

LA PROGRAMMATION DES ACTIVITÉS PAPA ET MOI



NOÉMI TRÉPANIÉ
Coordonnatrice Enfance
Childhood Coordinator

Papas et enfants auront à nouveau rendez-vous cette année et profiteront ensemble d'activités variées.

La grande popularité et le succès du projet de l'année dernière ont permis de renouveler le programme des activités *Papa et moi*. Lors de sa fête d'accueil du 26 août dernier, le CRFM a ainsi annoncé la programmation pour l'année 2017-2018. Sept activités sont prévues tout au long de l'année à venir.

AU PROGRAMME

1. Samedi 4 novembre 2017 de 9 h 30 à 12 h 30, activité de quilles au Bowling Roussillon, situé à Saint-Constant.
2. Jeudi 8 février 2018 de 17 h 30 à 20 h 30, activité de *Lasertag* au Game Évolution Dix30, situé au quartier Dix30 à Brossard.
3. Samedi 10 mars 2018 de 9 h 30 à 12 h 30, visite au musée ferroviaire canadien Exporail, situé à Saint-Constant.

4. Samedi 7 avril 2018 de 9 h 30 à 12 h 30, sortie au zoo Écomuseum, situé sur l'île de Montréal.
5. Jeudi 10 mai 2018 de 17 h 30 à 20 h 30, activité d'initiation au cirque avec le groupe *Katomix*, au CRFM de Saint-Jean.
6. Jeudi 14 juin 2018 de 17 h à 20 h, kermesse papa et moi, au CRFM de Saint-Jean.

Toutes les activités sont offertes gratuitement aux papas et à leurs enfants. Le projet a été créé afin de souligner la place que les papas occupent dans la famille dans le cadre de la valorisation de la paternité. Nous souhaitons, grâce à ce projet, vous offrir des moments inoubliables avec vos enfants.

Les places étant limitées, pensez à vous inscrire à info.crfm@forces.gc.ca en précisant les noms et âges de vos enfants.

INFORMATION

- ▶ 450 462-8777 # 6830 (Saint-Hubert)
- ▶ 450 358-7099 # 7012 (Saint-Jean)
- ▶ noemi.trepanier@forces.gc.ca



Des souvenirs pleins la tête avec papa ! / Tons of memories with Daddy!

PROGRAM OF DADDY AND ME ACTIVITIES

Dads and their kids are once again invited this year to come and enjoy a variety of activities together.

Thanks to the project's huge popularity and success last year, the MFRC is renewing the program of *Daddy and Me* activities. As a result, at the welcome party on August 26, we unveiled the program for 2017-18. Seven activities are planned over the course of the coming year.

ON THE PROGRAM

1. Saturday, November 4, 2017, from 9:30 a.m. to 12:30 p.m., bowling activity at *Bowling Roussillon*, in Saint-Constant
2. Thursday, February 8, 2018, from 5:30 p.m. to 8:30 p.m., laser tag activity at *Laser Game Evolution*, in Quartier Dix30, Brossard
3. Saturday, March 10, 2018, from 9:30 a.m. to 12:30 p.m., outing to the Canadian railway museum *Exporail*, in Saint-Constant

4. Saturday, April 7, 2018, from 9:30 a.m. to 12:30 p.m., outing to the *Ecomuseum* zoo, on the Island of Montreal

5. Thursday, May 10, 2018, from 5:30 p.m. to 8:30 p.m., circus initiation activity with the group *Katomix*, at the Saint-Jean MFRC

6. Thursday, June 14, 2018, from 5:00 p.m. to 8:00 p.m., *Daddy and Me fiesta*, at the Saint-Jean MFRC

All of the activities are free for dads and their kids. The project was set up to highlight the place of dads in families in relation to Valuing Fatherhood. We hope this project will facilitate unforgettable moments for you and your children.

There are a limited number of spots, so remember to register by writing to info.crfm@forces.gc.ca and specifying your children's names and ages.

MY KID USED TO LIKE SCHOOL, BUT NOW HATES IT : IS SHE (HE) BEING BULLIED?



BARRY CRAGO, S.W.
Prevention, Support and
Intervention Coordinator

Do you communicate enough love to your child to know if they have become unhappy, fearful? Can your child risk talking to you when they feel afraid? Does your child know that you are in their corner, no matter what? What activities for your child encourage competence, power and independence? Where can they shine? The parent is the model for creating and maintaining healthy relationships, and must be aware of bullying. Bullying is repeated aggression directed at someone who has less power than the person doing the bullying; its essence is that

it is abusive. The objective of bullying is to hurt physically or emotionally, and over time the victim risks giving up hope, abandoning their right to be happy.

CHILDREN CAN BE TOO AGGRESSIVE

Some children are exposed to the use of power and aggression in relationships. At home or at school, they model themselves on their elders' behavior, and may repeat the observed aggressiveness with weaker peers. Some research has shown that 60% of boys who bully in elementary school have criminal records by the age of 24. Children who have been aggressive and violent without consequences tend to continue the behavior as adults.

WHAT YOU CAN TELL YOUR KIDS

Avoid violence: stick with your friends, be assertive and confident in your words and posture, but walk away if the conflict risks becoming violent. The most important thing to do is share your experience with trusted adults, parents and teachers. If someone else is being bullied, speak up, don't join in, give support to the victim and above all, talk to trusted adults, parents or teachers. If you haven't been able to stop the bullying, it is the responsibility

of the adults to set clear, nonviolent consequences for bullying behavior.

The MFRC is there to support you. The Coordinator Prevention, Support and Intervention is there to help you if you are having difficulty.

SOURCES TO CONSULT

www.preventchildabuseny.com
www.prevnet.ca/bullying
www.education.gouv.qc.ca/de/dossiers-thematiques/intimidation-et-violence-a-lecole

Mario Chabot, propriétaire

SERVICE DE COUTURIÈRE
NETTOYAGE À SEC PROFESSIONNEL
REÇU AVANT 9 H 30, PRÊT POUR 14 H
CUEILLETTE ET LIVRAISON À DOMICILE

265, 4^e avenue,
Saint-Jean-sur-Richelieu
(secteur Iberville)
450 346-9444

AVOCAT / LAWYER

SOCIÉTÉ JURIDIQUE MDP INC.
Droit criminel, militaire, vétérans et administratif
Médiateur accrédité en matières familiale, civile, commerciale, petites créances
Médiateur en harcèlement psychologique au travail

35 ans de service militaire dont 14 ans au Cabinet du Juge-avocat général, maintenant au service de la communauté

Me Mario Denis Paillé, B.A., LL.L., LL.M., CD
450 335-0758 • mdpavocat.com • mdpaille@mdpavocat.com

PHARMACIE MARIE NORMANDEAU INC.
286, rue Mayrand, Saint-Jean-sur-Richelieu
(Située entre le Collège militaire royal et la Garnison)
Tél. : 450 347-1818 Fax : 450 347-5350

LIVRAISON GRATUITE

Marie Normandeau
Votre professionnel de la santé

HEURES D'OUVERTURE

Lundi	9 h à 20 h	Judi	9 h à 21 h
Mardi	9 h à 20 h	Vendredi	9 h à 21 h
Mercredi	9 h à 20 h	Samedi	9 h à 17 h
		Dimanche	10 h à 16 h