

# PMFRC: A Creative Approach To Programming

At the Petawawa Military Family Resource Centre we offer programming to individuals and families of all demographics (including civilian). Here's a snap-shot of the ongoing programs and services offered during the summer months, and looking forward.

## Looking For Employment?

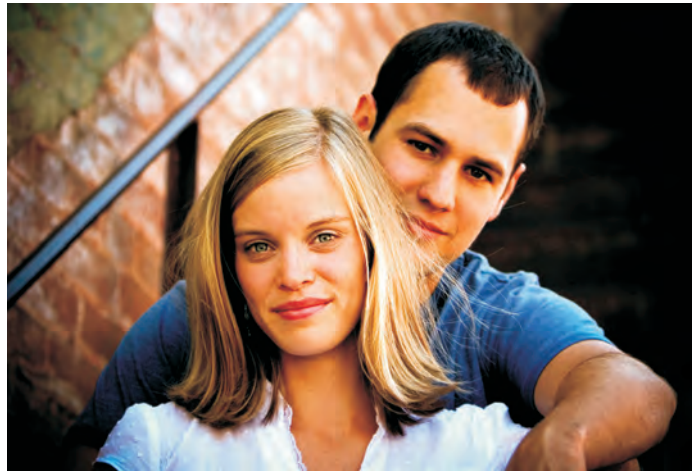
Our Employment Service provides you direct access to all the best tools, programs and incentives. Serving military and civilian members from Petawawa to Deux Rivières. Visit our offices in Petawawa and Deep River.

## Coffee, Tea and Good Company

This monthly, informal get together offers individuals the opportunity to meet new people and get to know the PMFRC programs and services.

## Pre-natal and Post-natal Nutrition Programs

If you're expecting or a first time mother these programs will



provide you with an opportunity to prepare and cook nutritious meals/snacks, gain support, and network to stay healthy throughout pregnancy and baby's first year.

## Culture Club

Want to experience Germany, maybe China? We choose a country/location and have a fun night experiencing their music, food, and traditions. Experience and explore the wonders of the

world through the Culture Club!

## PLEO: Parents Lifelines of Eastern Ontario

This group provides information and support to parents and caregivers who have a child or youth dealing with mental health challenges. The PMFRC is a satellite site for PLEO.

## Ongoing Educational Workshops and Services

We offer pre and post-deployment support. Parenting

workshops include "Five Love Languages for Couples and/or Parents of Teens." Learn what your love language is and how to communicate in all the love languages. Personality Dimensions helps you find out your personality temperament and how it plays a role in your daily communications. We also have the Single Moms' Network, the New Age Meditation and the Personal Growth Seekers Book Club, and much more.

## Be The Difference Volunteer!

Join our dedicated team of volunteers and make a positive impact in the military community! Some benefits to volunteering with us are, child care at no cost, on the job training, professional development and much more.

## For More Information:

Petawawa Military Family Resource Centre (PMFRC)  
Phone: 613-687-7587 ext. 3221  
[www.familyforce.ca](http://www.familyforce.ca)

Welcome to the / Bienvenue au

**PETAWAWA MILITARY  
FAMILY RESOURCE CENTRE**

**CENTRE DE RESSOURCES POUR LES FAMILLES  
DES MILITAIRES DE PETAWAWA**

PMFRC  
Petawawa Military Family  
Resource Centre

CRFMP  
Centre de ressources pour les  
familles des militaires de Petawawa

MFSP  
MILITARY FAMILY  
SERVICES PROGRAM

PSFM  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES

A creative approach to programming!  
Une approche créative à la programmation!

Sign up for our  
e-mail newsletter!



- ✓ Employment Resources
- ✓ Volunteer Opportunities
- ✓ Counselling Services
- ✓ Youth Programs
- ✓ Health & Wellness Programs
- ✓ Deployment Readiness
- ✓ Parenting Programs and Playgroups
- ✓ Child Care Services and more!

## GIVE US A CALL OR DROP IN FOR MORE INFO

The Family Centre, 12 Reichwald Crescent, Petawawa  
Monday - Friday / Lundi - Vendredi / 8:00 AM - 4:00 PM  
CALL 613-687-7587 ext. 3221/3222 OR EMAIL [isa.pmfrc@bellnet.ca](mailto:isa.pmfrc@bellnet.ca)

Are you looking for employment? Check us out!  
[www.petawawaemployment.ca](http://www.petawawaemployment.ca)

[WWW.FAMILYFORCE.CA/SITES/PETAWAWA](http://WWW.FAMILYFORCE.CA/SITES/PETAWAWA)



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