

# PROGRAMMING

April to August 2024



**Military Family**  
Resource Centre  
Montreal Region

WELCOME • SUPPORT • UNITE



Canada



Subscribe to our  
monthly newsletter!  
[www.cfmws.ca](http://www.cfmws.ca)

## Welcome you and support you to create souvenirs!

The good days are back! The Military Family Resource Center team from the Montreal region presents to you their new spring-summer 2024 programming. We are happy to offer you activities that will allow you to meet other families from military and which will contribute to the development of your child.

Every year, we work hard to improve the quality of activities and services that we offer to the community. Activities, training and workshops aim to facilitate your integration into our region by creating connections with families who experience the same realities as you.

Our spring-summer 2024 programming has added new activities, while continuing to offer you the most popular ones which win a true success, so that everyone can discover or live their passions.

This programming is offered to spouses and children of military families mainly, to meet family needs.

Stay tuned, subscribe to our newsletter or contact us on the social networks and in the Servir newspaper. To live unforgettable experiences during spring and summer seasons, sign up for our activities on 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)



### IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean services points will be closed on **Monday, April 1st, 2024** - Easter Monday.



### Mugs and Mingle:

WELCOME TO THE MILITARY FAMILY SUPPORT NETWORK

An evening event where the family members of recruits can get together chat and learn more about the military lifestyle. All while supporting each other as new members in the community and learning about what the military lifestyle looks like.

**Bilingual activity.**

**AGE:** Military's family and close relatives

**DATES:**

- Wednesday, April 3rd, 2024
- Wednesday, April 10, 2024
- Wednesday, April 17th, 2024
- Wednesday, April 24th, 2024

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

**LOCATION:** Saint-Jean's MFRC

**COST:** Free

**REGISTRATION DEADLINE:**

registrations are open 1 month in advance until Monday of the same week of the activity, on the MFRC portal

### Zootherapy Workshop for kids 5 to 17

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to learn more about these challenges.

**AGE:** Children of military and veterans members; ages 5 to 17

**DATE:** Thursday, April 4th, 2024

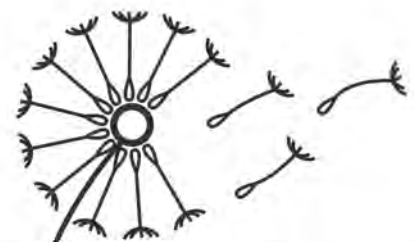
**TIME:** 6:00 p.m.–9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Vérendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION DEADLINE:**

none, on the MFRC portal



*Proud Military Family Child*

*Fier enfant de famille militaire*





## Youth Integration Activity

### TECH ACTIVITY

As part of the 5-12 year periods at the Saint-Jean MFRC and the YCIC, young people are invited to come and discover new technologies with us. Robotics, electrical circuits, and more are on the program! Offered in collaboration with Génilab.

#### AGE:

children of military and veterans members; ages 5 to 12

#### DATES AND LOCATIONS:

- Sunday, April 7th, 2024, at Saint-Jean MFRC
- Sunday, April 14th, 2024, at YCIC

**TIME:** 9:00 a.m. to 12:00 p.m. YCIC open according to the regular schedule

#### REGISTRATION PERIOD:

Registrations are open 1 month in advance until Thursday of the same week of the activity, on the MFRC portal

## Connection Opportunity: Daddy & Me

SHERBROOKE, NOTE THIS IN YOUR AGENDA!

Daddy & Me activities help nurture the relationship between fathers and their children. They are mainly based on an idea from the *Regroupement de la valorisation de la paternité (Alliance for the promotion of fatherhood)*. We invite dads and their children to come in large numbers. During this evening, we will offer you a workshop to build a family shield. You can later use it during laser tag games. Which family will have built the best protection? Who will emerge victorious from this evening?

**AGE:** Kids 4 and up accompanied by their father military or veteran

**DATE:** Thursday, April 11th, 2024

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

**LOCATION:** Laser Game Evolution, 2257 King West street, Sherbrooke, QC J1J 2G2

**COST:** free

#### REGISTRATION DEADLINE:

From Monday, March 11th, 2024 to Friday, April 5th, 2024, on the MFRC portal

## Deployment's gentle preparation

### MAKING A SMOOTH TRANSITION BEFORE THE DEPLOYMENT OF A LOVED ONE

A loved one is about to be deployed. We're here to accompany you every step of the way. Join our pre-deployment session, where you'll learn more about the current mission and the challenges that the absence of a loved one can bring. During this immersive online experience designed especially for military families, you'll discover the services offered by the MFRC, as well as the tools and resources available online.

**AGE:** Anyone wishing to prepare for the deployment of a loved one

**DATE:** Tuesday, April 16th, 2024

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

**LOCATION:** Online

**COST:** Free of charge

#### REGISTRATION PERIOD:

From Friday, March 1st, 2024, to Thursday, April 11th, 2024, on the MFRC portal

## Art-Therapy Workshop

This workshop enables children to explore their creativity using a therapeutic approach that can have many benefits, such as personal growth, awareness-raising and problem solving.

**AGE:** 5 to 12 years

**DATE:** Sunday, April 14th, 2024

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

**LOCATION:** Saint-Jean MFRC

**COST:** Free of charge

#### REGISTRATION PERIOD:

From Thursday, March 14th, 2024, to Thursday, April 11th, 2024, on the MFRC portal

## Virtual Discussion evenings for kids 9 to 17

### ON THE "YOUTH CONNECT" PLATFORM

Kids 9 to 17 are invited to visit the Youth Connect platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

"Clic Jeunesse" is a virtual platform for youth services. This application is bilingual and aimed at young people from military families. This is a safe and supervised place where young people exchange, have fun and learn. To get the application, you must first register on the MFRC portal and then upload it to a smartphone, tablet or computer.

**AGE:** children of military and veterans members; ages 9 to 17

**DATE:** Thursday, April 18th, 2024

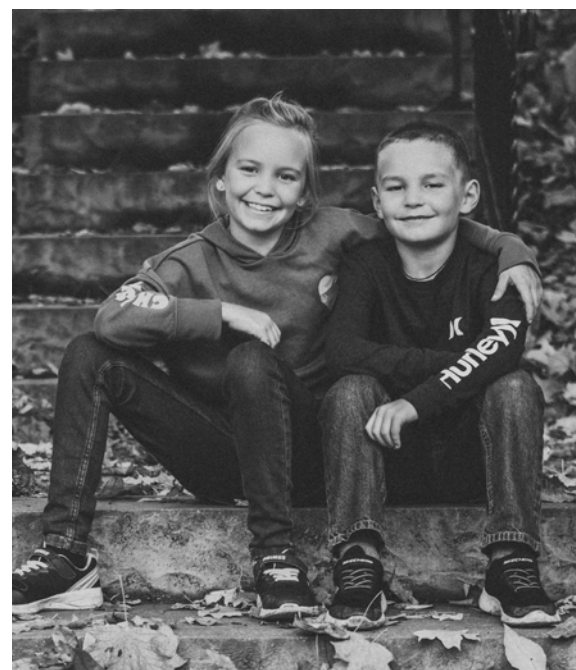
**TIME:** 6:30 p.m to 7:30 p.m

**LOCATION:** Youth Connect platform

**COST:** Free

#### REGISTRATION PERIOD:

Requires access to the Youth Connect app





## Art-Therapy Workshop

This workshop enables children to explore their creativity using a therapeutic approach that can have many benefits, such as personal growth, awareness-raising and problem solving.

**AGE:** 5 to 12 years

**DATE:** Sunday, April 21th, 2024

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

**LOCATION:** CICJ, 40 De la Vérendrye Street, Saint-Hubert

**COST:** Free of charge

**REGISTRATION PERIOD:**

From Monday, March 18th, 2024, to Thursday, April 18th, 2024, on the MFRC's portal

## Learning Workshops

WITH OUR SETs (special education technicians)

Through the use of games, these workshops led by the MFRC's SETs aim to guide 0-5 years old through the challenges of military life: absence, moving, managing emotions, and so on. Places will be limited according to availability at the drop-in day care centre.

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

**DATES AND LOCATIONS:**

- Tuesday, April 23th, 2024: Saint-Hubert MFRC
- Thursday, April 25th, 2024: Saint-Jean MFRC

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

**COST:** Free of charge

**REGISTRATION:**

From the Monday before the event, 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

## Community Integration Activity:

### SOWING AND GARDENING WORKSHOP

Come and take part in this spring activity! You'll be able to exchange ideas and learn the basics of preparing seedlings for the warm weather. Together with the facilitator, participants will create a tray of different seedlings. Everyone will leave with a varied tray of 36 organic and local seedlings (vegetable and herb seedlings).

**AGE:** 18 years and over

**DATE:** Thursday, April 25th, 2024

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

**COST:** Free of charge

**LOCATION:** Saint-Jean MFRC

**REGISTRATION DEADLINE:**

Sunday, April 21th, 2024, on the MFRC's portal

## Schooling in Quebec

You're moving to our region soon and have questions about education in Quebec. We advise you to contact our Employment and Education Coordinator **before** you arrive to avoid any unpleasant surprises. The school system is different in Quebec, and it's important to find out in advance how to enrol your children in school to ensure their appropriate educational development.

**This event is bilingual.**

*Minimum of 3 participants / maximum of 15*

**AGE:** 18 years and over

**DATE:** Friday, April 26th, 2024

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

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

**COST:** Free of charge

**REGISTRATION PERIOD:**

From Monday, April 1st, 2024, to Monday, April 22th, 2024, on the MFRC's portal

## Month of the Military Child: RECOGNITION CEREMONY

April is the month of military children. To honour military children, who demonstrate remarkable resilience and adaptation when faced with the challenges of military life, we invite you and your children to take part in the second edition of the recognition ceremony for children of military families. Dress up in your Sunday best and come celebrate with us!

**AGE:** all ages

**DATE:** Saturday, April 27th, 2024

**TIME:** 5:00 p.m. to 9:00 p.m.

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

**COST:** Free of charge

**REGISTRATION DEADLINE:**

From Monday, April 1st, 2024, to Friday, April 19, 2024, on the MFRC's portal





## Mugs and Mingle:

### WELCOME TO THE MILITARY FAMILY SUPPORT NETWORK

An evening event where the family members of recruits can get together chat and learn more about the military lifestyle. All while supporting each other as new members in the community and learning about what the military lifestyle looks like.

**Bilingual activity.**

**AGE:** Military's family and close relatives

**DATES:**

- Wednesday, May 1st, 2024
- Wednesday, May 8th, 2024
- Wednesday, May 15th, 2024
- Wednesday, May 29th, 2024

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

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION DEADLINE:**

Registrations are open 1 month in advance until Monday of the same week of the activity, on the MFRC portal

## Zootherapy Workshop for kids 5 to 17

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to learn more about these challenges.

**AGE:** Children of military and veterans members; ages 5 to 17

**DATE:** Thursday, May 2nd, 2024

**TIME:** 6:00 p.m.-9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Vérendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION DEADLINE:**

None, on the MFRC portal

## Youth Integration Activity

### TECH ACTIVITY

As part of the 5-12 year periods at the Saint-Jean MFRC and the YCIC, young people are invited to come and discover new technologies with us. Robotics, electrical circuits, and more are on the program! Offered in collaboration with Génilab.

**AGE:** Children of military and veterans members; ages 5 to 12

**DATES AND LOCATIONS:**

- Sunday, May 5th, 2024, at Saint-Jean MFRC
- Sunday, May 12th, 2024, at YCIC

**TIME:** 9:00 a.m. to 12:00 p.m. YCIC open according to the regular schedule

**REGISTRATION PERIOD:**

Registrations are open 1 month in advance until Thursday of the same week of the activity, on the MFRC portal





## Sweet Tales for little Heroes: DEPLOYMENT STORIES

Tots will be read two tales on the theme of deployment. Parents are also invited to join in the reading! The stories have been specially selected for your little ones and will be read in a gentle manner by a professional storyteller. The children will leave with a surprise, and parents will receive a practical toolkit for deployment. **This free event will be held both in English and in French.**

**AGE:** 0 to 5 years, and accompanying adults

**DATES ET LOCATIONS:**

- Tuesday, May 7th, 2024: Saint-Hubert MFRC
- Thursday, May 9th, 2024: Saint-Jean MFRC

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

**COST:** Free of charge

**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 as an accompanying parent!

## Job Fairs GROUP VISITS

Come and visit job fairs with the employment coordinator and other job seekers. Job fairs are held throughout the year in various cities, so let yourself be guided and come meet many employers. **Minimum of 3 participants / maximum of 15**

**AGE:** 18 years and over

**DATE:** Throughout the year, next fair on Thursday, May 9th, 2024

**LOCATION:** Various regions, next fair at the CN Sports Complex, Brossard

**COST:** Free of charge

**REGISTRATION PERIOD:** At any time on the MFRC portal

## Smooth Transition: EXPLORE THE NEXT CHAPTERS TOGETHER

Get ready to welcome your deployed loved ones home with peace of mind, thanks to our post-deployment information session. Designed specifically for military families, this session offers a thoughtful exploration of the challenges associated with absences, and informed preparation for better living through this stage of deployment.

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

**DATE:** Tuesday, May 14th, 2024

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

**LOCATION:** On Microsoft Teams

**COST:** Free of charge

**REGISTRATION PERIOD:** From Monday, April 1st, 2024, to Friday, May 10th, 2024, on the MFRC's portal

## Youth Integration: Outings for teens (11 to 17) CÉRAMIC CAFÉ, GREENFIELD PARK

The Youth Integration Sector's teen outings are for young people aged 11 to 17 and are intended to form bonds between young people living in similar situations. Take this opportunity to come and have fun with us and your friends, and show us your artistic talents! One outing per region will be organized on the North Shore and the South Shore and in the Eastern Townships. Stay tuned for our program to register.

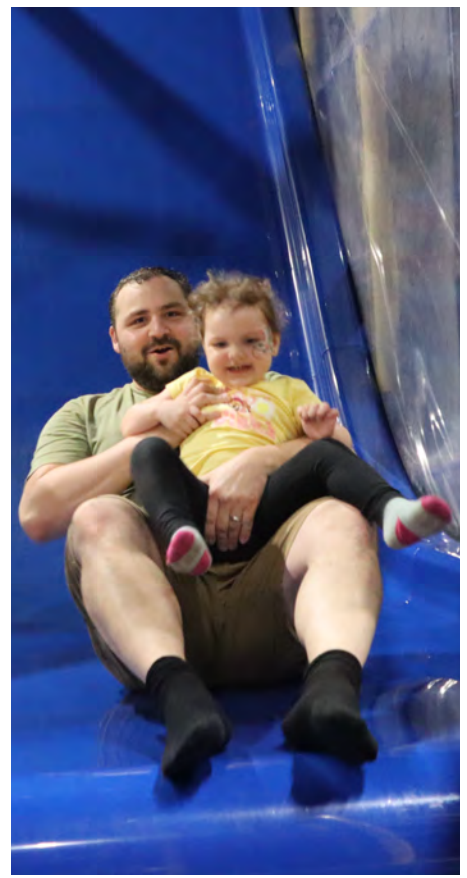
**AGE:** 11 to 17 years

**DATE:** Saturday, May 11th, 2024

**LOCATION:** Céramic Café, 3240 Taschereau Boulevard, Greenfield Park

**COST:** Free of charge

**REGISTRATION:** From Thursday, April 4th, 2024, to Saturday, May 4th, 2024, on the MFRC's portal





## Virtual Discussion Evenings for kids 9 to 17

ON THE "YOUTH CONNECT" PLATFORM

Kids 9 to 17 are invited to visit the Youth Connect platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

"Clic Jeunesse" is a virtual platform for youth services. This application is bilingual and aimed at young people from military families. This is a safe and supervised place where young people exchange, have fun and learn. To get the application, you must first register on the MFRC portal and then upload it to a smartphone, tablet or computer.

- AGE:** Children of military and veterans members; ages 9 to 17
- DATE:** Thursday, May 16th, 2024
- TIME:** 6:30 p.m to 7:30 p.m.
- LOCATION:** Youth Connect platform
- COST:** Free
- REGISTRATION PERIOD:** Requires access to the Youth Connect app

## Connection Opportunity Family Event:

FAMILY CAMP ON THE TOPIC OF ABSENCE

This family camp is an opportunity to meet and network with other military families who are part of the community. Come and recharge your batteries and enjoy a weekend of family activities in one of Quebec's most beautiful locations. Absence workshops will be offered by our team of social and case workers. You must register each family member on the MFRC portal. **Places are limited for this event.**

- AGE:** Military personnel, spouses and their children
- DATE:** To be determined
- DATES AND TIMES:** From 6:00 p.m. on Friday, May 17th, 2024 to around 4:00 p.m. on Sunday, May 19th, 2024
- LOCATION:** To be determined
- COST:** Free of charge
- REGISTRATION PERIOD:** Details to come on the MFRC portal

## The Quebec Job Market

IN VIRTUAL MODE

You will soon be moving to our region and will be looking for a job. We advise you to contact our employment and education coordinator before you arrive. You'll be able to learn more about job opportunities in the region and how to prepare a resumé according to Quebec standards. The coordinator will be happy to answer any questions you may have. You will thus be ready when you arrive in our region. **Minimum of 3 participants / maximum of 15**

- AGE:** 18 years and over
- DATE:** Friday, May 17th, 2024
- LOCATION:** Virtual meeting from 10:00 a.m. to 11:00 a.m.
- COST:** Free of charge
- REGISTRATION PERIOD:** From Monday, April 29th, 2024, to Monday, May 13th, 2024, on the MFRC portal

## Art-Therapy Workshop

This workshop enables children to explore their creativity using a therapeutic approach that can have many benefits, such as personal growth, awareness-raising and problem solving.

- AGE:** 5 to 12 years
- DATE:** Sunday, May 19th, 2024
- TIME:** 10:00 a.m. to 11:30 a.m.
- COST:** Free of charge
- LOCATION:** Saint-Jean MFRC
- REGISTRATION PERIOD :** From Sunday, April 12th, 2024, to Thursday, May 16th, 2024, on the MFRC portal







## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean services points will be closed on **Monday, May 20<sup>th</sup>, 2024** – Victoria Day.



## Childhood workshop 0 to 5 years old

### CIRCUS WORKSHOPS WITH CIRKAZ

Children aged 0 to 5 and their parents are invited to enjoy an educational show and a circus workshop! In the program : discovery of balance games, flower sticks, Chinese plates, juggling, hoops, etc. **Limited places.**

**AGE:** child aged 0-5 not yet attending school

**DATES AND LOCATIONS:**

- Tuesday, May 21st, 2024: Saint-Hubert MFRC
- Thursday, May 23rd, 2024: Saint-Jean MFRC

**TIME:** 9:00 a.m - 11:00 a.m (participants can arrive as of 9:45 a.m.)

**COST:** Free of charge

**REGISTRATION PERIOD:**

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 as an accompanying parent!

## Military Life 101

### VIRTUAL

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's family and close relatives

**DATE:** Wednesday, May 22<sup>nd</sup>, 2024

**TIME:** 6:00 p.m.–8:00 p.m.

**LOCATION:** Virtual

**COST:** Free

**REGISTRATION PERIOD:**

Monday, May 20th, 2024, on the MFRC portal

## Art-Therapy Workshop

This workshop enables children to explore their creativity using a therapeutic approach that can have many benefits, such as personal growth, awareness-raising and problem solving.

**AGE:** 5 to 12 years

**DATE:** Sunday, May 26th, 2024

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

**LOCATION :** YCIC, 40, de la Vérendrye Street, Saint-Hubert

**COST:** Free of charge

**REGISTRATION PERIOD:**

From Friday, April 26th, 2024, to Thursday, May 23rd, 2024, on the MFRC portal





## Youth Integration Activity 5-12 years

### TECH ACTIVITY

As part of the 5-12 year periods at the Saint-Jean MFRC and the YCIC, young people are invited to come and discover new technologies with us. Robotics, electrical circuits, and more are on the program! Offered in collaboration with Génilab.

**AGE:** Children of military and veterans members; ages 5 to 12

#### DATES AND LOCATIONS:

- Sunday, June 2nd 2024, at YCIC
- Sunday, June 9th, 2024, at Saint-Jean MFRC

**TIME:** 9:00 a.m. to 12:00 p.m. YCIC open according to the regular schedule

#### REGISTRATION PERIOD:

Registrations are open 1 month in advance until Monday of the same week of the activity, on the MFRC portal

## Community Integration Activity:

### MIXOLOGY WORKSHOP

Participants will have the opportunity to chat and make new acquaintances in a festive atmosphere in this guided workshop, during which they will learn the basics of mixology by making four mocktails. **Bilingual activity.**

**AGE:** Military spouses and veterans

**DATE:** Tuesday, June 4th, 2024

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

**LOCATION:** CICJ, 40, de la Vérendrye Street, Saint-Hubert

**COST:** Free

#### REGISTRATION DEADLINE:

Friday, May 31th, 2024, on the MFRC portal

## Mugs and Mingle:

### WELCOME TO THE MILITARY FAMILY SUPPORT NETWORK

An evening event where the family members of recruits can get together chat and learn more about the military lifestyle. All while supporting each other as new members in the community and learning about what the military lifestyle looks like. **Bilingual activity.**

**AGE:** Military's family and close relatives

#### DATES:

- Wednesday, June 5th, 2024
- Wednesday, June 12th, 2024
- Wednesday, June 19th, 2024
- Wednesday, June 26th, 2024

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

**LOCATION:** Saint-Jean MFRC

**COST:** Free

#### REGISTRATION PERIOD:

Registrations are open 1 month in advance until Monday of the same week of the activity, on the MFRC portal



## IMPORTANT NOTICE

The Military Family Resource Centre (MFRC) Annual General Meeting will be held on:

**Saturday, June 15th, 2024, from 10:00 a.m. to 1:00 p.m., at the Saint-Jean MFRC.**

You're invited to attend the MFRC Annual General Meeting, where you will receive the annual report during the meeting. The meeting will give you some insight into our mission, vision and values. A variety of indoor and outdoor activities will be offered for all family members.

A surprise food truck will be on location to serve you lunch.

Vous pouvez vous inscrire jusqu'au vendredi 7 juin 2024, sur le portail du CRFM.





## Closing Event of the CICJ (Youth Community Integration Centre)

It's the end of the school year and time to move. This event allows young people leaving the region to enjoy their last moments with their friends. We say goodbye to those who are leaving, and keep positive memories of their time in our region. This transition allows young people to move on to their new lives with a light heart.

**AGE:** 5 to 12 years

**DATE:** Sunday, June 9th, 2024

**TIME:** To be determined

**LOCATION:** CICJ, 40 Vérendrye Street, Saint-Hubert

**COST:** Free of charge

**REGISTRATION PERIOD:**

From Thursday, May 9th, 2024, to Wednesday, June 5th, 2024, on the MFRC portal

## Closing Event of the CICJ (Youth Community Integration Centre)

It's the end of the school year and time to move. This event allows young people leaving the region to enjoy their last moments with their friends. We say goodbye to those who are leaving, and keep positive memories of their time in our region. This transition allows young people to move on to their new lives with a light heart.

**AGE:** 9 to 17 years

**DATE:** Friday, June 14th, 2024

**TIME:** To be determined

**LOCATION:** CICJ, 40 Vérendrye Street, Saint-Hubert

**COST:** Free of charge

**REGISTRATION PERIOD:**

From Tuesday, May 14th 2024, to Friday, June 7th, 2024, on the MFRC portal

## Virtual Discussion evenings for kids 9 to 17

**ON THE "YOUTH CONNECT" PLATFORM**

Kids 9 to 17 are invited to visit the Youth Connect platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

"Clic Jeunesse" is a virtual platform for youth services. This application is bilingual and aimed at young people from military families. This is a safe and supervised place where young people exchange, have fun and learn. To get the application, you must first register on the MFRC portal and then upload it to a smartphone, tablet or computer.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, June 20th, 2024

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

**LOCATION:** Youth Connect platform

**COST:** Free

**REGISTRATION PERIOD:**

Requires access to the Youth Connect app

## Zootherapy Workshop for kids 5 to 17

The military lifestyle has its realities and challenges. Whether it's coping with absence more effectively or coming to terms with military life, the projects in this activity will help kids to flourish and to learn more about these challenges.

**AGE:** Children of military and veterans members; ages 5 to 17

**DATE:** Thursday, June 13, 2024

**TIME:** 6:00 p.m.-9:00 p.m. YCIC open according to the regular schedule

**LOCATION:** Youth Community Integration Centre, 40 La Vérendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION DEADLINE:**

None, on the MFRC portal



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean services points will be closed on **Monday, June 24, 2024** - Quebec National Day

The YCIC will also be closed on **Monday, June 24, 2024** - Quebec National Day





## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean services points will be closed on **Monday, July 1<sup>st</sup>, 2024** - Canada Day

The Youth Community Integration Center will also be closed on **Monday, July 1<sup>st</sup>, 2024** - Canada Day

### Mugs and Mingle:

#### WELCOME TO THE MILITARY FAMILY SUPPORT NETWORK

An evening event where the family members of recruits can get together chat and learn more about the military lifestyle. All while supporting each other as new members in the community and learning about what the military lifestyle looks like. **Bilingual activity.**

**AGE:** Military's family and close relatives

**DATES:**

- Wednesday, July 3rd, 2024
- Wednesday, July 10th, 2024
- Wednesday, July 17th, 2024
- Wednesday, July 24th, 2024

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

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION DEADLINE:**

Registrations are open 1 month in advance until Monday of the same week of the activity, on the MFRC portal

### Virtual Discussion Evenings for kids 9 to 17

#### ON THE "YOUTH CONNECT" PLATFORM

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**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, July 18th, 2024

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

**LOCATION:** Youth Connect platform

**COST:** Free

**REGISTRATION PERIOD:**

Requires access to the Youth Connect app

### Summer Activities at the YCIC (Youth Community Integration Center)

#### WEEK 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:** Children aged 5 to 12 years old

**DATES:**

- Tuesday, July 2nd to Friday, July 5th, 2024 (YCIC closed on July 1st)
- Monday, July 8th, 2024, to Friday, July 12th, 2024
- Monday, July 15th, 2024, to Friday, July 19th, 2024
- Monday, July 22nd, 2024, to Friday, July 26th, 2024
- Monday, July 29th, 2024, to Friday, August 2nd, 2024

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

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

**COST:** Free

**REGISTRATION PERIOD:**

Starting Wednesday of the previous week, until the groups are full, on the MFRC portal





## Mugs and Mingle:

### WELCOME TO THE MILITARY FAMILY SUPPORT NETWORK

An evening event where the family members of recruits can get together chat and learn more about the military lifestyle. All while supporting each other as new members in the community and learning about what the military lifestyle looks like. **Bilingual activity.**

**AGE:** Military's family and close relatives

**DATES:**

- Wednesday, August 7th, 2024
- Wednesday, August 14th, 2024
- Wednesday, August 18th, 2024

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

**LOCATION:** Saint-Jean MFRC

**COST:** Free

**REGISTRATION DEADLINE:**

Registrations are open 1 month in advance until Monday of the same week of the activity, on the MFRC portal

## Summer Activities at the YCIC

### (Youth Community Integration Center ) WEEK 6

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:** Children aged 5 to 12 years old

**DATES:**

- Monday, August 4th, 2024 to Friday, August 9th, 2024
- Monday, August 12th, 2024 to Friday, August 16th, 2024

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

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

**COST:** Free

**REGISTRATION PERIOD:**

Starting Wednesday of the previous week, until the groups are full, on the MFRC portal

## Virtual Discussion Evenings for kids 9 to 17

### ON THE "YOUTH CONNECT" PLATFORM

Kids 9 to 17 are invited to visit the Youth Connect platform on the third Thursday of each month. At each meeting, we'll have different professionals on hand to talk about various topics related to adolescence and answer questions without judgment.

"Clic Jeunesse" is a virtual platform for youth services. This application is bilingual and aimed at young people from military families. This is a safe and supervised place where young people exchange, have fun and learn. To get the application, you must first register on the MFRC portal and then upload it to a smartphone, tablet or computer.

**AGE:** Children of military and veterans members; ages 9 to 17

**DATE:** Thursday, August 15th, 2024

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

**LOCATION:** Youth Connect platform

**COST:** Free

**REGISTRATION PERIOD:**

Requires access to the Youth Connect app





## Course for young People:

### BABYSITTING

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:** Young people aged 11 to 15

**DATES AND TIME:**

- **English:** Saturday, August 17th, 2024, from 8:30 a.m. to 3:30 p.m. (break from 11:30 a.m. to 12:30 p.m.)
- **French:** Sunday, August 18th, 2024, 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 of charge

**REGISTRATION:**

Before Saturday, August 10th, 2024, on the MFRC portal

## Military Life 101

### VIRTUAL

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's family and close relatives

**DATE:** Wednesday, August 21th, 2024

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

**LOCATION:** Virtual

**COST:** Free

**REGISTRATION PERIOD:**

Monday, May 20th, 2024, on the MFRC portal

## 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 / 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 Tuesday, September 23rd, 2024

**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:**

Fall session – from Monday, August 26th, 2024 to Tuesday, September 10th, 2024, on 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:** Young people aged 9 to 13

**DATES:**

- **English:** Saturday, August 24th, 2024, from 9:00 a.m. to 2:00 p.m. (break from 11:00 a.m. to 12:00 p.m.)
- **French:** Sunday, August 25th, 2024, 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 of charge

**REGISTRATION:**

Before Saturday, August 17th, 2024, on the MFRC portal





## Learning a second Language Online

The CRFM offers licenses for online training. This program for learning the language of your choice is done independently and at your own pace.

Available all year round for military family members.

Contact the education employment service for more information or to register.

Please note, there is sometimes a waiting list for this service.

**AGE:** 18 and over

**LOCATION:** Online, Learning Platform

**COST:** Free

## Online Healthcare

Do you have questions about Quebec's healthcare system?

Are you still without a family doctor? The MFRC provides:

- help with getting on the family doctor waiting list;
- a contact list of walk-in clinics;
- explanations on how Bonjour-santé works;
- licences for the free telemedicine service (depending on assessment, can take up to one month)

**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

An online course for parents who wish to gain a better understanding of their children and navigate their daily lives with confidence and ease, while receiving support with family preparation. **Training offered in English.**

**AGE:** Parents of children aged 0 to 10

**DATE:** Ongoing, 10 licences available

**TIME:** N/A

**LOCATION:** Online

**COST:** Free

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

## Online Training

### APPRIVOISER LE DÉVELOPPEMENT SEXUEL DE LA PETITE ENFANCE À LA PRÉADOLESCENCE

A course for parents of children aged 2 to 10 to help them support their children in healthy psychosexual development and in building a positive self-image. **This course is presented in French.**

**AGE:** Parents of children aged 2 to 10

**DATE:** Starting Monday, September 18th, 2023

**TIME:** N/A

**LOCATION:** Online

**COST:** Free

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

## Webinar

### HOLD ME TIGHT

Based on the brief intervention model of couples therapy, this online program has shown positive long-term results. It is an opportunity to improve your relationship and strengthen your bond. One licence per couple. 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:** Couples

**DATE:** Ongoing

**TIME:** N/A

**LOCATION:** Online program available at <https://holdmetightonline.com/register/>

**COST:** Free

**REGISTRATION:**  
Ongoing, via the MFRC portal. You will then receive a free login code.

**NEW THIS SPRING**

## Online Training

### BRILLER DANS TA « SOLO » OU COPARENTALITÉ

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 Monday, April 1st, 2024 (15 licences available)

**TIME:** N/A

**LOCATION:** Online

**COST:** Free

**REGISTRATION:**  
Starting Monday, April 1st, 2024, via the MFRC portal

## Online Workshop

### 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 of children and teenagers

**DATE:** Since September, 2023

**TIME:** N/A

**LOCATION:** Online Training

**COST:** Free

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







## Seminar

**MISE AU POINT SUR MESURE POUR LES 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! **Offered in French only.**

**AGE:** Couples

**DATE:** Ongoing

**TIME:** N/A

**LOCATION:** Online seminar

**COST:** Free

**REGISTRATION:**

Ongoing, via the MFRC portal. You will then receive a free login code. There may be a short delay before obtaining the code by email. One licence per couple.

## Seminar

**AMÉLIORER VOS RELATIONS PARENTS-ADOLESCENTS**  
*Facilitator: Danie Beaulieu, Ph.D.*

Parent-teen relationships can be very demanding and very trying, but also very moving. Although nobody knows a child better than their parents, sometimes new tools can be welcome.

This seminar is full of “parenting energy” and practical tips. Equip yourself with easy-to-follow, 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:** Parents of teenagers

**DATE:** Ongoing

**TIME:** N/A

**LOCATION:** Online seminar

**COST:** Free

**REGISTRATION:**

Ongoing, via the MFRC portal. You will then receive a free login code. There may be a short delay before obtaining the code by email. One licence per family.





## Workshops for 0- to 5-year-olds

TO FACILITATE TRANSITION AND INTEGRATION / TEMPORARY DAYCARE SERVICE (DROP-IN DAYCARE)

Workshops targeting social skills, fine motor skills and other aspects of child development will be presented every morning. The service is available Monday to Friday from 7:45 a.m. to noon at Saint-Hubert and Saint-Jean.

The drop-in daycare is an occasional, temporary service offered from 1:00 to 4:30 p.m. at the Saint-Jean and Saint-Hubert service locations. You can also register your child for lunchtime.

## Early Reading Program

Give your child the gift of reading. If you have a child 5 or under, you can register them for this program to support their early reading. By introducing your child to reading, you are laying 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.

**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 will be registered until the program ends in **June 2024**.

**COST:** Free

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

## Second-Language Skills Development Support Program

Children aged 6 and up can get an annual subscription to a second-language magazine to support their language learning. The subscription is automatically for one year, 10 to 12 issues depending on the magazine.

**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.

### Schedule:

Workshop: 7:45 a.m. to 12:00 p.m.  
Lunch: 12:00 p.m. to 1:00 p.m.  
Drop-in daycare: 1:00 p.m. to 4:30 p.m.



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 all other questions, send an email to [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).





## Integration Activity For kids 5 to 12

**SAINT-JEAN**

The aim is to break down the isolation that children experience, encourage them to talk to other kids and the activity leaders, and create bonds between kids who are in the same situation. We look forward to seeing you every Sunday morning. There will be a different activity every week: tech activities, sports, art and much more.

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

**DATE:** Every Sunday until June 2024

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

**LOCATION:** MFRC Saint-Jean

**COST:** Free

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

## Integration Activity For kids 5 to 12

**SAINT-HUBERT**

A program of activities to create a sense of belonging, support the integration of kids who are new to the area, and help kids form relationships with peers experiencing the realities and impacts of the military lifestyle. Our energetic facilitators will offer a variety of lively activities such as group games, crafts and cooking workshops. Even though the Youth Community Integration Centre is located in the Family Housing area, the activities are open to all children in the MFRC Montreal Region community.

**AGE:** Children aged 5 to 12

**DATE:** Every Saturday and Sunday, starting on Sunday, September 17th, 2023

**TIME:** From 9:00 a.m. to noon, and from 1:00 p.m. to 3:30 p.m.

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

**COST:** Free

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

## Integration Activity For kids 9 to 17

**SAINT-HUBERT**

The aim is to cultivate friendships and build 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 get-togethers. Our facilitators create a sense of community that teens identify with and enjoy being part of.

**AGE:** Youth aged 9 to 17

**DATE AND TIME:** For more information, check out our monthly youth program calendar on our Facebook page (MFRC Montréal Region).

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

**COST:** Free

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

## Youth Connect:

**VIRTUAL SERVICES PLATFORM FOR KIDS 9 TO 17**

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

**AGE:** Youth aged 9 to 17

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

**TIME:** See the calendar on our social media pages

**LOCATION:** Youth Connect virtual platform

**COST:** Free

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





## Youth Volunteering 9 to 17 CICJ

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 learn more about themselves. Participants can choose from a variety of interesting and fun volunteer activities.

**AGE:** Youth aged 9 to 17

**DATES:** 1 time per month, the penultimate Wednesday of the month. Visit the portal from the MFRC for more details.

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

**LOCATION:** YCIC, 40, de la Vérendrye Street, Saint-Hubert

**COST:** Free

**REGISTRATION:**  
Continuous, on the MFRC portal

## Youth Volunteering 9 to 17 SAINT-JEAN MRFC

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 learn more about themselves. Participants can choose from a variety of interesting and fun volunteer activities.

**AGE:** Youth aged 9 to 17

**DATE:** to be determined

**TIME:** to be determined.

**LOCATION:** Saint-Jean MFRC

**COST:** Free of charge

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

## Youth Advisory Committee, ages 9 to 17

The Youth Advisory Committee has hybrid meetings to discuss youth services issues, and the needs of children and youth. The Committee plans themed activities in order to have fun while developing new leadership skills.

**AGE:** Youth aged 9 to 17

**DATE:** one Thursday per month. For to know the other dates, consult the CRFM portal

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

**LOCATION:** Youth Community Integration Center, 40, de la Vérendrye Street, Saint-Hubert, and online with the "Clic Jeunesse" application

**COST:** Free

**REGISTRATION:**  
until the Tuesday before the event, on the MFRC portal

## Homework Help for kids 5 to 12

VIRTUAL OR AT THE YOUTH COMMUNITY INTEGRATION CENTRE

Children and teens are encouraged to take advantage of our facilitators' assistance at the Youth Community Integration Centre. Our facilitators offer this service to help kids who are getting accustomed to a new location. A tutoring service by and for peers may also be available: register on the MFRC portal.

**Important:** Youth between the ages of 12 and 17 who are interested in volunteering to help with elementary school homework and lessons are encouraged to sign up. Youth volunteer hours can be counted toward the MFRC Montreal Region Volunteer Recognition Program. Many benefits to discover!

**AGE:** Youth aged 5 to 12

**DATE:** Every Wednesday evening, until the end of the 2024 school year

**TIME:** 4:30 p.m. to 6:00 p.m.

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

**COST:** Free

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

## Education or Career Counselling

This individual, personalized service is for people looking for a job and those needing educational counselling. Contact the Employment and Education service for more information.

**AGE:** 14 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 OR REGISTRATION:**  
Contact our Employment and Education Coordinator or send an email to [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca)





## Integration Group

### MORNING VOLUNTEERING

In a friendly setting that is conducive to interactions, volunteers have the opportunity to exercise their creativity and share their expertise by taking part in projects that are important to them, based on their different initiatives. A number of volunteer jobs are available, depending on individual interests. Join us! Drop-in daycare is available free of charge for your preschool-age children while you are volunteering (reservation required).

**AGE:** 18 and up

**TIME AND LOCATION:**

- 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

**INFORMATION ET REGISTRATION:**

Contact our community integration officers

## Creative Evenings

In an atmosphere conducive to sharing and bonding, MFRC volunteers welcome members of our community every Tuesday. Participants are encouraged to bring their 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, so you can learn how to use this handy tool.

**AGE:** 18 18 and up

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

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

**COST:** Free

**INFORMATION ET REGISTRATION:**

Via the MFRC portal, up to the day of the activity

## Intervention and Parenting Support- Children 17 and under

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:** Members, spouses and their children

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

**TIME:** Depending on availabilities

**LOCATION:** To be determined

**REGISTRATION:**

Ongoing, at [SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca) or by telephone at 450-358-7099, ext. 2917 (Saint-Jean) 450 462-8777, ext. 6821 (Saint-Hubert)

## Absence Support

This telephone-based support is offered to families who have a loved one currently away on military service. A trained support worker is there to listen, whether you are looking for specific services or just need someone to talk to.

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

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

**TIME:** Depending on availabilities

**LOCATION:** By telephone

**COST:** Free

**INFORMATION:**

[SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca) Or by telephone at 450-358-7099, ext. 2917

## Courtesy Call and Reassurance CALL during Deployment

A confidential telephone service provided by the Psychosocial Counsellor to ensure that members' loved ones remain connected to base resources and community services during deployment, extended periods of duty and/or training.

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

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

**TIME:** Depending on availabilities

**LOCATION:** By telephone

**COST:** Free

**INFORMATION:**

[SvcPersCRFMSoutienPsyStJean@forces.gc.ca](mailto:SvcPersCRFMSoutienPsyStJean@forces.gc.ca) or by telephone at 450-358-7099, ext. 2917

## Psychosocial Counselling

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:** According to 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)





## Mission Connection

### GLOBAL SOLIDARITY

The *Mission Connection: Global Solidarity* project sends cards of encouragement to our military members deployed overseas throughout the year. We invite you to take part in this initiative. These cards are a true source of comfort and remind the members that their efforts do not go unnoticed. They therefore feel connected to their community, and sending cards of encouragement is 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

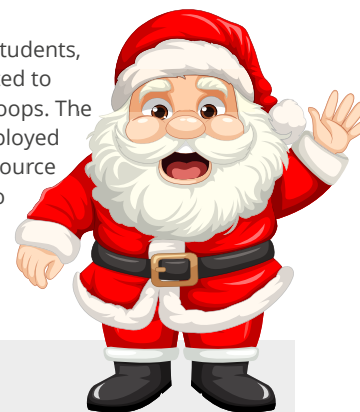
**COST:** Free

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

## Operation

### "OUR CHRISTMAS WISHES"

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. The students will thus have an opportunity to reflect on the role of deployed soldiers, on the influence they have on them and how they are a source of inspiration. These cards will be enclosed in the packages sent to soldiers who are away from their families over the holidays. This year, the **MFRC must receive the cards by October 11th, 2024**, so that the packages can be delivered overseas for the holidays.



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

SAINT-HUBERT  
450-462-8777 #6810

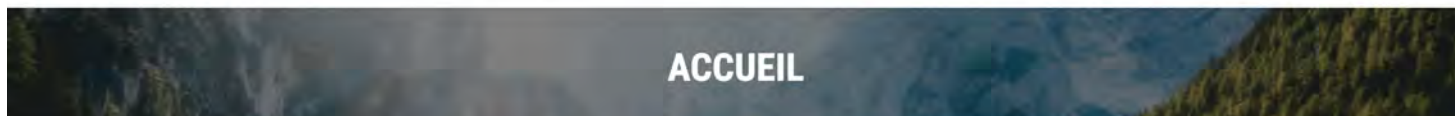
GARNISON SAINT-JEAN  
450-358-7099 #7955

CRFM  
Région de Montréal

MFRC  
Montreal Region

NOTRE ADRESSE COURRIEL  
[INFO.CRFM@FORCES.GC.CA](mailto:INFO.CRFM@FORCES.GC.CA)

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# The MFRC's portal, the place to register for all our activities and events!

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



# Join us:

## Welcome and information

Saint-Jean : 450 358-7099, ext. 7955  
Saint-Hubert : 450 462-8777, ext. 6810  
Longue-Pointe : 514 252-2777, ext. 4984

## Psychosocial Support

Saint-Jean : 450 358-7099, ext. 2917  
Saint-Hubert : 450 462-8777, ext. 6821



**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, local 129-1  
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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Informations:

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

Portal:

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

Web Site:

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



Canada