



Trenton MFRC Virtual Programming & Support

November 23 - 27, 2020

Welcome to the Trenton MFRC Virtual Program Schedule.

We are now officially less than a month away from the holidays. What a year it has been! But, have no worries, we still have lots of great programs and services for you and your family to enjoy. Break out the paint and brushes for a free virtual paint night or warm up those knitting needles and make some new friends at the virtual meetup!

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 23

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.

Free Virtual Paint Night

Are you feeling artistic this holiday season? Join us as we follow a virtual tutorial on how to create a holiday-themed painting! Supply pick-up available at the Trenton MFRC. Please register by November 17 by emailing natasha.s@trentonmfr.ca.

6:15 p.m.

Knit and Chat

We still have a few more get-togethers until the Holiday break. Join us to show us your latest project. Anyone knitting an ugly sweater by choice? For more information, email helene.cg@trentonmfr.ca.

Tuesday, November 24

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

TOGETHER
WE ARE
STRONGER



5:00 p.m.

Tutoring Support

This year, the global pandemic has made for many changes to the education system. With hopes to mitigate some of the challenges, we've partnered with Trent University to provide a Tutoring Support program! Tutoring will be facilitated by MFRC teen volunteers and Trent University students, with supervision by MFRC staff. Sessions will be offered virtually using the Zoom Meeting platform and will be divided into 3 subjects, all assigned a different day. Children may be registered for more than 1 subject, and must attend each corresponding session for 4 weeks. Registration closes November 5, but email us for more information, to learn about future opportunities. Contact Kendra at kendra.b@trentonmfr.ca. *Program only offered in English*

Wednesday, November 25

5:00 p.m.

Tutoring Support

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6:00 p.m.

ABA Virtual Chat with Maria Relucio

Guest speaker Maria Relucio, PhD, BCBA is joining the Special Needs Inclusion Program to offer an introduction of Applied Behaviour Analysis for parents. This webinar will also have a question period where Maria will address specific areas of Applied Behaviour Analysis. To register for this webinar, contact bryanna.b@trentonmfr.ca.

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@trentonmfr.ca.

Thursday, November 26

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7:00 p.m.

Book Club

You are invited to join us for our monthly Book Club this Thursday. Even if you haven't read the book, come help us to choose our next title and meet the participants. Email helene.cg@trentonmfr.ca.

**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 or follow our Facebook page for the most up to date information.

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