

Fall PROGRAM 2026



CRFM
Valcartier
MFRC



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



Canada

Une version française est disponible au crfmv.com ou au Centre communautaire (édifice 93)

Registration

Starting on: August 25, 2026

418 844-6060


* Priority will be given to military and veterans families.



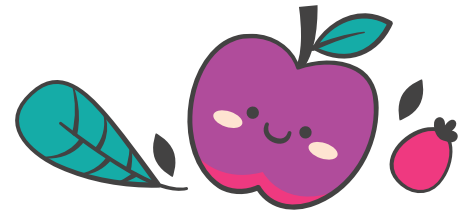
Did you know?





Veterans and their families are welcome to register for all of the VMFRC activities.

Facilities

| ROOM | DESCRIPTION | SCHEDULE | CLIENTELE |
|------------------------------|---|--|--|
| Local Op. Soleil | Room 109 of the Valcartier Military Family Centre 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 Tuesdays from 8 :30 am to noon New! Saturdays from 9 :30 am to 11 :30 am September 26, October 24, and November 21 | Parents and their children (0 to 5 years old).  |
| Le Repaire youth club | Le Repaire youth club welcomes young people to a healthy, inclusive environment, 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 at Le Repaire on Wednesdays. | 12 to 17 years old |
| Documentation Centre | The documentation center of the VMFRC 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 or relax. | Monday to Friday 8 :30 am to noon and 1 pm to 4 :30 pm New: Open Wednesday evenings from 5 pm to 8 pm. September 9 to December 16. | Everyone |

Childhood 0-5 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 8 to December 16 | Parents and their children 0 to 12 months old. Welcome to mothers and fathers | Free  |
| 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 9 to December 18 | Parents and their children 0 to 5 years old. Welcome to mothers and fathers | Free  |
| New: Let's talk about the realities of being a parent. | Parents are invited to come and discuss their experiences of parenting, focusing on specific topics with the support of a Counsellor | Tuesdays: September 15 and 29, October 13 and 27, November 10 and 24, December 8. 10 to 11 :30 am | Parents and their children 0 to 5 years old. Welcome to mothers and fathers | Free or paid, depending on the theme  |
| Prenatal Class 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 parents, hear about their experiences, and get answers about the questions that can come up during pregnancy. | October 3-4 November 28-29 Offered in French only | Future and new parents. | Free  |

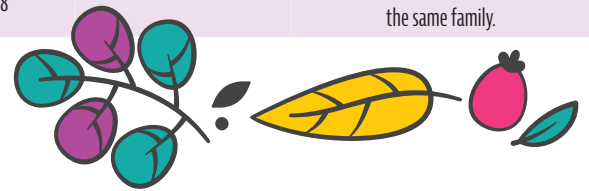


ONLINE REGISTRATION AVAILABLE FOR SELECTED WORKSHOPS. SCAN THE QR CODE.
https://crfmv.info/enfants_children



Childhood 0-5 years old - Continued

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|--|---|--|--|---|
| 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 Childhood Counsellor | Future and new parents from the military community. | Free with registration. |
| Second Language Workshop (English) Posting preparation Workshop / English Language Learning | 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> | Tuesdays, September 29 to November 17 9 am to 10 am 10:15 am to 11:15 am | 4 and 5 years old. | \$55 for the 8 week session.  |
| Get Together Club English-speaking group | Would you like to meet other English speakers who are going through the same experiences as you, or are you bilingual and want to maintain your English skills? The Get Together Club is the perfect place to meet new people, practice English, and take part in a variety of activities. All in a space specially designed to accommodate young children. | Monday 9:30 am to 11 am September 14 through December 14 | Adults without children or with children 0-5 years old. Welcome to mothers and fathers | Fee to be determined according to the 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 through Friday 8:30 am to 11:30 am August 31 through December 18 | 2 to 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. |

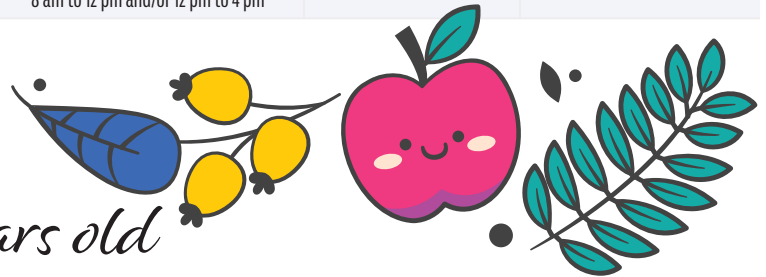


Childcare 0-5 years old

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|---|---|--|-------------------------------|--|
| Drop-in Daycare* | An occasional, respite, and/or emergency childcare services | Monday to Friday** 7 am to 4:30 pm | 2 to 5 years old (preschool). | \$5 per hour or \$35 per day for one child. For two children: \$8.50 per hour or \$60 per day. |
| Evening Drop-in Childcare* Weekend Childcare | An occasional, respite, and/or emergency childcare services | Tuesday and Thursday** 6 pm to 9 pm | 0 to 11 years old. | \$5 per hour |
| | | Sundays September 13, October 18, November 22, December 13 2 sessions: 9 am to 12 pm or 1 pm to 4 pm | 0 to 11 years old. | \$5 per hour. |
| Day Nursery* | An occasional, respite, and/or emergency childcare services | Monday to Friday** 8 am to 12 pm and/or 12 pm to 4 pm | 0-2 years old. | \$17.50 per 4 hours of period. |

*Reservation required at least 24 hours in advance.

**All year long except holidays.

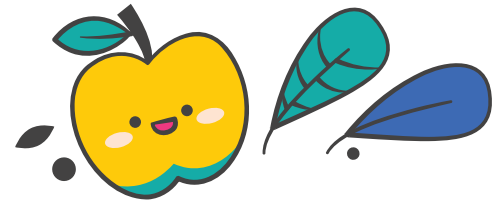


Childhood-Youth 3-12 years old

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|--------------------------------|--|--|--|--------------------------|
| Father-Child Activities | Being a father—the best job in the world. Come strengthen your bond with your children by spending some special time with them. It's a positive experience and a chance to connect with other fathers. | Sunday, November 15 Times and activities to be announced Tuesday, December 15 9:30 am to 11:30 am | Dads and their children between 3 and 12 years old. | Depends on the activity. |
| Connected oasis Club | An activity related to absences that you can do from the comfort of your home with your children. Basic materials will be provided. | Registration before October 9 | Children 3 to 12 years old who are living with the absence of a military parent. | Free |

Youth 6-12 years old

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|------------------------------------|--|--|---|-----------------------------|
| The Adventurers | Students in Grades 4, 5, and 6 are invited to take part in a pre-youth centre experience where they will participate in preventive and educational activities supervised and led by youth workers. | Friday 3:30 pm to 5 pm September 11 to December 18 | Kids in Grades 4, 5 and 6. | \$10 Mandatory registration |
| Deployment Support Workshop | A series of 3 workshops for military children, providing a safe space to develop positive coping strategies and learn how to manage the stress related to deployments. | September 15, October 13, and November 10 6 pm to 7:30 pm | For children aged 8 to 12 experiencing the absence of a parent. | Free |



Youth 12-17 years old

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|------------------------------------|---|--|---|------|
| Deployment Support Workshop | A series of 3 workshops for military youth, providing a safe space to develop positive coping strategies and learn how to manage the stress related to deployments. | September 23, October 21, and November 18 6 pm to 7:30 pm | For youth aged 12 to 17 experiencing the absence of a parent. | Free |

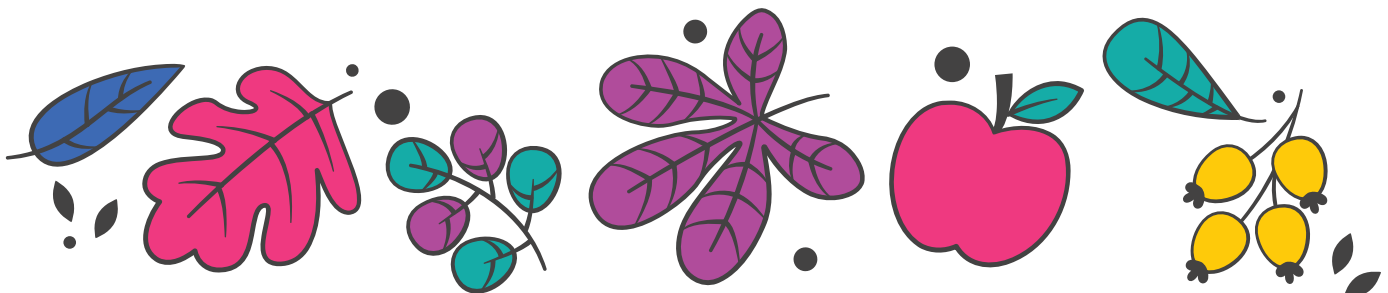


Adults 18 years old or older

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|---|--|--|---|---|
| Second Language Courses (French/English) | In person or online Group conversation group 1 x 2 h per week + Unlimited access to the LRDG online learning program | FALL SESSION September 15 to December 8 AVAILABLE TIMES Tuesday, Wednesday, or Thursday Morning: 10 am to noon Afternoon: 1 pm to 3 pm Evening: 6 pm to 8 pm | <ul style="list-style-type: none"> Family of military members (spouse, children, parents) Veterans and their families Military members Reservists Civilian DND civilian employees | \$50 Military family (spouses, children, parents), medically released Veterans and their families * \$200 Non-medical released veterans and their families, military, reservists, civilian residents of Shannon and DND employees * \$300 Civilians (non-Shannon residents) * 25 % refund under certain conditions |
| 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. | October 21 11 am to 7 pm | Members of the military community who have recently been posted to Valcartier or to the military community | Free |
| Job Search Workshop in Quebec City | <ul style="list-style-type: none"> Exploration of tools and resources related to relocation/military postings Updating and/or translating résumés and cover letters Presentation of job search strategies Interview preparation and coaching Educational and career guidance Support in navigating career transitions and professional loss/grief Second-language instruction (in-person or online) | September 9 9 am to noon | Newly posted members of the military community to Québec | Free |
| Group: Living with family separation and reunion | A support group for spouses experiencing military absence, promoting sharing and mutual support related to the impacts of absence on personal, marital, and family life, as well as the development of coping strategies to better navigate the ups and downs of absence. | Registration is ongoing. Meets every three weeks on Thursday evenings. | Spouses of military members. | Free |

Adults 18 years old or older

| ACTIVITY | DESCRIPTION | SCHEDULE | CLIENTELE | COST |
|---|---|---|---|------|
| Group: Support Group for Spouses (OSI) | A support group for spouses of military personnel or veterans living with an operational stress injury (OSI), promoting sharing and mutual support in order to better understand personal, marital, and family experiences, as well as to better cope with challenges related to OSI, including the role of a caregiver. | Registration is ongoing. Meets every three weeks on Thursday evenings. | Spouses of military personnel or veterans living with an OSI | Free |
| Workshop: 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 1 6:30 pm to 7:30 pm | 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. | September 22, 29 and October 6 | Releasing military members, veterans and spouses. | Free |
| Releasing from the Forces: A Family Affair | A workshop for spouses of military personnel who have been discharged or are in the process of being discharged, providing a space to explore, understand, and better cope with the impact of the transition from military to civilian life on the entire family. | October 1, 8, and 15 6:30 pm to 8:30 pm In person | Service members in the process of being released, veterans, and their spouses | 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 16 and 17 From 8:30 am to 4:30 pm <i>Dates are subject to change.</i> In person | Priority given to veterans, their family members, and peer support workers. | Free |
| Workshop: Strengthening Marital Communication During Military Deployment | Military deployment can intensify challenges in marital communication. This workshop focuses specifically on these issues by offering healthy communication strategies and tools to better manage conflicts before, during, and after a deployment. Offered in collaboration with Health Promotion. | Tuesday, October 13 6:30 pm to 8:30 pm | Military members and their spouses. | Free |
| Life goal workshop | 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. | October 13, 20, 27 and November 3 | Veterans | Free |
| Workshop: Rebalancing your mental load during military absences | A workshop offering concrete strategies and practical tools to reduce mental strain and simplify daily life for spouses who must manage everything on their own during a military absence. | Wednesday, November 25 6:30 pm to 8:30 pm | Spouses of military personnel | Free |
| Solo parenting during a military absence | A workshop for parents who find themselves managing family life on their own while a parent is away, offering practical strategies for planning for the absence, better organizing daily life, supporting their children, and learning about the resources available if needed. | Wednesday, October 7 6:30 pm to 8:30 pm | Spouses or parents preparing to experience military absence | Free |
| Workshop: Understanding the OSI | A workshop designed to help spouses of military personnel and veterans living with an operational stress injury (OSI) learn more about OSI's and their impacts. | Wednesday, October 28 6:30 pm to 8:30 pm Online | Spouses of military personnel or veterans living with an OSI | Free |
| Compassion Fatigue workshop | This workshop aims to improve one's knowledge of compassion fatigue and ways to prevent it, express concerns on the subject as well as provide resources when needed. | November 5 6 pm to 8:30 pm Offered in French only | Everyone | Free |



Family events and activities

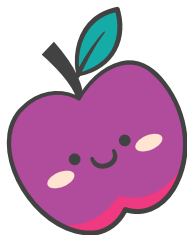
| ACTIVITY | SCHEDULE |
|---|---|
| Valcartier AGM | September 9 |
| Halloween Disco | Date: October 30 Time: 7 pm to 9 pm Participants: Children from Kindergarten to Grade 6 |
| Candlelight Walk of Remembrance | November 11 from 6:30 pm to 8 pm |
| Photo Session: Take a Moment Together as a Family | Date: December 2 Time: 3:30 pm to 7:30 pm Participants: For families who are experiencing or will be experiencing a deployment. |
| A Christmas Morning at VMFRC | December 6 |
| Christmas Disco | Date: December 11 Time: 7 pm to 9 pm Participants: Children from Kindergarten to Grade 6 |

Did you know?

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

- Valcar-Co Youth Co-operative
- Volunteer opportunities for youth, family and adults
- Service Guide
- Training on the Impacts of the Military Lifestyle
- Online resource about operational stress injuries
- Health Guide
- Etc.

Go to crfmv.com



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