the region to continue their search for a place in a daycare service (private or public). This service is a short-term solution to address this issue.

**Target audience:** children aged 0 to 5 years old, who have not started kindergarten (veterans and military)

**Time:**

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

Afternoon: 12:30 p.m. to 4:30 p.m.

**Cost:** According to the current rate

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

**Saint-Jean :** 450-358-7099, ext. 7955

**Saint-Hubert :** 450-462-8777, ext. 6810

For questions, email [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca) or call 450-358-7099, ext. 7955 (Saint-Jean) or 450-462-8777, ext. 6810 (Saint-Hubert).

## Early Reading Program

Give your child the gift of reading. This program was created to support early reading by children aged 0 to 5 and lay the groundwork for their future educational success. After you register, a book in the language of your choice (English or French) will be sent to your home every month. This program is available September to June.

**Limited places.**

**AGE:** Preschoolers aged 5 and under

**DATE:** If you register before the 10th of the month, the first book will be sent the following month. Otherwise, please allow two months to receive the first book (e.g., if you register before September 10, the first book will be delivered in October; if you register after September 10, the first book will be delivered in November). You are registered until the program ends in June 2026.

**COST:** Free

**REGISTRATION:** By the 10th of the month, via the MFRC portal





## Second Language Skills Development Support Program

Children 6 and up can get an annual subscription to a magazine in their second language to support their language learning. The subscription is for one year, 10 to 12 issues depending on the magazine. This program is available September to June. **Limited places.**

**AGE:** 6 and up

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal. The first magazine will arrive toward the end of the month after you register

## Homework Help for kids 5 to 12 years old

### VIRTUAL OR AT THE YCIC

Led by the Youth Community Integration Centre team, the homework help period aims to help kids who are relocating through a tutoring service by and for peers. Youth between the ages of 12 and 17 who are interested in volunteering to help with elementary school homework and lessons are encouraged to signal their interest. The program is available in person at the Youth Community Integration Centre or via the Youth Connect platform. Youth volunteer hours can be counted for toward the MFRC Montreal Region Volunteer Recognition Program.

**AGE:** 5 to 12 years old\*

**TIME:** According to the Youth Community Integration Centre's monthly calendar

**LOCATION:** Youth Community Integration Centre, 40 Rue La Vérendrye, Saint-Hubert, or online via the Youth Connect platform

**COST:** Free

**REGISTRATION:** Ongoing, via the MFRC portal

\*Five-year-old children must have started kindergarten already

## Community Integration Activity for kids 9 to 17 years old

### SAINT-HUBERT

Young people are invited to come build friendships to help create a network of young people who are familiar with the realities and challenges of the military lifestyle. The service includes special activities, projects on themes related to the challenges of the military family lifestyle, and community integration evenings. Our leaders create a sense of belonging that teens identify with and enjoy being part of.

**AGE:** 9 to 17 years old

**DATE:** Starting Wednesday, September 17th

**TIME:** According to the YCIC's monthly calendar

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** Ongoing, up to the day before for special activities, via the MFRC portal

*For more information on the weekly schedule, check the monthly calendar. For the latest updates or to contact our activity leaders, go to the Youth Community Integration Centre's Facebook page.*

## Integration Activity for kids 5 to 12 years old

### SAINT-HUBERT AND SAINT-JEAN

The aim is to break down the isolation that children experience, encourage them to talk to the activity leaders, and create bonds between kids who are in the same situation. We are open every Sunday morning and invite you to participate in different activities each week: tech activities, sports, art and much more.

**AGE:** Children aged 5 to 12, attending school\*

**DATE:** From Saturday, September 20th

**TIMES AND LOCATIONS:**

- YCIC: according to the monthly schedule
- MFRC Saint-Jean: schedule to be determined

**COST:** Free

**REGISTRATION:** Starting on the Tuesday before each week's activity, via the MFRC portal

*For more information on the weekly schedule, check the monthly calendar. For the latest updates or to contact our activity leaders, go to the Youth Community Integration Centre's Facebook page.*

\*Five-year-old children must have started kindergarten to be able to use youth services.

## Youth Volunteering

Volunteering is an important aspect of the MFRC. We want to encourage our young people to get involved in their community so that they can develop self-reliance and discover different aspects of themselves. There are a variety of interesting activities available for interested youth to choose from.

**AGE:** 9 to 17 years old

**COST:** Free

**TIME:** According to the Youth Community Integration Centre's monthly calendar

**REGISTRATION:** Ongoing, up to the day before for special activities, via the MFRC portal

**LOCATION:** Youth Community Integration Centre, 40 Rue La Vérendrye, Saint-Hubert, or online via the Youth Connect platform.



## Geek Wednesday

Young people are invited to connect with their peers and the leaders by discussing the latest trends and playing a host of board games and cooperative video games.

**AGE:** 9 to 17 years old

**DATE:** Starting Wednesday, September 17th

**TIME:** 6:00 p.m. to 9:00 p.m.

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** Up to the day before the activity, via the MFRC portal

## Volunteer Mornings

In a friendly environment that encourages discussion, volunteers have an opportunity to exercise their creativity and share their expertise by taking part in projects that are important to them, based on their different initiatives. There are also a number of tasks available, depending on each person's interests. Join us! The drop-in daycare is offered free of charge to your preschool-age children while you are volunteering (reservations required).

**AGE:** 18 years old and up

**TIMES:**

- Tuesdays, 9:00 a.m. to 11:30 a.m., MFRC Saint-Hubert
- Thursdays, 9:00 a.m. to 11:30 a.m., MFRC Saint-Jean

**COST:** Free

**REGISTRATION:** Contact our Community Integration officers

## Chatting and Creativity Nights

Every Monday, MFRC volunteers welcome members of our community to a place conducive to sharing and bonding. You are encouraged to bring your arts and crafts projects (e.g., knitting, painting, drawing, sewing). Basic materials and a binder full of ideas are available on site to help you create your next project. A Cricut Maker (cutting machine) is also available. Use this opportunity to learn how to use this handy tool.

**AGE:** 18 years old and up

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

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** Via the MFRC portal, up to the day of the activity

## Special Education Service

**PARENTAL SUPPORT AND 0 TO 17 YEARS OLD**

We provide families with personalized, specialized support in the areas of family dynamics, communication and interventions with children. The goal of special care counselling is to equip, support and inform parents regarding their children's education and development.

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

**DATE:** Monday through Friday, 8:00 a.m. to 4:30 p.m.

**TIME:** Depending on availabilities

**LOCATION:** To be determined

**COST:** Free

**INFORMATION:**

[SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca) or by telephone at : 450-358-7099, ext. 2917 (Saint-Jean) or 450-462-877, ext. 6821 (Saint-Hubert)

## Youth Advisory Committee

The Youth Advisory Committee meets the last Thursday of every month. Over dinner provided by the MFRC, there are discussions on youth services and the needs of children and youth, themed activity planning and fun, all while developing new leadership skills.

**AGE:** 9 to 17 years old

**DATE:** According to the YCIC's monthly calendar

**LOCATION:** Youth Community Integration Centre, 40 Rue de la Vérendrye, Saint-Hubert

**COST:** Free

**REGISTRATION:** By the day before the activity, via the MFRC portal

## Moral Support during the Absence of a military loved one

This support is available to families who have a loved one who is currently away on military duty. Whether you are looking for specific services or just need to talk, we are here to listen through our confidential, bilingual service.

**AGE:** For families who have a loved one who is away

**DATE:** Monday through Friday, 8:00 a.m. to 4:30 p.m.

**TIME:** Depending on availabilities

**LOCATION:** By phone or in person, depending on availability

**COST:** Free

**INFORMATION:**

[SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca) or by telephone at : 450-358-7099, ext. 2911 (Saint-Jean) or 450-462-877, ext. 6818 (Saint-Hubert)



## Education or career Counselling

This individual, personalized service is for people looking for a job and those needing help with school information. Contact the Employment and Education team for more information.

**AGE:** 14 years old and up

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

**TIME:** According to availability, by appointment

**LOCATION:** To be determined or virtually

**COST:** Free

**INFORMATION AND REGISTRATION:** Contact our Employment and Education Coordinator or send an email to [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca).

## Courtesy and Comfort Call during the Absence of a loved one

This confidential telephone service is available throughout the absence and is staffed by a dedicated responder. It aims to ensure that military families receive ongoing support before, during and after the member's deployment, extended service and/or training.

**AGE:** All families who have a loved one who is away

**DATE:** Monday through Friday, 8:00 a.m. to 4:30 p.m.

**TIME:** Depending on availabilities

**LOCATION:** By telephone

**COST:** Free

**INFORMATION:** [SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca) or by telephone at : 450-358-7099, ext. 2911 (Saint-Jean) or 450-462-877, ext. 6818 (Saint-Hubert)

## Job Fairs

### GROUP VISITS

Come visit some job fairs with the Employment and Education Coordinator and other job seekers. Job fairs take place throughout the year in different cities. Take a tour and meet numerous employers. **Minimum 4 participants and maximum 30 participants.**

**AGE:** 18 years old and up

**DATE:** Throughout the year

**LOCATION:** Different regions

**COST:** Free

**INSCRIPTION:** Ongoing, via the MFRC portal

## Mission Connection

### GLOBAL SOLIDARITY

The *Mission Connection: Global Solidarity* project works to send letters of encouragement to our military members deployed overseas throughout the year. We invite you to take part in this initiative, which offers a true source of comfort to our soldiers, reminding them that their efforts do not go unnoticed. These cards are a valuable link between the members and their community and are a testament to the solidarity and gratitude we feel toward them.

**AGE:** Everyone

**DATE:** Throughout the year

**TIME:** Throughout the year

**LOCATION:** Cards can be dropped off at the Saint-Hubert and Saint-Jean service locations in person during business hours or can be sent in by mail

**COST:** Free

**INFORMATION:** [SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca) or by telephone at : 450-358-7099, ext. 2911 (Saint-Jean) or 450-462-877, ext. 6818 (Saint-Hubert)

## Operation Santa Claus

As part of Operation "Our Christmas Wishes," elementary school students, members of the community and military family members are invited to create greeting cards with messages and drawings to thank the troops. This initiative provides students with an opportunity to reflect on the critical role of soldiers on mission, the impact they have and how they are a source of inspiration. These cards will be enclosed in the packages sent to soldiers, to bring comfort over the holidays to those who are separated from their families.

**AGE:** Everyone

**DATE:** Throughout the year, but cards must be received at the MFRC before Friday, October 10th

**TIME:** Throughout the year

**LOCATION:** Cards can be dropped off at the Saint-Hubert and Saint-Jean service locations in person during business hours or can be sent in by mail

**COST:** Free

**INFORMATION:** [SvcPersInfoAbsenceCRFM@forces.gc.ca](mailto:SvcPersInfoAbsenceCRFM@forces.gc.ca) or by telephone at : 450-358-7099, ext. 2911 (Saint-Jean) or 450-462-877, ext. 6818 (Saint-Hubert)





## Mental Health Issues, Illness Support and Grief

### Information and support

The Family Liaison Officer (FLO) supports families of illnesses, injured or bereaved military personnel. It also provides information and support. Psychological intervention sessions can be organized for children, adolescents and adults. These meetings address a variety of issues such as grief, adaptation to illness or injury, burnout, as well as other emotional and psychological challenges encountered by military personnel and their loved ones.

### Operational Stress Injuries (OSI)

A parent OSI (operational stress injury) intervention and support group can be organized for youth aged 6 to 12 and will last 8 weeks. For adults aged 18 and over, these meetings will last 6 weeks.

A psychosocial intervention and consultation service is available to you and is offered to children, adolescents and adults. These consultations can take place individually, as a couple or as a family.

**INFORMATION :** [svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca) or by phone at: 450-358-7099, ext. 2917

## Psychosocial Support Services

The MFRC offers psychosocial counselling. Our special care counsellors and social workers are here to provide support when you need it.

- AGE:** Members, spouses and their children
- DATE:** Depending on the MFRC schedule
- TIME:** Depending on availabilities
- LOCATION:** To be determined
- COST:** Free
- INFORMATION AND REGISTRATION:**  
[svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca)  
or by telephone at:  
450-358-7099, ext. 2917 (Saint-Jean) or  
450-462-8777, ext. 6821 (Saint-Hubert)



SAINT-HUBERT  
450-462-8777 #6810  
SAINT-JEAN GARRISON  
450-358-7099 #7955



CRFM  
Région de Montréal

MFRC  
Montreal Region

OUR EMAIL ADDRESS  
[INFO.CRFM@FORCES.GC.CA](mailto:INFO.CRFM@FORCES.GC.CA)



HOME INFORMATION ABSENCE OUR SERVICES 0-17 YEARS OLD SERVICES EMPLOYMENT AND EDUCATION INTERVENTION AND SUPPORT INTEGRATION FORMS

HOME

The place to register for  
all our activities and events!  
[crfmmfrcmtl.ca](http://crfmmfrcmtl.ca)



**MFRC**  
Montreal Region

## PREPARATION WORKSHOP CHILD CARE SERVICES IN QUEBEC

**MONDAY APRIL 28 OR  
MONDAY MAY 26**

**2 P.M. TO 3 P.M. IN FRENCH  
3 P.M. TO 4 P.M. IN ENGLISH**

Online  
Free

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

La Force conjointe Strength Behind the Uniform

## Child Care Services in Quebec

### PREPARATION WORKSHOP

Are you moving to our region soon and have questions about finding childcare services? This process in Quebec differs from that of other provinces. Therefore, to facilitate your integration, it's essential to learn how it works in advance.



## THE PATH SCHOOLING IN QUEBEC

**April 25 or May 15  
10 a.m. to 11 a.m.**

For members of military families who have questions about education or who will be arriving in the area in the near future.

Free  
Online  
Bilingual

REGISTRATION: [WWW.CRFMMFRCMTL.CA](http://WWW.CRFMMFRCMTL.CA)



Canada







**MFRC**  
Montreal Region

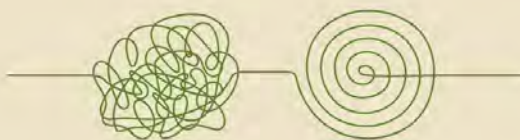
GROUP FOCUS

## **SYNERGY PROJECT**

**From Friday, May 23 at 9:30 a.m.  
to Saturday, May 24 at 4:00 p.m.**

**Did you participate at the Escale weekend  
or were you medically discharged in the last 5 years?**

**Synergie aims to supplement the transition support for  
veterans and their spouses.**



**At the Auberge West Brome  
Free (travel expenses are the responsibility of participants)**

**Registration: [www.crfmmfrcmtl.ca](http://www.crfmmfrcmtl.ca)**

La Famille  
conjointe Military Families  
Strength Behind  
the Uniform



**Canada**





**MFRC**  
Montreal Region

12-17 years old

**TEEN  
RETREAT**

FROM FRIDAY MAY 30  
TO JUNE 1

JOUVENCE RESORT  
131 CHEMIN DE JOUVENCE, ORFORD  
TRANSPORTATION INCLUDED

FREE  
BILINGUAL

To register: [www.crfmmfrcmtl.ca](http://www.crfmmfrcmtl.ca)

**LOCKHEED MARTIN** *La force conjointe* *Strength Behind Uniform* **Canada**

## Teen Retreat

As part of this weekend retreat, we invite teens ages 12 to 17 to participate in a series of activities aimed at fostering a sense of belonging among youth from military families in the Montreal area. This special time will allow youth to connect with their peers in order to combat the isolation of teens from military families. They will have the opportunity to take part in sports activities and practical workshops designed to provide them with tools and coping strategies to better manage the stresses related to the military lifestyle.

This initiative is made possible thanks to the support of Lockheed Martin.





# Join us:

## Reception and Information

Saint-Jean: 450 358-7099, ext. 7955

Saint-Hubert: 450 462-8777, ext. 6810

Longue-Pointe: 514 252-2777, ext. 4984

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

## Psychological Support

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

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

email : [svcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:svcPersCRFMSoutienPsyStJean@forces.gc.ca)



**Military Family  
Resource Centre**

Montreal Region

WELCOME • SUPPORT • UNITE



### SAINT-HUBERT

4815, de la Savane Road,  
Saint-Hubert (Quebec) J3Y 9G1  
Telephone: 450 462-8777, ext. 6810  
Fax: 450 462-6822

### MONTREAL

6550, Hochelaga Street,  
Building 214, room 114  
Montreal Garrison  
Montreal (Quebec) H1N 1X9  
Telephone: 514 252-2777, ext. 4984

### SAINT-JEAN-SUR-RICHELIEU

178, Falaise Street,  
Saint-Jean Garrison,  
Richelain (Quebec) J0J 1R0  
Telephone: 450 358-7099, ext. 7955  
Fax: 450 358-7007

### SHERBROOKE

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



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Portal: [crfmmfrcmtl.ca](https://crfmmfrcmtl.ca)

Website: [sbmfc.ca](https://sbmfc.ca)



Canada