



Trenton MFRC Virtual Programming & Support

November 2 - 7, 2020

Welcome to week thirty of the Trenton MFRC Virtual Program Schedule.

This week we have some wonderful things in store for everyone in the family. Whether it's teaching the young ones yoga and mindfulness or a support group for those experiencing deployment - we can't wait to see you!

For all our virtual offerings and MFRC updates, like and follow our Facebook page.

If you have suggestions on the type of programs or groups that would interest you, please let us know! Email your ideas to makala.c@trentonmfr.ca.

Monday, November 2

1:00 p.m.

Veteran Family Program: Open Art Studio

The Veteran Family Program invites you to join Art Therapy Student Sara Skipper for a 6 week on-line Open Art Studio. The Open Art Studio is a (virtual) space to come together and make art. As a participant, you can decide to follow the provided project or weekly theme or to create spontaneous art. The choice is yours! Joining the Online Open Art Studio can have many of the same benefits as making art in an in-person setting. It allows you to participate wherever you are. Open Art Studio is a simple and effective way to connect, to express, and to build resilience and wellness. No art experience required! For more information and to register, email vfp@trentonmfr.ca.

6:00 p.m.

Mindful Kids

Mindful Roots and the Special Needs Inclusion Program at the Trenton MFRC have partnered to bring a Virtual Mindful Program for youth ages 8 to 12 years-old. Join us as we explore mindful breathing, self-awareness, self-regulation techniques, and create arts and crafts. All the supplies you need will be provided in a box upon registration. Mindful Kids begins on November 2nd and runs every Monday for five weeks. To register contact bryanna.b@trentonmfr.ca.

Trenton Military Family Resource Centre
Belleville | Trenton | Batawa
613-965-3575 | www.trentonmfr.ca

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Wednesday, November 4

6:00 p.m.

Community Connection

In November we have a lot of exciting things happening in our deployment support group you won't want to miss! We will be discussing your emotions during deployment, ways your deployed spouse can parent from afar, and participate in a guided mindfulness reflection activity. November 25th is a special event: Introduction to Art Therapy Workshop with art therapy student, Sara Skipper. Learn about the therapeutic benefits of art, how you can use the creative process as a tool to explore different experiences through your deployment, and get started on your first piece of art. This is a free event and prior art experience is not required! For more information, contact: daniela.k@trentonmfrf.ca.

Friday, November 6

6:00 p.m.

DIY Bath Soak and Sugar Scrub

Let us help you make some time for rest and relaxation! Join us as we prioritize self-care by making our own peppermint bath soak and citrus sugar scrub. The registration fee covers all necessary ingredients! Supplies can be picked up directly from the Trenton MFRC. Please register by October 30th. For more information, email natasha.rv@trentonmfrf.ca.

Saturday, November 7

10 a.m.

Helping Entrepreneurs Reach Complete Success

HERCS program is a daylong workshop designed to help CAF family members start or improve their small business. What started as a local partnership with Loyalist College almost a decade ago has now grown to national level. HERCS is open to all Canadian military and veteran spouses. Other military family members will be accepted based on availability. Spouses can register for the program at: <https://bit.ly/3dtQyjo>. For more information, email elizabeth.n@trentonmfrf.ca.

**For EarlyON programs and activities for children and families, please visit our [EarlyON Trenton MFRC Facebook page](#).*

We hope you enjoy our programming and we look forward to connecting with you virtually. Please visit our website at www.trentonmfrf.ca or follow our FaceBook page for the most up to date information.

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