

For a complete listing of programs, please visit our website!



Edmonton Garrison Military Family Resource Centre  
Building 161, Mons Avenue  
Lancaster Park, AB  
Phone: 780-973-4011  
Ext. 6300  
Fax: 780-973-1401  
Email: [information@mfrcedmonton.com](mailto:information@mfrcedmonton.com)

The Edmonton Garrison Military Family Resource Centre provides support, resources, programs and services that enhance the strength and resilience of military families to meet the unique challenges of military life.

For full program and registration details, please **visit our website:**

[www.familyforce.ca/sites/Edmonton](http://www.familyforce.ca/sites/Edmonton)



**Mailing Address:**

Military Family Resource Centre  
P.O. Box. 10500 Station Forces  
Edmonton, AB T5J 4J5

**General Office Hours**

Monday—Friday 8:30 a.m.—5 p.m.  
Weekends & Holidays Closed

*Programs for the Defence Community, Veterans, and their families*

**OSI and Mental Health Caregiver Sessions**

When: Jan. 11, Feb. 8  
Time: 6—8 p.m.

Having a family member with a mental illness or Operational Stress Injury can be stressful and you may be wondering how to cope.

These evening sessions will support caregivers by covering topics such as: caregiver burnout, community and CAF resources, treatment methods, medication, impact on family and children.

If you believe this program would be a good fit for your family, call 6300 to find out more.

Childcare may be available upon registration.

**Military 101**

When: March 11  
Time: 9:30—11:30 a.m.

We are pleased to offer this fun and interactive 2-hour introduction to the military and the military lifestyle.

Topics will include: overview of the Canadian Armed Forces, rank structure, acronyms and abbreviations, life on a military bases, local resources and much more!

Spouses and family members of new CAF members, families new to the Edmonton Garrison and all Defence Team members and their families are invited to attend.

Register by March 8.

**Wednesday Francophone Coffee**

When: Jan. 18, Feb. 15, Mar. 15  
Time: 9:30—11:30 a.m.

Bring your family to Francophone Coffee on the third Wednesday morning of the month. Defence team members, employees and families will enjoy coffee and French conversation while meeting with other Francophone community members.

Children are welcome.

**Francophone Family Movie Night**

When: Jan. 6, Feb. 3, Mar. 3  
Time: 6—8 p.m.  
Cost: \$5 per family

Join the MFRC and watch a family friendly movie in French while enjoying pizza, refreshments and popcorn! Defence Team members, employees and families can register by the Wednesday of the same week.

**Deployment Pizza/Movie Nights**

When: Jan. 19, Feb. 16, Mar. 16  
Time: 6:00 p.m.  
Cost: \$5 per family

Families who have, who are currently, or who are about to experience a deployment are welcome to join us and enjoy a family movie, pizza, refreshments and, of course, popcorn! Call at least two days before the event to register.

**Deployment Drop-In Coffee**

When: Jan. 10, Feb. 7, Mar. 7  
Time: 1—3 p.m.

Families who have, who are about to, or who have recently experienced a deployment are invited to join MFRC Deployment Support Staff for coffee and supportive conversation.

Children are welcome to attend.

Are you interested in learning more about the deployment experience, or would like to mentor and share tips and ideas for coping with the extended absence of their military members? Please join us!

**Veteran Family Program Coffee and Conversation**

When: Monday, March 20  
Time: 6:30—7:30 p.m.

Join the MFRC Veteran Family Coordinator for a coffee and conversation about the medical release process.

Medically releasing CAF members, as well as medically released veterans, and their adult family members are invited to discuss the challenges and to share their successes in navigating the transition from military to civilian life.

Register by March 16.