

RENDEZVOUS

TORONTO MILITARY FAMILY RESOURCE CENTRE
TMFRC

CRFMT

CENTRE DE RESSOURCES POUR
LES FAMILLES DES MILITAIRES DE TORONTO

MESP



PSFM

March/April/May 2011

The Magic Starts With You!

Here we are in 2011. A new year has begun with many exciting projects and events on the go. Join us on **Thursday March 24th** from 7 pm to 10 pm for an evening filled with magic, fun and exciting stories...*The Magic Starts with You!* This event is being held at the enchanting Canadian Forces College, 215 Yonge Boulevard. Guests will watch and listen as the magic unfolds, featuring our keynote speaker, Ms. Christie Blatchford of the Globe and Mail. Christie will speak to us about her experiences with Canadian troops and the importance of 'family' in the lives of our CF personnel. Our second speaker will be LCdr Leanne Crowe, Mine Warfare Tactics, Underwater Battlespace.

In addition there will be a Silent Auction, the opportunity to try Trumpour's Mill wine donated by the Grange Winery in Prince Edward County, finger foods and other choices of alcoholic or non-alcoholic beverages. There will be a travelling magician, music, and of course various representatives from the military community with whom guests can chat and hear the 'inside scoop' on the lives of our Canadian Forces soldiers and families.

If you or someone you know would like to find out more about attending or supporting this inaugural event, please contact TMFRC at 416 633 6200 ext. 4311, for Lia Popovici or ext. 4212 for Roxanna Gumiela. Tickets are limited! There are only 100 available at \$100.00 per person, that's magic itself!! Corporate sponsorship packages are available. To purchase tickets, please visit www.themagicstartswithyou.ca.

Looking forward to seeing you at our programs, hearing your thoughts, and working the magic together! The Magic Starts with you! Support our Military Families!

Roxanna Gumiela, Executive Director TMFRC

Welcome to Toronto Military Family Resource Centre!

If you would like to familiarize yourself with your new community, the Toronto MFRC has welcome packages available for your reading reference, from all the MFRCs across Canada, the US and overseas. Packages include up-to-date information that is specific to your needs. Likewise, if you've been posted to Toronto this year, we would be happy to supply you with a copy of our current Welcome Package.

All your information and referral needs will be satisfied through our information and referral program. If you require deployment information or would like to participate in many of our adult workshop sessions our coordinator will be able to help you. Our spousal employment coordinator assists with resume preparation and interview skills. . If you are interested in volunteering a talent, or your time, you will find information on our volunteer services. Your children may want to participate in one of our many children's programs which vary in content and cater to specific age-groups.

For more details or to request a package or a TMFRC building tour or an orientation session, please stop by the centre or contact us by calling the Community Integration Coordinator at 416 633 6200 ext. 4311.



Toronto MFRC Contacts

Roxanna Guimela	x 4212	Executive Director
Grace Mellberg	x 4229	Personal Development & Second Language Training Services
Lia Popovici	x 4311	Community Integration Coordinator, Info and Referral Services
Kim Frost	x 4316	Coordinator of Volunteer Services
Jessica Wilkins	x 4330	Prevention Support & Intervention Coordinator
Fliss Chippendale	x 4310	Family Separation & Reunion Coordinator
Karen Cox	x 2666	JSPU / IPSC Liaison Officer
Thomas Sulley	x 4301	Youth Coordinator
Cathy Turalinski	x 4312	Child & Youth Development, Parenting Support Supervisor
Sheron Smith	x 4317	Children's Playgarden Supervisor

Infant Room

Tatiana Frias
Sonia Hernandez
Florette Ruddock
Kanthie Weerasinghe

Preschool Room

Amara Castro
Cynthia Clark
Natalie Musharbash

Toddler Room

Joanne De Langen
Liezl Agustin-Montenegro
Carolyn Young

Support Staff

Elisa Loduca
Vanessa San Diego
Dona Fernando
Ishrat Uddin
Samsumehar Shaik

416-633-6200 x 4311

tmfrc@forces.gc.ca
www.familyforce.ca
Fax: 416-635-4414

Mailing Address

TMFRC
5 Yukon Lane
Toronto, ON M3K 0A1

Hours of Operation

Monday - Friday
8:30 a.m. - 4:30 p.m.

Board of Directors

Chairperson Dwayne Hobbs

Vice Chairperson Karen Barker

Treasurer Yuen Seto

Secretary Caroline Clark

Members

Mike Bulger
Caroline Charbonneau
Maj. Jacqueline DeBruin

Ex-Officio

Lt Gabrielle Chafe (CFEME/DRDC)
CWO Andrew Henderson (LFCA)
Maj Mike Nicholls (CFC)
Lt. Carrie Topping (ASU)
Maj. Derrick Allday (LFCA)

General Information

TMFRC Annual General Meeting

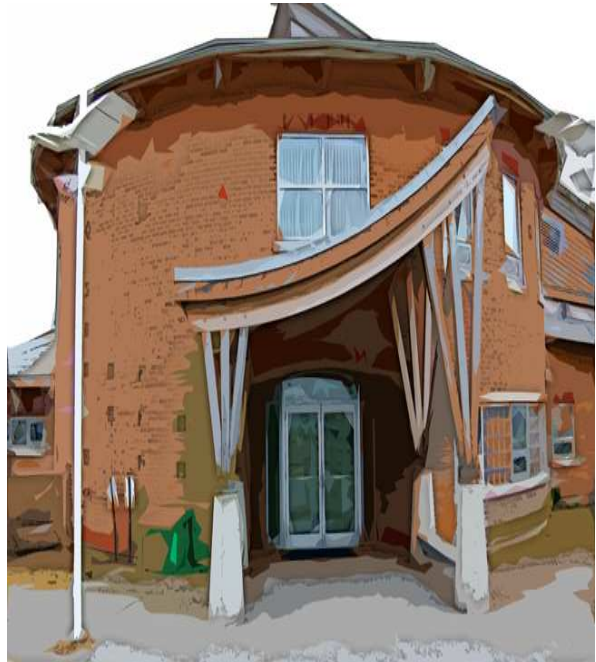
TMFRC is making changes. Our Annual General Meeting will be held on **Wednesday June 1, at 7 pm.** The Board of Directors invites your participation at the meeting. This will be an important meeting to attend to learn about the review of the organization's By-laws, acknowledge staff and volunteer appreciation and hear about the outcomes of a community assessment, also in the works!

We are looking for new Board Members!

Membership on the Board of Directors is a very rewarding experience. You will gain experience in democratic process and grassroots planning. The Toronto Military Family Resource Centre is part of a national organization that allows you to stay involved with each posting. Being a member of the Board of Directors gives you a voice in how the overall organization works in your community. Membership also gives you a chance to meet new people and learn new skills.

- Meets approximately once a month for about 2 – 3 hours.
- Is accountable to the community and is legally responsible for the TMFRC.
- Is responsible for determining the future direction of the organization.
- Sets both the policies and the budget for the TMFRC.

Contact the Executive Director at 416-633-6200 ext. 4212 for more information.



Volunteer Program Information and Procedures

Sign In Procedures – Please sign your volunteer log sheets regularly. Some of you may be working closely with your supervisor to ensure that we have monthly hours updates. If you come into the centre regularly, simply sign in the white book. If you volunteer offsite, please track on your electronic log sheet and forward to your supervisor.

We also have a new red visitor's log located at front reception area. Please ensure that you sign this book every time you visit the centre.

Parking Pass - When parking at the centre you must display a security parking pass in your vehicle. Please come into the centre obtain a parking pass prior to your meeting or volunteer shift. Unfortunately cars will be tagged/towed if parking pass is not visible. This is a new procedure for all staff, volunteers and visitors. We are very sorry for the inconvenience this may cause.

**The Magic Starts with You!
Support our Military Families!**

March 24 2011 – Tickets \$100/person

So many corporations and community members are interested in supporting our centre, more specifically our families. It's time to network, educate and allow our community folks an opportunity to get involved...to be part of the important work we do and experience an intimate magical evening in honour of our families. A group of determined community supporters and dedicated volunteers are putting our ideas into action and are planning an exquisite black and white tie cocktail party to make our dream of raising funds for the centre a reality!

Experience an opportunity to hear guest speaker Christie Blatchford and others share their perspectives. The evening will include a reception style atmosphere where our community guests will have the opportunity to mix and mingle, bid on silent auction items, play raffles, and enjoy the ambiance of a live musical duo while being entertained by magicians.



Please assist us by spreading the word and selling tickets to community members, corporations, business folks and dignitaries ultimately allowing them an opportunity to get involved. We are also looking for event sponsors and volunteers to assist with event details throughout planning, execution and post up activities as well. Please connect with Kim or Roxanna (x 4212) if you wish to support this event in any way.

TMFRC Volunteer Week

May 30 - June 3, 2011

The week we've all been waiting for! Thank you volunteers for everything you do! Please join us at the centre for a week long celebration in honour of our supportive volunteers! We are offering a wide selection of interesting complimentary workshops, training and information sessions and facility tours for our volunteers. This year we will also be opening the doors to all family members who would like to participate and learn more about our services and programs here at the centre.

To make this week extra special, we will also be having our **Annual General Meeting, Wednesday night, June 1** and all are invited to attend.

In conclusion of our week long celebration, we will be wrapping up on **Friday night, June 3, with our Annual Volunteer Recognition Night**. Don't miss out on this incredible opportunity. It's a time to learn, socialize and have fun. If you are planning to attend please contact Kim Frost at kimberly.frost@forces.gc.ca. Please see workshop schedule posted on AOL and at the centre. If I have your email, I will definitely make sure that I send you a copy.

Complimentary Tickets!

Victoria Scholars Tickets - Receive complimentary seasons tickets to an incredible men's choral ensemble. We have free tickets available for you for **March 6, April 17, and June 5**. Contact Kim directly if interested in obtaining complimentary passes. Check out Victoria Scholars website to learn more about each concert. www.victoriascholars.ca. This is definitely a peaceful evening of song and celebration of music.

**Current Recruitment Needs:**

Volunteer Services Program Assistant: Experienced individuals with a background in Human Resources Management (Recruitment), Volunteer Management, Supervisory, Project Management, Event Planning, Training and Facilitation skills and Administrative skills would be an asset to our Volunteer Services Program.

Fund Development: Bring your experience and special skills and join our fundraising team. Take the initiative to work on individual fundraising campaigns, write grants, and network TMFRC out in the community.

Outreach Tables: Educate and connect with the community while you enjoy selling our merchandise at local festivals, events, conventions. We are hoping to expand our outreach volunteer roster. Looking to find volunteers to represent all regions local to TMFRC (Halton, Peel, York and Durham Regions).

Event Planners: Require a team of event planners to organize and coordinate interesting and exciting events at the centre. If you are experienced in event planning and interested in taking on a 6month -1 year projects, this is the perfect role for you.

Offsite Gala Volunteers: Every year we support local functions. If you would like to attend interesting and exciting functions and work the galas please forward me your name and I will connect you to organizations that approach us. We do have Elisa's Gala coming up April 7 2011.

Childcare Assistants: We could really use some supportive childcare assistants to help out in our fulltime and part time programs. Some experience necessary and training is provided.



Fundraising Events

Support Our Troops Items

Hoodies no zipper	black	\$60.00
Hoodies with zipper	Red Friday	\$40.00
Hoodies no zipper	Red Friday	\$35.00
Sweatshirts with 1/4 zipper	green, black, burgundy, sand	\$60.00
3 Button Sweatshirts	black	\$60.00
Sweatshirts 1/4 zipper youth	red, navy	\$45.00
Golf shirts	blk, sand, green, navy, blue dusk	\$25.00
Golf shirts	Red Fridays	\$25.00
T-Shirts Canada Thanks You	black	\$20.00
T-Shirts L/S youth	red, black	\$15.00
T-Shirts adult short sleeve	orange, green, black	\$15.00
T-Shirts adult long sleeve	red, choc, denim, black	\$20.00
T-Shirts adults	Red Fridays	\$15.00
T-Shirts toddler & youth	Red Fridays	\$10.00
Baseball T-Shirts 3/4 sleeve	white/pink, white/blue	\$20.00
Ladies Knitted T-Shirts	brown, army	\$20.00
V-Neck T-Shirts	pink	\$20.00
Ladies knitted short sleeve crew	white	\$20.00
Ladies Tanks	blue, white, army	\$17.00
Ladies long sleeve	army, choc, black	\$20.00
Ladies short sleeve	white crew	\$20.00
Ladies V-neck short sleeve	pink, black	\$20.00
Men's sleeveless t-shirt	grey, red, navy, blue	\$15.00
Flags	yellow ribbon	\$20.00
Guard Hats	navy	\$20.00
Camo Hats	pink, grey, green	\$18.00
Ball Caps	red, black	\$15.00
Ball Caps Youth	baby blue, olive, red, pink, camo	\$15.00
Toques with rim, no rim	black	\$12.00
Cinch bag	royal blue, red, black	\$10.00
Magnets	yellow, green, sand	\$5.00
Magnets	Canada/USA	\$5.00
Glenn Marais CD	"One Candle"	\$5.00
Decals	yellow, green	\$3.00
Lapel Pins	yellow	\$3.00
Bracelets	yellow	\$2.00

Fundraising Events

Canadian Tire Money

Help support the TMFRC by donating your Canadian Tire Money. Your donation will be used to purchase items for the centre. Drop in any donations in the fish bowl on the reception counter. Thank You!



Boston Pizza ... a TMFRC supporter

Are you new to the Toronto military community? Want to eat at a family friendly restaurant? The Toronto Military Family Resource Centre and Boston Pizza have joined together to offer our community a discount.

What's in it for you? You get 15% off on all food purchases and 5% goes back to the TMFRC for fundraising. What do you have to do? Pick up your discount card at the TMFRC. When you eat at one of the four Boston Pizza locations show on your discount card you get 15% off. It is as simple as that. Where is your discount card valid?

There are four Boston Pizza locations:

North York—180 Rimrock Rd—416-636-6275

Markham—7020 Warden Ave—905-305-1230

Brampton—2458 Queen St. E—905-789-6525

Vaughan—3255 Rutherford Rd—905-761-5165

CD's for sale!

Only \$5.00

Glenn Marais performs his hit solo song "One Candle" in honour of our military and their family members.

Purchase directly from TMFRC or go online www.onecandle.ca

All proceeds received from sales go directly to TMFRC.



***Please Note:**

Early registration for all courses and workshops required. If registration numbers are too low, the programs will be cancelled. Fees are not deposited until courses start.

For details on dates and times check website, newsletter and military personnel’s Outlook - “Wide Distribution” .

ESL Class

There will be 3 classes each week for 10 weeks. For military family members, the \$50 deposit will be returned upon completion of the course. **On going classes. Registration and fee required.**

So you can Dance like the Stars!

Great way to make new friends! Get your dance shoes on! It’s time to learn how to dance like the stars at the TMFRC!

Date & Time: Tuesdays 7:00 pm—8:00 pm

Astronomy Workshop

Learn the basics of constellations and the movement of the planets. You will get your chance to see for yourself! There will be telescopes for the viewing portion.

**Date & Time: Mid April
Early Registration Required!**

Individual / private piano lessons for all ages!!

Afternoon and evening sessions held throughout the week at the TMFRC.

Registration fee required. Must register one month at a time. **Date: Open Mon-Thru from 4:00 pm–7:00 pm**

Guitar Class

Learn to play the guitar or just improve your skills. Lessons held at the TMFRC. **Tues 5:00-6:30.**

Spring French Classes

If you are interested in learning French, or just brushing up on your skill. Our 10-week curriculum is recognized by the Public Service. Military family members, \$50 registration fee is returned upon 85% successful course completion. Register early ! Registration deadline March 11th. **Days and times voted on my registrants.**

Prior Learning Assessment & Recognition Program. (PLAR) —



You can possibly receive credits towards life and work experiences toward a college certificate or diploma through an assessment process. Contact Grace Mellberg for more details.

The Friday Night Supper Club

If you are interested in getting to know the eateries of the GTA. We’ll experience new restaurants each month. TMFRC looks after making reservations, getting directions and planning the evening – you just show up and enjoy! **Date: Second Friday of each month
Time: 6:30 p.m. - 8:00 p.m.**

Massage Therapy

Relieve back pain. Schedule an appt with Fiona, our massage therapist. She is qualified for Massage, Reflexology, Hot Thai stem massage, Indian head massage, and Ear candling. Call to schedule an appointment. **Date: 2nd and 4th Tuesday of the month.**

Mental Health Matters!

May 2 – 8, 2011

Canadian Mental Health Awareness week!



**CANADIAN MENTAL
HEALTH ASSOCIATION**
**ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE**

Mental health is just as important as physical health. Did you know that mental health is not just the absence of mental illness? Nor is it feeling “happy” all the time or never feeling sad. No one experiences a life without anxiety, sadness, or anger. In fact, the Canadian Mental Health Association partly defines mental health as the ability to move through a range of emotions (feeling some anxiety, happiness, and maybe some sadness) smoothly throughout a single day. Mental health includes how we feel about ourselves, our world, and our relationships. Managing stress, feeling good, and taking care of ourselves all help to enhance and build mental health. We don’t wait until we are really sick to start thinking about our physical health, and the same is true for our mental health – start taking care of your mental health today!

When our mental health suffers, it can be difficult to enjoy life. Struggling with mental health concerns can leave us feeling worn out both physically and mentally and can place strain on our work, relationships, and feelings of self worth. All of us can benefit from learning more about how we can build and maintain our mental health (whether we are experiences significant challenges or not).

Invest in yourself! Taking the time to care for yourself is one of the best ways to reduce stress and enhance your mental health! The Canadian Mental Health Association suggests taking these key steps to improve your sense of well being:

1. Invest in your family – Share kind words and spend time with one another
2. Invest in your friends – Having a social support network is the key!
3. Invest in your community – Come and visit us at the TMFRC, we are your community!
4. Invest in your workplace – Strong relationships with coworkers can help buffer stress
5. Invest in yourself – Do what makes you happy. Do it more often!

The TMFRC has a number of programs and services designed to help you learn more about mental health and wellness. The Prevention, Support, and Intervention program offers interactive workshops that explore wellness, stress, coping, and relationships. Call to register! In addition to our wellness-based services, the PSI program also provides support for families experiencing challenges. We are able to offer crisis counselling appointments, short-term counselling, assessment, and referral services. If you or someone you love is experiencing difficulty, please be in touch with us!

Confidential Contact:
Jessica Wilkins, M.Ed. (Counselling Psychology)
Phone: (416) 633-6200 Ext 4330
Email: Jessica.Wilkins@forces.gc.ca

Story Books

If you looking for affordable age appropriate story books that you can read to or with your child, please contact Joanne de Langen at TMFRC Children's Playgarden ext. 4318, who arranges monthly book orders through Scholastic. Order forms are usually available around the middle of the month.

Playgarden will be having the children mid term evaluation and project presentation in the month of June, more information to come at a later date.

Parent Advisory Committee

We are looking for more members! If you're a parent, even if you don't currently use our services and have some time to volunteer, meetings are held every 6 weeks rotating 12:30-1:30 p.m. and 4:00-5:00 p.m., please contact Sheron Smith at ext. 4317 or at Sheron.Smith2@forces.gc.ca.

To successfully operate our children's programs, input from our parents is essential. As a Parent Advisory committee member you will be able to enhance the programs, bring new ideas, act as a resource to the community and assist in organizing social and fund-raising events.

Decorating Hard Boiled Spring and Easter Eggs with your Children

Rubber Band Design

Have your child wrap one or more small rubber bands on his / her egg before dyeing it. When the egg is dry, remove the rubber bands and your child's egg will have white crossed lines on it.

White Crayon Design

A easy way to create egg designs is to give your child a white crayon and let them draw a picture on the egg, when it dyes the parts with crayon will resist the dye and the design will show up.

Masking Tape Design

Children can also cross small pieces of masking tape on their eggs before dyeing them.



The Children's Playgarden Childcare provides full-time care for children infant to 5 yrs for military and civilian families within the community. We are open 12 months per year. Our hours of operation are 7:15 A.M - 6:00 P.M.



The centre employs 12 full-time staff who are committed to high standards of childcare and quality programming through the continued understanding and integration of

Reggio principles; to learn more about our program please visit our website at www.familyforce.ca and click on *Fulltime Daycare*.

Children's Programs

At the TMFRC, we create an environment which offers possibilities for children to experience new adventures. The TMFRC families and staff are encouraged to continuously develop a system of support for each other through sharing ideas, and volunteering within the classroom. We strive to make our programs an extension of your home by providing a caring and comfortable place for the children and adults within our community. To apply for subsidy please contact Toronto Children's Services (Subsidy Office) 416-392-kids (5437) or visit www.toronto.ca/children/subsidy.htm

To arrange a visit please call Sheron Smith, Children's Playgarden Supervisor 416-633-6200 ext 4317 or email at sheron.smith2@forces.gc.ca

Military Fee

Infants	0 – 1.5 yrs	\$1,082.93/month
Toddler	1.5 – 2.5 yrs	1,015.94/month
Preschooler	2.5 – 5 yrs	\$853.47/month

Civilian Fee

Infants	0 – 1.5 yrs	\$1,198.86/month
Toddler	1.5 – 2.5 yrs	\$1,102.94/month
Preschooler	2.5 – 5 yrs	\$912.63/month



Satellite Drop in Programs

We are starting a new pilot program in conjunction with a neighbouring Ontario Early Years Centre in developing a satellite drop in program for military families with children under 5 years who live in Mississauga and Etobicoke. If you are a military family that fit this criteria, please contact Cathy Turalinski at 416-633-6200 Ext. 4312.. We are trying to reach military families in outlying areas that may not be able to access our on site programs and who would like to connect with other military families in their community.

Posting Care

It is house hunting time and soon to be posting time. Did you know military families are eligible to be reimbursed for up to 3 days of posting care while they move? We can offer a safe and stimulating program for your child/ren from birth - 5 years in our casual child care program. Contact Cathy Turalinski when you get your moving date to book your child/ren in.

We would like to continue to offer these communication strategies during our Lunch and Learn Sessions every 2nd Wed. of the month from 12:30-1:30. Military families interested in joining us , please call Cathy Turalinski.

Wee Stay N Play

For parents & children from birth-5 years. Come out and socialize with other children and adults in a child/parent friendly & educational environment. Monthly field trips, holiday celebrations! Structured activities for both parents and children to participate in, use of parenting resources. Consultation and sharing of strategies to handle parenting challenges. NO FEE Program. Every Tuesday between 9:00-11:30 a.m.

Casual Drop Off Child Care

An opportunity for parents to drop off their children and attend appointments, daily chores, or take a well deserved break. Starting up Wed. Sept. 08/10. For children 0 - 5 y.o. Available: Mon/ Wed/Fri 7:30-5:00 p.m. Lunch included for extra cost \$3.00. Please register 48 hours in advance!

Military Fee	1 child-\$5.00/hr	2 children- \$7.50/hr	3 children- \$10.00/hr
Civilian Fee	1 child- \$6.00/hr	2 children- \$8.50/hr	3 children- \$11.00/hr

Baby Time/Toddler Time for Parents & Babies

A new parenting group for parents & babies from 0 -12 mos. Join us for workshops on Infant Massage, Infant Nutrition, Infant Toys and Infant Development interspersed with songs and rhymes to sing with baby and socializing with other parents who are dealing with similar parenting challenges. Every 2nd and 4th Thu between 10:00 - 11:30 a.m. Siblings welcome! Toddler Time for parents and children (12 months - 2.5 years old) every first and third Thursday of the month 10:00 - 11:30am. NO FEE program. Minimum of 3 participants. Program ends Thur. June 23/11.

Daddy & Me Drop In Program

Starting Sat. Oct. 16 and will continue every third Saturday of the month until June/11. Come join us with your child(ren) from 0 -6 years in our classroom filled with toys and equipment for this age group. It will be lead by a “Dad” who will act as a resource/consultant and will be filled with opportunities to share parenting challenges and strategies to help you become the best dad you can be. Outings and guest speakers will be part of the program. Call to register for this NO FEE program.

JK/SK Enrichment Program for children 3.5-5 yrs

Specialized 1.5 hour program for children currently enrolled in half day JK/SK programs in schools. Introduction of Jolly phonics program, prewriting activities, math readiness activities and one to one support in reading readiness skills.

Time: 1:00-2:00 pm; Maximum: 5 children/ Min. 3 children;

Cost: \$15.00/ military child; \$20.00/ civilian child

French Preschool Program for children 3-5 yrs

Your child will be immersed in the French language while participating in a structured preschool program with art activities, circle time, music, stories and free play. Cost: \$15.00/week Military ; \$20.00/week Civilian. Every Wednesday 1 - 4 pm

We Need Your Input and Ideas

Calling all Parents: We are starting up a Parent Advisory board for all Children’s Services. If you are interested in being a part of the solution in helping to enrich and expand on existing services, please call Cathy Turalinski at 416-633-6200 Ext. 4312 or Sheron Smith at Ext. 4317. We meet monthly alternating between lunch time meetings 12:30-1:30 or evening meetings from 4:00-5:00 p.m.

Parent Education Workshops

Topics related to parenting challenges determined by the group such as parenting styles, parenting through deployment, positive discipline will be explored as a group. Come join us for lunch and learn every 2nd Wed. Reserve a space today! Evening parenting workshops. If interested in attending and sharing a topic, call Cathy Turalinski at 416-633-6200 Ext. 4312.

- ◆ **Parenting Warm Line** - For parents seeking advice, resources on parenting issues. Call Cathy anytime to set up a one on one consultation.
- ◆ **Children & Deployment Specialized Workshops** - Information & Support for children birth - 5 years.

Hincks-Dellcrest Toy Lending Library

The mobile toy lending library will be coming back for parents to borrow toys, books etc for children birth-5 years of age. It will be parked in front of the TMFRC every last Wed. of the month from 9:30-10:30. The cost is \$5.00 membership for all year. You can borrow up to 5 items for the month.



Emergency Child Care and Respite Care

Is your spouse deploying or going on a training mission for more than 24 hours? Have you just posted in and have little to no family here to support you and your children while your spouse is gone? If you answered these questions, you will be eligible to access emergency child care services for up to 72 hours and/or emergency respite care for up to 72 hours. If you have children and you know of a deployment or training that is coming up, please call Cathy Turalinski at 416-633-6200 Ext. 4312 for more information on how to access these services if your family plan falls through.

Child Care Information & Referral

Have you just posted in and need child care and/or after school care in your area? Please call Cathy Turalinski and she can provide you with information in relation to child care centres in your area, private home day care centres, Ontario Early Years Centres etc.

Families with children with Special Needs

The TMFRC is committed to helping military families with special needs children who are being posted in or have been here for a number of years. We are linked to a number of special needs agencies, respite care agencies, etc that we can access for you to help you in accessing the best services for you and your children.

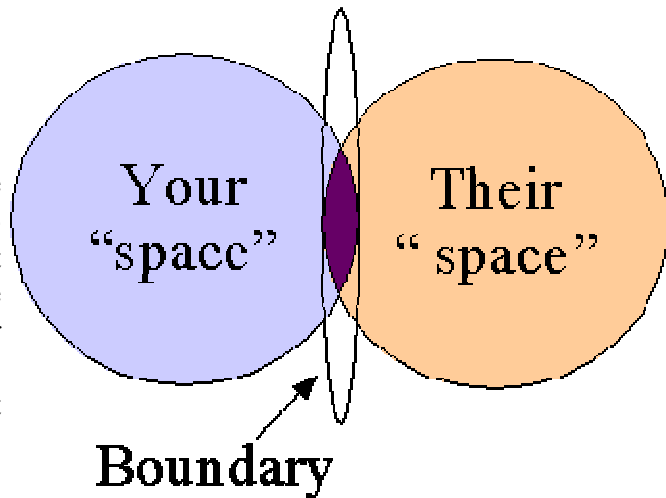
We have a special needs advisory committee that meet on a monthly basis to improve or develop new services for military families with special needs children. To find out more about this committee and/or if you would like to be a part of this committee, call Cathy.

CHILDREN'S PROGRAMS AT A MONTHLY GLANCE – SEPTEMBER 2010 – JUNE 2011

	Mon	Tue	Wed	Thu	Fri	Sat
WEEK 1	Casual Child Care 9-3 <i>Lunch included</i>	Wee Stay n play 9-11:30	Casual Child Care 9-3 French Preschool 1:00-4:00 (tentative)	Babytime program 10-11:30	Casual Child Care 9-3	
WEEK 2	Casual Child Care 9-3	Wee Stay n Play 9-12	Casual Child Care 9-3 Lunch & Learn wshop 12:30-1:30 French	Toddler time Program 10-11:30	Casual Child Care 9-3	
WEEK 3	Casual Child Care 9-3	Wee stay n play 9-11:30	Casual Child Care 9-3 French Preschool 1:00-4:00	Babytime Program 10:00-11:30	Casual Child Care 9-3	Daddy n me field trip 9:30-1:00
WEEK 4	Casual Child Care 9-3	Wee Stay n Play 9-11:30	Casual Child Care 9-3 French Preschool 1:00-4:00	Toddler time Program 10:00-11:30	Casual Child Care 9-3	

**Self Care:
Setting Boundaries**

The CF (Canadian Forces) exists because we see the value of our nation and the principles which guide us. We're not a perfect nation, but we want to protect what we have. Canada has been able to aid other countries when they are in crisis because, overall, our nation is strong and we have set boundaries – geographically, economically, politically, etc.



Unfortunately, we are often quite negligent in applying this theory to ourselves. When a friend or family member is experiencing difficulty, we often forget our own needs, we don't set boundaries, and our ability to support becomes compromised. If we try to carry someone who is wounded until we are exhausted ourselves, then we both fall down. This was the resounding message presented during the Family Program I attended recently at Bellwood Health Services – a treatment facility for people with addictions and Post Traumatic Stress Disorder.

I found some important points in the Bellwood literature that I thought were important to pass on (their words are much more eloquent than mine):

“If you never have to set a boundary, then you will never get in touch with who you really are – will never learn to define yourself in a healthy way.”

“Learning to set boundaries is vital to learning to love yourself and to communicating to others that you have worth.” (OK, I know you might argue that you don't think you have worth, but you do, whether you acknowledge it or not. That's just the way it is, so you might as well start acting like it!)

Setting boundaries is about taking responsibility, being adult, and demanding equality and respect in a relationship. When taking care of children, we often have to set boundaries for them, and ensure that these boundaries are kept, but as an adult, we are often on our own (except, of course, in the case of laws and workplace rules, but we do have some say as part of the democratic process – and such boundaries are set on the basis of mutual respect). Often, it is easier to be an “adult” in the workplace or with children – it is part of creating safety and respect. Why shouldn't we create that same safety and respect with those with whom we have a more intimate relationship – those with whom we have a mutual dependence for our livelihood and welfare?

Setting Boundaries

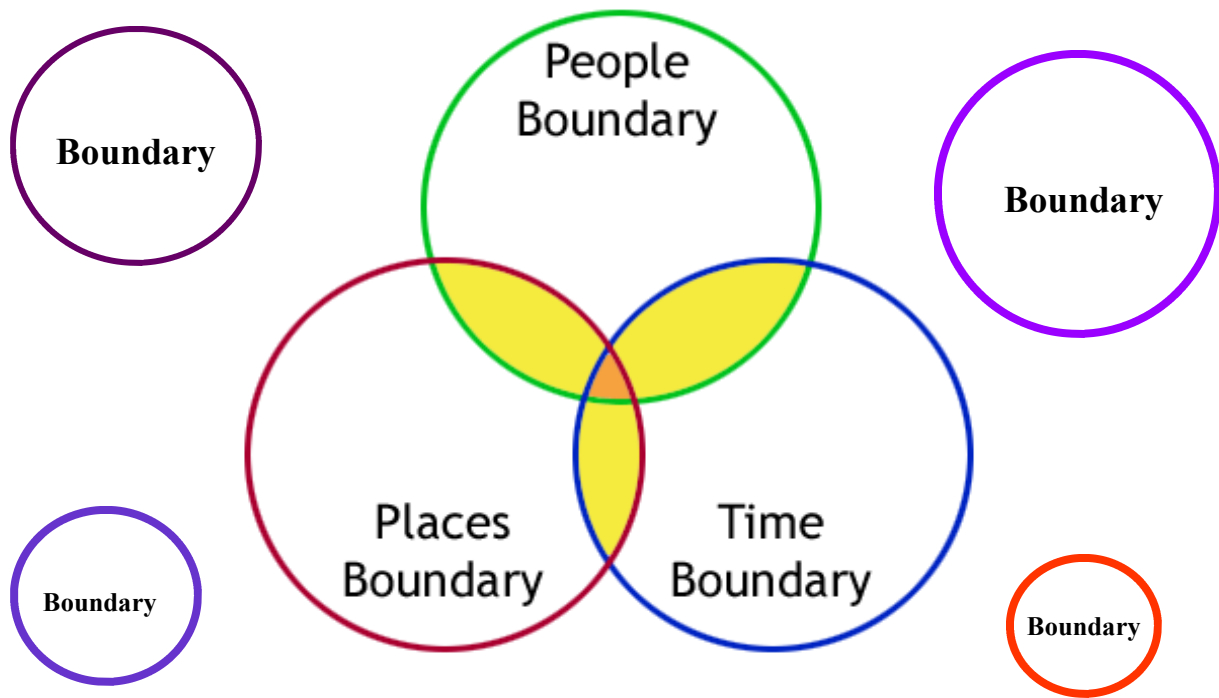
It all seems so simple:

1. Describe the behaviour that you find unacceptable: “**If you** hit me again . . .”
2. Describe what action you will take to protect and care for yourself if that person violates the boundary: “**I will** call the police and press charges.”
3. Describe what steps you will take to protect the boundary you have set: “**If you continue this behaviour I will** get a restraining order and prepare to defend myself in whatever manner is necessary.”

This third point does not need to be communicated immediately, but you need to have an idea of further action to be taken if your boundaries are not respected. Most importantly, you must state actions with which you can follow through. Setting boundaries is NOT making a threat – it is communicating clearly what you will and will not tolerate, and the consequences. That way, the person has a choice – if he or she acts in an unacceptable behaviour, he/she knows what to expect.

It seems so straight forward, but then we are human, so emotions get added to the mix. Sometimes, that’s when support is needed – it may help to practice with a neutral third party and/or engage a professional to help. That’s OK – often commendable – it provides some accountability for taking care of yourself.

You have Jessica Wilkins, M.Ed. (PSI Counsellor), myself, and CFMAP (1-800-268-7708) as confidential support.



Business Directory



**Gail Etherington,
Broker**

Sutton Group
Summit Realty Inc.,
Brokerage

Office: 905 897-9555
Cell: 416 315-5756

Email: gailetherington1@rogers.com

I am a Real Estate Agent working in the Greater Toronto Area for the past 20 years. Working with clients from Newmarket to Toronto, from Whitby to Burlington.

I am also a military family member (Father, Brother, Sister, Brother-in-Law, & Son-in-law). If you are moving 'to or from' the GTA, I would love to meet with you!

**I KNOW WHERE YOU
ARE COMING FROM!!!**



**Ken W. J. Lloyd,
C.D., M.A.**

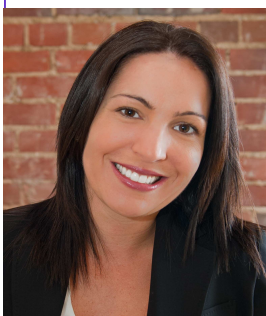
**Military Community
Mediator**

Office: 905-825-9898
Cell: 905-484-4563

ARE YOU SEPARATING OR DIVORCING?

Mediate security and predictability into your agreement. Create a Parenting plan; calculate Child support or equalize property. I will help you mediate an agreement which could save you time and money with your lawyer or the court. I was in CF and Law Enforcement for 37yrs and began mediating in CFB Petawawa. Now I specialize in assisting military families. I have a MA in Conflict Management and a Diploma in Family Mediation. A member of ADR Institute of Ontario Ontario Association for Family Mediation

ADR Institute of Ontario
Ontario Association for Family Mediation



**Anna Oliver
Real Estate Agent**
PSR Brokerage Ltd.

Office: 416-206-9867
Address: 77 Portland St.
Toronto, ON M5V 2M9

Email: annaoliver@rogers.com

Posted in 2011? Need a REALTOR at your new base for your HHT? Tired of Renting? Want to know what your home's worth? Call me! I have been helping CF members and their families with their real estate needs for almost 10 years. I grew up in a military family and appreciate your needs. Bilingual service Bilingue. I am always happy to help. Please call or e-mail me - Member of IRP preferred suppliers.

MILITARY MORTGAGE PLAN

Your best source for maximizing military financial benefits when you are purchasing a home or renewing an existing mortgage.

Plus, receive a charitable tax receipt from the TMFRC.

For more details, contact Andrew Rupf:
MorCan Financial Inc., Lic. #10687
416-619-9248
arupf@MorCan.ca
www.MilitaryMortgagePlan.com

AVON

Home decor, gift ideas, make-up and so much more!

Pick up the newest Avon brochure in the TMFRC library. To place an order, please call Kim MacLaurin at 416-571-3364.

If you want to place an advertisement, please contact Lia Popovici at 416 633 6200 ext. 4311 or email Lia.Popovici@forces.gc.ca