



JUNE 2021 VIRTUAL PROGRAM FLYER

GOOD NEWS

Nova Scotia is getting back on the right track in the fight against COVID-19. As we enter June still in a lockdown to fight the third wave of the virus, things are looking up with case numbers dropping and vaccinations increasing. Please do your part and book your vaccine!

JUNE 2021 PROGRAMS

Most of June's programs will continue to be offered virtually. There are a couple of programs that are scheduled for the Youth Centre that will be offered in person only if the public health guidelines allow. Rest assured we will follow strict protocols to protect everyone's health and safety.

Our Annual General Meeting will be hosted virtually on Wednesday, June 16 and we invite you to join us as we look back on the events of the past year. Also, keep your eyes on our social media accounts and website for an announcement of a special event coming up on Sunday, June 27, which will be fun for all ages!

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JUNE PROGRAMS



WILDHOOD: BRINGING CHILDREN AND NATURE TOGETHER (VIRTUAL)

Deployments, Postings, & Covid, OH MY! So many complicated and stressful issues challenge our military children every day. Managing it all can become overwhelming for them, and their caregivers. Did you know that nature can be used as a tool for stress management? In this webinar we will be sharing ideas on how you can harness the power of nature as stress relief for children.

Date: Monday, June 7

Time: 8 – 9pm

Registration Deadline: Monday, June 7

Register: [Click here](#)

EMPOWERING MILITARY FAMILIES ABOUT GENDER-BASED VIOLENCE THROUGH KNOWLEDGE & AWARENESS (VIRTUAL)

This virtual information session addresses the important topic of gender-based violence. Sharing their expertise on this are three professionals in the field. Learn about this type of abuse, who is at risk, and local supports in our community that are available to you and your family. The goal of this session is to provide practical information and awareness; attendees are not required to participate or self-identify in any way.

Date: Tuesday, June 1

Time: 6:30 – 8:30pm

Registration Deadline: Friday, May 28

Register: [Click here](#)

AMONG US (VIRTUAL)

Who can you trust when everyone is against one another? Join us online for tasks, betrayal and fun as we play Among Us, using the YC's private Discord server. For information and to register, contact Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

Date: Saturday, June 5

Time: 6 – 8pm

Registration Deadline: Friday, June 4

FIND THE HIDDEN DOLLAR TRIVIA DAY (VIRTUAL)

Join us for our 10th annual event on scholarships, or what we like to call: Find the Hidden Dollar Trivia Day! Open to anyone entering or currently attending a post-secondary educational institution, this is a great way to learn about applying for a variety of different scholarships and maybe even win a prize!

Date: Saturday, June 5

Time: 2 – 4pm

Registration Deadline: Friday, June 4

Register: [Click here](#)

TEEN NIGHT (IN PERSON)

If public health restrictions allow

Teens ages 13+: An evening intended for older youth to come and hangout; youth will have the opportunity to relax, connect with friends and participate in activities that build social connections and friendships. Space limited, so register today!

Contact Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

onmicrosoft.com

Date: Thursday, June 10

Time: 6 – 8pm

Registration Deadline: Wednesday, June 9

Cost: \$2

OPEN DROP-IN (IN PERSON)

If public health restrictions allow

Looking to kick back and relax? What better way to do so than to come out to the YC for Open Drop-ins! This is a safe space for youth to hang out with friends to play with our sports equipment, foosball, video games, board games, and it's a creative space with paint and craft supplies. All this and more is available during our drop-in times. Respecting the Covid-19 protocols, we ask that you register for drop-ins. Contact Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

onmicrosoft.com

Date: Fridays, June 11, 18 & 25; Sundays, June 13, 20 & 27

Time: 4 – 6pm (Fridays), 1 – 5pm (Sundays)

Registration Deadline: Day prior

MINECRAFT (VIRTUAL)

Did you know the YC has its own Minecraft server? Join us on our private Discord server and interact while we build and explore all the different adventures that Minecraft Bedrock has to offer. For information on joining our realm, contact Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

Date: Saturday, June 12

Time: 1 – 5pm

Registration Deadline: day prior

STRESS: EFFECTS ON THE BODY (VIRTUAL)

As many of us are experiencing heightened stress, it is a good time to come together to learn more about how stress affects us physically and how we can find some relief. Being able to recognize common stress symptoms can help you manage the effects on your body. Join our Family Liaison Counsellor Mara for this education session and discuss new strategies.

Date: Tuesday, June 15

Time: 8 – 9pm

Registration Deadline: Tuesday, June 15

Register: [Click here](#)

CONNECTING WITH OUR COMMUNITY - CAMPING IN NOVA SCOTIA (VIRTUAL)

Are you looking to try camping, but you just don't know where to start? Join us for a camping workshop to learn what you need to make your camping trip an easy and fun experience. We will cover the basics including: how to choose the best site, camping equipment and gear necessities, basic safety, animal proofing your campsite, ideas for fun activities, tips from an experienced camper, and some local resources!

Date: Wednesday, June 16

Time: 7:30 – 8:45pm

Registration Deadline: Tuesday, June 15

Register: [Click here](#)

H&R MFRC ANNUAL GENERAL MEETING (VIRTUAL)

Join the H&R MFRC's Board of Directors who will be recapping the past year's achievements and other important items. This is a virtual AGM and everyone is welcome to tune in.

Date: Wednesday, June 16

Time: 5 – 6:30pm

Registration Deadline: Wednesday, June 16

Register: [Click here](#)

BOWLING (IN PERSON)

If public health restrictions allow

Ready for a fun night with friends? Join the YC at Bowlarama in Woodside for an evening of pins, strikes, and friends all while flexing your bowling skills. Space is limited; register by emailing Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

Date: Thursday, June 17

Time: 6 – 8pm

Registration Deadline: Wednesday, June 16

Cost: \$2

ADULT TRIVIA (VIRTUAL)

Join us for our final trivia before we take a break for the summer as we invite two local drag queens to co-host with us: Dyna Might and Deva Station from Station Central! These Queens were recently rewarded for their outreach during the pandemic by TD Bank. Get ready for some fun and laughter! Win prizes and connect with other military families.

Date: Thursday, June 17

Time: 8 – 9:15pm

Registration Deadline: Tuesday, June 15

Register: [Click here](#)



JUNE PROGRAMS

GEOCACHING WITH THE YC

Our Youth Committee is pleased to present our Geocaching program! No experience needed; come learn about what Geocaching is, try and find a geocache and help us leave the HSYC's own geocache at Lake Banook! For more information on this special program, reach out to Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

Date: Saturday, June 19

Time: 12 – 4pm

Registration Deadline: Friday, June 18

END OF YEAR ICE CREAM SOCIAL (IN PERSON)

If public health restrictions allow

What better way to wind-down the year than celebrating the end of the school with an ice cream party? Join your friends at the YC for an evening of laughter, socializing and of course, ice cream while enjoying the beautiful outdoors! We'll be serving up ice cream so be sure to bring with you your bowl and spoon; register today by emailing Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

Date: Thursday, June 24

Time: 6 – 8pm

Registration Deadline: Wednesday, June 23

Cost: \$2



FAMILY TRIVIA (VIRTUAL)

This will be our last Family Trivia Night until the fall, so be sure to join us! And, as a special surprise, we've brought in a local magician, "The Amazing Mr. J- Magician & Entertainer" to perform live for 15-minutes during an intermission break during our regular trivia night!

Date: Friday, June 25

Time: 7:45 – 9pm

Registration Deadline: Tuesday, June 22

Register: [Click here](#)

COOKING CLASS (VIRTUAL)

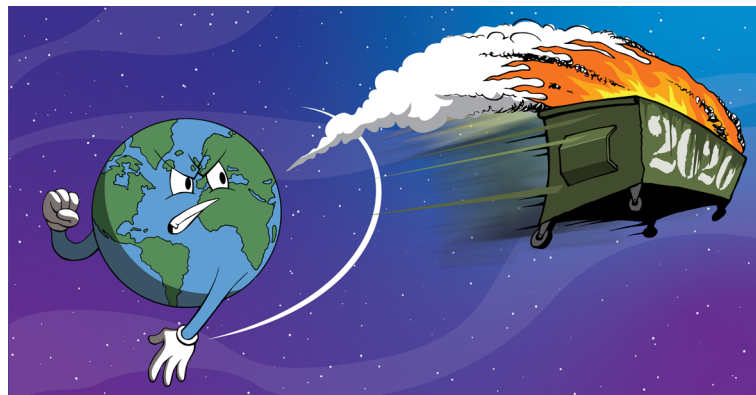
Ready to get back into the kitchen? Join Reanna and Cameron for this kitchen-party style Cooking Class! Explore a safe and fun new cooking skill awhile connecting with your friends to see what they've create! Register online to snag your spot. For more information on this program, contact Hannah: hannah.purcell@hrmfrc.onmicrosoft.com

Date: Saturday, June 26

Time: 1 – 3pm

Registration Deadline: Friday, June 25

Register: [Click here](#)



H&R MFRC Annual General Meeting

2020 was a crazy year! Join us on Wednesday, June 16 as we look back on all that we accomplished during an incredibly difficult year and pivot to the new normal for 2021.

5 – 6:30pm on Zoom
All are welcome!

FAMILY FAVOURITES

NEW BABY (VIRTUAL)

Becoming a new parent is filled with joys and challenges and what better way to embrace this exciting time than by sharing information and offering support to each other. For expecting moms and parents with babies up to 12 months old.

Date: Tuesdays

Time: 10 – 11:30am

Register: [Click here](#)

PLAY & LEARN (VIRTUAL)

Families with children 5 years and under are invited to join us to play, learn and connect in a safe outdoor environment. This family playgroup provides caregivers an opportunity to interact and build skills with their children through play, and also for families to connect.

Date: Wednesdays

Time: 10 – 11am

Register: [Click here](#)

CAFÉ FRANÇAIS (VIRTUAL)

Il est possible d'être ensemble, même à distance! Le Café Français virtuel vous donne l'occasion de jaser entre adultes âgés de 18 ans et plus et de faire de nouvelles connaissances.

Date : Les jeudis

Heure : 15 h 30 à 17 h

S'inscrire : [Cliquez ici](#)

COFFEE CONNECTIONS (VIRTUAL)

Coffee Connections is a community-based program for military families. Adults 18+ are welcome and have the opportunity to get together and share some common experience while socializing with others.

Date: Fridays

Time: 9:30 – 10:30am

Register: [Click here](#)

DEPLOYMENT

DEPLOYMENT LIVE CHAT (VIRTUAL)

Social distancing doesn't mean we can't be social from a distance. Brew up a cup of coffee and get together with the deployment team, and other family members whose loved ones are on deployment. It's free to join and all are welcome. Socials are every other Wednesday with a new topic every week!

Date: Wednesdays, June 2, 16 & 30

Time: 8 – 9pm

Register: [Click here](#)

HMCS HALIFAX SWEAT AND SHARE (VIRTUAL)

Throw on your sweats, fill up your water bottle and find some space... it's time to workout! At your own pace, join us for a 20 – 30 minute virtual workout. For our cool down, we'll have a chance to chat and share.

Date: Saturdays, June 5 & 19

Time: 10 – 11am

Register: [Click here](#)

PREPARING FOR REUNION (VIRTUAL)

Are you preparing for your loved one's return and looking for tips and tricks to make reintegration go smoothly? Homecoming is the most anticipated part of the deployment, however after months of waiting it may take some time and patience for your life to settle down again. This workshop provides you with information in managing the transition and reintegration phase of the deployment. Join us from the comfort of your own home to learn the same language and tools for understanding the stress, joys and challenges of reunion that your loved one will receive prior to homecoming.

Date: Tuesday, June 8

Time: 8 – 9pm

Register: [Click here](#)



Sign up for our electronic newsletter (eNews) and stay connected with the latest updates!

Email us: communications@halifaxmfc.ca to sign up.



LIVE Q&A - DEPLOYMENT BINDER (VIRTUAL)

During this Live Question and Answer hour you can ask two H&R MFRC staff members all of your burning questions about keeping a Deployment "What If Binder." Keep all the "what if's" in one spot! "What if the hot water tank breaks?" "What do I do if one of my kids is sick, but I have to go to work?" "What do I make for supper tonight?" Join our H&R MFRC Deployment Team, to build your "I've got this deployment" binder.

Date: Wednesday, June 9

Time: 8 – 9pm

Register: [Click here](#)

HMCS HALIFAX ROCKS! (VIRTUAL)

Let's channel our creative side with rock painting! Find yourself a rock and some paint then join us online as we paint our rocks together. Acrylic paint and paint pens works great.

Date: Saturday, June 12

Time: 11am – 12pm

Register: [Click here](#)

LIVE Q&A - CAREGIVERS SUPPORTING CHILDREN THROUGH WORK RELATED SEPARATION (VIRTUAL)

Join us for an informal lunch hour discussion on tips and tricks on how to support your child through a work related separation. That could be IR, deployment, tasking, course, field exercise, etc. Jennifer, Tracey, and Hannah will be present to answer your questions and provide you with resources for ages 0-18.

Date: Monday, June 21

Time: 12:30 – 1:30pm

Registration Deadline: Monday, June 21

Register: [Click here](#)

PREPARING CHILDREN FOR REUNION (VIRTUAL)

Do you have children preparing for a Reunion with a deployed parent or loved one? Are they prepared for the joys and challenges of reintegrating with their deployed parent/loved one? During this workshop, we will share helpful strategies for parents to help children adjust to the reunion, and reconnect with the returning parent.

Date: Tuesday, June 22

Time: 8 – 9pm

Register: [Click here](#)

HMCS HALIFAX BOOK CLUB (VIRTUAL)

We're excited to launch a monthly Book Club for HMCS HALIFAX family members. Once a month we'll get together on Zoom to discuss that month's book (no pressure if you didn't finish it or even read it), and decide together on the next book we'll be reading.

Date: Wednesday, June 23

Time: 8 – 9pm

Register: [Click here](#)



Special Event Announcement Coming Soon

A virtual event for all ages. Teams of families and friends will complete fun challenges with chances to win prizes.

Stay tuned to our social media and website for announcement details!



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