

# PROGRAMMING

September 2025 to March 2026



**Military Family**  
Resource Centre  
Montreal Region

WELCOME • SUPPORT • UNITE



Canada





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## Welcome – Support – Unite!

Here is our fall and winter program for 2025-2026! The entire team at the Military Family Resource Centre Montreal Region has put together a new program that we hope you'll enjoy. The activities offered are designed to connect families, bring the community together and strengthen our sense of belonging.

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

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

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

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

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

**FRANCINE HABEL**  
General Manager

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## Follow us on social media!



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

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

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



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations as well as the YCIC will be closed on **Monday, September 1**, for Labour Day.

## INTEGRATION OF NEW FAMILIES - GRADUATION

A morning where family members of recruits can meet one another and talk, can support each other as new members of the community and learn more about military life. **Bilingual meetings.**

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

**DATES:**

- Thursday, September 4
- Thursday, September 25

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

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

## WELCOME PARTY FAMILIES ARRIVING IN THE REGION

**In collaboration with the PSP**

It's the perfect opportunity to welcome new families to the region! Come one, come all to learn more about the MFRC's services and meet other military families in the community. All military families are invited to participate, whether you are new to the region or not.

**AGE:** members, spouses and their children

**DATE:** Saturday, September 13

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

**LOCATION:** Saint-Jean Garrison

**COST:** free

**REGISTRATION:** from Monday, July 14, to Saturday, August 31, via the MFRC portal

## COMMUNITY ENTREPRENEURS

Family members of military personnel and veterans who are entrepreneurs are invited to showcase their businesses during our Welcome Party. **A minimum of 3 participants is required.**

**AGE:** 16 and over

**DATE:** Saturday, September 13

**LOCATION:** Saint-Jean Garrison

**COST:** free

**REGISTRATION:** from Friday, August 1 to Monday, September 1, via the MFRC portal





## YOUTH COMMUNITY INTEGRATION

### Service Launch

To support the integration of new young arrivals and encourage the building of connections, they are invited to participate in activities focused on a healthy and active lifestyle, thereby helping to strengthen their sense of belonging to the community.

**AGE:** 5 to 17

**DATE:** during the week of Monday, September 15

**TIME:** see the YCIC schedule

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

**COST:** free

**REGISTRATION:** no deadline, register via the MFRC portal

## ABSENCE AND DEPLOYMENT- SHERBROOKE AND REGIONS

### Support group

Are you experiencing the absence of a loved one who has been deployed? We're here for you. Join our deployment support group to share the experience of absence with other families whose loved one has gone on a mission just like yours. You'll also have the opportunity to learn more about how to deal with the challenges associated with the absence of a family member.

**AGE:** 18 and over

**DATE:** Thursday, September 25

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

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

**COST:** free

**REGISTRATION:** until Monday, September 22, 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. **This workshop is presented in English.**

**AGE:** all ages

**DATE:** Wednesday, September 24

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

**LOCATION:** on Microsoft Teams

**COST:** free

**REGISTRATION:** until Monday, September 22, via the MFRC portal

## SECOND-LANGUAGE COURSES

### Fall session

Free second-language courses (French and English) are offered at Saint-Jean-sur-Richelieu, at Saint-Hubert and virtually. A minimum of 5 participants will be required per group.

**AGE:** 16 and up, as well as 6 to 10

**DATE:** classes begin **the week of Monday, September 22**

**TIME:** depends on the group (day or evening possible)

**LOCATION:** St-Jean MFRC, St-Hubert MFRC and/or online with Zoom

**REGISTRATION:** from Friday, August 1 to Tuesday, September 18, via the MFRC portal



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations as well as the YCIC will be closed on **Tuesday, September 30**, for the National Day for Truth and Reconciliation Day.





## YOUTH YOGA WORKSHOP

Allows the children to explore their creativity in a therapeutic approach that can have several benefits such as the development of personal growth, awareness or problem solving in certain difficult personal situations in the reality of military life in which they live.

**AGE:** 5 to 12

**DATES AND LOCATIONS:**

- Sunday, October 5, at the Saint-Jean MFRC
- Sunday, October 12, at the YCIC Saint-Hubert

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

**COST:** free

**REGISTRATION:**

- from Tuesday, September 2 until Thursday, October 2, for the October 5 workshop, via the MFRC portal
- from Tuesday, September 9 until Thursday, October 9 for the October 12 workshop, via the MFRC portal



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations as well as the YCIC will be closed on **Monday, October 13**, for Thanksgiving.

## SUPPORTING CHILDREN IN SECURE PARENTING - 0 to 12

### Conference

As part of the Healthy Relationships campaign, the Violence Advisory Team is organizing a conference led by Mélanie Bilodeau, psychoeducator. This conference will cover identifying the underlying needs behind children's behaviors and reactions, gaining a better understanding of issues related to crying, tantrums, and oppositional situations, as well as integrating concrete and age-appropriate strategies that consider the specific context of military families. The goal is to promote a harmonious parent-child relationship while strengthening the child's emotional security. **The conference will be held in French.**

**AGE:** 18 and over

**DATE:** Thursday, October 9

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

**LOCATION:** on the Zoom platform

**COST:** free

**REGISTRATION:** until Tuesday, October 7, via the MFRC portal

## YOUTH INTEGRATION ACTIVITY

### Managing emotions

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

**DATE:** Thursday, October 9

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

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

**COST:** free

**REGISTRATION:** until 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 years old overcome the challenges of military life, such as absences, relocations, managing emotions and more. Spots are limited based on drop-in daycare availabilities.

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

**DATES AND LOCATIONS:**

- Tuesday, October 14, at the Saint-Hubert MFRC
- Thursday, October 16, at the Saint-Jean MFRC

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

**COST:** according to the current rate of the drip-in daycares

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

## COMMUNITY INTEGRATION ACTIVITY

### Painting and engraving evening

A unique opportunity for military spouses and veterans 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 canvas using various painting and printmaking techniques, in a warm and friendly atmosphere conducive to discussion. You will leave not only with new knowledge, but also with a unique creation. All necessary materials are provided, and the activity is bilingual.

**AGE:** spouses of military personnel, reservists and veterans aged 18 years old and over

**DATE:** Thursday, October 16

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

**REGISTRATION:** until Monday, October 13, via the MFRC portal

## INTEGRATION OF NEW FAMILIES – GRADUATION

A morning where family members of recruits can meet one another and talk, can support each other as new members of the community and learn more about military life.

**Bilingual meetings.**

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

**DATES:**

- Thursday, October 16
- Thursday, October 30

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

**LOCATION:** Saint-Jean MFRC

**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

**DATES AND LOCATIONS:**

- Sunday, October 19 at Saint-Jean MFRC
- Sunday, October 26 at YCIC, 40 rue la Vérendrye, Saint-Hubert

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

**COST:** free

**REGISTRATION:** up to the Wednesday before the activity, 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. **This workshop is presented in English.**

**AGE:** all ages

**DATE:** Wednesday, October 22

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

**LOCATION:** on Microsoft Teams

**COST:** free

**REGISTRATION:** until Monday, October 20, via the MFRC portal

## YOUTH PREVENTION

### Workshop

The "Screen Time" prevention workshop aims to raise participants' awareness of the effects of prolonged screen time, while encouraging healthy and balanced use of technology in their daily lives.

**AGE:** 9 to 17

**DATE:** Thursday, October 23

**TIME:** to be determined

**LOCATION:** online, with Zoom platform

**COST:** free

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

## BETTER UNDERSTAND MY CHILD TO BETTER SUPPORT THEM... EVEN WHEN IT'S HARD!

### Conference

As part of its Healthy Relationships Campaign, the Advisory Team on Violence is offering a conference presented by Marie-Hélène Chalifour, psychoeducator. This conference is designed for parents and will explore key themes related to positive parenting. It will provide practical tools to support respectful and empathetic daily interactions. Participants will be invited to reflect on the importance of the parent-child bond and will gain insight into understanding their child's behaviour, brain development, and emotional regulation in children aged 0 to 12. **The conference will be held in French.**

**AGE:** 18 and over

**DATE:** Thursday, October 23

**TIME:** to be determined

**LOCATION:** online, with Zoom platform

**COST:** free

**REGISTRATION:** from Sunday, September 21 to Tuesday, October 21, via the MFRC portal

## INFORMATION SESSION

### Preparing for an absence of a loved one in the military

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 MFRC.

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

**DATE:** Monday, October 27

**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 Sunday, September 28 to Sunday, October 26, via the MFRC portal

## YOUTH INTEGRATION ACTIVITY

### Halloween

To support the integration of newcomer youth in the region and create meaningful connections between them, they are invited to participate in Halloween-themed activities. Surprises and fun are guaranteed! Children can wear costumes if they wish.

**AGE:** 5 to 12

**DATE:** Friday, October 31

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

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

**COST:** free

**REGISTRATION:** until the Saturday before the activity, via the MFRC portal





## SAVE THE DATE



The Residential Housing Unit door decorating contest, organized in partnership with the Canadian Forces Housing Agency, is back for this festive season! Watch your emails and our social media for more information!

## 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. Thanks to emotional management strategies and creative expression, young people will be able to deepen their understanding of coping strategies for challenges related to military life.

**AGE:** 5 to 12

**DATES AND LOCATIONS:**

- Sunday, November 2 at YCIC, 40 rue la Vérendrye, Saint-Hubert
- Sunday, November 16 at Saint-Jean MFRC

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

**COST:** free

**REGISTRATION:** up to the Wednesday before the activity, 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 raising 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, November 4, at the Saint-Hubert MFRC
- Thursday, November 6, at the Saint-Jean MFRC

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

**COST:** according to the rate in effect at the drop-in daycares

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

*\*\* When registering: If you do not plan to accompany your child for the duration of the activity, please register directly at the daycare of your choice. Otherwise, sign up as an accompanying parent through our portal. \*\**





## SMOOTH TRANSITION

### Exploring 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 to better handle this stage of deployment.

- AGE:** anyone who wants to be better prepared for the return of a deployed loved one
- DATE:** Tuesday, November 4
- TIME:** 6:00 p.m. to 7:30 p.m.
- LOCATION:** online, on Microsoft Teams. A link will be emailed to you the day before the meeting. Please check your spam folder.
- COST:** free
- REGISTRATION:** from Monday, October 1, to Sunday, November 3, via the MFRC portal



## YOUTH INTEGRATION ACTIVITY

### Managing emotions

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
- DATE:** Thursday, November 6
- TIME:** 6:30 p.m. to 8:00 p.m.
- LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert
- COST:** free
- REGISTRATION:** until the Wednesday before the activity, via the MFRC portal

## YOUTH INTEGRATION ACTIVITY

### Remembrance Day

As part of the Youth Integration Program for ages 5 to 12, and to commemorate the sacrifice of military personnel across the country and beyond, activities are planned to mark Remembrance Day.

- AGE:** 5 to 12
- DATE:** Sunday, November 9
- TIME:** 9:00 a.m. to 12:00 p.m.
- LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert
- COST:** free
- REGISTRATION:** until the Saturday before the activity, via the MFRC portal



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations as well as the YCIC will be closed on **Tuesday, November 11**, for the Remembrance Day.

## 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:** 5 and under not attending school
- DATES AND LOCATIONS:**
  - Tuesday, November 18, at the Saint-Hubert MFRC
  - Thursday, November 20, at the Saint-Jean MFRC
- TIME:** 9:00 a.m. to 11 a.m.
- LOCATION:** MFRC Saint-Jean
- COST:** according to the rate in effect at the drop-in daycares
- REGISTRATION:** starting the Monday before the activity, based on spaces available for the service during drop-in daycare at:  
Saint-Hubert: 450-462-8777 ext. 6810  
Saint-Jean: 450-358-7099 ext. 7955

## FEDERAL PUBLIC SERVICE JOBS

### Support Workshop

This workshop facilitates contact with human resources representatives from the federal public service. It guides you step-by-step through the application process and provides practical tips to highlight your profile and maximize your chances.  
Registration is mandatory. **A minimum of 10 participants is required, and priority will be given to military spouses.**

**AGE:** 18 and over

**DATE:** Friday, November 21

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

**LOCATION:** online via the Zoom platform

**COST:** free

**REGISTRATION:** from Tuesday, October 7 to Friday, November 7, via the MFRC portal

## CONNECTION OPPORTUNITY: HOLIDAY GATHERING

Thanks to the MFRC, gather at the Granby Zoo for a magical holiday event! This is a time for military families to meet, connect, and share. Children and adults alike will have the chance to meet Santa Claus and enjoy themed activities. After lunch, join us for a special visit to the Zoo!

**AGE:** members (regular, reserve, veteran), spouses and their children

**DATE:** Sunday, November 23

**TIME:** 10:00 a.m. to 1:30 p.m.

**LOCATION:** Zoo de Granby (1050 David-Bouchard Blvd. N, Granby, QC, J2H 0Y6)

**COST:** free

**REGISTRATION:** from Saturday, October 12, to Sunday, November 16, via the MFRC portal

## INTEGRATION OF NEW FAMILIES – GRADUATION

A morning where family members of recruits can meet one another and talk, can support each other as new members of the community and learn more about military life. **Bilingual meetings.**

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

**DATE:** Thursday, November 27

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

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







## SAVE THE DATE

The Residential Housing Unit door decorating contest, organized in partnership with the Canadian Forces Housing Agency, is back for this festive season! Watch your emails and our social media for more information!

## COMMUNITY INTEGRATION ACTIVITY

### Making Christmas decoration

A unique opportunity for military spouses and veterans to connect with other community members and strengthen their sense of belonging after relocation. During this activity, you will have the opportunity to create a magnificent Christmas decoration using fir trees and natural elements, all in a warm and friendly atmosphere conducive to interaction. You will leave not only with new knowledge, but also with a unique creation. All necessary materials are provided, and the activity is **bilingual**.

**AGE:** spouses of military personnel, reservists and veterans aged 18 and over

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

**COST:** free

**DATES AND LOCATIONS:**

- Tuesday, December 2, at the Saint-Hubert MFRC
- Thursday, December 4, at the Saint-Jean MFRC

**REGISTRATION:** from Monday, October 27 to Wednesday, November 26, via the MFRC portal

## INTEGRATION OF NEW FAMILIES – GRADUATION

A morning where family members of recruits can meet one another and talk, can support each other as new members of the community and learn more about military life. **Bilingual meetings.**

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

**DATE:** Thursday, December 4

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

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

## YOUTH INTEGRATION ACTIVITY

### Holidays

To help young people who are new to our region integrate and make connections, they are invited to take part in holiday-themed activities. Fun and surprises guaranteed!

**AGE:** 5 to 12

**DATE:** Friday, December 12

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

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

**COST:** free

**REGISTRATION:** until the Saturday before the activity, via the MFRC portal



## IMPORTANT NOTICE

The Saint-Hubert, Montreal and Saint-Jean service locations and drop-in daycare centres will be closed from **Monday, December 22, 2025, to Friday, January 2, 2026**, for the holiday season.

The Youth Community Integration Centre will be closed from **Saturday, December 13, 2025, to Wednesday, January 21, 2026**, for the holiday season.





## IMPORTANT NOTICE

Opening of the Saint-Hubert, Montreal and Saint-Jean locations as well as the YCIC on **Monday, January 5**

## YOUTH COMMUNITY INTEGRATION

### Service reopening

To support the integration of new young arrivals and encourage the building of connections, they are invited to participate in activities focused on a healthy and active lifestyle, thereby helping to strengthen their sense of belonging to the community.

**AGE:** 5 to 17

**DATE:** Wednesday, January 21

**TIME:** see the YCIC schedule

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

**COST:** free

**REGISTRATION:** no deadline, register via the MFRC portal

## INTEGRATION OF NEW FAMILIES – GRADUATION

A morning where family members of recruits can meet one another and talk, can support each other as new members of the community and learn more about military life. **Bilingual meetings.**

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

**DATES:**

- Thursday, January 22
- Thursday, January 29

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

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

## SECOND-LANGUAGES COURSES

### Winter session

Free second-languages courses (French and English) are offered at Saint-Jean-sur-Richelieu, at Saint-Hubert and virtually. A minimum of 5 participants will be required per group.

**AGE:** 16 and up, as well as 6 to 10

**DATE:** classes will begin **the week of Monday, January 19**

**TIME:** depends on the group (day or evening possible)

**LOCATION:** St-Jean MFRC, St-Hubert MFRC and/or online with Zoom

**REGISTRATION:** from Monday, December 1, 2025 to Friday, January 9, 2026, via the MFRC portal







## L'ESCALE - WEEKEND ON TRANSITIONING TO CIVILIAN LIFE

The transition to civilian life involves many issues and changes. We're offering you a weekend in the country to take a break and reflect on this reality. Whether you're single or in a couple, join us for a weekend of life skills workshops to help you transition from military to civilian life. It will also be a unique opportunity to talk with other people who are dealing with the same issues. **The weekend will be bilingual.**

**AGE:** 18 and up

**DATE:** from Friday, January 23, to Sunday, January 25

**TIME:** from Friday at 10:00 a.m. to Sunday at noon

**LOCATION:** to be determined

**COST:** free

**REGISTRATION:** until Wednesday, January 7, via the CRFM portal. **Please note that we have limited spaces, so selection criteria have been established.**

## 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. **This workshop is offered in English.**

**AGE:** all ages

**DATE:** Wednesday, January 28

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

**LOCATION:** on Microsoft Teams

**COST:** free

**REGISTRATION:** until Monday, January 26, via the MFRC portal





## ABSENCE AND DEPLOYMENT- SHERBROOKE

### Support group

Are you experiencing the absence of a loved one who has been deployed? We're here for you. Join our deployment support group to share the experience of absence with other families whose loved one has gone on a mission just like yours. You'll also have the opportunity to learn more about how to deal with the challenges associated with the absence of a family member.

**AGE:** 18 and over

**DATE:** Thursday, February 5

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

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

**COST:** free

**REGISTRATION:** until Monday, February, via the MFRC portal

## INTEGRATION OF NEW FAMILIES - GRADUATION

A morning where family members of recruits can meet one another and talk, can support each other as new members of the community and learn more about military life. **Bilingual meetings.**

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

**DATES :**

- Thursday, February 5
- Thursday, February 12

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

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

## YOUTH INTEGRATION ACTIVITY

### Managing emotions

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

**DATE:** Thursday, February 5

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

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

**COST:** free

**REGISTRATION:** until the Wednesday 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. Thanks to emotional management strategies and creative expression, young people will be able to deepen their understanding of coping strategies for challenges related to military life.

**AGE:** 5 to 12

### DATES AND LOCATIONS:

- Sunday, February 8 at YCIC, 40 rue la Vérendrye, Saint-Hubert
- Sunday, February 22 at Saint-Jean MFRC

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

**COST:** free

**REGISTRATION:** up to the Wednesday before the activity, 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. **This workshop is offered in French.**

**AGE:** all ages

**DATE:** Wednesday, February 11

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

**LOCATION:** on Microsoft Teams

**COST:** free

**REGISTRATION:** until Monday, February 9, 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 youth with concrete tools to strengthen their emotional well-being, improve their interpersonal relationships, and cope with the unique challenges of military life, while supporting their mental health. Through emotional regulation strategies and creative expression, they will develop skills that promote better adaptation to the situations they face.

**AGE:** 6 à 12 ans

### DATES AND LOCATIONS:

- Sunday, February 8 at the Saint-Jean MFRC
- Sunday, February 22 at YCIC, 40 rue la Vérendrye, Saint-Hubert

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

**COST:** free

### INSCRIPTION :

- from Monday, January 5 to Thursday, February 5 for the February workshop, via the MFRC portal
- from Sunday, January 18 to Wednesday, February 18 for the February 22 workshop, via the MFRC portal

## COMMUNITY INTEGRATION ACTIVITY

### Intention bracelet workshop

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 intention bracelet in a warm and friendly atmosphere, conducive to exchange. You will leave not only with new knowledge, but also with a unique creation. All necessary materials are provided, and **the activity is bilingual.**

**AGE:** spouses of military personnel, reservists and veterans aged 18 and over

**DATE:** Tuesday, February 10

**LOCATION:** Saint-Hubert MFRC

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

**COST:** free

**REGISTRATION:** from Monday, January 5 to Wednesday, February 4, 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 years old overcome the challenges of military life, such as absences, relocations, managing emotions and more. Spots are limited based on drop-in daycare availabilities.

**ÂGE :** 5 and under not attending school

**DATES AND LOCATIONS:**

- Tuesday, February 17 at the Saint-Hubert MFRC
- Thursday, February 19 at the Saint-Jean MFRC

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

**COST:** according to the current rate of the drip-in daycares

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

## YOUTH PREVENTION

### Workshop

This prevention workshop addresses the harmful effects of tobacco and vaping, while also promoting healthy lifestyle habits.

**AGE:** 9 to 17

**DATE:** Thursday, February 19

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

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

**COST:** free

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







## IMPORTANT NOTICE

The Youth Community Integration Centre will be closed from **Monday, March 2, to Sunday, March 8**, for Spring Break.

## 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

**DATES:**

- **French:** Tuesday, March 3, from 8:30 a.m. to 4:00 p.m. – Class from 9:00 a.m. to 2:00 p.m., with supervision provided for the remaining time
- **English:** Wednesday, March 4, from 8:30 a.m. to 4:00 p.m. – Class from 9:00 a.m. to 2:00 p.m., with supervision provided for the remaining time

**LOCATION:** Saint-Jean MFRC

**COST:** free

**REGISTRATION:** between November 23, 2025 and February 6, 2026, 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

**DATES AND LOCATIONS:**

- Sunday, March 8 at YCIC, 40 rue la Vérendrye, Saint-Hubert
- Sunday, March 22 at Saint-Jean MFRC

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

**COST:** free

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

## YOUTH INTEGRATION ACTIVITY

### Managing emotions

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

**DATE:** Thursday, March 12

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

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

**COST:** free

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





## INTERNATIONAL WOMEN'S DAY

### Creative workshop

As part of International Women's Day, this workshop invites you to a creative reflection on femininity, exploring the great universally recognized feminine archetypes (for example: the Mother, the Mystic, the Lover, the Maiden, the Queen, etc.). You will also be invited to create a mask symbolizing your own vision of what it means to be a woman in 2025. A wonderful opportunity to express your inner world! All creative souls are welcome; no artistic talent is required. **The workshop is bilingual.**

**AGE:** women in the military community (veterans, spouses, service members, reservists) aged 18 and over

**DATE:** Thursday, March 12

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

**LOCATION:** Saint-Jean MFRC

**COST:** free

**REGISTRATION:** from Thursday, February 12 to Wednesday, March 11, via the MFRC portal



## YOUTH YOGA WORKSHOP

Allows the children to explore their creativity in a therapeutic approach that can have several benefits such as the development of personal growth, awareness or problem solving in certain difficult personal situations in the reality of military life in which they live.

**AGE:** 5 to 12

### DATES AND LOCATIONS:

- Sunday, March 15 at the Saint-Jean MFRC
- Sunday, March 22 at the YCIC, 40 rue la Vérendrye, Saint-Hubert

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

**COST:** free

### REGISTRATION:

- from Tuesday, February 12 until Thursday, March 12 for the March 15 workshop, via the MFRC portal
- from Thursday, February 19 until Thursday, March 19 for the March 22 workshop, 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 years old overcome the challenges of military life, such as absences, relocations, managing emotions and more. Spots are limited based on drop-in daycare availabilities.

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

### DATES AND LOCATIONS:

- Tuesday, March 17 at the Saint-Hubert MFRC
- Thursday, March 19 at the Saint-Jean MFRC

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

**COST:** according to the current rate of the drop-in daycares

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

## MENTAL HEALTH FIRST AID TRAINING FOR VETERANS

The Mental Health First Aid for the Veteran Community course equips people to give first aid to people in crisis or showing the first signs of a mental disorder. This training does not teach people to become therapists or interveners. It enables members of the Veterans community to intervene proactively in any situation requiring mental health assistance. **Training offered in English only.**

**AGE:** 18 and over

**DATES:** to be determined

**TIME:** 9:00 a.m. to 1:00 p.m.

**LOCATION:** online with the Zoom platform

**COST:** free

**REGISTRATION:** date yet to come, via the portal







## SECOND LANGUAGE LEARNING

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

**AGE:** 18 and up

**LOCATION:** online (LRDG platform)

**COST:** free

**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 AND INFORMATION:**  
Send an email to the following address:  
[info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca).



## ONLINE TRAINING

### *Navigating childhood - Your tool box to respectful parenting*

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

**AGE:** parents, training focuses on children aged 0 to 10

**DATE:** ongoing

**LOCATION:** online

**COST:** free

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

## ONLINE TRAINING

### *Briller dans ta « solo » ou coparentalité - Shining alone or when co-parenting*

This training for parents aims to provide several solutions, tricks and strategies to help them find THEIR own recipe to shine on days when they are parenting alone. **This conference is bilingual.**

**AGE:** parents

**DATE:** starting Wednesday, April 1

**LOCATION:** online

**COST:** free

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

## ONLINE TRAINING

### *Apprivoiser le développement sexuel de la petite enfance à la préadolescence - 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 2 to 10

**DATE:** ongoing

**LOCATION:** online

**COST:** free

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

## ONLINE TRAINING

### *From "The Birds & The Bees" to "Netflix & Chill": Talking about relationships, sex and consent*

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

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

**DATE:** ongoing

**LOCATION:** online

**COST:** free

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

## WEBINARS

### *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.

## SEMINAR

### *Mise au point sur mesure pour les couples - 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

### *Améliorer vos relations parents-adolescents* *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 with simple tips and humour.

**Activity 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.

## FIRST AID

Essential for the safety of families and an 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 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 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

**DATE:** winter 2026

**LOCATION:** online

**COST:** free

**REGISTRATION:** consult programming for more details

## YOUTH CONNECT

### *Virtual services platform for kids aged 9 to 17*

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

**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

*Temporary 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 (veterans and military), who have not started kindergarten

#### 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 by email at [info.crfm@forces.gc.ca](mailto:info.crfm@forces.gc.ca) or by phone. 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

## 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.







## MILITARY DADS

### *Sharing and learning group on military fatherhood*

The **Military Dads Program** aims to support fathers in building stronger, healthier, and more lasting relationships with their children, families, and support networks. Specifically designed to address the challenges of parenting in a military context, the program helps foster a sense of safety and well-being for military children and families, while also contributing to the operational readiness of Canadian Armed Forces members. **This program runs over a 10-week period.**

**AGE:** military fathers

**DATE:** according to the sector's schedule

**TIME:** 9:30 a.m. to 12:00 p.m.

**LOCATION:** Saint-Jean MFRC

**COST:** free

**REGISTRATION:** stay tuned via the MFRC portal

## 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

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

**LOCATION:** YCIC, 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

## INTEGRATION ACTIVITY FOR KIDS 5 TO 12 YEARS OLD

### *Saint-Jean 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:** 5 to 12, attending school\*

**DATE:** from Sunday, September 21

**TIME:** 9:30 a.m. to 12:00 p.m.

#### **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 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.*

## 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

**DATE:** starting Wednesday, September 17

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

**LOCATION:** YCIC, 40 rue 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 leaders, go to the Youth Community Integration Centre's Facebook page.*





## 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

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

**LOCATION:** YCIC, 40 rue la Vérendrye, Saint-Hubert, or online via the Youth Connect platform

**COST:** free

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

## 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 and up

**DATE:** Monday, Tuesday, Thursday and Friday from 8:00 a.m. to 4:30 p.m.

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

**LOCATION:** to be determined or virtually

**COST:** free

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

## 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 YCIC or via the Youth Connect platform. Youth volunteer hours can be counted for toward the MFRC Montréal Region Volunteer Recognition Program.

**AGE:** 5 to 12\*

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

**LOCATION:** YCIC, 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*

## 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 and up

**DATE:** throughout the year

**LOCATION:** different regions

**COST:** free

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

## GEEK WEDNESDAY

Young people are invited to come out and develop relationships 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

**DATE:** starting Wednesday, September 17

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

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

**COST:** free

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

## COMMUNITY ENGAGEMENT MORNINGS

In a friendly environment that invites 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 several 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 and up

**TIME AND LOCATIONS:**

- 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

### Group visits

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 and up

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

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

**COST:** free

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

## SPECIAL EDUCATION SERVICE

### Family support (parents 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:** 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

**REGISTRATION:** ongoing, at:  
SvcPersCRFMSoutienPsyStJean@forces.gc.ca  
or by phone at:  
Saint-Jean: 450 358-7099 ext. 2917  
Saint-Hubert: 450 462-8777 ext. 6821

## 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:** 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

**REGISTRATION:**  
SvcPersCRFMSoutienPsyStJean@forces.gc.ca  
or by phone at:  
Saint-Jean: 450 358-7099 ext. 2911  
Saint-Hubert: 450 462-8777 ext. 6818



## 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

**REGISTRATION:**  
SvcPersCRFMSoutienPsyStJean@forces.gc.ca  
or by phone at:  
Saint-Jean: 450 358-7099 ext. 2911  
Saint-Hubert: 450 462-8777 ext. 6818





## 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 10

**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

**REGISTRATION:**  
SvcPersCRFMSoutienPsyStJean@forces.gc.ca  
or by phone at:  
Saint-Jean: 450 358-7099 ext. 2911  
Saint-Hubert: 450 462-8777 ext. 6818

## SUPPORT FOR FAMILIES FACING ILLNESS, INJURY OR BEREAVEMENT

The **Family Liaison Officer (FLO)** is a specialized social worker whose role is to provide support to families of military members who are ill, injured, undergoing medical release, or grieving the loss of a loved one.

The FLO helps families identify their needs through one-time consultations or ongoing psychosocial support. Meetings can take place in person, via videoconference or over the phone, and are available to children, teens, and adults, whether individually, as a couple, or as a family.

Support may address a variety of issues, including:

- Bereavement
- Adjustment to illness or injury
- Emotional or caregiver burnout
- Any other psychosocial challenge related to a loved one's illness or the loss of a Canadian Armed Forces member

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

### Information, Support and Intervention Groups

Group sessions are also available for loved ones of military members living with an **Operational Stress Injury (OSI)**. These groups provide a space to share, learn, and build coping strategies.

To join the interest list or learn more, feel free to contact us:  
svcPersCRFMSoutienPsyStJean@forces.gc.ca or by phone at: 450 358-7099 poste 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 sign up for  
all our activities and events!  
[crfmmfrcmtl.ca](http://crfmmfrcmtl.ca)







## PSYCHOSOCIAL SUPPORT SERVICES

### Psychosocial intake service

The Montreal-area MFRC's Psychosocial intake service is the first point of contact for an initial assessment of your needs related to a situation you, your couple or a member of your family may be facing. You will then be referred to our intervention team which includes social workers and specialized educators). When appropriate, you may also be referred to relevant community resources, depending on the nature of your request.

The Psychosocial intake worker offers you support, a listening ear, and guidance toward the services and resources that best suit your need, all in complete confidentiality.

Every family is unique and faces different challenges. We want you to know that you're not alone. We're just an e-mail or phone call away.

For more information or if you have any questions, please do not hesitate to contact our psychosocial intake worker:

Saint-Jean : 450 462-8777 ext. 6821

Saint-Jean : 450 358-7099 ext. 2917

SvcPersCRFMSoutienPsyStJean@forces.gc.ca





# Join us:

## Accueil et 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

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Telephone: 450 462-8777 ext. 6810  
Fax: 450 462-6822

### MONTREAL

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Building 214  
Montreal Garrison  
Montreal (Quebec) H1N 1X9  
Telephone: 514 252-2777 ext. 4984

### SAINT-JEAN-SUR-RICHELIEU

178, Falaise Street,  
Saint-Jean Garrison,  
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Telephone: 450 358-7099 ext. 7955  
Fax: 450 358-7007

### SHERBROOKE

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