

Fall MENU



Une version française est disponible au crfmv.com

2023



Canada

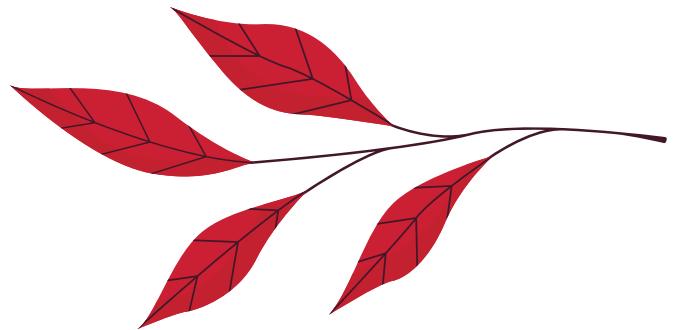




Registration

STARTING ON AUGUST 23RD AT 8:30 AM
418 844-6060

** Priority will be given to military and veterans families.*



Facilities

ROOM	DESCRIPTION	SCHEDULE	CLIENTELE
Op. Soleil Open Play Room	Room 109 of the VMFRC is created for parents and their children. Come take advantage of free periods to socialize with other parents.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Parents and their children 0 to 5 years old
Le Repaire youth club	Le Repaire youth club welcomes young people to a healthy environment of belonging which promotes their integration and development. The club is supervised by a team of qualified and dynamic counsellors who are there to support, empower, and encourage young people in their journey to adulthood. Youth attending Le Repaire have access to several activities, structured or not (pool table, baby-foot, video games, board games, music, etc.).	Wednesday 6:30 pm to 9 pm** Thursday 6:30 pm to 9:30 pm Friday 6:30 pm to 10:30 pm ** 6th graders are welcome at Le Repaire on Wednesdays.	12 to 17 years old
Documentation Centre	The documentation centre is a quiet place away from home where you can continue your job search with all the tools you need at hand.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Everyone
Living Environment	During the VMFRC's opening hours, you can use the community room. Decorated by the volunteers on the living environment committee, the community room has all sorts of information on the activities and programs that the VMFRC and its partners offer. Whether you drop by with your children or by yourself, it is the ideal place to chat with others, meet new people, eat or relax.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Everyone

Services

CHILDCARE SERVICE	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Drop-in Daycare*	An occasional childcare and respite service.	Monday to Friday** 7 am to 4:30 pm	2 to 5 years old (preschool)	\$5 per hour or \$35 per day Two children: \$8.50 per hour or \$60 per day
Evening Drop-in Childcare*	An occasional childcare and respite service.	Tuesday-Wednesday-Thursday	0 to 5 years old (preschool)	\$5 per hour
Day Nursery*	An occasional childcare and respite service.	Monday to Friday** 8 am to 12 pm and 12 pm to 4 pm	0 to 2 years old	\$17.50 per 4 hour period

*Reservation required at least 24 hours in advance.

**All year long except holidays.

Family events and activities

ACTIVITY EVENT	SCHEDULE
Valcartier MFRC AGM	September 6
Military Family Appreciation Day	September 16
Fall fest	October 1
Clothing, Toys and Games Swap	October 14
Halloween Disco	October 27 7 pm to 9 pm
Centraide Coffee-break	November 23
Game night	November 24
A Christmas Morning at VMFRC	December 10
Christmas Disco	December 15 7 pm to 9 pm

New activities every month!

Check out our virtual calendar for more activities :

crfmv.com/fr/calendrier/



Did you know?

To find more information about our other tools, groups and activities : crfmv.com



Volunteering

You can get involved in your community during the various activities offered by the Valcartier Military Family Resource Centre and its partners. Interested in community involvement? Contact us : info@crfmv.com



Childhood 0 to 5 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Small Talk	A warm, safe place where parents and their children can come to enjoy a few hours of camaraderie, conversation, and friendship	Tuesday 1 pm to 2:30 pm Wednesday 9:30am to 11 am September 12 to December 13	Parents and their children 0 to 12 months old	\$10 per kid
Sunny Day Group	Parents and children are invited to come socialize and have fun in a warm, secure environment. A group of volunteers organizes different activities. Children stay under the supervision of their parents.	Thursday or Friday 9:30 am to 11am September 14 to December 15	Parents and their children 0 to 5 years old	\$15 per child. \$25 for 2 or more children from the same family
Babies on bord group	A warm place to enjoy a few hours of camaraderie, conversation, and friendship. A moment to gather with future mothers and get ready together for the adventure of welcoming a child.	Monday from 1 pm to 2:30 pm or Monday evenings from 6:30pm to 8 pm September 11 to December 11	Pregnant women	\$10 per session
Welcome Baby	Prenatal and postnatal visits at the VMFRC for future and new parents from the military community. This program aims to support parents in the beautiful adventure that is the arrival of a new child.	Anytime	Future and new parents from the military community	Free with registration
Second Language Workshop (French or English)	Children can learn French or English through educational activities, games and conversations under the supervision of a qualified animator. <i>If your children attend the Sentinelle des Petits daycare centre, we can go and pick them up so they can join the workshop.</i>	English Tuesday 9 am to 10 am or 10 am to 11 am or Wednesday 10 am to 11 am September 12 to November 15 French Monday 10 to 11 am September 11 to November 13	4 and 5 years old	\$55 for the 10 week session
Get Together Club English-speaking group	Are you looking to meet other english speaking people? The Get Together Club is the perfect group to exchange stories and participate in activities with or without children. The Get Together Club is adapted to welcome children 0-5 years old. Come meet other Englishspeaking families, even if English isn't your first language.	Monday 9:30 to 11 am September 11 to December 11	Adults without children or with children 0-5 years old	Fee to be determined according to the activities
Nursery school «Jardin des petits explorateurs»	An educational program comprised of activities led by a qualified educator who welcomes children for a period of three hours per half day.	Monday to Friday 8:30 am to 11:30 am September 5 to December 22	2 to 5 years old	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family
Little Geniuses Workshop	Workshops to promote the overall development and autonomy of children while encouraging them to learn emotional, motor, social, cognitive, and language skills.	Monday to Friday 12:45 pm to 3:45 pm September 5 to December 22	3 to 5 years old	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family



Childhood – Youth 3 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Father-Children Activities	Being a dad is the best job in the world! Strengthen the bond between you and your kids by spending special time with them. A positive experience and a chance to meet other dads.	Saturday October 14 th Sunday November 5 th	Dads and their children 3-12 years old	Depends on the activity.

Youth 6 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
The Adventurers	Children from grade four, five and six are invited to take part in an after-school program where they can participate in preventive and educational activities led by our Youth Counsellors.	Friday 3:30 to 5 pm Starting September 15	Kids in Grades 4, 5, and 6	\$10 per kid
Home Alone Workshop	This workshop teaches kids safety rules to follow if they are alone, whether at home, after school or at the park.	Saturday 1 to 4 pm November 4	8-12 years old	\$10 per kid
Stress Management Workshop: Billy	Workshops to equip young people with stress management tools. The meetings mainly deal with topics such as physical mechanisms of stress, adaptation strategies, social pressure and performance anxiety, which are addressed through interactive activities.	Starts in October for 6 sessions over 6 weeks	Children aged 8 to 12 who are having difficulty managing stress	Free

Adults 18 years old +

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Second Language Courses (French English)	Courses are offered in spring, fall and winter, and can be held during the day or evening. This hybrid program combines group conversation practice (2 hours per week online or in person) with unlimited access to the LRDG (Language Research Development Group) online learning program which includes interactive exercises and lessons.	Registration before September 12 Session begin: September 26 Session end: December 14 Schedule based on client availability Tuesday to Thursday (am, pm or evening)	Everyone	50 \$ Spouses, children and parents of military members (regular/reserve), medically released Veterans and their families 200 \$ Non-medical released veterans and their families, military, reservists, civilian residents of Shannon and DND employees 300 \$ Civilians (non-Shannon residents)
Military Life 101**	Introductory Military Reality Workshop. You will learn to recognize the different associated terms, types of military members, bases, challenges associated with this way of life, and more. Whether you are a spouse, brother, sister, friend, or parent of a military member, this workshop is for you!	Wednesday noon to 1 pm October 18 ONLINE	Everyone	Free
Workshop: Work-Life Balance**	Juggling work, family responsibilities and being a spouse is not easy. Wearing many hats can be a real challenge! A guidance counsellor offers you a meeting space where you can, in a group, discuss your reality and share your tips.	7 pm to 8:30 pm October 3 and 11 ONLINE	Everyone	Free

** WORKSHOP OFFERED ONLINE



Adults 18 years old +

Table Talk Tuesdays*

Open discussion for the English-speaking community on integration, employment and career planning. Share your experiences, challenges and questions with your peers and the career and employment counsellor.

Tuesdays between 11:30 a.m. and 1:30 p.m. Starting September 5

English speakers

Free

OFFERED AT THE QUEBEC SERVICE POINT

Career Prospecting*

You are an English-speaking newcomer, eager to join the workforce and flourish professionally; a look at the nooks and crannies of Quebec City's job market may give you the head start you are looking for.

Wednesday
11 am to 1 pm
November 1

English speakers

Free

OFFERED AT THE QUEBEC SERVICE POINT

Workshop: Life after the uniform

When you leave the Forces, you're not only leaving behind a job, but a part of your military family as well. The goal of this workshop is to help you reflect on what you are leaving behind, and also on what you stand to gain.

Wednesdays
October 4-11-18-25

Releasing military members and veterans and spouses

Free

A support group is also offered to participants following the group.

Workshop: Life Goal

Workshops to assist willing and motivated veterans in developing a life project in order to grow as individuals. This project can also be meaningful for anyone looking to contribute, directly or indirectly, to the development and well-being of their environment, whether it is through a part-time or full-time job, involvement in the community, implementing a project based on their interests.

Wednesdays
November 8-15-22-29
(4 sessions of 3 hours each)

Veterans

Free

Workshop: Finally it's my turn!**

Now that your spouse has released from the Forces, you can say, «Finally, it's my turn!» at the professional level. A guidance counsellor will help you explore your interests and skills, and discuss ways of finding and redefining yourself.

Tuesdays
11:30 am to 1:30 pm
September 26, October 3-10-17

Veteran's spouses

Free

ONLINE

* **WORKSHOP OFFERED AT THE QUEBEC SERVICE POINT**

** **WORKSHOP OFFERED ONLINE**

Valcartier

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Sign up to receive our monthly newsletter.

e-mail

Return to the Valcartier MFRC front desk at the Community Centre (Building 93) or by email:
info@crfmv.com