

PROGRAMMING

April to August 2025



Military Family
Resource Centre
Montreal Region

WELCOME • SUPPORT • UNITE



Canada



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.

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

Connect to our web portal:
crfmmfrcmtl.ca

Website : 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

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.

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

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

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





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!

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



IMPORTANT NOTICE

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





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 Escale 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 Escale. 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 Escale, 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

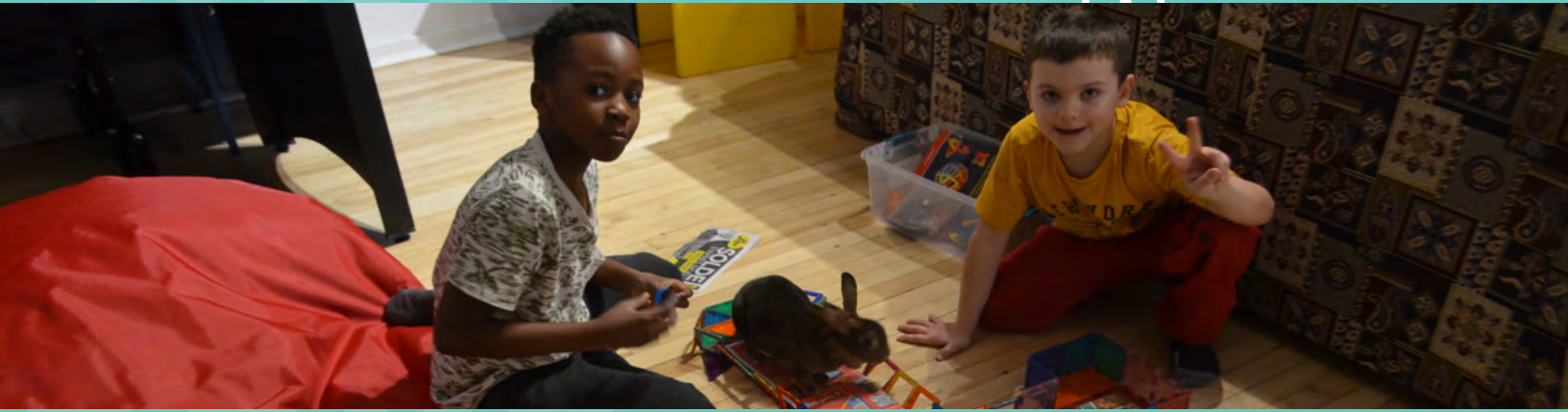
TIME: To be determined

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 **ilingual** 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.**



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.**

Youth Course

BABYSITTING COURSE

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

AGE: 11 to 15 years old

DATES AND TIME:

- **English:** Saturday, June 21st, from 8:30 a.m. to 3:30 p.m. (break from 11:30 a.m. to 12:30 p.m.)
- **French:** Sunday, June 22nd, from 8:30 a.m. to 3:30 p.m. (break from 11:30 a.m. to 12:30 p.m.)

LOCATION: Online

COST: Free

REGISTRATION: By Wednesday, May 21st, via the MFRC portal

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

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.)

LOCATION: Online

COST: Free

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





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





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

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





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)

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

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

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)



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

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

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.

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.





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 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

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, up to the day before for special activities, via the MFRC portal





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:

SvcPersCRFM.SoutienPsyStJean@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 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.

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 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 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 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.

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
or by telephone at:
450-358-7099, ext. 2917 (Saint-Jean) or
450-462-8777, ext. 6821 (Saint-Hubert)

INFORMATION : svcPersCRFMSoutienPsyStJean@forces.gc.ca or by phone at:
450-358-7099, ext. 2917

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



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

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HOME

The place to register for all our activities and events!

crfmmfrcmtl.ca

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

Psychological Support

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

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

email : 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

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