Comox Military Family Resource Centre

339-8290 ~ www.geocities.com/cmfrc ~ cmfrc@yahoo.ca

COMPUTER WORKSHOPS

PowerPoint Level 1

Learn the tips, tools and tricks to make effective PowerPoint presentations. This course will help you to design a basic presentation from the beginning stages and will include a project to develop your hands-on skills.

Feb 12 & 13
$15 military / $20 non-military
Mike Murray, Volunteer

PARENTING WORKSHOPS

STEP: Systematic Training for Effective Parenting of Children Under Six

This time-tested program uses a consistent, positive and democratic approach to parenting. Short videos, information handouts and sharing of parenting experiences will be used to help you feel more confident in your parenting role. We will explore ways to build your child's self-esteem, develop effective communication skills, and discover practical methods to set limits and teach cooperation and discipline. It is also a time to make new acquaintances and have a bit of fun at the same time!

Thursdays
Jan 25 - Mar 8
9 am – 11 am
$15 Military / $20 Non-military
19 Wing Youth Centre
Marie Purcell, PIC Coordinator

Vancouver Canucks Alumni VS Comox Valley 1st Responders Charity Hockey Challenge

Sunday, February 25, 2007
2:00 pm
Comox Valley Sports Centre

Tickets: $20

Get Your Tickets at:

- Coast Sports Cards
- Comox Air Force Museum
- Comox Military Family Resource Centre
- Comox Valley Sports Centre
- Comox Valley Aquatic Centre
- Happy's Source for Sports
- 98.9 Jet – FM
- Passages Resort (Black Creek)
- Quality Foods

For more information call:
339-8290 or 339-8162

A joint fundraising venture by:
Comox MFRC &
Comox Air Force Museum

KIDS' & PRETEENS

Kids' Club

(6 - 9 years)

The Kids' Club provides a structured program for children ages 6-9. Children will have the opportunity to meet with old and new friends, participate in art/crafts, baking/cooking, recreational activities and games. The program focuses on the development of social, communication and leadership skills.

Mondays
6:00 pm - 8:00 pm
free with membership ~ $2 / drop in

Junior Chefs

(6-9 years)

Come be creative and have fun while making your own dinner and dessert! This is a once a month dinner extravaganza promised to be filled with laughs and giggles!



Thursdays
Jan 25, Feb 22, and Mar 29
6:15 pm – 8:00 pm
$7 members per session / $9 non-members per session
KCCC Old PMQ
Min: 6 / Max: 10
Facilitator: Theresa MacDonald

Preteen Club

(9 - 12 years)

This program provides an opportunity for children ages 9-12 years to get involved in a group of peers and interact through structured activities, indoor and outdoor games, and social events. This program also helps the preteens transition into the teen programs.

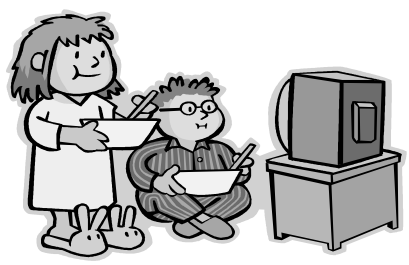
Wednesdays
6:00 pm - 8:00 pm
free with membership ~ $2 / drop in
Youth Centre / Craft Room / Gym

Home Alone Workshop

(10 - 12 years)

Staying home alone for the first time is a "big deal" for kids and their parents. This course will teach youth about safety, healthy choices and how to respond in an emergency. Parents and their children are required to attend the orientation night.

Orientation Night
Feb 7
6:30 pm – 7:30 pm
Course (Children only)
Feb 12 (pro-d day)
9:30 am – 3:00 pm
$25 members / $30 non-members
Classroom 2



QUALITY OF LIFE WORKSHOPS

Scrap Booking
5-week session

Come join us for an evening of fun, friendship and creativity!! Bring your own supplies and share your creative ideas with others.

Thursdays
Jan 25, Feb 1, 22, Mar 8, 29
6:30 pm – 8:30 pm
$5 military
$10 non-military
Conference Room
Pam Sunnus & Jen Campbell, Volunteers

CHILDREN

(under 5 years)

Play and Tumble

(children under 5)

Parents with children under 5 will enjoy this "high energy" program. Children and parents will participate in gym activities and circle time. This is a great opportunity to burn off some energy while learning new games and gross-motor activities. Parents are asked to bring a snack to share (Nut Free Zone).



Start Date: Jan 22
Mondays
10:00 am – 11:30 am
$2 per family drop in
Creative Kids Room

Teeter Tots

(2 – 3 years)

Join us for an active morning of gym activities, games and songs. This parent and tot program offers activities that promote the development of gross motor skills while having tons of fun. Childminding is available free of charge for siblings that are too young or old to participate.

Wednesdays
Feb 21, 28, Mar 7 & 14
9:30 am – 10:15 am
$12 / military ~ $15 / civilian
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Comox Valley Education & Career Fair
Feb 9, 2007
10 am - 4 pm
OPEN TO THE PUBLIC

WELLNESS WEDNESDAY WORKSHOPS

Pamper Yourself

In celebration of Valentine's Day, please join us for a relaxing morning in our mini spa setting. To ease your stress or just to relax, you can enjoy a massage or have a manicure to name a few of the services. Both men and women are welcome!!

Feb 14
$10 military
$15 non-military
Conference Room
Sandra Borgford, Licensed Esthetician; Adiva Mobile Day Spa; Gerry Bird, Custom Comfort Swedish Massage; Sarah, Underground Hair Studio

Calling All Volunteers

The winter session will be busy with the following two large events requiring the assistance of volunteers:

Comox Valley Education & Career Fair
Feb 9, 2007

Vancouver Canucks Alumni VS Comox Valley 1st Responders Charity Hockey Game
Feb 25, 2007

If you would like to help out and give back to your community, please call Danielle Bernier 339-8211 local 6656.

