

PROGRAM

WINTER

SPRING

2025

Valcartier.

NEW ACTIVITIES EVERY MONTH!

Check out our virtual calendar for more activities :
crfmv.com/en/calendrier/



WINTER

REGISTRATION

Starting on December 11 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 1 pm to 4:30 pm and Tuesday mornings from 8:30 am to 12 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 pm to 9 pm* Thursday 6:30 pm to 9:30 pm Friday 6:30 pm to 10:30 pm * 6 th 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
Living Environment	During the VMFRC's opening hours, you can use the community room. Decorated by volunteers, 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

Childcare Services

ROOM	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** 6 pm to 9 pm	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.**

Childhood 0 to 5 years old

WINTER
SPRING

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	Wednesday 9:30 am to 11 am January 15 to April 2 April 9 to June 18	Parents and their children 0 to 12 months old. <i>Pregnant women are also welcome to join the group.</i>	\$10 per kid 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 to 11 am January 16 to April 4 April 10 to June 20	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 future parents, hear about their experiences, and get answers about the questions that can come up during pregnancy.	Saturday and Sunday 9:30 am 2:30 pm February 22 and 23	Future and new 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.	Anytime. Please make an appointment with the Childhood Counsellor.	Future and new parents from the military community.	Free
Second Language Workshop (English)	Children can learn 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>	Tuesdays, 9 to 10 am and 10 to 11 am Wednesdays, 10 to 11 am January 14 to March 26 <i>(no courses during spring break)</i> April 1 to June 4	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.	Mondays 9:30 to 11 am January 13 to June 16	Adults without children or with children 0-5 years old	Rate to be determined according to the activities
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 8:30 am to 11:30 am January 6 to March 28 March 31 to June 20	2-5 years old.	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family



DID YOU KNOW?

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



Youth 6 to 12 years old

WINTER
SPRING

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
The Adventurers	Children from grade 4, 5 and 6 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 January 17 to June 6	Kids in Grades 4, 5, and 6	\$10 per kid, mandatory registration
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 22 février	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 February. One meeting per week for 6 weeks.	Children aged 8 to 12 who are having difficulty managing stress.	Free

Youth 12 to 17 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Stress Management Workshop	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 March. One meeting a week for 6 weeks.	12-17 years old	Free

Family events and activities

ACTIVITY EVENT	SCHEDULE
Ice fishing! Fathers and kids activity	February
Valentine's Day Disco	February 14 7 to 9 pm
Easter Egg Hunt	April 12
Easter disco	April 25 7 to 9 pm
Donation Day Do you want this?	May 24
Dad Fest	June 15

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



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.	<p>Winter session January 21 to April 17</p> <p>Spring session April 21 to June 30</p> <p>Schedule according to your availability. Tuesday to Thursday (am, pm or evening).</p>	<ul style="list-style-type: none"> - Military families (spouse, children, parents) - Veterans and their families - Military - Reservists - Civilians - DND employees 	<p>\$50 Spouse, child and parent of military member (regular/reserve), <i>medically released veterans and their families.</i></p> <p>*\$200 Non-medical released veteran and their familie, military, reservist, civilian resident of Shannon and DND employee</p> <p>*\$300 Civilian (<i>non-Shannon resident</i>)</p> <p><i>*25% refund under certain conditions</i></p>
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 p February 20	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.	9 am to noon February 12-19-26 and March 5	Veterans	Free
Workshop: Life Plan	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.	9 am to noon March 12-19-26 and April 2	Veterans	Free
Positive Parenting Program (PPP)	Conferences on positive parental practices that aim to foster healthy ways to deal with emotions, as well as boost self-esteem and resilience in children.	March 20 - April 3 and 17	Everyone	Gratuit
Healthy Communication Workshops	Good communication is the basis of interpersonal satisfaction. These 3 workshops aim to shed light on the sources of misunderstandings, discuss healthy conflict resolution, and put into practice tools that are useful in both professional and personal relationships. Offered in collaboration with Health Promotion.	February 17 and 24	Everyone	Gratuit