



Edmonton Garrison Military Family Resource Centre

Dec 2005 - Jan 2006 Newsletter



Supporting the Heroes Behind the Heroes

The MFRC is located in Building 161, Mons Avenue & Range Road 244 in Lancaster Park. (Across the street from the Military Fitness Centre)



Season's Greetings

from the MFRC Staff, Board and Volunteers

Gift Wrap



Christmas morning will be even brighter with a beautifully decorated gift wrapped by an MFRC volunteer. Visit the MFRC Gift Wrap station at Londonderry Mall (main floor, by P.J. pets and the escalator).



MFRC Fundraiser

MFRC Office Hours

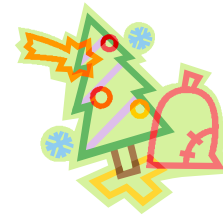
Monday & Friday - 8:00 a.m. to 5:00 p.m.
Tues, Wed, Thurs - 8:00 a.m. to 8:00 p.m.

The MFRC Office hours will be altered during the Christmas break

- Mon. Dec. 26 Closed
- Tues. Dec. 27..... Closed
- Wed. Dec 28 10:00 a.m. to 2:00 p.m.
- Thurs. Dec 29 10:00 a.m. to 2:00 p.m.
- Fri. Dec 30 10:00 a.m. to 2:00 p.m.
- Mon. Jan 2..... Closed



Bright Nights EDMONTON



Military Family Bus Tour

- Canada's largest outdoor festival of lights.
- A land of fairytales, forests and fantasies.
- Over 500 electrifying Christmas displays.
- No charge, but registration is required.

Wednesday, December 14 at 7:00 p.m.
(Limited seats available - Reserve Early)

Thursday, December 15 at 7:00 p.m. (Sold Out)

You are welcome to bring a Food Bank donation.
Register early at 973-4011 ext 6300.

In partnership with Edmonton Salutes and
the Edmonton Chamber of Commerce.

Pre-registration is required for all programs offered by the MFRC, unless otherwise mentioned. You can register directly at the MFRC reception, or by calling 973-4011 ext 6300. Programs are subject to change and may be cancelled due to insufficient registration.

Des renseignements au sujet des programmes et services offerts au CRFM sont disponible en français. Veuillez composer le 973-4011, poste 6308.

MFRC - 973-4011 ext 6300 - www.mfrcedmonton.com



Parenting Workshops



Couples Workshop



Attachment through the Lifespan

Wednesdays . January 11 & January 18

..... 6:15 p.m. - 7:45 p.m.

Cost No charge
..... (Free childcare, but must register)

Location: Guthrie School

Facilitator: Deb Milne, educator, Edmonton & Area Child & Family Services

Register: Contact Joanne Amyotte
939-4341 by January 6th

Discover how attachments and bonding enhances a child's development. Learn about normal attachment cycles and the roots of attachment.

This is a partnership program between the MFRC and Sturgeon School Division Early Intervention.

Powerful Parents Workshop

Fridays January 20 - March 3, 2006

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

Cost \$15

Childcare No cost for Powerful Parents participants
Please register for Casual Care

Location: MFRC

Register: by January 13, 2006
at MFRC Reception (973-4011, ext 6300)

Powerful Parents workshops encourage parents to:

- use their parenting strengths
- learn new skills
- become more involved in their children's education
- become active in their communities.

Parents can expect to

- learn basic, easy-to-implement parenting tools
- develop an understanding of their children's assets
- identify and be challenged to use their strengths as home, school and community leaders.

Basic Relationship Training

Weekend..... Saturday, Dec 17 & Sunday, Dec 18

.....9:00 a.m. - 5:00 p.m.

CostNo charge

Location:MFRC

Register:Health Promotions
973-4011, ext 6146

This program is designed to help couples enhance and maintain a lasting relationship. All couples who are married, living common-law or about to make a commitment to each other are welcome.

The focus is to prevent problems before they start - but it can also be a great way to get back on the right track if things seem to have gotten off the rails.

This is NOT COUNSELLING. It is a comprehensive, skill-based and effective approach to navigating the unique challenges of life in the CF for couples.

Topics include:

- Talking safely without fighting
- When what you heard isn't what I said
- Problem solving
- Keeping conflict under control
- Sense and sensuality

This is a partnership program between the MFRC, Health Promotions and the Chaplaincy.



MFRC Fundraiser

Premium Coffee Campaign

- The MFRC is proud to feature "Café Ético" certified organic fresh ground coffee as a fundraiser.
- The rich taste of equality also helps support farmers who are committed to sound ecological practices.
- Aromatic Nicaraguan Dark Roast and Full City Roast mellow ground coffee for \$14 for a 400 gram package.
- This is an ideal choice for the coffee-lover in your life, while helping two great causes.
- Coffee packages are available at the MFRC Reception. For more information, call 973-4011 ext 6300 or visit www.mfrcedmonton.com.

Improve Your Communications

- **Edmonton Garrison Toastmasters**
- Improve your speaking, listening & thinking skills
 - Build your confidence in a friendly supportive environment
 - Wednesdays; 12:00-1:00 pm.
 - For info, call Colin at 973-4011 ext 6325

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MFRC - 973-4011 ext 6300 - www.mfrcedmonton.com



Employment & Education Assistance

The MFRC assists military family members in meeting their employment and education goals offering services including:

- Resume writing/updating
- Cover letter writing
- Interview skills
- Vocation & interest assessment
- Self-employment resources
- Basic computer and internet guidance
- Education resources
- Job board
- Referrals to career and community agencies
- No cost for this service for military families

Help Through Difficult Times

Confidential assistance is available at no cost for all members of military families through the MFRC's Prevention, Support and Intervention program.

- Family relationships
- Marital breakdown
- Parenting
- Loneliness
- Managing deployment
- Personal stress
- Financial stress
- Other personal stresses

30 Wellness Place (Special Resource Library)

The MFRC has a comfortable reading and resource area that offers a well-stocked library of printed and audio-video material. This material may be borrowed for up to 3 weeks.

The resources available include information on

- Family development
- Relationships
- Deployment issues
- Career development
- Health and wellness
- Other concerns

Member Assistance Program (MAP)

The Member Assistance Program is a voluntary and confidential service, initiated by the Canadian Forces to help members and family members who have personal concerns that affect their personal well being. Any individual wishing to talk to a professional counselor or to make an appointment can call the Member Assistance Program, 24 hours a day, 365 days a year.

The MAP is confidential. Professional counselors are bound by their code of ethics to guarantee confidentiality.

For more information or for an appointment, call:
1-800-268-7708

Good Idea

Do you need to print up a resume, search the internet or send an email?

The MFRC Computer Room is available for military family members during normal MFRC office hours. Bring a disk if you need to save your files.

Emergency Childcare

Military families have access to child care in emergency situations, supporting the ability of CF members to be available for all types of duty

The MFRC Emergency Childcare Service (ECS) assists families in the development of a family care plan and provides referrals to alternate full time child care services.

In specific circumstances, the ECS may provide up to 72 hours of financial support for families during an emergency by paying for childcare.

For after hour emergencies, contact the Base Operator at 973-4011 and ask for the Emergency Chaplain

Second Language Service

Second Language Services provides training, resources and information to assist military families integrate into the community and interact with others within the same first-language community.

Second Language Training

This program helps interested military spouses learn English or French in a structured environment. Placement tests are mandatory for new students (\$10 for non military spouses).

- Winter Semester January to March
- French classes run two evenings per week
- English classes run two mornings per week
- \$50 military spouse (refundable upon meeting attendance criteria)
- \$100 other interest participants
- Registration deadline Friday, January 6, 2006.

Life Skills English Tutoring

This tutoring program is an informal yet structured program to help Francophone partners (only) adjust to the community. The program focuses on basic life skills such as shopping, banking, hospital visits and more. Placement tests are mandatory.

- If you are interested, contact the MFRC at 973-4011 extension 6300.
- \$50 military spouse (refundable upon meeting attendance criteria)

Soupers Francos- Femmes

16 decembre; 1900 heure
Olive Garden - 10121 171 St .

19 janvier; 1900 heure
La Creperie - 13006 - 50 St

Joignez-vous à notre groupe de femmes francophones, pour une soirée de bonnes bouffes, bonnes conversations et bonnes amités. Pour en savoir plus ou pour réserver, veuillez contacter le 973-4011 poste 6308.

Deployment Family Support

Christmas Pancake

Breakfast

Friday Dec 9 - 6-9 am



Broadcast Live on



You may have a chance to speak face to face live with your loved one in Afghanistan on CityTV! Register at extension 5080

**Visit from Santa!
Entertainment!
Prizes!**



Deployment Family Support **Live Video Conferencing**

Schedule your live video conference with your loved one in Kandahar. Dec 1 to Jan 6 (weekdays; 8 am - 4 pm)
Dec 28, 29, 30 (10 am to 2 pm). Closed Dec 25, 26, 27, Jan 1, 2. Register 973-4011 extension 5080.



Deployment Childcare

Deployment Childcare service is available for families of military members who are deployed on a military commitment for more than 28 days. Space is limited and is based on a "first-registration" basis, so register early at the MFRC Reception - 973-4011 (ext 6300)

Sat December 3; 9 a.m.-3 p.m.
(May register as early as Monday, Nov 21; 8:00 a.m.)
(Registration deadline Thursday Dec 1; 8:30 a.m.)

Sat December 17; 9 a.m.-3 p.m.
(May register as early as Monday, Dec 5; 8:00 a.m.)
(Registration deadline Thursday Dec 15; 8:30 a.m.)

Wed December 21; 12-3 p.m.
(May register as early as Wed, Dec 7; 8:00 a.m.)
(Registration deadline Mon Dec 19; 12 noon)

Sat January 14; 9 a.m.-3 p.m.
(May register as early as Tues, Jan 3; 8:00 a.m.)
(Registration deadline Thursday Jan 12; 8:30 a.m.)

Wed January 18; 12 p.m.-3 p.m.
(May register as early as Wed Jan 4; 8:00 a.m.)
(Registration deadline Mon Jan 16; 12 noon)

Sat January 28; 9 a.m. - 3 p.m.
(May register as early as Mon, Jan 16; 8:00 a.m.)
(Registration deadline Thurs, Jan 26; 8:30 a.m.)

Deployment Family Support **Pizza Movie Night**



**Thursday January 27
6-9 pm**



Register at MFRC Reception - 973-4011 extension 6300

Deployment Family Support **Drop-In Centre**

Drop in & visit with other families of deployed members. Get the latest deployment information. Drop off your morale mail. Enjoy a cup of coffee or read a newspaper. There's also a child's play area and internet stations. Open 9 am to 5 pm Monday-Friday. 973-4011 ext 5080.

Pre-registration is required for all programs offered by the MFRC, unless otherwise mentioned. You can register directly at the MFRC or by calling 973-4011 ext 6300. Programs are subject to change and may be cancelled due to insufficient registration.

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Casual Care

Families may choose from a choice of:

- Mornings (9:00 a.m. to 12:00 noon)
- Afternoons (12:00 noon to 3:00 p.m.)
- Full Day (9:00 a.m. to 3:00 p.m.)

Space is limited, so register early at the MFRC.

Ask Us About ...

The "Care Free" program for families with an infant. 1 free childcare session for all kids in the family until the infant's 1st birthday.

The Casual Care Pass is your convenient 5-session prepaid pass.



- Provides supervised structured and non-structured social opportunities and leisure activities
- Fully Furnished facility

December Casual Care

Fri Dec 2	Wed Dec 14
Sat Dec 3	Fri Dec 16
Tue Dec 6	Tue Dec 20
Wed Dec 7	Wed Dec 21
Fri Dec 9	Fri Dec 23
Tue Dec 13	

January Casual Care

Tue Jan 3	Tue Jan 17
Wed Jan 4	Wed Jan 18
Fri Jan 6	Fri Jan 20
Tue Jan 10	Tue Jan 24
Wed Jan 11	Wed Jan 25
Fri Jan 13	Fri Jan 27
Sat Jan 14	Tue Jan 31

Please note that Casual Care will be closed Dec 26-30 inclusive.

Cost - Casual Care

Half Day

Child.....	\$9
Infant (under 12 months).....	\$12
Family (2 or more Children)...	\$15
Family (with infant).....	\$18

Full Day

Child.....	\$18
Infant (under 12 months).....	\$24
Family (2 or more Children) ..	\$30
Family (with infant).....	\$36

Upcoming Pre-Teen & Teen Dances

- Friday, Dec 16
 - Friday, Jan 27
 - Friday, Nov 18
 - Friday, Feb 17
 - Friday, Mar 17
- Pre-teen dance 7:00 p.m. - 9:00 p.m.
Cost..... \$3 members/\$4 non-members
Pre-teens 9-12 years of age
- Teen dance..... 9:30 p.m. - 12:00 midnight
Cost..... \$4 members/\$5 non-members
Teens 13-17 years of age



You save money on activities when you buy a yearly youth membership. It's \$15 per year (\$10 for additional family members)

Well Baby Clinics

- Health assessments and immunizations
- Nutrition, safety, dental & parenting information

Tues Dec 13.... 9:00 a.m. to 4:00 p.m.
Tues Jan 10.... 9:00 a.m. to 4:00 p.m.
Tues Jan 24.... 9:00 a.m. to 12:00 p.m.

No Charge
Register Capital Health - 939-3388

Children's Programs

Playgroup (Parented)

- Interactive play between parents & children with focus on child development activities
- Stimulates parents' understanding of child development needs
- Introduces parents to available resources
 - Drop-in program for parents & preschoolers
 - Mondays..... 9:30-11:30 a.m.
 - Thursdays.... 1:00-3:00 p.m.
 - Saturdays 10:00-12:00 p.m.
 - Drop-in fee \$1 (\$10 for 15 sessions)
 - No pre-registration is required

Creative Kids

- One of the most popular programs designed for primary school aged children (ages 6-8)
- Children celebrate individuality through creative art activities and recreation play, while practicing social skills.
 - 5-week session (Mondays) Jan 16-Feb 13; 6:00 - 7:30 pm
 - \$15 per child (ages 6-8). Pre-registration is required.
 - Register by January 9, 2006 at MFRC Reception.

Creative Movement

- Children at a young age (4-6 years) are uninhabited and move naturally to music. In the Creative Movement Program, children move to various kinds of music in a friendly and stimulating environment.
- Facilitated by Margaret Dalwood, a classical ballet teacher and choreographer.
 - Tuesdays (10 sessions) Jan 24-March 28; 1:30 - 2:00 pm
 - \$75 per child. Pre-registration is required.
 - Register at MFRC Reception by January 17

Rhythm & Rhyme Family Time (Parented)

- Immerse yourself in the world of babies and toddlers!
- This program lets you and your child (under 3 years) experience songs, rhymes and stories.
- Time is also available for socializing and talking about your baby and toddler's pre-literacy and oral language development
 - Tuesdays (10 sessions) Jan 31-April 4; 9:30 - 11:00 a.m.
 - Bilingual program
 - No charge. Pre-registration is required.
 - Register at MFRC Reception by January 24

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The MFRC Business Registry is a collection of small- or home-based businesses run by military members or partners. Paid membership provides community members the opportunity for exposure within the Edmonton Garrison. The Edmonton Garrison MFRC does not directly endorse the businesses and organizations listed in the MFRC Business Registry. If you would like to have your business listed, or for more information on the MFRC Business Registry, phone 973-4011 extension 6328.

1st Step Lifesaving

Learning to make a difference.
Accredited St. Johns Instructor
Lance Coleman; (780) 457-9978

Aloette

Beauty Products
Allison Jowett; (780) 473-8808

Amal Bridal

Bridal Accessories and Wedding Decor
Amal Kilmani; (780) 475-8784

Avon

Quality make-up, skin care and health products
Christine Northmore; (780) 451-1548

Avon

Quality make-up, skin care and health products
Sherrie Wilkinson; (780) 459-9142

Body Wellness

Health & Wellness Treatment
Heidi Fett; (780) 973-2399

Body Wise International

Achieve your goal weight and maintain it for life.
Dorothy Szelekovsky (dorothys@shaw.ca)
Patrick Wilkins (patrickwilkins@shaw.ca)
(780) 732-1237
Website: www.dorothy-patrick.bodywise.com

Carcraft Auto Storage

Storing your vehicle during deployment
Christopher Peckover; (780) 720-4841
peckover@shaw.ca

Clarica

Financial and Insurance services
Barbara Lapointe; (780) 920-0604

Discovery Toys

The Premier educational toy company
Crystal Dillon; (780) 456-3855
www.discoverytoyslink.com/dillon

Discovery Toys

The Premier educational toy company
Clare Gallant; (780) 921-3217

Discovery Toys

The Premier educational toy company
Sherrie Wilkinson; (780) 459-9142

Epicure Selections

Provides over 120 fine food products which turn everyday into gourmet
Dawn Robbins; (780) 459-8343
www.epicureselections.com

Fort Digital Imaging

Bringing your images to "Life-Size"
Edwin Wityshyn; (780) 998-4168

Hamann's Therapeutic Hands

Soothe Away Stress, Pain & Injuries (Services in English and French)
Marcel Hamann; (780) 485-8967

Kiss Music Services

Professional DJ
Brent Buchanan; (780) 939-3122

Oxygen 4 the Soul

Body Spirit Mind and Soul Gift Basket co.
Patricia Perram; (780) 982-6457

The Pampered Chef

Kitchen and Entertaining products
Tina Perkins; (780) 472-7392

Partylite

Light a candle and transform your surroundings
Sue Weir; 472-7440; butterfly63@shaw.ca

Peacock Esthetics & Make Up Arts

Esthetics Care Beyond Compare
Lisa Peacock Boyuk; (780) 459-4793

Princess House

Dinnerware Décor
Christine Northmore; (780) 451-1548

Princess House

Dinnerware Décor
Marge Mickasko; (780) 483-6830

Reel Angling Adventures

Guided fishing tours & outdoor adventures
(780) 961-3726; Toll-Free 1-866-961-3726
www.reealangling.com

Saki

Copper Magnetic Jewellery
Carol & Bryan Karrel ; (780) 456-5928

Stampin' Up!

It's all about creativity!
Sherry Roth; (780) 467-7499

Stampin' Up!

It's all about creativity!
Kristine Miles; (780) 472-2506

Tax Preparation Service

Fast- Confidential- Reliable
Lana Plemel; (780) 472-1630

Tupperware

Modern and affordable kitchen accessories
Sherri Wilkinson; (780) 973-9145

Tupperware

Modern and affordable kitchen accessories
Anna Shepherd-Childs; (780) 973-9143

Wagging Tails Pet Resort

A moderately sized social boarding facility
Sandy Landon; 780-939-6977; www.waggingtails.ca

Weekenders

Casual yet elegant women's attire
Gayle Boyd; (780) 406-3554

YOZO the Clown

Children's parties, magic, songs, and balloons
478-1694; yozo1@aol.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="text-align: center;">December</h1>  <p>Pre-registration is required for all programs offered by the MFRC, unless otherwise mentioned. Space is limited, so register early. Programs are subject to change and may be cancelled due to insufficient registration.</p> <p><i>Des renseignements au sujet des programmes et services offerts au CRFM sont disponible en français. Veuillez composer le 973-4011, poste 6308.</i></p> <p style="text-align: center;">MFRC - 973-4011 ext 6300 www.mfrcedmonton.com</p>			<p>1 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific Two's</u> 9- 11 am <u>Parents & Tots</u> 9:30- 11:30 <u>Playschool</u> 1-3 pm <u>Playgroup</u> 1-3 pm <u>Youth Centre</u> Pre-teen 6-9 pm <u>Rubber Stamp</u> 6:30-8 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>2 <u>Deployment Live Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 <u>Casual Care</u> 9-3 pm <u>Youth Centre</u> Teens 6-11 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>3 <u>Deployment Childcare</u> 9 am-3 pm <u>Casual Care</u> 9 am-3 pm <u>Playgroup</u> 10 am - 12noon <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 9:30am-9 pm</p>
<p>5 <u>Deployment Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm/Rhyme</u> 6-7:30 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm <u>*Xmas Greetings</u> TBA</p>	<p>6 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific Two's</u> 9- 11 am <u>Casual Care</u> 9am - 3 pm <u>Playschool</u> 1-3 pm <u>Creative Mvmt</u> 1:30-2:00 pm <u>Community Kitchen</u> 6:30-9 pm MFRC <u>Jerris' Perogy Kitchen</u> 6:30-9:00 pm <u>Youth Ctr</u> Pre-teen 6-9 <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 -9 pm <u>*Xmas Greetings</u> TBA</p>	<p>7 <u>Deployment Live Links</u> 8 am-4 pm <u>Playschool</u> 9 - 11:30 am <u>Casual Care</u> 9 am-3 pm <u>Toastmasters</u> 12-1 pm <u>Youth Centre</u> Teens 6-9 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm <u>*Xmas Greetings</u> TBA</p>	<p>8 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific Two's</u> 9- 11 am <u>Parents & Tots</u> 9:30-11:30 <u>Playschool</u> 1-3 pm <u>Playgroup</u> 1-3 pm <u>Youth Centre</u> Pre-teen 6-9 pm <u>Rubber Stamping</u> 6:30-8pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>9 <u>*Pancake Brkfast</u> <u>Deployed Families</u> 6-9 am <u>Deployment Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 <u>Casual Care</u> 9-3 pm <u>Youth Centre</u> Teens 6-11 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>10 <u>Playgroup</u> 10 am - 12noon <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 9:30 am-9 pm</p>
<p>12 <u>Deployment Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm & Rhyme</u> 6-7:30 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>13 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific Two's</u> 9- 11 am <u>Well Baby Clinic</u> 9-4 pm <u>Casual Care</u> 9am-3 pm <u>Playschool</u> 1-3 pm <u>Creative Mvment</u> 1:30-2:00 <u>Community Kitchen</u> 6:30-9 pm Guthrie School <u>Youth Centre</u> Preteen 6-9 <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>14 <u>Deployment Live Links</u> 8 am-4 pm <u>Playschool</u> 9 - 11:30 am <u>Casual Care</u> 9 am-3 pm <u>Toastmasters</u> 12-1 pm <u>Youth Centre</u> Teens 6-9 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>15 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific 2's / Playschool</u> <u>Xmas Party</u> 10- 12 noon <u>Parents & Tots</u> 9:30- 11:30 am <u>Playgroup</u> 1-3 pm <u>Bright Nights Bus Tour</u> Bus leaves MFRC 7 pm <u>Youth Centre</u> Pre-teen 6-9 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>16 <u>Deployment Links</u> 8 am-4 pm <u>Casual Care</u> 9 am-3 pm <u>Youth Dance</u> Pre-Teens 7-9 pm Teens 9:30-12 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm <u>Soupers Franco Femmes</u> 19h00 - Olive Garden</p>	<p>17 <u>Deployment Childc</u> 9 am-3 pm <u>Relationship Training</u> 9 am-4 pm <u>Playgroup</u> 10 am - 12noon <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm <u>Gift Wrap Funder</u> Londonderry Mall 9:30 am-9 pm</p>
<p>19 <u>Deployment Links</u> 8 am-4 pm <u>Playschool</u> 9 - 11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm & Rhyme</u> 6-7:30 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>20 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific Two's</u> 9- 11 am <u>Casual Care</u> 9am -3pm <u>Playschool</u> 1-3 pm <u>Youth Centre</u> Preteen 6-9 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>21 <u>Deployment Live Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 am <u>Casual Care</u> 9am -3 pm <u>Deployment Childcare</u> 12-3 pm <u>Youth Ctr</u> Teens 6-9 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>22 <u>Deployment Live Links</u> 8 am-4 pm <u>Terrific Two's</u> 9- 11 am <u>Playschool</u> 1-3 pm <u>Playgroup</u> 1-3 pm <u>Youth Cntr</u> Pre-teen 6-9 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>23 <u>Deployment Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 am <u>Casual Care</u> 9-3 pm <u>Youth Centre</u> Teens 6-11 pm <u>Gift Wrap Fundraiser</u> Londonderry Mall 10 am-9 pm</p>	<p>24 <u>Gift Wrap Fundraiser</u> Londonderry Mall 9:30 am-5 pm</p>
<p>26 MFRC Closed Boxing Day</p>	<p>27 MFRC Closed Christmas Break</p>	<p>28 Office Open 10-2 <u>Deployment Links</u> 10 am-2 pm</p>	<p>29 Office Open 10-2 <u>Deployment Links</u> 10 am-2 pm</p>	<p>30 Office Open 10-2 <u>Deployment Links</u> 10 am-2 pm</p>	<p>31</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>January 2006</p> <p>2 MFRC Closed</p> 	<p>3 <u>Deployment Live Links</u> 8 am-4 pm <u>Casual Care</u> 9am - 3 pm <u>Creative Mvmnt</u> 1:30-2:00 pm <u>Community Kitchen</u> 6:30-8 pm MFRC <u>Youth Ctr</u> Pre-teen 6-9</p>	<p>4 <u>Deployment Live Links</u> 8 am-4 pm <u>Casual Care</u> 9 am-3 pm <u>Toastmasters</u> 12-1 pm <u>Youth Centre</u> Teens 6-9 pm</p>	<p>5 <u>Deployment Live Links</u> 8 am-4 pm <u>Parents & Tots</u> 9:30-11:30 <u>Youth Centre</u> Pre-teen 6-9 pm</p>	<p>6 <u>Deployment Links</u> 8 am-4 pm <u>Casual Care</u> 9-3 pm <u>Youth Centre</u> Teens 6-11 pm</p>	<p>7 <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm</p>
<p>9 <u>Deployment Links</u> 8 am-4 pm <u>Playschool</u> 9-11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm & Rhyme</u> 6-7:30 pm</p>	<p>10 <u>Terrific Two's</u> 9- 11 am <u>Well Baby Clinic</u> 9-4 pm <u>Casual Care</u> 9am-3 pm <u>Playschool</u> 1-3 pm <u>Creative Mvment</u> 1:30-2:00 <u>Community Kitchen</u> 6:30-9 pm Guthrie School <u>Youth Centre</u> Preteen 6-9</p>	<p>11 <u>Playschool</u> 9 - 11:30 am <u>Casual Care</u> 9 am-3 pm <u>Toastmasters</u> 12-1 pm <u>Youth Centre</u> Teens 6-9 pm *Parent Workshop Attachment through the Lifespan 6:15-7:45 pm Guthrie School</p>	<p>12 <u>Terrific Two's</u> 9- 11 am <u>Parents & Tots</u> 9:30- 11:30 am <u>Playschool</u> 1-3 pm <u>Rubber Stamping</u> 6:30-8 pm <u>Playgroup</u> 1-3 pm <u>Youth Centre</u> Pre-teen 6-9 pm 10 am-9 pm</p>	<p>13 <u>Playschool</u> 9 - 11:30 am <u>Casual Care</u> 9 am-3 pm <u>Youth Centre</u> Teens 6-11 pm</p>	<p>14 <u>Casual Care</u> 9 am - 3pm <u>Deployment</u> <u>Childcare</u> 9 am-3 pm <u>Playgroup</u> 10 am - 12noon <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm</p>
<p>16 <u>Playschool</u> 9 - 11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm & Rhyme</u> 6-7:30 pm <u>Creative Kids</u> 6-7:30 pm <u>Parents Meeting</u> (Playschool & Terrific 2s) 6-8 pm</p>	<p>17 <u>Terrific Two's</u> 9 - 11 am <u>Casual Care</u> 9am -3pm <u>Playschool</u> 1-3 pm <u>Youth Centre</u> Preteen 6-9 pm</p>	<p>18 <u>Playschool</u> 9-11:30 am <u>Casual Care</u> 9am -3 pm <u>Deployment Childcare</u> 12-3 pm <u>Youth Ctr</u> Teens 6-9 pm *Parent Workshop Attachment through the Lifespan 6:15-7:45 pm Guthrie School</p>	<p>19 <u>Terrific Two's</u> 9- 11 am <u>Playschool</u> 1-3 pm <u>Playgroup</u> 1-3 pm <u>Youth Cntr</u> Pre-teen 6-9 pm <u>Rubber Stamping</u> 6:30-8 pm</p>	<p>20 <u>Playschool</u> 9-11:30 am <u>Casual Care</u> 9-3 pm <u>Powerful Parents</u> 9:30-11:30 am <u>Youth Centre</u> Teens 6-11 pm</p>	<p>21 <u>Playgroup</u> 10 am - 12noon <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm</p>
<p>23 <u>Playschool</u> 9 - 11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm & Rhyme</u> 6-7:30 pm <u>Creative Kids</u> 6-7:30 pm</p>	<p>24 <u>Terrific Two's</u> 9 - 11 am <u>Casual Care</u> 9am -3pm <u>Playschool</u> 1-3 pm <u>Well Baby Clinic</u> 9-12 pm <u>Flu Clinic</u> 1-3:30 pm <u>Creative Movement</u> 1:30 pm - 2:00 pm <u>Youth Centre</u> Preteen 6-9 pm</p>	<p>25 <u>Playschool</u> 9-11:30 am <u>Casual Care</u> 9am -3 pm <u>Youth Ctr</u> Teens 6-9 pm</p>	<p>26 <u>Terrific Two's</u> 9- 11 am <u>Playschool</u> 1-3 pm <u>Playgroup</u> 1-3 pm <u>Youth Cntr</u> Pre-teen 6-9 pm <u>Rubber Stamping</u> 6:30-8 pm</p>	<p>27 <u>Playschool</u> 9-11:30 am <u>Casual Care</u> 9-3 pm <u>Powerful Parents</u> 9:30-11:30 am <u>Youth Centre</u> Teens 6-11 pm <u>Pizza & Movie Night</u> <u>Deployment Event</u> 6-9 pm <u>Youth Dance</u> Pre-Teens 7-9 pm Teens 9:30-12 pm</p>	<p>28 <u>Deployment</u> <u>Childcare</u> 9-3 pm <u>Playgroup</u> 10 am - 12noon <u>Youth Centre</u> Pre-teen 1-5 pm Teens 6-10 pm</p>
<p>30 <u>Playschool</u> 9 - 11:30 am <u>Playgroup</u> 9:30-11:30 am <u>Rhythm & Rhyme</u> 6-7:30 pm <u>Creative Kids</u> 6-7:30 pm</p>	<p>31 <u>Terrific Two's</u> 9 - 11 am <u>Casual Care</u> 9am -3pm <u>Rhythm & Rhyme</u> (Bilingual) 10-11:30 am <u>Playschool</u> 1-3 pm <u>Creative Movement</u> 1:30 pm - 2:00 pm <u>Youth Centre</u> Preteen 6-9 pm</p>	<p>Pre-registration is required for all programs offered by the MFRC, unless otherwise mentioned. Space is limited, so register early. Programs are subject to change and may be cancelled due to insufficient registration.</p> <p><i>Des renseignements au sujet des programmes et services offerts au CRFM sont disponible en français. Veuillez composer le 973-4011, poste 6308.</i></p>			

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