

Une version française est disponible au crfmv.com/en/ ou au Centre

PROGRAM

SPRING

2026

WINTER

NEW ACTIVITIES EVERY MONTH!

Check out our virtual calendar for more activities :

crfmv.com/en/calendrier/



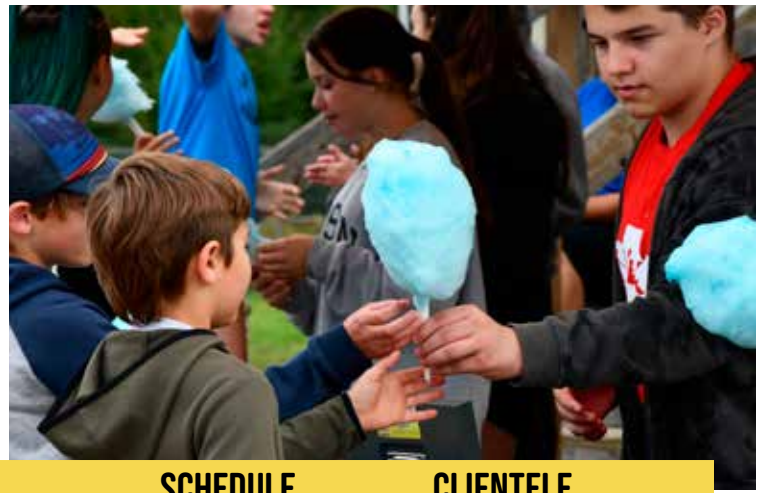
CRFM
Valcartier
MFRC

REGISTRATION

Starting on December 15 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 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, or relax.	Monday to Friday 8:30 am to noon and 1 pm to 4:30 pm	Everyone

CHILDCARE SERVICES

SERVICE	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	NEW 0 to 11 years old	\$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

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= ONLINE REGISTRATION AVAILABLE FOR SELECTED WORKSHOPS.
SCAN THE QR CODE.



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 14 to April 1 April 8 to June 17	Parents and their children 0 to 12 months old. <i>Pregnant women are also welcome to join the group</i>	Free, mandatory registration. 
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 9:30 to 11 am January 15 to April 2 April 9 to June 18	Parents and their children 0 to 5 years old.	Free, mandatory registration. 
NEW				
Sunny Day Dad & Child Group	Dads and children are invited to come socialize and build connections in a fun, warm, and safe environment. A committee of volunteers plans various activities. Children remain under the supervision of their dads.	Friday 9:30 to 11 am January 16 to April 3 April 10 to June 19	Dads and their children 0 to 5 years old.	Free, mandatory registration. 
Prenatal classes adapted to military life	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 am 3 pm February 7 and 8 or April 25 and 26	For expecting parents.	Free, mandatory registration. 
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 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, mandatory registration.
NEW				
Military Dads Program	Ten workshops provide a supportive space to connect with peers, reflect on your role as a father, and share strengths and challenges related to family life and military service, while exploring parenting strategies and resilience. <i>Offered in collaboration with the CAF chaplaincy.</i>	Thursday 9 to 11:30 am February 5 to April 16 (No workshop on March 5)	Active-duty military dad	Free, mandatory registration.
Posting Preparation Workshop English Learning	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>	Tuesday 9 to 10 am and 10 to 11 am Wednesdays, 10 to 11 am January 13 on March 10 (No class on March 3) March 17 to May 6	4 and 5 years old.	\$55 for the 8 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 English-speaking families, even if English isn't your first language.	Monday 9:30 to 11 am January 12 to March 30 April 6 to June 15	Adults without children or with children 0-5 years old	Free, mandatory registration. 
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 to 11:30 am January 5 to April 3 April 6 to June 19	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.

YOUTH 3 TO 12 YEARS OLD

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ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	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.	In February Date to be determined.	Fathers and their children aged 3-12.	Variable depending on the activity.
What? We are moving!	Preparatory workshop on posting for children who will have to move. The purpose of this activity is to give youth the necessary tools to better understand the situation and to facilitate the transition to a new environment.	Wednesday 6 pm to 7 pm May 20	Children aged 5-9 experiencing a posting.	Free

YOUTH 6 TO 12 YEARS OLD

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
The Adventurers	Children from grades 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 pm to 5 pm January 16 to June 5	Kids in Grades 4, 5, and 6.	Mandatory registration \$10.
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 pm to 4 pm February 21 or May 9	8-12 years old.	\$10 per child.

YOUTH 10 TO 17 YEARS OLD

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Well prepared to moving!	Preparatory workshop on posting to give teenagers the necessary tools to help with the changes incurred and promote the transition to a new environment.	Wednesday 6 pm to 7 pm May 20	Young people 10 to 17 years old who are going to move.	Free
Chit-Chat Dinner: Just For Truth	The meetings cover different topics (dating, alcohol, drugs, sexuality, sexual orientation, social media, etc.).	Starts in January *During "Le Repaire" Youth Club evenings.	12-17 years old.	Free

Volunteering

You can get involved in your community through the various activities offered by the Valcartier Military Family Resource Centre and its partners. Interested in community involvement? Write to us: info@crfmv.com



FAMILY EVENTS AND ACTIVITIES

WINTER
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ACTIVITY EVENT	SCHEDULE
Father-Child Activity	February
Valentine's Day Disco	February 13 7 to 9 pm
International Women's Day	February 27 Evening
Easter Egg Hunt	March 28 9 am to 5 pm
Military Child Month	April
Easter Disco	April 10 7 to 9 pm
Do you want this? Donation day	May 30 9 to 11:30 am
End of year disco	June 12 7 to 9 pm
Dad Fest	June 14



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ADULTS 18 YEARS OLD+

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.	Winter Session January 20 to April 14 Spring Session April 21 to June 16 Schedule according to your availability. Tuesday to Thursday (am, pm or evening).	<ul style="list-style-type: none"> • Military families (spouse, children, parents) • Veterans and their families • Military • Reservists • Civilians • DND employees 	\$50 Spouse, child and parent of military member (regular/reserve), medically released veterans and their families. *\$200 Non-medical released veteran and their familie, military, reservist, civilian resident of Shannon and DND employee *\$300 Civilian (non-Shannon resident) *25% refund under certain conditions
Workshop: Preparing for a Job Fair	Workshop to properly prepare you for the various job fairs in the region.	Starts in April	Everyone	Free
NEW Workshop: Job Search Tools (Resume, Cover Letter, and more)	Perfect your resume and cover letter! This hands-on workshop will guide you in highlighting your skills, tailoring your documents to specific job postings, and increasing your chances of being invited to an interview.	In January - French In February - English at our service point in Ste-Foy	Everyone	Free

ADULTS 18 YEARS OLD+

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ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
NEW Workshop: Resume and cover letter	This workshop provides job seekers with techniques to succeed in job interviews, which are often seen as a stressful challenge, and helps them build self-confidence.	In February - French In March - English at our service point in Ste-Foy	Everyone	Free
NEW Workshop: How to apply to the Federal Public Service	Learn how to apply effectively to the Federal Public Service! This workshop will help you better understand the process and maximize your chances of getting hired.	In February Date to be determined.	Everyone	Free
Workshop: Getting Ready	The upcoming departure means that you're going through a lot of different emotions. This workshop will help you to be well prepared and receive information that could make the departure easier.	In May Date to be determined.	People experiencing an absence.	Free
Workshop: Solo Parenting—Being a Parent During an Absence	You are or will soon be juggling with being a single parent due to an exercise, a course, a deployment, an imposed restriction, etc.? This workshop is for you!	In May Date to be determined.	Military spouses	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.	Wednesday 6:30 pm January 28	Everyone	Free
Workshop: Balancing Your Mental Load During an Absence	Come and talk about the military reality and the absences in your daily life. Share your experiences, discover tips, and learn simple tools to better manage your mental load and lighten your day-to-day routine.	In May Date to be determined.	Military spouses.	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 In May One meeting per week for 4 weeks.	Releasing military members, veterans and spouses.	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.	In April Date to be determined.	Veterans	Free
Workshop: Living Life to the Fullest	In an open and friendly atmosphere, this eight-module workshop will teach you eight ways to take on life's challenges, big and small. You will also learn how your thoughts, emotions, behavior and physical responses affect how you interpret and deal with problems. <i>The workshop is offered by the Quebec Division of the Canadian Mental Health Association.</i>	Tuesdays 1 pm to 4 pm February 3, 10, 17 and 24	Everyone	Free

ADULTS 18 YEARS OLD+

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ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Workshop: Couple Communication & Conflict Resolution	This workshop helps participants understand the sources of disagreements within a couple, explore healthy conflict management, and practice tools to improve communication. <i>Offered in collaboration with Health Promotion.</i>	Thursday 6:30 pm to 8:30 pm February 19	Everyone	Free
Workshop: Compassion Fatigue	This workshop will allow you to better understand compassion fatigue and how to prevent it, express your concerns and learn about available resources.	Thursday 6:30 pm to 8:30 pm March 19	Everyone	Free
Workshop: OSI	Workshop helping spouses of military members and veterans with an OSI to learn more about OSIs and their impacts.	Monday 6:30 pm to 8:30 pm January 19 Online	Spouses of military personnel or veterans with an OSI.	Free
Workshop: Couple Communication & OSIs	This workshop helps participants better understand the communication challenges related to OSIs and explore strategies to improve interactions within the couple, while respecting each partner's needs.	Starts in March	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.	Tuesdays 6:30 pm to 8:30 pm May 12-26 and June 9	Spouses of veterans and releasing military personnel.	Free
Workshop: Mental Health First Aid Training for the Veteran Community	The goal of this workshop is to teach the participants how to provide first aid to anyone showing signs of a mental health problem or going through a mental health crisis. <i>The workshop is offered by the Mental Health Commission of Canada.</i>	Wednesday and Thursday 12:00 pm to 4:00 pm February 25 and 26 (dates subject to change) Online	Priority given to veterans and their family, and other caring community members.	Free

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



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