



Edmonton Garrison **March April 2007**  
**Military Family Resource Centre**



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)  
To receive email MFRC newsletters, e-mail your name, phone # and email address to [information@mfrcedmonton.com](mailto:information@mfrcedmonton.com) under the heading MFRC e-news.

**The MFRC will be closed on the Easter Long Weekend - Friday, April 6 through Monday, April 9.**

**Deployment Support for  
Parents of Single Military Members**

Open House  
Saturday, March 31  
1:00 to 4:00 p.m.

MFRC Multi-Purpose  
Room (Room 11)



Find out what programs & services the MFRC offers.  
Meet with other parents. Share your experiences.

For more information, contact Lorraine Lourie,  
Deployment Support Coordinator 973-4011, ext 6304

**Scent-Free MFRC**



For the safety of the children  
attending MFRC programs,  
please refrain from using  
perfume or cologne at the MFRC.

**What Every Babysitter Should Know**

Saturday, April 14  
9:00 a.m. - 4:00 p.m.

Cost: \$40  
MFRC Conference Room 37  
Register by April 6



A special course for youths  
11+ years of age designed to teach babysitting,  
leadership and first aid skills in a fun and  
informative way.



**Blood Donor Clinic**

Wednesday April 4 at the MFRC  
Noon to 3:30 p.m.  
Call 1-888-2-DONATE

**Playgroup Special Event**



**ST. PATRICK'S  
FUN & FROLIC DAY**

Saturday, March 17  
10:00 a.m. to 12:00 noon

Share the fun and excitement of St. Patrick's Day  
with your young children (aged birth to 8 years).

Drop-in. No registration required.  
Fee: \$1 for children 12 months and older  
Location: MFRC Drop-in Centre Room #16

Please note:

Playgroup will run every Saturday in the month of March.  
There will be no Saturday Playgroup in April.  
Beginning in May, Saturday Playgroup will run once a month  
only and will feature a Family Fun Event.

**Missing Our Parents Club**

Saturdays 9:30 - 11:00 a.m.  
MFRC "Edge" Youth Centre - Room 19

The "MOP Club" is a special facilitated gathering  
for school-aged children of deployed military  
family members. Register at the MFRC.

**Chocolate Bunnies and more!**

Delicious Belgian Chocolates

- Chocolate Bunnies
- Chocolate Almonds, Cashews, Caramel
- Only \$3 each. Available at the MFRC.
- Peanut-free but may contain traces of other nuts.



**An MFRC Fundraiser  
Thank you for your support**

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](http://www.mfrcedmonton.com)**



## Second Language Services

Second Language Services provide training, resources and information to assist military families with integrating into the community and interacting with others within the same first-language community.

### Second Language Training

#### **Spring Semester April to June**

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).

- French classes run two evenings per week
- English classes run two mornings per week
- \$50 for military spouses  
(refundable upon meeting attendance criteria)
- \$100 for other interested participants
- Registration deadline is Thursday April 5,**

### Life Skills English Tutoring

#### **April to May**

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.

- **\$50 military spouse**  
(refundable upon meeting attendance criteria)
- Registration deadline is Thursday April 5, 2007.**

## Services en langue seconde

Les Services en langue seconde offrent une formation, des ressources et de l'information pour aider les familles des militaires à s'intégrer dans la communauté et à communiquer avec les autres membres de la communauté de même langue.

### Formation en langue seconde

#### **Semestre de printemps, d'avril à juin**

Ce programme aide les conjoints de militaires intéressés à apprendre l'anglais ou le français dans un environnement structuré. Les tests de classement sont obligatoires pour les nouveaux étudiants (10\$ pour les conjoints civils).

- Il y a des classes en français deux soirs par semaine
- Il y a des classes en anglais deux matins par semaine
- 50\$ pour le conjoint d'un militaire  
(remboursable sur satisfaction des critères en matière de presences)
- 100\$ pour d'autres personnes intéressées
- Date limite pour les inscriptions: le jeudi 5 avril 2007.**

### Cours sur les connaissances de base en anglais

#### **D'avril à mai**

Ce programme guidé est un programme informel quoique structuré qui est destiné à aider les conjoints francophones (et les conjoints uniquement) à s'adapter à la communauté. Le programme est axé sur les aptitudes de base comme les achats, les services bancaires, les visites à l'hôpital et plus. Les tests de classement sont obligatoires.

- 50\$ pour le conjoint d'un militaire** (remboursable sur satisfaction des critères en matière de presences)
- Date limite pour les inscriptions: le jeudi 5 avril 2007**

## Job Opportunities at MFRC

### Casual Care Worker - Supervisor

Responsible for planning and staffing of Casual Care Program. Direct care and supervision of children ages 0 to 12 years. 3 days per week, 6.5 hours per day. Please send your resume no later than March 23, 2007:

- Drop off at the MFRC; fax 973-1401
- E-mail [stirlinggilchrist.j@forces.gc.ca](mailto:stirlinggilchrist.j@forces.gc.ca)

### Deployment Childcare Program - Supervisor

Responsible for planning and staffing of Casual Care Program. Direct care and supervision of children ages 0 to 12 years. 2 Saturdays per month & occasional weekdays. Please send your resume no later than March 23, 2007:

- Drop off at the MFRC; fax 973-1401
- E-mail [stirlinggilchrist.j@forces.gc.ca](mailto:stirlinggilchrist.j@forces.gc.ca)

Staff members are able to bring their own children to work with them.

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# Children & Parenting

## Books for Babies Playgroup (parented)

**Tuesday mornings April 3-24**

10:30 - 11:30 a.m.

No cost. Registration Deadline: March 27  
MFRC Dance Studio (Room 33)

One child in your family must be an infant  
(birth-1yr of age)

Learn, share & have fun with your baby through books. Start your baby on the right path towards language and literacy development.

Co-sponsors: MFRC and Centre for Family Literacy

## Creative Movement

**Tuesday afternoons April 12-June 14**

MFRC Dance Studio (Room 33)

Class 1 – 12:15-12:45 PM

Class 2 – 1:00-1:30 PM

Cost \$75.00. Registration Deadline: April 5

The Creative Movement Playgroup is available for children aged 3,4,and 5. Children will learn to focus their energy in a fun artistic way as they listen and dance to music . Exposure to music at an early age teaches children concentration and coordination.

## Parents & Tots Playgroup (parented)

**Thursdays mornings April 19-June 21**

9:30 - 11:30 a.m.

Cost: \$15 for children over 12 months.

MFRC Dance Studio (Room 33)

Registration Deadline: April 12

This program stimulates parenting skills for parents of children aged birth - 5 years. The program time will be split between parent/child interaction and an educational component. It also offers parents an opportunity for socialization with other parents of young children.

## Prenatal Class

**Saturday April 28 & Sunday April 29**

9:00 a.m. - 3:30 p.m. at the MFRC.

Cost \$40 - includes lunch & snacks for both mom and her labour coach. Registration deadline: April 20

Be prepared and informed about pregnancy, childbirth, postpartum, and parenting.

Topics Include:

- Anatomy/physiology of pregnancy
- Understanding labour & delivery
- Breastfeeding
- Breathing & relaxation exercises
- Care & postpartum care

This program is facilitated by Barbara Evans a Community Health Nurse from Capital Health.

## Child Health Clinic (parented)

**March 27, April 10, 24, May 8, 22**

2nd Tuesday of each month - 9:00 a.m. to 4:00 p.m.

4th Tuesday of each month - 9:00 a.m. to 12 noon

MFRC Multi-Purpose Room (Room 11)

Child Health Clinics are a Capital Health service offered by Community Health Nurses. Some of the services include:

- Immunization of infants and preschool children according to the Alberta Health Immunization schedule
- Dental screening
- Health education/counselling/support for parents
- Health assessment and screening to identify health concerns
- Referrals to appropriate health care providers such as physicians, community resources.

**For Information and Registration**

**call Capital Health, Morinville - ph 939-3388**

## Casual Care

For military families requiring short-term childcare for children 0-12 yrs of age.

Ask MFRC for costs.

Register by 8:30 a.m.

2 Business Days Prior.

Fri..... Mar 16

Tues .. Mar 20

Wed .. Mar 21 - Cancelled

Fri ..... Mar 23

Sat .... Mar 24 - Cancelled

Tue ... Mar 27 - Cancelled

Wed .. Mar 28 - Cancelled

Fri .....March 30

Tue ....April 3

Wed ...April 4

Fri .....Apr 6 - Closed

Tues...April 10

Wed ... April 11

Fri .....April 13

Sat.....April 14

Tue ....April 17

Wed....April 18

Fri .....April 20

Tue ....April 24

Wed....April 25

Fri .....April 27

Pre-registration is required for all programs offered by the MFRC , unless otherwise mentioned.

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## Adult Programs

### Stampin' Up

**Thursdays; 6:30 - 8:00 p.m.**

\$3 - Payable at class to instructor

MFRC Lounge (Room 9)

Here's a great opportunity to get creative as you learn how to make personalized creative cards.

**Register by Wednesday prior**

Register at the MFRC - Ph 973-4011 ext 6300

### Community Scrapbooking

**Mondays; 6:30 - 8:00 p.m.**

MFRC Multi-Purpose Room (Room 11)

Organize and preserve your special memories in scrapbooks. Drop-in. No cost.

### Introduction to Scrapbooking

**Wednesday March 14; 6:30 - 8:00 p.m.**

\$5 - Payable at class to instructor.

Registration required.

MFRC Lounge (Room 9)

This workshop will provide you with special hints and ideas to jumpstart your creative style.

Next "Intro to Scrapbooking" Wednesday, April 11

### Souper Franco-Femmes

Organise des soupers, une fois par mois, dans différents restaurants d'Edmonton. Ces soupers sont pour les femmes de tous âges de la région qui désirent échanger en français.

**16 mars; 19h00**

The Old Spaghetti Factory - 10220-103 St  
(accompagner des conjoints)

**27 avril; 19h00**

- Japanese Village 10126-100 st - 7h00 pm

Toutes les réservations au restaurant sont faites au nom de Guylaine Jacques. Pour réservation contacter Guylaine au maison 921-3485 ou cellulaire 994-7231 après 17h00 ou par courriel : [guylainejacques@hotmail.com](mailto:guylainejacques@hotmail.com) (au plus tard le mercredi avant le souper)

### Toastmasters

**Wednesdays; 12-1 p.m.** No charge for guests.

MFRC Dance Studio (Room 33)

Improve your speaking, listening and leadership abilities. **For info: Colin - 973-4011 ext 6325**

## Deployment Support

### Coffee Get-Togethers

Enjoy some fine company over some fresh java. MFRC Deployment Support Centre (DSC) Rm 14 Drop-in. No registration required.

Coffee Mornings

Friday, April 6; 9 to 11 a.m.

Coffee Afternoons

Every Tuesday; 1 to 3 p.m.

Coffee Evenings

Thursday, April 12; 7 to 9 p.m.

### Open House for

### Parents of Single Soldiers

**Saturday, March 31; 1-4 p.m.**

MFRC Multi-Purpose Room (Room 11)

Find out what programs & services the MFRC offers for parents of deployed single CF Members.

### Deployment Potluck

**Sunday, April 15; starts at 4 p.m.**

MFRC Lounge (Room 9)

There's nothing like good food with good company.

Register by Thursday, April 12.

### Deployment Childcare

Families of deployed military members can use up to two 6-hour sessions per month at no cost. See the Casual Care Dates on page 3.

The next scheduled Saturday Deployment Childcare dates are Saturday, April 14 & Saturday, April 28.

Please note that due to a staffing shortage, there will be **no Deployment or Casual Childcare** available for Wednesday, March 21, Saturday, March 24, Tuesday, March 27 or Wednesday, March 28.

### Pizza & Movie Nights

MFRC Multi-Purpose Room (Room 11). No cost.

Enjoy a family-oriented movie over some tasty pizza.

MFRC Multi-Purpose Room (Room 11)

Thursday, March 15; 6:00 to 9:00 p.m.

Register by Monday, March 12

Thursday, April 19; 6:00 to 9:00 p.m.

Register by Monday, April 16



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