



## Trenton MFRC Virtual Programming & Support

November 9 -14, 2020

### Welcome to week thirty-one of the Trenton MFRC Virtual Program Schedule

We want to take this opportunity to thank those that have served our country, both past and present, and let you know we are humbled by your sacrifices. In the same way you have cared for our families, we wish to do the same and be here to support yours!

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).

### Monday, November 9

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](mailto:vfp@trentonmfr.ca).

6 p.m.

Virtual Youth Centre

Lest We Forget. We'd love for your kiddos to join us in some activities to remember our fallen soldiers. Please register by November 6. // Nous nous souvenons. For more information, email [kendra.b@trentonmfr.ca](mailto:kendra.b@trentonmfr.ca).

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

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## Tuesday, November 10

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](mailto:kendra.b@trentonmfr.ca). \*Program only offered in English\*

## Wednesday, November 11

10:30 a.m.

### Remembrance Day Walk

Are you looking for an alternate and safe way to commemorate this Remembrance Day? We invite Veterans and their families to join our MFRC Veteran Family Program team and 8-Wing Padre for a hike at the Lower Trent Trail in Trenton. Complimentary lunch and 'We Care' kits provided for each family! Register by November 9th at 4:00p.m. For more information, email [vp@trentonmfr.ca](mailto:vp@trentonmfr.ca).

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## Thursday, November 12

9:00 a.m.

### Employment and Education

Back by popular demand, this behavioural interviewing has helped many people prepare for those hard interviews. Join us and learn more about this style of interviewing. For more information, email [elizabeth.n@trentonmfrf.ca](mailto:elizabeth.n@trentonmfrf.ca).

10 a.m.

### Program in a Box: Dough Kits

Do you like pizza? What about cinnamon buns? If you said yes, we have a program in a box for you! The Special Needs Inclusion Program at the Trenton MFRC and Autism Ontario have partnered to bring you a versatile dough kit and recipe book. Limited quantities available so don't wait to register (due by November 9) Contact [bryanna.b@trentonmfrf.ca](mailto:bryanna.b@trentonmfrf.ca) for your kit!

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6:15 p.m.

### Knit and Chat

Hope you all are ready to get your knitting or crochet needles warmed up for some beautiful projects. As we are still in the transition mode, regarding COVID-19, for our get-together in November, we will meet on Zoom. Looking forward to seeing our regular knitters and welcoming new ones! For more information, email [helene.cg@trentonmfrf.ca](mailto:helene.cg@trentonmfrf.ca).

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## Saturday, November 14

10 a.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](mailto:daniela.k@trentonmfrf.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.trentonmfrf.ca](http://www.trentonmfrf.ca) or follow our Facebook page for the most up to date information.

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