



# PROGRAM GUIDE

---

**October  
- December 2021**





## 4 WING MFRCS EVENTS & PROGRAMS

# COVID-19

The MFRCS Cold Lake is committed to your safety and we have redesigned our programs to increase social distancing and COVID-19 awareness.

The health of our community is paramount to the organization, and we will continue to follow strict guidelines set out by Alberta Health Services (AHS). We are closely monitoring and following the province and the Department of National Defence guidelines.

These guidelines continue to change and this could mean a sudden reduction in event participants. This could cause us to reschedule the event, provide it virtually, or cancel it.





# PROGRAMMING UPDATE



## **Effective 20 September 2021 0800hrs:** Restrictions Exemption Program

Based on updated guidelines from Alberta Health Services (AHS) and Wing Commander Col Moar, the following policies will be implemented at the MFRCS on 20 September 2021 at 0800hrs.

Along with mandatory mask-wearing, social distancing, and hand hygiene measures, the 4 Wing MFRCS will implement the Restrictions Exemption Program for those aged 12-years and older who enter the main MFRCS building. **This means that proof of vaccination or proof of medical exemption or proof of a negative rapid test result will be required to access any of our programs, services, events, or activities.**

Proof of vaccination is based on a single dose between 20 September and 25 October if received 2 weeks prior to the date of service, or documentation of a medical exemption, or proof of a privately-paid negative PCR or rapid test within 72 hours of service (tests from AHS or Alberta Precision Laboratories are not allowed).

Flexible options are available to provide proof of vaccination, proof of medical exemption, or proof of negative PCR or rapid test: Photo ID and relevant proof in advance of the day of the event/program/service; Photo ID and relevant proof on the day of the event/program/service; Photo ID and relevant proof emailed to our Front Desk at [4wingmfc.reception@gmail.com](mailto:4wingmfc.reception@gmail.com) .

**Childcare Services are currently EXEMPT under these new guidelines.**

**The Youth Centre will continue to operate as is until further notice.**

Additionally, we will be limiting in-person attendance to a **maximum of 15 people per gathering.**

**For those who are not vaccinated, alternate supports will be available, such as virtual meetings and/or events, curbside pick-ups, and telephone or email assistance. Drive-Through events and At Home Scavengers Hunts will be open to all our clients regardless of vaccination status.**

Please feel free to call our Front Desk at 780-594-6006 Ext 0 if you have any questions or require assistance.

# REGISTER TODAY!

Sign up and register for  
our events at the click  
of a button!

[4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com)



Perfect**Mind**



# **MONTHLY NEWSLETTER!**

**Be in the know every month!**

**Subscribe and receive our monthly newsletter at the beginning of every month so you know what big events are coming up at MFRCS so you don't miss them!**

**Visit the MFRCS TODAY or email [4wingmfrcreception@gmail.com](mailto:4wingmfrcreception@gmail.com) to be added to this exclusive list!**

# GALAXYLAND



# WORLD WATERPARK

WEST EDMONTON MALL

## DISCOUNTED PASSES!

**Military Members & Defence Team | \$34.00 + GST**

**Community Members | \$38.00 + GST**

*Tickets can be used for one of the parks, not both. Purchase these tickets in-person at 4 Wing MFRCS Cold Lake (debit/credit only).*

Tickets are non-refundable.



# CHILDCARE PROGRAMS

## EARLY LEARNING CENTRE

AGES 1 - 5



## PRE-SCHOOL

AGES 3 - 4

## OUT OF SCHOOL CARE

AGES 5 - 12



## SUMMER OUT OF SCHOOL CARE

AGES 4 - 6

## AFTER HOURS CARE

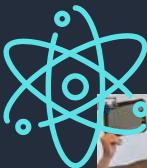
AGES 0 - 12





# YOUTH CENTRE

## HOURS



**FREE & OPEN TO ALL KIDS!**

**Craft Days, Outdoor Activities, STEM, LEGO, Foosball, Air Hockey, a Canteen, Karaoke, Wii, Mario Kart & so much more!**

**MON 4:30PM - 7:00PM AGES 6 - 9**

**TUE 6:30PM - 9:00PM AGES 14 - 17**

**WED 6:30PM - 9:00PM**  
\*CHANGES TO 4:30PM - 7:00PM  
STARTING IN NOVEMBER\*

**FRI 6:30PM - 9:00PM AGES 14 - 17**

**SAT 10:00AM - 12:30PM AGES 6 - 9**  
**1:00PM - 4:00PM AGES 10 - 13**

**MUST PRE-REGISTER ONLINE.** COVID safety measures in place.

First time Youth Centre attendees will require a parent to complete a registration form before using the centre.



# YOUTH CENTRE

## DROP-IN NIGHTS

(PRE-REGISTER)

Inviting all Cold Lake Youth and Teens ages 10 to 17 to the MFRCS Youth Centre! Come and learn valuable skills, discover new interests, and connect with other youth and teens!

On these drop-in nights you decide what you want to do! Play a boardgame, video, or table game. Make a craft, watch a movie, do homework, or just hang out!

### YOUTH

**WEDNESDAY | OCTOBER 13 | 6:30PM - 9:00PM**

**WEDNESDAY | OCTOBER 20 | 6:30PM - 9:00PM**

**SATURDAY | OCTOBER 30 | 1:00PM - 4:00PM**

**WEDNESDAY | NOVEMBER 10 | 4:30PM - 7:00PM**

**WEDNESDAY | NOVEMBER 24 | 4:30PM - 7:00PM**

### TEEN

**TUESDAY | SEPTEMBER 7 | 6:30PM - 9:00PM**

**TUESDAY | SEPTEMBER 21 | 6:30PM - 9:00PM**

**FRIDAY | OCTOBER 1 | 6:30PM - 9:00PM**

**TUESDAY | OCTOBER 12 | 6:30PM - 9:00PM**

**TUESDAY | NOVEMBER 1 | 6:30PM - 9:00PM**

**FRIDAY | NOVEMBER 12 | 6:30PM - 9:00PM**

**TUESDAY | NOVEMBER 16 | 6:30PM - 9:00PM**

**TUESDAY | NOVEMBER 30 | 6:30PM - 9:00PM**

**MUST PRE-REGISTER ONLINE.** COVID safety measures in place. First time Youth Centre attendees will require a parent to complete a registration form before using the centre.

# TABLE OF CONTENTS

## October - December 2021

### **11 October**

October calendar of events on page 11

### **23 November**

November calendar of events on page 23

### **32 December**

December calendar of events on page 32

### **38 Tutoring Support**

Tutoring Program details start on page 38

### **39 Children Services**

Early Learning Centre, Pre-School, Out of School Care & After hours start on page 39

### **43 Counselling Services**

Counselling information starts on page 43

### **46 Volunteering at 4 Wing MFRCS**

Volunteer opportunities on page 46

### **47 Welcome Centre & Deployment Support**

Welcome packages, information and referral services on page 47

### **49 Veteran Services**

Veteran Family Program (VFP) information on page 49

### **50 MFRCS Facilities & Hours**

All program locations on page 50

*Please note: All programs are subject to change due to COVID-19.*





## Lakeland Cancer Peer Support Group

### September 30

A support group for anyone affected by any type of cancer. Sponsored by Canadian Natural.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 7pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Drop-in, no registration necessary.

## French Classes

### September 28 - December 2

French classes will be held every Monday and Thursday for 10 weeks.

**Access:** All

**Cost:** \$100.00 + GST, veterans

**Dependents:** \$100.00 + GST (deposit) - refundable when 85% of classes are attended.

**Civilians:** \$100.00 + GST \*No refunds with cancellations\*

**Ages:** 16+

**Time:** 6PM - 9PM

**Location:** MFRCS Conference Room

**How to Register:** Call

**Registration Open Date:** Sep. 13

## PJs & Popcorn Movie Night

### September 29

Kids are invited to attend in their pyjamas and eat popcorn while enjoying a movie.

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 8

**FULLY BOOKED**

## Fairy Garden Craft Night

### October 1

Come out for a night of crafting and create a beautiful fairy garden with your own twist. All materials are included in the price.

**Access:** All

**Cost:** \$50 + GST (non-refundable)

**Ages:** 16 +

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Annex Building

**How to Register:** Online or Call

**Registration Open Date:** Aug. 26 @ 6PM

## Thanksgiving Mason Jar

### October 2

Let's reflect on what we have to be thankful for by making a gratitude jar. Design a thanksgiving themed jar so that it may be the center of conversation and beauty at your dinner table.

**Access:** All Children & Youth (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10am - 12:30pm | Ages 6-9

1pm - 4pm | Ages 10 - 13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 11



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Kids Fire Safety Workshop

### October 4

Do you think you are prepared to safely evacuate your home in case of a fire? Is your home equipped with all the right safety tools? Come learn fire safety and preparedness with a local firefighter and leave confident and ready!

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 13

## Teen Halloween Decorating

### October 5

Join the Halloween Decorating Party! Get into the Halloween spirit while getting creative, having fun and making the Youth Centre a spooktacular sight for all. Music, snacks, and drinks will ensure there are no zombies!

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 14

## Welcome Race & Drive-Thru Dinner

### October 2

Chance to win \$1,500 in prizes! The MFRCS is welcoming all newly posted-in family with welcome race scavenger hunt, followed by a drive-thru dinner. *Sponsored by Cenovus Energy.*

**Access:** Newly Posted in Military Families

**Cost:** FREE

**Ages:** ALL

**Time:** ALL-DAY

**Location:** MFRCS Building

**How to Register:** Online or Call

**Registration Open Date:** Aug. 23

## 4 Wing Baby Shower

### October 3

Expecting or new moms are invited to a community baby shower. Meet other moms, eat cake and receive a FREE gift bag!

**Access:** Military, Veteran and Defence team spouses/dependants

**Cost:** FREE

**Ages:** 16+

**Time:** 1:00pm - 3:00pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** September 13



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Interior Design Workshop October 6

This Interior Design workshop will focus on "Create Your Own Space" in regards to Colour, Your Personality, Perception of the space, Natural Light, Wall Art, etc. so you will have more knowledge when decorating a room or space in your home.

**Access:** Military, Veterans, Defence Team and their spouses/dependants.

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Conference Room

**How to Register:** Online or Call

**Registration Open Date:** Sep. 20 @ 6pm



## Youth Halloween Decorating October 6

Join the Halloween Decorating Party! Get into the Halloween spirit while getting creative, having fun and making the Youth Centre a spooktacular sight for all. Music, snacks, and drinks will ensure there are no zombies!

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 15

## Faux Candle Centrepieces October 7

Come out and enjoy an evening to yourself creating custom Faux Candle Centrepieces! All materials are included in the price.

**Access:** All

**Cost:** \$25 + GST (non-refundable)

**Ages:** 16 +

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Annex Building

**How to Register:** Online or Call

**Registration Open Date:** Sep. 9 @ 6PM



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Teen Friendsgiving

### October 8

Celebrate Thanksgiving with friends over snacks and crafts!

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 17

## LGBTQ2+ Support Group

### October 7

This is a safe space for LGBTQ2+ youth and their allies to gather without fear of bullying or judgement. The monthly groups are youth-led and are focused on connection, wellness, and current needs.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 16

## Looking Forward Training

### October 13

This virtual, half-day workshop is created for individuals working with youth aged 12 to 24. Learn strategy to help youth at risk of suicide. Sponsored by True Patriot Love.

**Access:** All

**Cost:** FREE for Military, Defence team, Veterans and their spouses/dependents (deposit required) & \$45 + GST for Community Members

**Ages:** 18 +

**Time:** 1:00pm - 4:30pm

**Location:** Online via Zoom

**How to Register:** Online or Call

**Registration Open Date:** Aug. 18, 2021 @ 6pm

## Paint Night

### October 9

Join us for a fun evening of painting where you will be guided step-by-step as you create a personalized piece of art!

**Access:** All

**Cost:** \$25 + GST

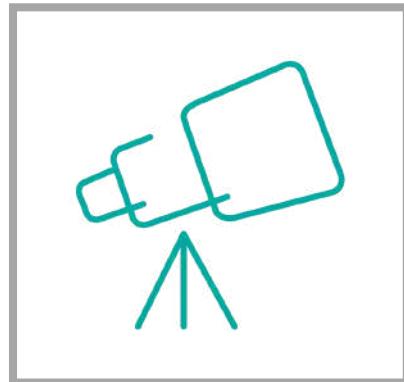
**Ages:** 16+

**Time:** 7:00pm - 9:00pm

**Location:** MFRCS Annex Building

**How to Register:** Online or Call

**Registration Open Date:** Sep. 11 @ 6pm



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Deployment Spouses

'Dine-in & Game Night'

### October 14

Come out for a fun filled evening and enjoy some pizza, snacks, and music bingo. Join other Deployment spouses for a fun night out and a chance to win some prizes. \*There will be a kids deployment group (ages 6-9) at the same time, in the same building\*  
Sponsored by Canadian Natural.

**Access:** All Deployed Families

**Cost:** FREE

**Ages:** All

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Sep. 27

## Sew & Sews

### October 13 & 27

Bring your own sewing machine and your latest project to work on. Open to anyone who owns a sewing machine or hand stitches.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Opens:** Sep. 21

## Grief Support Group

### October 13

A support group for anyone grieving from the loss of a loved one.

**Access:** Military, Veterans & Defence Team

**Cost:** FREE

**Ages:** 16+

**Time:** 7pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 22



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Crop Crafting Weekend

### October 15 - 17

Bring your craft and scrapbooking supplies and participate with other crafters for the whole weekend!

**Access:** All

**Cost:** \$30 + GST (Friday & Sunday) (Saturday)

**Ages:** 16+

**Friday:** 5pm-MIDNIGHT & **Sunday:** 9:00am-

4:00pm *or* **Saturday:** 9:00am-MIDNIGHT

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Sep. 27

## Children's Deployment Group

### October 14

This program is designed to support children and youth through their deployment experience by use of games, activities, reflections, and group talk. Sponsored by Canadian Natural.

**Access:** All Kids (6-12)

**Cost:** FREE

**Ages:** 6-12

**Time:** 6:30PM - 8:30PM

**Location:** MFRCS Conference Rooms

**How to Register:** Online or Call

**Registration Open Date:** Sep. 27

## Meditation

### October 14

Join us for an evening of stress-relieving guided meditation that includes muscle relaxing techniques.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 7:00pm - 8:00pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 23 @ 6pm

## Coffee Connections (Evening) Music Bingo

### October 15

Win prizes, meet new friends and join us for a fun evening of bingo!

**Access:** ALL

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** Online via Zoom

**How to Register:** Online or Call

**Registration Open Date:** Sep. 24



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## First Aid Training October 16 & 17

Become certified in CPR Level C Standard First Aid with St. John Ambulance in this 2-day course.

**Access:** All

**Cost:** \$100 + GST

**Ages:** 16 +

**Time:** 9am - 5:00pm (Both days)

**Location:** MFRCS Conference Rooms

**How to Register:** Online or Call

**Registration Open Date:** Aug. 13 @ 6pm

## Fall Car Rally October 16

This is a Car Rally Scavenger Hunt where people will start from home drive around the Cold Lake area to compete in missions on the GooseChase app. Teams with the most points will win prizes.

**Access:** Military, Veteran and Defence Team spouses and dependants.

**Cost:** FREE

**Time:** 1pm - 4pm

**Location:** Cold Lake Area

**Registration Open Date:** Sep. 20 @ 6pm

**How to Register:** Online or Call

## STEM: Kaleidoscope

### October 16

Learn about the science of light reflection by building your own kaleidoscope. Sponsored by Cenovus Energy.

**Access:** All Children & Youth (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10am - 12:30pm | Ages 6-9  
1pm - 4pm | Ages 10 - 13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 25

## DIY Cat Toy Craft

### October 18

Make creative toys that your furry friends will love! Don't have a pet? Consider donating your creation to the Humane Society.

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 27



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

Morale Booster

Adult Services

Youth Programs

Other

Training

Welcome Centre & Deployment Support



## Teen: Board Game Night

### October 19

Bring a friend and your favourite board game, or try one of ours! We will have snacks and can guarantee you will not be bored!

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 28



## Employment Workshop

### Vision Boards

### October 20

In this fun and creative workshop you will build your own vision board using words and pictures to visualize your dreams and goals for the future!

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Conference Room B & C

**How to Register:** Online or Call

**Registration Open Date:** August 23 @ 6pm

## Coffee Connections (Morning) Drop-In

### October 20

Come for a special morning to meet and connect with Lakeland's Area Access Employment Representative to answer your questions about Employment and Resumes.

**Access:** All

**Cost:** FREE

**Ages:** N/A

**Time:** 9:30am - 11:30am

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Opens:** Sep. 29



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Pumpkin Painting

### October 23

Express your creativity by painting your own pumpkin with designs of skeletons, cats, bats, or anything you want!

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 10am - 12:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 6

## Crystal Mini Tree Craft Night

### October 21

Create your own personalized crystal mini tree to take home.

**Access:** All

**Cost:** \$20 + GST (non-refundable)

**Ages:** 16 +

**Time:** 6:00pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 23 @ 6PM

## Pumpkin Carving

### October 23

Get ready to make a mess and use your creative skills for a Halloween favourite tradition: Pumpkin Carving!

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10 - 13

**Time:** 1pm - 4pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 2

## Creative Expressions

### October 22

Use art to discover and interpret your reality. Express yourself in creative ways while exploring new art mediums and meeting like-minded youth.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 4



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Deployment Family Halloween Party

**October 23**

Come out dressed in costume for a fun filled afternoon and enjoy some pizza, snacks, and Halloween activities! *Sponsored by Canadian Natural.*

**Access:** All Deployed Families

**Cost:** FREE

**Ages:** All

**Time:** 1pm - 3pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Oct. 4

## Halloween Craft Night

**October 25**

It's the spooky season! Cut, glue, and colour a spooky Halloween craft.

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 4

## Teen Movie Night & Popcorn

**October 26**

Come to the youth centre for a movie night and enjoy some delicious popcorn!

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 5

## Essential Oils

**October 26**

Each session includes a make-and-take project (first 12 participants), information and self-care ideas.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Conference Room

**How to Register:** Online or Call

**Registration Open Date:** Oct. 5 @ 6pm



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

Morale Booster

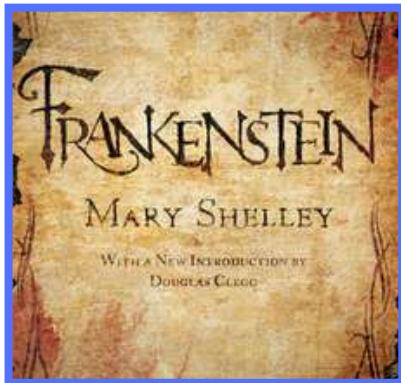
Adult Services

Youth Programs

Other

Training

Welcome Centre & Deployment Support



## Books & Beyond October 27

Come and join our monthly book discussion and pick up your book at the beginning of the month! This month's book will be **Frankenstein by Mary Shelley**.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 29

## PJs & Popcorn Movie Night October 27

Kids are invited to attend in their pyjamas and eat popcorn while enjoying a movie.

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 6

## DIY Wreath Craft Night October 28

Come out for a night of crafting and create a custom wreath. All materials are included in the price, just bring your imagination with you!

**Access:** All

**Cost:** \$25 + GST (non-refundable)

**Ages:** 16 +

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Sep. 30 @ 6PM



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Lakeland Cancer Peer Support Group

### October 28

A support group for anyone affected by any type of cancer. *Sponsored by Canadian Natural.*

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 7pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Drop-in, no registration necessary.

## Coffee Connections (Evening) Music Bingo

### October 29

Win prizes, meet new friends and join us for a fun evening of bingo!

**Access:** ALL

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** Online Via Zoom

**How to Register:** Online or Call

**Registration Open Date:** Oct. 18

## Halloween Movie Night October 30

Kids are invited to dress-up in their pyjamas and come to the Youth Centre for a movie!

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 10am - 12:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 9

## Halloween Pumpkin Carving October 30

Grab a pumpkin and carve out your scariest design, then take a photo with it at the Spooktacular photo booth. Pumpkins, carving tools, Halloween crafts, treats and a photo booth. In collaboration with 4 Wing PSP.

**Access:** Military, Veteran, Defence Team and their spouses/dependants.

**Cost:** FREE

**Ages:** ALL

**Time:** 10am - 2pm (5 time slots)

**Location:** Mackenzie School

**How to Register:** Online or Call

**Registration Open Date:** Oct. 12 @ 6pm



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# October

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## School's Out Lego Challenge

### November 1

Put your building skills and creativity to the test! Enjoy your no-school day with a series of winter-themed LEGO challenges. We will keep the LEGO flowing with crafts and games all afternoon.

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 1:00pm - 4:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 11

## Sexual Misconduct Support Group

### November 2

This virtual support group will allow participants to access support and resources in a therapeutic environment tailored to the specific healing requirements for this type of trauma.

**Access:** Military, Veterans & Defence Team

**Cost:** FREE

**Ages:** 18+

**Time:** 7pm - 8:30pm

**Location:** Online via Zoom

**How to Register:** Contact Dragonfly Centre

(780) 812-3174

## Window Snowflake Craft

### November 3

Create a beautiful paper snowflake to decorate your window this winter season!

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 13

## Meditation

### November 4

Join us for an evening of stress-relieving guided meditation that includes muscle relaxing techniques.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 7:00pm - 8:00pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 14

## Mental Health First Aid for Veterans (Virtual)

### November 3 & 4

In support of the Veteran Community and in partnership with Veterans Affairs Canada, this is a customized version of the Mental Health First Aid for members of the Veteran Community.

**Access:** Medically releasing Canadian Armed Forces members, medically-released Veterans, and their families.

**Cost:** FREE

**Ages:** 16 +

**Time:** 9am - 1:00pm (Both days)

**Location:** Online via Zoom

**How to Register:** Online or Call

**Registration Open Date:** Sep. 13 @ 6pm



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

Morale Booster

Adult Services

Youth Programs

Other

Training

Welcome Centre & Deployment Support



## Children's Deployment Group

### November 4

This program is designed to support children and youth through their deployment experience by use of games, activities, reflections, and group talk. Sponsored by Canadian Natural.

**Access:** All Kids (6-12)

**Cost:** FREE

**Ages:** 6-12

**Time:** 6:30PM - 8:30PM

**Location:** MFRCS Conference Rooms

**How to Register:** Online or Call

**Registration Open Date:** Oct. 14

## Deployment Spouses

### 'Dine-in & Game Night'

### November 4

Come out for a fun filled evening and enjoy some pizza, snacks, and music bingo. Join other Deployment spouses for a fun night out and a chance to win some prizes. \*There will be a kids deployment group (ages 6-9) at the same time, in the same building\*  
*Sponsored by Canadian Natural.*

**Access:** All Deployed Families

**Cost:** FREE

**Ages:** All

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Oct. 18

## Teen Poppy Art Night

### November 5

Join us in decorating the Youth Centre with poppies! You will be provided with a great selection of art supplies and be left to your imagination. The fan favourite piece will receive a prize.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 15

## Self-Worth Saturdays

### November 6

Get crafty while reflecting on what makes you so awesome. You will do some shadow art and fill your head with positive affirmations.

**Access:** All Children & Youth (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10:00am - 12:30pm | Ages 6-9

1:00pm - 4:00pm | Ages 10-13

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Oct. 16

## Women's Conference

### November 6

Power up: Ignite the spark of change! Join us for a day of Women's empowerment, change, education and self-care. The day will include a keynote speaker, 2 break-out speakers and 3 sessions for you to choose from. This will also include a catered lunch!

**Access:** All

**Cost:** \$35 + GST

**Ages:** 18+

**Time:** ALL-DAY

**Location:** MFRCS Building

**How to Register:** Online or Call

**Registration Open Date:** TBD



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Teen Trivia

### November 9

Come to the youth centre for an evening of FUN trivial!

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 18

## Deployment Family Craft Afternoon

### November 7

Come out to the MFRCS Welcome Centre for a fun-filled afternoon and enjoy some pizza, snacks, and activities! *Sponsored by Canadian Natural.*

**Access:** All Deployed Families

**Cost:** FREE

**Ages:** All

**Time:** 1pm - 3pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Oct. 18

## Sew & Sews

### November 10 & 24

Bring your own sewing machine and your latest project to work on. Open to anyone who owns a sewing machine or hand stitches.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Opens:** Oct. 20

## Remembrance Day Craft Night

### November 8

Honour all that have served and who continue to serve our country by making a Remembrance Day wreath to hang on your door or window!

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 18



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Grief Support Group November 10

A support group for anyone grieving from the loss of a loved one.

**Access:** Military, Veterans & Defence Team

**Cost:** FREE

**Ages:** 16+

**Time:** 7pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 20

## Wood Sign Craft Night

### November 12

Come out for a night of crafting and create a rustic wood sign!

**Access:** All

**Cost:** \$40 + GST (non-refundable)

**Ages:** 16 +

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Oct. 15

## Babysitting Course

### November 12

Become a certified Babysitter in this one-day workshop. Participants will learn about handling emergency situations, basic first aid, and caring for infants and children.

**Access:** All Kids (11-17)

**Cost:** FREE

**Ages:** 11-17

**Time:** 9:00am - 4:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 11

## Coffee Connections (Evening) Music Bingo

### November 12

Win prizes, meet new friends and join us for a fun evening of bingo!

**Access:** ALL

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** Online via Zoom

**How to Register:** Online or Call

**Registration Open Date:** Oct. 22



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Air Hockey Tournament

### November 17

Challenge your friends and WIN prizes in this Air Hockey Tournament!

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 4:30pm - 7:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 26

## Mario Kart Tournament

### November 13

Win prizes and battle on the tracks to race your friends in this Mario Kart Tournament!

**Access:** All Children & Youth (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10:00am - 12:30pm | Ages 6-9

1:00pm - 4:00pm | Ages 10-13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 23

## Coffee Connections (Morning) Drop-In

### November 17

Join us for a morning of coffee, conversation and meet new friends!

**Access:** All

**Cost:** FREE

**Ages:** N/A

**Time:** 9:30am - 11:30am

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 27

## Mindful Monday

### November 15

It's Mindful Monday! Join us in learning breathing techniques and making a glitter jar to help you relax.

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 25



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Employment Workshop Goal Setting **November 17**

Sometimes it's time for a change, or life has thrown change at us! Regardless, this workshop will reveal the skill and strategy behind smart goal setting and help you navigate the transitions in your personal and work lives.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Conference Room B & C

**How to Register:** Online or Call

**Registration Open Date:** Oct. 21

## LGBTQ2+ Support Group **November 18**

This is a safe space for LGBTQ2+ youth and their allies to gather without fear of bullying or judgment. The monthly groups are youth-led and are focused on connection, wellness, and current needs.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 28

## Tea Towel Craft Night

### **November 18**

Come out for a night of crafting and create a beautiful pair of tea towels for your kitchen!

**Access:** All

**Cost:** \$25 + GST (non-refundable)

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Oct. 21

## Teen Make-Up Class

### **November 19**

Teens are invited to come to the Youth Centre and learn from a beauty professional about make-up.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 29

## Nerf Gun War

### **November 20**

Take Nerf Wars to the next level with fun Nerf games! Kids will be given a series of fun challenges to compete for the most points. Followed by a free for all Nerf War! Players are provided with safety glasses and a Nerf gun.

**Access:** All Kids (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10:00am - 12:30pm | Ages 6 - 9

1:00pm - 4:00pm | Ages 10 - 13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 30



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

Morale Booster

Adult Services

Youth Programs

Other

Training

Welcome Centre & Deployment Support



## Sew & Sews Retreat

### November 19 -21

Bring your sewing machine and meet friends in this full weekend of sewing!

**Access:** All

**Cost:** \$50 + GST

**Ages:** 16+

**Friday:** 5pm-10pm, **Saturday:** 8:00am-10:00pm, **Sunday:** 8:00am-4:00pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Nov. 1

## STEM: Tower Building

### November 22

STEM: Science. Engineering. Math. Technology. Reach for the sky and build the tallest tower out of basic items! *Sponsored by Cenovus Energy.*

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 1

## Teen String Art

### November 23

Teens are invited to come to the Youth Centre for an evening of creativity and make some string art!

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 2

## Standard First Aid

### November 20 - 21

Become certified in this St. John Ambulance Standard First Aid Course!

**Access:** All

**Cost:** \$100 + GST (non-refundable)

**Ages:** 16 +

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Sep. 27



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Paint Night November 25

Join us for a fun evening of painting where you will be guided step-by-step as you create a personalized piece of art!

**Access:** All

**Cost:** \$25 + GST

**Ages:** 16+

**Time:** 7:00pm - 9:00pm

**Location:** MFRCS Annex Building

**How to Register:** Online or Call

**Registration Open Date:** Oct. 9

## Books & Beyond November 24

Come and join our monthly book discussion and pick up your book at the beginning of the month! *This month's book is The Time Keeper by Mitch Albom.*

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Oct. 28

## Lakeland Cancer Peer Support Group

### November 25

A support group for anyone affected by any type of cancer. *Sponsored by Canadian Natural.*

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 7pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Drop-in, no registration necessary.

## Financial Literacy Workshop November 26

It is never too early to start saving and learn about smart banking. In this facilitated course you will learn all you need to know about basic banking, the do's and don't and hidden clauses about credit cards and how to make realistic savings plans that will work.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 4:30pm - 7:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 5



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Creative Expressions November 26

Use art to discover and interpret your reality. Express yourself in creative ways while exploring new art mediums and meeting like-minded youth.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 5

## Crop Crafting Weekend November 26 - 28

Bring your craft and scrapbooking supplies and participate with other crafters for the whole weekend!

**Access:** All

**Cost:** \$30 + GST (Friday & Sunday) (Saturday)

**Ages:** 16+

**Friday:** 5pm-MIDNIGHT & **Sunday:** 9:00am-

4:00pm *or* | **Saturday:** 9:00am-MIDNIGHT

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Nov. 8

## Coffee Connections (Evening) Music Bingo

### November 26

Win prizes, meet new friends and join us for a fun evening of bingo!

**Access:** ALL

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** Online via Zoom

**How to Register:** Online or Call

**Registration Open Date:** Nov. 12

## Snowy Day Craft

### November 27

Come for a fun day at the Youth Centre and create a snowy day collage that is simply beautiful.

**Access:** All Kids (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10:00am - 12:30pm | Ages 6 -9

1:00pm - 4:00pm | Ages 10 - 13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 6

## STEM: Tinker Trays

### November 29

Get lost in the possibilities of this tinker tray STEM night! You will be given a tray of random items and supplies, and your imagination will lead you the rest of the way! Learn the science behind snowflakes and design one of your own. *Sponsored by Cenovus Energy.*

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 8



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# November

*Please note: All programs are subject to change due to COVID-19 restrictions.*

Morale Booster

Adult Services

Youth Programs

Other

Training

Welcome Centre & Deployment Support



## Window Snowflake Craft

### November 29

Practice counting, patterns, and your fine motor skills all while making a beautiful snowflake craft. *Sponsored by Cenovus.*

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 8

## Essential Oils

### November 30

Each session includes a make-and-take project (first 12 participants), information and self-care ideas.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Conference Room

**How to Register:** Online or Call

**Registration Open Date:** Nov. 9

## Storytime with Santa

### December 3

One of our biggest events of the year. Games, crafts, snacks and more! Further details coming soon. *Main Event Sponsor: BMO. Other Sponsors: Eastlink, Cenovus Energy, and Walmart.*

**Access:** All

**Cost:** FREE

**Ages:** ALL AGES

**Time:** 5:00pm - 10:00pm

**Location:** MFRCS Building

**How to Register:** Online or Call

**Registration Open Date:** TBD

## Christmas Cookie Decorating

### December 4

What's one of the best things about the holidays? You guessed it, COOKIES! Come decorate cookies with a buffet of delicious supplies, listen to Christmas music and play games.

**Access:** All Kids (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10:00am - 12:30pm | Ages 6 -9

1:00pm - 4:00pm | Ages 10 - 13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Dec. 9



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# December

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## DIY Ornament Craft

### December 6

Begin to get into the Holiday spirit by making your own ornament!

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Dec. 1

## Sexual Misconduct Support Group

### December 7

This virtual support group will allow participants to access support and resources in a therapeutic environment tailored to the specific healing requirements for this type of trauma.

**Access:** Military, Veterans & Defence Team

**Cost:** FREE

**Ages:** 18+

**Time:** 7pm - 8:30pm

**Location:** Online via Zoom

**How to Register:** Contact Dragonfly Centre  
(780) 812-3174

## Teen Vision Boards December 7

Dream, plan and grow. Complete a series of reflections and activities that will allow you to create more meaningful and thoughtful plans for the new year. Put your reflections, goals, and habit trackers on a canvas vision board that you will decorate with anything but the typical newspaper cut-outs.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 14

## Paper Bag Dramatics

### December 8

Put your improv to the ultimate test! Each group will receive a paper bag of various items and create a skit using all of them!

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 4:30pm - 7:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 14



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# December

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Meditation

### December 9

Join us for an evening of stress-relieving guided meditation that includes muscle relaxing techniques.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 7:00pm - 8:00pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 18

## Grief Support Group

### December 8

A support group for anyone grieving from the loss of a loved one.

**Access:** Military, Veterans & Defence Team

**Cost:** FREE

**Ages:** 16+

**Time:** 7pm - 9pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 17

## Coffee Connections (Evening) Music Bingo

### December 10

Win prizes, meet new friends and join us for a fun evening of bingo!

**Access:** ALL

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 26

## Drive-Thru Christmas Wreaths

### December 9

Drive up to the MFRCS Front Entrance and receive your hand-made, hand-delivered wreath to your car.

**Access:** Military, Veterans and Defence Team.

**Cost:** FREE

**Ages:** ALL AGES

**Time:** 3:30pm - 5:30pm

**Location:** MFRCS Building

**How to Register:** Online or Call

**Registration Open Date:** Nov. 15 @ 6pm



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# December

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## Teen Music Bingo December 10

Put your music knowledge to the test with a fun afternoon of Music Bingo! You can sing, dance and win prizes and you don't even have to get out of your PJs.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 19

## Christmas Card Making December 11

Christmas pyjamas, movies, and cards all in one awesome afternoon! Come comfy and ready to craft up Christmas cards for your friends and family while watching a classic Christmas movie and eating snacks.

**Access:** All Kids (6-13)

**Cost:** FREE

**Ages:** 6-13

**Time:** 10:00am - 12:30pm | Ages 6 - 9

1:00pm - 4:00pm | Ages 10 - 13

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 14

## Deployment Family Christmas Event December 11

Come out to the MFRCS Welcome Centre for a fun-filled afternoon and enjoy some pizza, snacks, and Christmas activities! Sponsored by Canadian Natural.

**Access:** All Deployed Families

**Cost:** FREE

**Ages:** All

**Time:** 1pm - 3pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Open Date:** Nov. 22

## Hot Chocolate Party December 13

Warm-up while making delicious hot chocolate with fun toppings! You will also make a special someone a Christmas card.

**Access:** All Kids (6-9)

**Cost:** FREE

**Ages:** 6-9

**Time:** 4:30pm - 7:00pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 22



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# December

*Please note: All programs are subject to change due to COVID-19 restrictions.*

Morale Booster

Adult Services

Youth Programs

Other

Training

Welcome Centre & Deployment Support



## Teen Christmas Card Making

### December 14

Design your own Christmas cards for your friends, family, or a stranger! We will repurpose old cards, use scrapbooking supplies and get crafty ourselves.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 21

## Coffee Connections (Morning) Drop-In

### December 15

Join us for a morning of coffee, conversation and meet new friends!

**Access:** All

**Cost:** FREE

**Ages:** N/A

**Time:** 9:30am - 11:30am

**Location:** MFRCS Welcome Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 24

## Christmas Sweater Night

### December 15

Bring on the tassels and bells! Wear your ugly Christmas sweaters for an evening of Christmas games, crafts, and snacks. Prizes will be awarded for the ugliest, best DIY and silliest sweaters. We will also make our own ugly Christmas face masks.

**Access:** All Youth (10-13)

**Cost:** FREE

**Ages:** 10-13

**Time:** 4:30pm - 7:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 21

## Sew & Sews

### December 15

Bring your own sewing machine and your latest project to work on. Open to anyone who owns a sewing machine or hand stitches.

**Access:** All

**Cost:** FREE

**Ages:** 16+

**Time:** 6:30pm - 9:00pm

**Location:** MFRCS Assembly Hall

**How to Register:** Online or Call

**Registration Opens:** Nov. 24



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# December

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



## LGBTQ2+ Support Group December 16

This is a safe space for LGBTQ2+ youth and their allies to gather without fear of bullying or judgment. The monthly groups are youth-led and are focused on connection, wellness, and current needs.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14-17

**Time:** 6:30pm - 8:30pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 25

## Home for the Holidays Christmas Dinner

### December 16 & 17

4 Wing MFRS is partnering with the 4 Wing chaplains to provide a delicious dinner with all the fixings! Celebrate the holiday season and receive a FREE Drive-Thru Christmas Dinner! Sponsored by Cenovus Energy.

**Access:** Military, Veterans and Defence Team.

**Cost:** FREE

**Ages:** ALL AGES

**Time:** 4:00pm - 7:00pm

**Location:** MFRCS Building

**How to Register:** Online or Call

**Registration Open Date:** Nov. 25

## Creative Expressions December 17

Use art to discover and interpret your reality. Express yourself in creative ways while exploring new art mediums and meeting like-minded youth.

**Access:** All Youth (14-17)

**Cost:** FREE

**Ages:** 14 - 17

**Time:** 6:30pm - 9pm

**Location:** MFRCS Youth Centre

**How to Register:** Online or Call

**Registration Open Date:** Nov. 26



Register Online at [4wingmfrcs.perfectmind.com](http://4wingmfrcs.perfectmind.com) or call 780-594-6006

# December

*Please note: All programs are subject to change due to COVID-19 restrictions.*

■ Morale Booster

■ Adult Services

■ Youth Programs

■ Other

■ Training

■ Welcome Centre & Deployment Support



# TUTORING PROGRAM

1-9  
GRADES



SEPTEMBER 2021 - MARCH 2022

FREE FOR MILITARY, VETERAN & DEFENCE TEAM FAMILIES.

In the last year, online learning has presented incredible challenges, especially for parents. The 4 Wing MFRCS will be providing free tutoring support for Military, Veteran and Defence Team children who are struggling to keep up with their education.

**Tuesdays and Thursdays | 3:30 PM - 6:00 PM**

Mackenzie Arts & Community Centre | 776 Hickory St

*\*Parents can sign up their child for both days or just one day per week\**

**IF YOU ARE INTERESTED IN THIS PROGRAM, SIGN UP FOR MORE INFORMATION!**

780-594-6006

4WINGMFRCS.FAMILYED@GMAIL.COM



Where Imagination Takes Flight

Serving the 4 Wing Community for Over 30 Years!

# EARLY LEARNING CENTRE



**MONDAY - FRIDAY**  
6:00AM - 6:00PM

**MILITARY**  
**\$800/monthly**  
(\$150 SUBSIDY INCLUDED)

**CIVILIAN**  
**\$900/monthly**  
(\$60 SUBSIDY INCLUDED)

**4 Wing MFRCS  
Building**

**OPEN TO ALL KIDS | AGES 1 - 5**

First Flights Early Learning Centre is much more than just a daycare. Children feel safe, happy and secure in our classrooms!

Our warm and nurturing atmosphere encourages infants and toddlers to develop a sense of trust, autonomy, curiosity and inspires learning. A variety of toys, games, music and sensory materials are accessible as children formulate new ideas, explore language, crawl and walk, all while growing into little independent people.



Where Imagination Takes Flight

Serving the 4 Wing Community for Over 30 Years!

# PRE-SCHOOL



**MON | WED | FRI**  
9:00AM - NOON

**MILITARY &  
CIVILIAN**

**\$150/monthly**

**4 Wing MFRCS  
Building**

**OPEN TO ALL KIDS | AGES 3 - 4**

Our First Flights Pre-School program is a half-day adventure for developing young minds to discover and explore new experiences.

Children are full of creative and unique perspectives, with an incredible capacity to learn through play. With this theory in mind, we offer our pre-school children the time, space, environment, choices and opportunities to participate in everyday activities to build connections and confidence. These activities include dramatic play, arts and crafts, sensory experiences, outdoor play and educational field trips.



Where Imagination Takes Flight

Serving the 4 Wing Community for Over 30 Years!

# OUT OF SCHOOL CARE



**MONDAY - FRIDAY**  
**6:30AM / 6PM**

**OPEN TO ALL KIDS | AGES 5 - 12**

**PART-TIME**  
**\$250/monthly**  
- UP TO A 40% SUBSIDY

**FULL-TIME**  
**\$350/monthly**  
- UP TO A 40% SUBSIDY

**Art Smith**  
**Aviation Academy**

First Flights Out of School Care offers a specially designed program aimed at helping your child (school age and up) get the most out of their unlimited potential!

We understand that for many parents, the school day ends before their workday. Children in this program will participate in various activities that make their transition from school-time to home-time as enjoyable and diverse as possible.



Where Imagination Takes Flight

Serving the 4 Wing Community for Over 30 Years!

# AFTER HOURS CARE



**THURSDAY**

6:00PM - 10:00PM

**FRIDAY**

4:30PM - 8:30PM

**MILITARY, VETERAN & DEFENCE TEAM FAMILIES**

**\$10 / *first child***

**\$5 / *additional children***

\*PER NIGHT\*

**DEPLOYED FAMILIES**

**FREE / *ONCE PER WEEK;  
PER CHILD***

**OPEN TO ALL KIDS | AGES 0 - 12**

*(Military, Veteran & Defence Team Families)*

We understand that for many parents the school day ends before their work day. In order to meet the needs of families, this program is offered to all Military, Veteran and Defence Team families with children up to Grade 6.

An array of activities are offered in this program including supervised outdoor play, crafts, games and an opportunity for children to complete homework.

## GET THE SUPPORT YOU NEED WITH OUR **FAMILY LIAISON OFFICER**



### WHAT IS A FAMILY LIAISON OFFICER? (FLO)

The Family Liaison Officer (FLO) is a part of the Military Family Resource Centre (MFRC) and the Transition Centre. The FLO ensures the widest variety of support is available to families of Military or Veteran personnel.

### WHO DOES THE FLO SERVE?

**FLO Serve:** All family members of a CAF member, Veteran, Regular or Reserve Force, including their spouses, children, parents, relatives of significance or people who self-identify as the family of that member.

Whether the member is returning to service or transitioning through the release process the FLO is available to help families cope with all phases of the member's recovery, rehabilitation and reintegration. FLOs are there to support the whole family through deployments, transitions and everyday struggles.

### FLO SERVICES?

FLO services are free of charge and are delivered by experienced professionals who understand the challenges of your military lifestyle.



Short-term individual, family or group counselling.



Referrals to mental health services for adults and children.



Access to education and prevention-based programs.



Short-term individual or group support for families of ill, injured or deceased members.



Outreach and support to families in the surrounding area.



Tailored assistance to families of the fallen.



**CONNECT WITH A  
FAMILY LIAISON OFFICER**

Nikita Proulx  
4 Wing Family Liaison Officer  
FLO.mfrcs@gmail.com  
Tel: 780-594-6006 ext. 231

GET THE SUPPORT YOU NEED



# COUNSELLING SERVICES



**Are you having a hard time and  
need to talk to someone?**

The 4 Wing MFRCS has contracted out our counselling services. If you are a Military or Veteran Family Member and are in need of some counselling services, please contact

**Nikita Proulx, Family Liaison Officer** at  
**[flo.mfrcs@gmail.com](mailto:flo.mfrcs@gmail.com)** for more information.

# MENTAL HEALTH SUPPORT!



## Difficulties with behaviour or anxiety?

 Free programs for Military Members, Veterans and their spouses/dependents.

 Program delivery in the comfort and privacy of your home (telephone coaching) at convenient times.

**Get a referral today!**

Contact 4 Wing MFRCS at 780-594-6006.

### PROGRAMS:

- Childhood Behaviour (Ages 3-12)
- Bedwetting (Ages 5-12)
- Stress Management (Ages 9-16)
- Anxiety for Children & Adults

*Strongest Families can also help prepare families for transitions such as deployments, postings, training courses and reintegration!*

# **VOLUNTEER OPPORTUNITIES!**

Volunteering touches all that we do at MFRCS. We invite you to join our volunteer core, develop skills, enhance personal growth and make a difference in your community!

## **Administrative Assistants**

**Data Input, Filing, Photocopying**

## **Crop Haven**

## **Deployment Support**

**Warm Line Callers, Family Event Facilitators, Morale Package Assemblers**

## **RCAF Family Connections Program**

**One-on-One Connection to Introduce Newcomers to the Area**

## **Sew and Sews**

## **Special Events**

**Comedy Shows, Mother's/Father's Day Brunches, Snow Fever, Storytime with Santa, Air Shows**

**Setup and Teardown, Crafts and Games, Food and Beverage Servers, among other duties**

## **Welcome Centre**

**Coffee Talk and Special Event Facilitators, Welcome Package Assemblers, Toy Cleaners**

## **Youth Centre**

**Dance and Sleepover Supervisors, Canteen Monitors, BBQ Events**

**For more information, please contact our Volunteer Services Coordinator at [Anita.Gerwing@forces.gc.ca](mailto:Anita.Gerwing@forces.gc.ca), or call 780-594-6006, ext. 227.**

# WELCOME CENTRE

Welcome to 4 Wing Cold Lake! If you're newly posted to Cold Lake, come into the Welcome Centre and see Tracy to get a welcome package. This includes information regarding the city of Cold Lake and CFB Cold Lake.

Along with providing welcome packages, information, and referral services, Tracy runs various special events in the Welcome Centre including drop-in coffee talks on Wednesday mornings, monthly crafts, and other special events.



# DEPLOYMENT SUPPORT

---

The 4 Wing MFRC offers various deployment services, including Warm Line Calls, pre and post deployment briefings, deployment information packages for members and spouses, special events and activities, public access computers (including DWAN), morale packages and a parcel wrapping station, children's deployment program, and referrals for deployment and support counselling.

Contact Tracy Miller for more information at 780-594-6006 ext 246 or [Tracy.Miller@forces.gc.ca](mailto:Tracy.Miller@forces.gc.ca)



# VETERAN SUPPORT

The Veteran Family Program (VFP) is a program that supports medically released Veterans and their families to help them effectively prepare for and successfully transition into civilian life.

The VFP provides enhanced information and referral services and transition-focused core programming. These programs, resources and services fall into five categories: Mental health, family transition, early engagement and outreach, information and system navigation and family support.

The VFP is targeted to all personnel who are in the process of medically releasing and their families and to all medically released members and their families.

Contact Tracy Miller, the Veteran Family Program Coordinator for more information at 780-594-6006 ext 246 or [Tracy.Miller@forces.gc.ca](mailto:Tracy.Miller@forces.gc.ca)



# MFRCS FACILITIES



## ***MFRCS Reduced Hours:***

**MON | TUE | THUR | FRI | 9:00AM - 3:00PM**

**WED | 9:00AM - 5:00PM**

**MFRCS Main Building is Located at  
674 Kingsway Road, T9M 2C3**



**Located in the Main Building:**

**MFRCS Assembly Hall  
MFRCS Welcome Centre  
MFRCS Boardroom  
MFRCS Conference Rooms  
MFRCS Daycare  
4 Wing Theatre**

**MFRCS Annex Building** is located at the West Entrance  
of Canex, Building #576, Kingsway Road

**MFRCS Youth Centre 'Blue Building'** is Located at  
Building #781, Corner of Timberline and Kingsway Road

**Art Smith Aviation Academy (Out of School Care)**  
is Located at 54 Tamarac Crescent

**Mackenzie School 776 Hickory St, Cold Lake, AB T9M 2C8**



# Tim Hortons smile cookie

SEPTEMBER 13 - 19, 2021





4 Wing  
**MFRCS**  
**SCRFM**  
de la 4e Escadre



@ 4WingMFRCS



4 Wing MFRCS



780-594-6006



4wingmfrcs.perfectmind.com



Cafconnection.ca/Cold-Lake



674 Kingsway Road, Cold Lake, AB T9M 2C3