



Trenton MFRC Virtual Programming & Support

July 5 - 9, 2021

Welcome to the Trenton MFRC Virtual Program Schedule.

It officially feels like summer! We hope your near future is full of barbecues, afternoons in the pool and lots of sunshine. When you need a break from all of the fun you're having, come spend some time with your family at the Trenton MFRC. This week we have a brand-new program for our youth. Get ready to learn how to make a resume that will help you stand out from your peers!

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.

June 19 - July 17

On the Move Event

Thousands of military families are *on the move* across Canada this summer, and you can join them! Join us for our *On the Move* event - a virtual 2K, 5K, 10K or half marathon! When you register you will receive your military posting and complete your move! Whether you run, walk, bike, jog, or hop, complete your goal when and how you want and help fundraise for the Trenton Military Family Resource Centre. Top fundraisers will have the chance to win one of our three grand prizes - valued at over \$1,500! For more information, visit: www.trentonmfr.ca.

Tuesday, July 6

5 p.m.

Soft Skills Solutions

Looking to start work but don't have very much to put on your resume? Join us for our 1st Soft Skills Solutions program and discover the skills you need that employers want! This is a 25-hour free certificate program that will give you the confidence you need for your first or next job and get you on your way to building a strong resume.

Open to youth ages 14-18. Course runs Tues and Thurs evenings from 5-8 p.m. for the month of July. Contact Caila to register at caila.w@trentonmfr.ca by July 5!

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

TOGETHER
WE ARE
STRONGER



Wednesday, July 7

10 a.m.

Super Employment Cafe: Resumes

Is your resume working for you or against you? Are cover letters a thing of the past? Join us for our first of eight Summer Employment Cafes to learn some tips and tricks to help make sure that your application goes the distance. Cafe is open every Wednesday from 10 -11 a.m. for July and August. Contact Caila at caila.w@trentonmfrf.ca for more information or to register.

Thursday, July 8

5 p.m.

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

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