

# PROGRAM

WINTER

SPRING

# 2025

Valcartier.

**NEW ACTIVITIES EVERY MONTH!**

Check out our virtual calendar for more activities :  
[crfmv.com/en/calendrier/](http://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
<b>Op. Soleil Open Play Room</b>	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.
<b>Le Repaire youth club</b>	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 <sup>th</sup> graders are welcome on Wednesdays	12 to 17 years old
<b>Documentation Centre</b>	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
<b>Living Environment</b>	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
<b>Drop-in Daycare*</b>	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
<b>Evening Drop-in Childcare*</b>	An occasional childcare and respite service.	Tuesday-Wednesday-Thursday** 6 pm to 9 pm	0 to 5 years old (preschool)	\$5 per hour
<b>Day Nursery*</b>	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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ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
<b>Small Talk</b>	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 <b>January 15 to April 2</b> <b>April 9 to June 18</b>	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
<b>Sunny Day Group</b>	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 <b>January 16 to April 4</b> <b>April 10 to June 20</b>	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
<b>Prenatal Class</b>	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 <b>February 22 and 23</b>	Future and new parents.	Free
<b>Welcome Baby</b>	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
<b>Second Language Workshop (English)</b>	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 <b>January 14 to March 26</b> <i>(no courses during spring break)</i> <b>April 1 to June 4</b>	4 and 5 years old.	\$55 for the 10 week session
<b>Get Together Club English-speaking group</b>	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 <b>January 13 to June 16</b>	Adults without children or with children 0-5 years old	Rate to be determined according to the activities
<b>Little Geniuses Workshop</b>	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 <b>January 6 to March 28</b> <b>March 31 to June 20</b>	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](http://crfmv.com)



# Youth 6 to 12 years old

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ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
<b>The Adventurers</b>	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 <b>January 17 to June 6</b>	Kids in Grades 4, 5, and 6	\$10 per kid, mandatory registration
<b>Home Alone Workshop</b>	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 <b>22 février</b>	8-12 years old	\$10 per kid
<b>Stress Management Workshop: Billy</b>	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.	<b>Starts in February.</b> 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
<b>Stress Management Workshop</b>	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.	<b>Starts in March.</b> One meeting a week for 6 weeks.	12-17 years old	Free

# Family events and activities

ACTIVITY   EVENT	SCHEDULE
<b>Ice fishing! Fathers and kids activity</b>	February
<b>Valentine's Day Disco</b>	February 14   7 to 9 pm
<b>Easter Egg Hunt</b>	April 12
<b>Easter disco</b>	April 25   7 to 9 pm
<b>Donation Day   Do you want this?</b>	May 24
<b>Dad Fest</b>	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](mailto:info@crfmv.com)



ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
<b>Second Language Courses</b> (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><b>Winter session January 21 to April 17</b></p> <p><b>Spring session April 21 to June 30</b></p> <p>Schedule according to your availability. Tuesday to Thursday (am, pm or evening).</p>	<ul style="list-style-type: none"> <li>· Military families (spouse, children, parents)</li> <li>· Veterans and their families</li> <li>· Military</li> <li>· Reservists</li> <li>· Civilians</li> <li>· DND employees</li> </ul>	<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>
<b>Workshop: Work-Life Balance</b>	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 <b>February 20</b>	Everyone	Free
<b>Workshop: Life after the uniform</b>	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 <b>February 12-19-26 and March 5</b>	Veterans	Free
<b>Workshop: Life Plan</b>	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 <b>March 12-19-26 and April 2</b>	Veterans	Free
<b>Positive Parenting Program (PPP)</b>	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.	<b>March 20 - April 3 and 17</b>	Everyone	Gratuit
<b>Healthy Communication Workshops</b>	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.	<b>February 17 and 24</b>	Everyone	Gratuit