

2024

Fall PROGRAM



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

V Valcartier
Military Family
Resource Centre



Canada

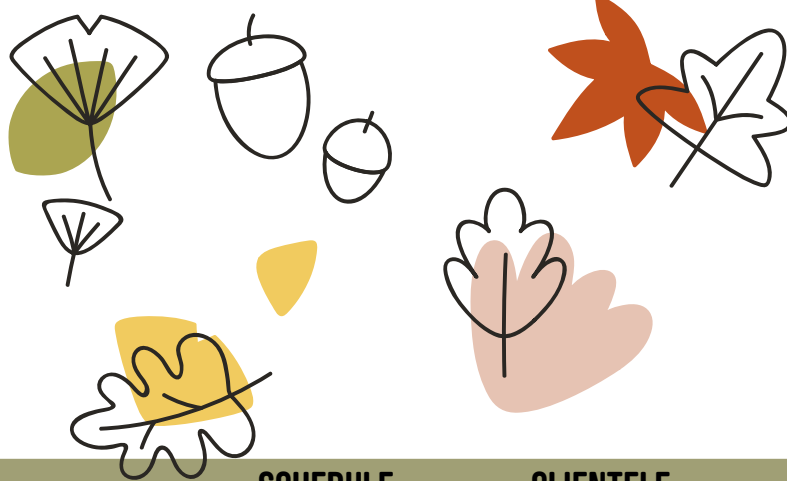


Registration

STARTING ON AUGUST 27 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 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, eat 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	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

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 September 11 to December 11	Parents and their children 0 to 12 months old. Pregnant women are also welcome to join the group.	\$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 am to 11 am September 12 to December 13	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 October 5 and 6	Future and new parents	Free
Online Prenatal Classes	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.	Starts in November. One workshop per week for 4 weeks.	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 September 24 to November 27	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 September 9 to December 9	Adults without children or with children 0-5 years old	Fee to be determined according to the activities.
Nursery school «Jardin des petits explorateurs»	An educational program comprised of activities led by a qualified educator who welcomes children for a period of three hours per half day.	Monday to Friday 8:30 to 11:30 am September 3 to December 20	2-5 years	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family
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 12:45 to 3:45 pm September 3 to December 20	3-5 years	\$15 per child per half-day \$25 for two children from the same family \$35 for three children from the same family

Childhood—Youth 3 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Connected Oasis Clubs	Give yourself the opportunity to support your child and provide experiences related to the absence of the military parent! One tutorial per month!	Session until December, continuous registration. New session from December to May 2025, registration by November 29.	Children aged 3-12 living the absence of a military parent.	Free

Youth 6 to 12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	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.	Friday 3:30 to 5 pm September 13 to December 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 October 5	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 October 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 mid-November. One meeting a week for 6 weeks.	12-17 years old	Free

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.	Session from September to December Schedule according to your availability. Tuesday to Thursday (am, pm or evening).	Military spouse, veteran and their spouse, reservist, civilian and DND employee	50 \$ Spouse, child and parent of military member (regular/reserve), medically released Veteran and their familie 200 \$ Non-medical released veteran and their familie, military, reservist, civilian resident of Shannon and DND employee 300 \$ Civilian (<i>non-Shannon resident</i>)
Plant adoption day	Moved here in the last year? We've got a little present for you! A beautiful little plant that will grow with you on this new adventure.	11 am to 7 pm October 9	Newcomers in Valcartier or in the military community.	Free

Adults 18 years old +

Mastering Interview Questions Workshop

Only offered in English

Job interview preparation workshops. Ins & outs, ups & downs of job interviews: rising to the challenge!

October 2 and November 27
OFFERED AT THE QUEBEC SERVICE POINT

Anglophones

Free

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 to 8:30 pm
 October 9 and 16

Everyone

Free

Professional transition and their mourning process

A guidance counsellor will present concrete tools to encourage reflexion on your professional situation. Take a moment to think about your professional situation, its transitions and the mourning process related to it.

9 to 11 am, October 8
 or
 6 to 8 pm, October 24

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
 October 16-23-30 and
 November 6

Veterans

Free

One meeting per week for
 4 weeks

Workshop: Life Goal

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
 October 29 and November
 5-12-19

Veterans

Free

One meeting per week for
 4 weeks



Family events and activities

ACTIVITY EVENT	SCHEDULE
Valcartier MFRC AGM	September 11
Military Family Appreciation Day	September 21 September 22 in case of bad weather
Héma-Québec blood drive	October 7
Clothing Swap	October 19 9 to 11:30 am
Halloween Disco	October 25 7 to 9 pm
Family Remembrance Day	November 11 in the evening
Christmas Disco	December 13 7 to 9 pm

New activities every month!

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



Did you know?

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



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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