



## Trenton MFRC Virtual Programming & Support August 3 - August 7, 2020

### **Welcome to week eighteen of the Trenton MFRC Virtual Program Schedule**

This week is both short and sweet as Monday is a holiday! As a result, we will resume our virtual programming on Tuesday, August 4, and you will have plenty to choose from. Start the week off by dropping in for Coffee with Korena. You are also invited to join Daniela for a mid-week discussion during our deployment support group Community Connection. Whatever you choose, we can't wait to see you!

To register and receive the Zoom links for any of our free virtual programs, simply email the corresponding coordinator in advance.

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](mailto:makala.c@trentonmfr.ca).

### **Wednesday, August 5**

1 p.m.

Virtual Youth Centre

Who's up for a game of charades? Calling all kids 6-9 years old to join in on some Virtual Youth Centre fun! For more information and to register, email [kameel.s@trentonmfr.ca](mailto:kameel.s@trentonmfr.ca).

6 p.m.

Community Connection with Daniela Kavanaugh

Is your loved one away on deployment, training, frequent missions, or IR? Join us for Community Connection – a virtual deployment support group! This week's activity: The Password Game. Get ready for a game night filled with laughter and friendly competition! To register, please email [daniela.k@trentonmfr.ca](mailto:daniela.k@trentonmfr.ca).

Trenton Military Family Resource Centre  
Belleville | Trenton | Batawa  
613-965-3575 | [www.trentonmfr.ca](http://www.trentonmfr.ca)

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WE ARE  
STRONGER**



## Thursday, August 6

12 p.m.

Interpersonal Skills 101 with Jaclyn Hunter

Do you have a hard time getting your thoughts in order for important conversation? Join me in this webinar to learn some basic tools that help with getting these conversations started off on the right foot. Email [jaclyn.h@trentonmfr.ca](mailto:jaclyn.h@trentonmfr.ca) to receive the Zoom link.

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

We hope you enjoy our virtual programming and we look forward to connecting with you. Please visit our website at [www.trentonmfr.ca](http://www.trentonmfr.ca) or follow our Facebook page for the most up to date information.

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