



Trenton MFRC Virtual Programming & Support

February 8 - 12, 2020

Welcome to the Trenton MFRC Virtual Program Schedule.

While February is the month of love, it is also the time to remind yourself to do the things that promote good mental health and love for yourself. This week we have lots of things to help you reach your goals.

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, February 8

9:30 a.m.

Art as a Stress Reliever

Join Sara Skipper, our art therapy placement student, as she facilitates "Finding our way: working with what we have". This closed art therapy group is open to veterans and their families. During these challenging times, this group supports connections and sharing positive experiences using the creative process. Participants are invited to attend these virtual art therapy sessions using materials that can be found around your home. No art experience is required. Pre-register by January 29th, to secure your spot. For more information, email vfp@trentonmfr.ca.

Wednesday, February 10

12:00 p.m.

Burnout-Recovery and Prevention

Burnout Recovery and Prevention is a four week educational group where you will learn: Understand the Stress Cycle and how to complete the cycle, Develop a Recovery Plan Based on individual's burnout signs and symptoms, Learn the effective problem-solving skills, Develop a prevention plan for burnout. To register or for more information email: mentalhealth@trentonmfr.ca.

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6:00 p.m.

Community Connection

Meet new people and share some laughs during February's Community Connection deployment support group! Join the Wednesday night group for your chance to win a prize at movie trivia or check out the Saturday morning group to learn how to make your own face and hair masks from things you already have around your house. New members are always welcome! For more information, email daniela.k@trentonmfr.ca.

Thursday, February 11

6:00 p.m.

Yoga with Hannah Feltham

Are you looking for a new way to stay active during the winter months? Join us for a free virtual yoga session guided by Hannah Feltham, founder of 'Feltham Vibes'! Participants from all experience levels are welcome to join. Please email natasha.s@trentonmfr.ca to register by February 8th. www.felthamvibes.com.

**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.trentonmfr.ca or follow our FaceBook page for the most up to date information.

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