

NS Veteran & Family News - Connect to Thrive Events & Activities in September 2022



The following events are open to Veterans and/or their families. Interested in an event listed below? Reach out directly to the organization for more information. You can also pay it forward by sharing this information with your Veteran friends and families!

Please note: the H&R MFRC provides this as a central information-sharing tool only. While each agency listed in this newsletter is united in supporting Veterans and/or Veteran families, they are independent organizations.

Events are listed in chronological order, and some events run for multiple weeks.

September 1- 23

Apple Pie Sale Fundraiser

Organization: Canadian Military Wives Choirs Greenwood, <https://www.facebook.com/CMWCG>

Description: Contact us to learn about our Greenwood Canadian Military Wives Choir and order delicious apple pies in support of us. Deadline to order is September 23 11:59 pm

Register/info No registration, info via <https://www.facebook.com/CMWCG> or canadianmwc.greenwood@gmail.com

Audience/Topic: Veterans, spouses, peer-based, social

5 session series: September 9, 16, 23 & October 7, 14 (Fridays) 9 am – 3 pm

Identity & Transition: *Build a life beyond the uniform*

Organization: Landing Strong www.landingstrong.com 902-472-2972

Description: You know how to be strong on the job, you're an expert at helping others. Now, it's time to care for yourself, and build a life beyond your uniform. Lunch provided. **Register** by calling

Audience/Topic: Veterans/Military

5 session series: September 13, 20, 27, October 4, 11 (Tuesdays) 9 am – 3 pm

Navigating Next Steps: *Creating Confidence & Clarifying Strengths*

Organization: Landing Strong www.landingstrong.com 902-472-2972

Description: Understand your individual strengths and build confidence to take the next steps into community or career. This program is for those making a transition from military to civilian life. Lunch provided. **Register** by calling

Audience/Topic: Veterans/Military

September 14 – October 19 2022 1-3 pm (6 Wednesdays) OR

September 15 – October 20 2022 1-3 pm (6 Thursdays)

SPiRiT (Strength Pride Insight Relationship Identity Trust)

Organization: Free Spirit Therapeutic Riding Association, www.fstra.org, (902)670-8402

Description: SPiRiT provides an opportunity to women veterans living in western/central NS to connect, learn and inspire each other. Includes opportunities to work with horses (unmounted - no horse experience necessary), lunch & learns, fun engaging therapeutic experiences and the healing power of relationship. **Register/info:** Registration required, (902)670-8402, email info@fstra.org / <https://www.fstra.ca/copy-of-freedom-to-belong>

Audience/Topic: Veterans, Peer-based, PTSD/OSI, Bereaved, Social

September 15 (Thursday), 6-8:30 pm

New Members Night #1

Organization: Canadian Military Wives Choirs Greenwood, <https://www.facebook.com/CMWCG>

Description: No experience necessary, no audition – just bring yourself, a positive attitude and a love of music and friendship. We are a 3-part women's choir that comes together weekly to sing and have fun! **Register/info** No registration, info on Facebook or canadianmwc.greenwood@gmail.com

Audience/Topic: Veterans, spouses, peer-based, social

September 17 (Saturday), 10 am – 2 pm

Bluenose Bienvenue: a family fun day for military and Veteran families

Organization: Halifax & Region Military Family Resource Centre, www.hrmfrc.ca, 1 888 753 8827

Description: The H&R MFRC and our friends at 12 Wing warmly welcome military members, Veterans, and families to the Shearwater Sea King Club and H&R MFRC Youth Centre. Connect with others who share the military lifestyle, local community groups and vendors, members of 12 Wing, and H&R MFRC staff, including our Veteran Family Navigator! **Register/info** No registration, read further detail <https://halifaxmfrc.ca/index.php/en/programs/bluenose-bienvenue-2022>

Audience/Topic: Veterans Spouses Children Couples Social

September 22 (Thursday), 6-8:30 pm

New Members Night #2

Organization: Canadian Military Wives Choirs Greenwood, <https://www.facebook.com/CMWCG>

Description: No experience necessary, no audition – just bring yourself, a positive attitude and a love of music and friendship. We are a 3-part women's choir that comes together weekly to sing and have fun! **Register/info** No registration, info on Facebook or canadianmwc.greenwood@gmail.com

Audience/Topic: Veterans, spouses, peer-based, social

September 29 (Thursday), 7-8:30 pm

Regular Weekly Rehearsals begin (ongoing)

Organization: Canadian Military Wives Choirs Greenwood, <https://www.facebook.com/CMWCG>

Description: No experience necessary, no audition – just bring yourself, a positive attitude and a love of music and friendship. We are a 3-part women's choir that comes together weekly to sing and have fun! **Register/info** No registration, info on Facebook or canadianmwc.greenwood@gmail.com

Audience/Topic: Veterans, spouses, peer-based, social

[Click here](#) for a list of helpful resources.