

FALL *program*

Une version française est disponible au crfmv.com ou au CRFMV

2025



Centre de ressources
pour les familles militaires

Valcartier

Military Family Resource Centre



Registration

STARTING ON AUGUST 25, 8:30 AM
418 844-6060

**Priority will be given to military and veteran families*



Installations

ROOM	DESCRIPTION	SCHEDULE	CLIENTS
Op. Soleil Open Play Room	This play room allows children to have fun and grow in safe and friendly environment while their parents socialize.	Mornings: Tuesday* 8:30 am to noon *Sometimes reserved, please check before coming. Afternoons: Monday to Friday, 1 pm to 4:30 pm (Time may change without notice)	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 pm to 9 pm Thursday 6:30 pm to 9:30 pm Friday 6:30 pm to 10:30 pm * 6th graders are welcome 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
Community room	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 or relax.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Everyone

SERVICE	DESCRIPTION	SCHEDULE	CLIENTS	COST
Drop-in Daycare*	An occasional childcare service for the military community and civilian.	Monday to Friday 7 am to 4:30 pm**	2 to 5 years old (preschool)	One child: \$5 per hour or \$35 per day Two children: \$8.50 per hour or \$60 per day Three children: \$12 per hour or \$80 per day
Evening Drop-in Childcare*	Occasional childcare for members of the military community (regular, reservist, veteran) and the civilian community.	Wednesdays and Thursdays** 6 pm to 9 pm	0 to 5 years old (preschool)	\$5 per hour
Day Nursery*	Occasional childcare.	Monday to Friday** 8 am to noon and/or noon to 4 pm	0 to 24 month	\$17.50 per 4 hour period

*Reservation required at least 24 hours in advance.

** All year long except holidays.



Childhood 0 to 5 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTS	COST
Small talk	A warm, safe place where parents and their children can come to enjoy a few hours of camaraderie, conversation, and friendship.	Wednesdays 9:30 to 11 am september 10 to december 10	Parents and their children 0 to 12 month old. Pregnant women are also welcome to join the group.	\$10 per child per session
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 11 am September 11 to December 12	Parents and their children 0 to 5 years old	\$15 per child per session \$25 for 2 or more children from the same family per session.
Prenatal Class	Prenatal classes offer future parents the chance to learn about pregnancy, birth, and their baby's first days. Meet with other parents, hear about their experiences, and get answers about the questions that can come up during pregnancy.	Saturday and Sunday October 4 and 5 and November 29 and 30 9 am to 3 pm *offer in French only	New and future parents	Free
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.	At any time. Please make an appointment with the childcare worker.	Future parents and new parents in the military community	Free
Second Language Workshop	Children are invited to learn a second language in this introductory workshop through games, rhymes and songs under the supervision of a qualified instructor. <i>If your child attends the «CPE la Sentinelle des petits», we can pick him or her up to join the group.</i>	Tuesday 9 to 10 am or 10 to 11 am Wednesday, 10 to 11 am September 23 to November 26	4 to 5 years old	\$55 per session of 10 weeks
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.	Mondays 9:30 to 11 am September 8 to December 8	People on their own or with children 0 to 5 years old	Prices to be determined according to activities
Little Explorers Workshop	A program of educational activities, in an enriching environment aimed to fully help children develop through a variety of activities that stimulate their curiosity and creativity	Monday to Friday 8:30 am to 11:30 am September 2 to December 19	2 to 5 years old	\$15 per child per half-day \$25 for two children in the same family \$35 for three children in the same family
Little Geniuses Workshop	Workshops to promote the overall development and independence of children while encouraging them to learn emotional, motor, social, cognitive, and language skills.	Tuesday and Thursday 12:45 to 3:45 pm September 2 to December 19	3 to 5 years old	\$15 per child per half-day \$25 for two children in the same family \$35 for three children in the same family



Childhood – Youth 3 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTS	COST
Father-child 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.	October and december	Fathers and their children 3 to 12 years old	Variable according to activity
Connected Oasis Clubs	Complete activities from the comfort of your own home to support your child while their military parent is away.	September or adjustable according to the period of your absence	Children aged 3 to 12 years old in the absence of a military parent.	Free

Youth 6 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTS	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.	Fridays 3:30 pm to 5 pm September 19 to December 5	Kids in grades 4, 5 and 6	\$10 mandatory registration
Home Alone Workshop	This workshop aims to teach children safety rules to follow when they are home alone, on their way home from school, and in parks.	November 8 1 pm to 4 pm	8 to 12 years old	\$10 per child
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 the week of October 13 for 6 weeks. 6 pm to 7 pm	Children aged 8 to 12 years old with stress management difficulties	Free

Youth 12 to 17 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTS	COST
OSI Teen Group	Group for teens aged 12 to 17 who have a parent who has an operational stress injury (OSI). This group allows teens to talk with other youths who are going through the same things, to better understand the OSI and its impacts and identify strategies to help with everyday life.	30 octobre, 6-13-20 novembre. 18 h 30 à 20 h	12 to 17 years old	Free



Adults 18 years old +

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTS	COST
LRDG Program Second Language Training in French or English	Courses are offered in the 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.	Start date September 15 Day or evening schedule	Everyone	\$50 Military family (spouses, children, parents), medically released veterans and their families \$200 Non-medical discharged veterans and their families, military personnel, reservists, civilian residents of Shannon and DND employees \$300 Civilians (non-residents of Shannon)
Plant adoption Day	Newcomers can come pick up a plant to bring life to their new home and take the opportunity to discover the services and the Center.	September 24 11 am to 7 am	For newcomers / recently posted to Valcartier or the military community	Free
Employment integration workshop	You've just been posted to Quebec City and need help with your job search. This workshop will help you learn more about job search strategies specific to Quebec City. A guidance counsellor will present you with easy-to-use tools to help you in your job search.	September 24 9 to 11 am or 6 to 8 pm	Members of the military community newly posted to Quebec City	Free
Military Life 101	Introducing to military reality workshop. You will learn to recognize various related terms, different types of military personnel and bases, the stages of military life, the challenges involved, and much more.	October 22 11:30 am to 1 pm (online via Teams)	Everyone	Free
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.	Series of 4 meetings: September 23 and 30, October 7 and 14 9 am to 12 pm	Releasing military members (- 2 months) and veterans (veterans' spouses are welcome)	Free
Positive Parenting Program (Triple P) Conferences	Series of three workshops on positive parenting practices to foster healthy emotion management and boost self-esteem and resilience in your children.	October 23, November 6 and November 20 7 pm to 8:45 pm (online via Teams)	Everyone	Free
Mental health first aid training	This workshop is designed to teach participants how to provide primary assistance to anyone experiencing a mental health problem or crisis. This workshop is offered by the Mental Health Commission of Canada.	November 17 and 18 8:30 am to 4:30 pm (dates subject to change)	Everyone	Free
Healthy communication Workshop *Offered in collaboration with Health Promotion program	Harmonious communication is the basis of interpersonal satisfaction. This series of two workshops will help you understand the sources of interpersonal misunderstandings, deal with healthy conflict management and put into practice useful tools for both professional and personal relationships.	October 21 and 28 6 pm to 9 pm	Everyone	Free
Workshop: Life Goal	A workshop designed to help motivated, volunteer veterans build a life project that will help them realize their full potential as individuals. This project is also intended to be meaningful for anyone who would like to contribute in some way to the development and well-being of their community, whether through part-time or full-time employment, community involvement or the implementation of a project geared to their field of interest.	Series of 4 workshops: October 29 and November 5-12-19 9 am to noon	Veterans	Free



Adults 18 years old +

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTS	COST
(OSI) Spouses Group	Group for the spouses of military members or veterans who have an operational stress injury (OSI). The purpose of the group is to allow spouses to share and support one another to better understand what is happening in their personal, marital and family life and to better adapt to the issues related to the OSI, including the role of caregivers.	Offered evenings every 3 weeks starting in September. Continuous group integration	Spouses of military personnel or veterans with an OSI	Free
Understanding an OSI	An informative workshop designed to help spouses of CAF members and veterans better understand operational stress injuries (OSIs) and their effects.	September 15 6:30 pm to 8:30 pm	Spouses of military personnel or veterans with an OSI	Free
Workshop: OSI Couple workshop	Couples workshop where one member has an operational stress injury (OSI). Workshops explore various theory aspects of OSIs and the marital dynamic, offering participants the chance to apply these concepts to their relationships.	November 27 6:30 pm to 8:30 pm	Couples where one spouse has an OSI	Free
Workshop: Releasing from the Forces - A family affair (Action Transition)	Workshop for spouses of released members or those in the release process, providing a space to explore, understand and better deal with the impacts of the transition from military life to civilian life on the whole family.	October 7 - 21 and November 4 6:30 pm to 8:30 pm	Spouses of veterans and releasing military personnel	Free
Coffee and chat: Let's talk about it	It's the perfect opportunity to meet new people, discuss topics of interest to you and find out more about the services offered by the VMFRC. Children can enjoy the play area right next to you. Each meeting focuses on a specific theme (well-being, healthy relationships, veteran families, the realities of military life, etc).	Sept 9-24 (starting a school year as a military family) Oct 7-22 (healthy relationships) Nov 4-19 (veteran family invitation) Tuesdays 9:30 am to 11:30 am Wednesdays 6:30 pm to 8 pm	Everyone	Free
Chameleon Group	Support group for adults who grew up with a parent who was a military member or veteran with an operational stress injury (OSI). This group allows participants to discuss the issues and impacts of OSIs as well as better understand their needs as an adult.	October/November (dates and times to be determined according to participants' availability)	Young adults (18 and over) who grew up with a parent with an OSI	Free
Workshop: Compassion fatigue *This workshop is available in French only	This workshop will allow you to better understand compassion fatigue and how to prevent it, express your concerns and learn about available resources.	October 16 6 pm to 8:30 pm	Everyone	Free



Family events and activities

ACTIVITY EVENT	SCHEDULE
Valcartier MFRC AGM	September 10
Military Family Appreciation Day	September 13 9 am to 4 pm
Halloween Disco	October 24 7 pm to 9 pm
City of Shannon Family Halloween Party (Valcartier MFRC booth)	October 25 2 pm to 8 pm
Candlelight Walk of Remembrance	November 11 6:30 pm to 8 pm
Christmas Disco	December 12 7 pm to 9 pm
A Christmas morning at VMFRC	December 13 9 am to noon

New activities every month!

Check out our virtual calendar for more activities:

crfmv.com/en/calendrier/



Did you know?

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

Valcar-Co youth cooperative

Volunteering for teens, adults and families

Services Guide

Online resource on operational stress injuries

Health Guide

And more!



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