



CHILD & PARENT PROGRAMS

NOVEMBER 2011



Program Director: Doris Jordan
 (613) 998-4844
 capacdirector@yahoo.ca
 www.familyforce.ca

PROGRAM LOCATIONS

MFRC: 330 Croil Pvt
EPPS: Elizabeth Park Public School, 15 DeNiverville Dr
KANATA: OEYC, 2 MacNeil Court

ORLEANS: OEYC, 240 Centrum unit 105
GATINEAU: Maison de la famille 69 Gatineau Ave

MON	TUES	WED	THURS	FRI	SAT
<p>Interested in a Mom & Baby Zumba class? contact us at 613-998-4844</p>	<p>1 CAFE FRANCAIS (MFRC) 9:30-11:30 STAY & PLAY DROP-IN (EPPS) 9-11 KOOL KIDS (EPPS) 5:30 - 7PM</p>	<p>2 FIRST WORDS SCREENING CLINIC (MFRC) 9-11:45AM COFFEE BREAK (MFRC) 9-11AM ORLEANS MILITARY PLAYGROUP (ORLEANS) 9-11 *INFANT MASSAGE (EPPS) 12:30-2PM</p>	<p>3 *CHILDREN'S CORNER-MORNING (MFRC) 9-12 Call (613) 998-4888 to register *CHILDREN'S CORNER-EVENING (MFRC) 4-9pm Call (613) 998-4888 to register. JEUDI PLEIN DE SOLEIL (EPPS) 9-11</p>	<p>4 STAY & PLAY DROP -IN (EPPS) 9-11 *FRIDAY FUN DAYS (respite) (GATINEAU) 9-12pm Call (613) 371-0554 to register</p>	<p>5 KANATA MILITARY PLAYGROUP (KANATA) 9-11 UPLANDS FAMILY PLAYGROUP (MFRC) 10-12</p>
<p>7 *LEARNING TOGETHER (MFRC) 9-11 TOPIC: OPEN DISCUSSION Register at capacdirector@yahoo.ca</p>	<p>8 CAFE FRANCAIS (MFRC) 9:30-11:30 STAY & PLAY DROP-IN (EPPS) 9-11 KOOL KIDS (EPPS) 5:30 - 7PM</p>	<p>9 COFFEE BREAK (MFRC) 9-11AM ORLEANS MILITARY PLAYGROUP (ORLEANS) 9-11 MOM & BABY PLAYGROUP (EPPS) 12:30-2PM</p>	<p>10 *CHILDREN'S CORNER-MORNING (MFRC) 9-12 Call (613) 998-4888 to register *CHILDREN'S CORNER-EVENING (MFRC) 4-9pm Call (613) 998-4888 to register. JEUDI PLEIN DE SOLEIL (EPPS) 9-11</p>	<p>11 CLOSED</p>	<p>12 *SATURDAY TIME AWAY-UPLANDS (MFRC) 1-9PM-Register 998-4888 *SATURDAY TIME AWAY-GATINEAU (GATINEAU) 4-9PM-Register 613 998-4888 KANATA MILITARY PLAYGROUP (KANATA) 9-11 UPLANDS FAMILY PLAYGROUP (MFRC) 10-12</p>
<p>14 *LEARNING TOGETHER (MFRC) 9-11 TOPIC: REDUCING STRESS DURING THE HOLIDAYS Register at capacdirector@yahoo.ca</p>	<p>15 CAFE FRANCAIS (MFRC) 9:30-11:30 STAY & PLAY DROP-IN (EPPS) 9-11 KOOL KIDS (EPPS) 5:30 - 7PM</p>	<p>16 COFFEE BREAK (MFRC) 9-11AM ORLEANS MILITARY PLAYGROUP (ORLEANS) 9-11 MEET & GREET (GATINEAU) 1-3:30PM MOM & BABY PLAYGROUP (EPPS) 12:30-2PM</p>	<p>17 *CHILDREN'S CORNER-MORNING (MFRC) 9-12 Call (613) 998-4888 to register *CHILDREN'S CORNER-EVENING (MFRC) 4-9pm Call (613) 998-4888 to register. JEUDI PLEIN DE SOLEIL (EPPS) 9-11</p>	<p>18 STAY & PLAY DROP -IN (EPPS) 9-11</p>	<p>19 KANATA MILITARY PLAYGROUP (KANATA) 9-11 UPLANDS FAMILY PLAYGROUP (MFRC) 10-12 *SATURDAY TIME AWAY-ORLEANS (ORLEANS) 1-9PM Register at 613 998-4888</p>
<p>21 *LEARNING TOGETHER (MFRC) 9-11 TOPIC: ZUMBA CLASS Register at capacdirector@yahoo.ca</p>	<p>22 CAFE FRANCAIS (MFRC) 9:30-11:30 STAY & PLAY DROP-IN (EPPS) 9-11 KOOL KIDS (EPPS) 5:30 - 7PM</p>	<p>23 COFFEE BREAK (MFRC) 9-11AM ORLEANS MILITARY PLAYGROUP (ORLEANS) 9-11 MOM & BABY PLAYGROUP (EPPS) 12:30-2PM</p>	<p>24 *CHILDREN'S CORNER-MORNING (MFRC) 9-12 Call 998-4888 to register *CHILDREN'S CORNER-EVENING (MFRC) 4-9pm Call 998-4888 to register. JEUDI PLEIN DE SOLEIL (EPPS) 9-11</p>	<p>25 STAY & PLAY DROP -IN (EPPS) 9-11</p>	<p>26 *SATURDAY TIME AWAY-UPLANDS (MFRC) 1-9pm 998-4888 to register *SATURDAY TIME AWAY-ORLEANS (ORLEANS) 1-6PM 998-4888 to register KANATA MILITARY PLAYGROUP (KANATA) 9-11 UPLANDS FAMILY PLAYGROUP (MFRC) 10-12</p>
<p>28 *LEARNING TOGETHER (MFRC) 9-11 TOPIC: HEALTHY SNACKS Register at capacdirector@yahoo.ca</p>	<p>29 CAFE FRANCAIS (MFRC) 9:30-11:30 STAY & PLAY DROP-IN (EPPS) 9-11 KOOL KIDS (EPPS) 5:30 - 7PM</p>	<p>30 COFFEE BREAK (MFRC) 9-11AM ORLEANS MILITARY PLAYGROUP (ORLEANS) 9-11 MOM & BABY PLAYGROUP (EPPS) 12:30-2PM</p>	<p>PROGRAMMES SUPPORTED BY:</p>	<p>Programs with an * require pre registration</p>	