



Edmonton Garrison Military Family Resource Centre

"Supporting the Heroes Behind the Heroes"

June 2007



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 under the heading MFRC e-news.

Family Deployment Event

Fathers Day Breakfast & Video Conferencing

Saturday, June 16; 8:00 a.m. to 12 noon

No cost.

Multi-Purpose Room

Register by Friday, June 8

Fathers' Day is a special day for many families ... including those who are separated by thousand of kilometres and over 10-1/2 hours away.

Connect with your loved one in Afghanistan through video conferencing, while also enjoying breakfast and the company of other military families.



What Every Babysitter Should Know

Saturday, June 23; 9:00 a.m. - 4:00 p.m.

Cost: \$40

Conference Rm 37

Register by Wed, June 20

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

Those who participate in the class are welcome to add their names onto the MFRC Babysitters Registry.



Playgroup Special Event

Father's Day Playtime

Saturday, June 16; 10:00 a.m. to 12:00 noon

\$1 for children 12 months and older

Drop-in. No registration required.

Come celebrate Fathers' Day with us!

All military families are welcome (children from birth to 8 years)

Activities, crafts and snacks!



Playgroup - Parents & Preschoolers

A fun interactive drop-in program for parents and pre-schoolers. Parents will be stimulated by learning child development needs.

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

Toddler Focussed

MFRC Drop-in (Room 16)

Thursdays; 1:00 - 3:00 p.m.

Infant Focussed

MFRC Drop-in (Room 16)

Deployment and Casual Childcare

For children 0-12 years of age. The costs and schedule is available at the MFRC and online at www.mfrcedmonton.com



Please Note: Space is limited for both Deployment and Casual Childcare and based on availability on a first-registered basis.

- Tuesdays, Wednesdays and Fridays.
- Saturday, June 9.
- Saturday June 23 (Depl. Childcare only)

Deployment Childcare is available for families of CF members who are away from Edmonton Garrison for a period of more than 28 days due to a military commitment. Families may choose up to 2 complimentary 6-hour sessions per month, **subject to availability**.

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





Drop in, socialize with your peers, play video games, watch movies and more. \$1 Drop in or \$15 annual membership.

Pre-teens: (age 9-12)
Tues 6-9 p.m
Thurs 6-9 p.m
Sat 1-5 p.m

Teens (age 13-17)
Wed 6-9 p.m.
Fri 6-11 p.m
Sat 6-10 p.m

*Dance
June 22*

Pre-teens (age 9-12).....7-9 p.m. (\$3 members/\$4 guests)
Teens (age 13-17)..... 9:30-midnight (\$4 members/\$5 guests)

Stampin' Up

Thursdays; 6:30 - 8:00 p.m.
\$3 - Payable at class to instructor
MFRC Lounge (Room 9)
Register by Wednesday prior

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



Canada Day Block Party

Sunday, July 1; 1 - 4 p.m.
at field South of MFRC
Fun for the whole family.
Volunteers needed.
Contact Lois 973-4011 ext 6328

Community Scrapbooking

Mondays; 6:30 - 8:00 p.m.
Drop-in. No cost.
MFRC Multi-Purpose Room (Room 11)
Organize and preserve your special memories in scrapbooks

Introduction to Scrapbooking

Wednesday June 13; 6:30 - 8:00 p.m.
\$5 - Payable at class to instructor.
MFRC Lounge (Room 9)
Register by Friday, June 8
This workshop will provide you with special hints and ideas to jumpstart your creative style.

Toastmasters

Wednesdays; 12-1 p.m.
No charge for guests.
MFRC Dance Studio (Room 33)
Improve your speaking, listening and leadership abilities.
For info: Corrine ph 701-4348



Blood Donor Clinic

Wednesday June 6 at the MFRC
Noon to 3:30 p.m.
Call 1-888-2-DONATE

Family Deployment Activities

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, June 1; 9 to 11 a.m.

Coffee Afternoons
Every Tuesday; 1 to 3 p.m.

Coffee Evenings
Thursday, June 7; 7 to 9 p.m.



Canada Day Cards'n'Crafts



Saturday, June 2; 10 a.m. to 4 p.m.
MFRC Multi-Purpose Room (Room 11)
Make Canada Day special for your loved ones in Afghanistan.

Deployment Potluck

Sunday, June 10; starts at 4 p.m.
MFRC Lounge (Room 9)
Register by Thursday, June 7
There's nothing like good food with good company.

Pizza & Movie Night

Thursday, June 14; 6-9 p.m.
MFRC Multi-Purpose Room.
No cost.
Register by Mon, June 11.
Enjoy a family-oriented movie over some tasty pizza.



C.O.W. Bus

Thursdays; 9:30 - 11 a.m.
at Fitness Centre Parking Lot until June 21
Families of preschoolers are welcome to visit the C.O.W. (Classroom on Wheels) Bus for interactive fun and learning.
Drop-in, no cost, no registration.