

REGISTRATION

Starting on August 25th at 8:30 am

418 844-6060

Priority will be given to military and veterans families.

DID YOU KNOW?

The VFC's services are also offered to the veteran families. In the following pages, we have identified a few activities you might find particularly interesting!

Facilities

ROOM	DESCRIPTION	SCHEDULE	CLIENTELE
Op. Soleil Open Play Room	Room 109 of the Valcartier Family Centre created for parents and their children. Come take advantage of free periods to socialize with other parents.	Monday to Friday from 8:30 am to 4:30 pm Free morning period: Tuesday Free afternoon periods: Monday, Wednesday, Thursday and Friday	Parents and their children (0 to 5 years old).
Le Repaire youth club	Le Repaire youth club welcomes youths to a healthy, inclusive environment, which promotes their integration and development. The youth club is supervised by a team of qualified and dynamic counsellors who are there to support, empower, and encourage youths in their journey to adulthood. Youths attending Le Repaire have access to several activities, structured or not (pool table, baby-foot, video games, board games, music, etc.).	Wednesday 6:30 pm to 9 pm** Thursday 6:30 pm to 9:30 pm Friday 6:30 pm to 10:30 pm ** 6th graders are welcome at Le Repaire on Wednesdays.	12 to 17 years old
Documentation Centre	The documentation center of the VFC is a quiet place away from home where you can continue your job search with all the tools you need at hand.	Monday to Friday 8:30 am to noon and 1:00 pm to 4:30 pm	Everyone

Childhood 0-5 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Small Talk	A warm, safe place where parents and their children can come to enjoy a few hours of camaraderie, conversation, and friendship.	Wednesday 9:30 am to 11 am September 2 to December 16	Parents and their children 0 to 12 months old.	Per session: \$5 per child.
Sunny Day Group	Parents and children are invited to come socialize and have fun in a warm, secure environment. A group of volunteers organizes different activities. Children stay under the supervision of their parents.	Thursday 9:30 am September 3 to December 17	Parents and their children 0 to 5 years old.	Per session: \$13 per child. \$20 for two or more children from the same family.
Babies on bord Group	A warm place to enjoy a few hours of camaraderie, conversation, and friendship. A moment to gather with future mothers and get ready together for the adventure of welcoming a child.	Tuesday 1 pm to 2:30 pm September 1 to December 15	Future mothers.	\$5 per session.

Childhood 0-5 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Prenatal Class	Prenatal classes offer future parents the chance to learn about pregnancy, birth, and their baby's first days. Meet with other future parents, hear about their experiences, and get answers about the questions that can come up during pregnancy.	Saturday 9 am to 5 pm In French October 3 or December 5 In English Dates to be confirmed	Future and new parents.	\$50 per couple.
Welcome Baby	Prenatal and postnatal visits at the Valcartier Family Centre for future and new parents from the military community. This program aims to support parents in the beautiful adventure that is the arrival of a new child.	Anytime	Future and new parents from the military community.	Free with registration.
Second Language Workshop (French or English)	Children are introduced to the English or French language through games, rhymes, and songs under the supervision of a qualified teacher. <i>If your children attend the Sentinelle des Petits daycare centre, we can go and pick them up so they can join the workshop.</i>	English Tuesday 9 am to 10 am or 10:15 am to 11:15 am or Wednesday 10 am to 11 am September 15 to November 18 French Monday 10 am to 11 am September 14 to November 23	4 and 5 years old.	\$55 for the 10 week session.
Get Together Club English-speaking group	Are you looking to meet other english speaking people? The Get Together Club is the perfect group to exchange stories and participate in activities with or without children. The Get Together Club is adapted to welcome children 0-5 years old. Come meet other English-speaking families, even if English isn't your first language.	Monday 9:30 am to 11 am August 31 to December 14	Adults without children or with children 0-5 years old.	Fee to be determined according to the activities.
Nursery school Jardin des petits	Our workshops look to promote social integration, develop creativity and imagination as well as allow children to grow in a safe environment.	Monday to Friday 8:30 am to 11:30 am September 8 to Devcember 18	2 to 5 years old.	\$12 per child per half-day. \$20 for two children from the same family. \$30 for three children from the same family.
Little Geniuses Workshop	Workshops to promote the overall development and autonomy of children while encouraging them to learn emotional, motor, social, cognitive, and language skills.	Monday to Friday 12:45 pm to 3:45 pm September 8 to Devcember 18	3 to 5 years old.	\$12 per child per half-day. \$20 for two children from the same family. \$30 for three children from the same family.
Daddy is Going Away activity	Your child is experiencing the absence of their parent, and you would like them and their friends at daycare to better understand what they are going through and their emotions? We can visit their daycare to present the story "Daddy is going away!".	Anytime	3 to 5 years old.	Free

Childcare 0-5 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Drop-in Daycare*	An occasional childcare service for preschool children.	Monday to Friday** 7 am to 5 pm	2 to 5 years old (preschool).	\$4.50 per hour or maximum of \$30 per day for one child. For two children: \$7.50 per hour or \$50 per day.
Evening Drop-in Childcare*	An occasional childcare service offered during the evening.	Tuesday, Wednesday, and Thursday** 6 pm to 9 pm	0 to 5 years old.	\$4.50 per hour. SRP Members \$4 per hour.
Day Nursery*	An occasional childcare service.	Monday to Friday** 8 to 12 pm and/or 12 pm to 4 pm	0 to 24 months old.	\$15 per 4 hours of childcare.



*Reservation required at least 24 hours in advance.

**All year long except holidays.

Childhood-Youth 3-12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Father-Child Activities	Being a dad is the best job in the world! Strengthen the bond between you and your kids by spending special time with them. A positive experience and a chance to meet other dads.	Dates and activities to be confirmed, keep and eye out for advertisements on Facebook.	Dads and their children between 3 and 12 years old.	Depends on the activity.
Oasis Club	Support group for children who are living with the absence of a military parent due to courses, exercises, imposed restrictions, missions, etc. At the weekly meetings, different themes and activities related to the absence are presented.	Schedule to be determined based on enrollment.	Children 3 to 12 years old who are living with the absence of a military parent.	\$10 per family.
Dealing With Absence: Like a Boss	Series of 6 meetings to give children the necessary tools to better cope with the frequent departures of a parent in the military.	Schedule to be determined based on enrollment.	Children 5 to 12 years old having to deal with the frequent absences of a parent who is in the military.	\$10 per family.



Youth 6-12 years old

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
 E=MC3 : Together to Better Understand	Group for families living with the impact of an operational stress injury (OSI). Workshops for the children, parents, and the family. The goal of this group is to develop the strengths of each family member in order to improve the individual and family well-being.	Schedule to be determined based on enrollment.	Clientele: Families with children aged 7 to 11, with a parent who has an operational stress injury (OSI)	Free
The Adventurers	Kids are invited to take part in an after-school program where they can participate in preventive and educational activities led by our youth counsellors.	Friday 3:30 pm to 5 pm September 18 to December 18	4 th and 5 th Grade students	\$5 mandatory registration
NEW The Adventurers, 6th grade!	Grade 6 students are invited to a pre-youth club experience where they can enjoy the facilities of Le Répare youth club. Preventive and educational activities will be offered and supervised by youth workers.	Thursday 3:30 pm to 5 pm September 18 to December 18	6 th Grade students	\$5 mandatory registration
Home Alone Workshop	This workshop teaches kids safety rules to follow if they are alone, whether at home, after school or at the park.	Saturday 1 pm to 4 pm November 26 or 28	8 to 12 years old September 26 or November 28	\$10 per child.
Babysitting Course	Course given by the Red Cross that gives young people the skills and qualifications to become certified babysitters.	Saturday 8 am to 4:30 pm Date to be determined.	11 years old (or grade 6) or older.	\$60 (Price fixed by the Red Cross)
A.P.S.: After Parental Separation	Group for children who have experienced the separation of their parents (recent or not). A series of 10 workshops with the goal of better understanding and expressing their feelings related to the separation, and to promote the development of communication and problem solving skills.	Schedule to be determined based on enrollment.	Children aged 7 to 11 who have experienced the separation of their parents (recent or not).	Free
 8-12 Billy Workshop	Series of 6 workshops to equip young people with stress management tools. The meetings mainly deal with topics such as physical mechanisms of stress, adaptation strategies, social pressure and performance anxiety, which are addressed through interactive activities.	Schedule to be determined based on enrollment.	Children aged 8 to 12 who are having difficulty managing stress.	Free

Youth 12-17 years old






ACTIVITÉ	DESCRIPTION	HORAIRE	CLIENTÈLE	COUT
P.E.P.P. Project	The P.E.P.P. Project (Perseverance, Education, Personal Project) aims to promote academic motivation. Participants identify academic goals and a personal motivational project, take part in educational activities, and have access to personalized accompaniment throughout the school year. A prize is won at the end of the school year.	Registration at the beginning of school year. Contact the Youth Team for more information.	12 to 17 years old.	Free
Chit-Chat Dinner: Just For Truth	Preventive workshops for youths. During meetings, various topics are discussed (romantic relationships, alcohol, drugs, sexuality, sexual orientation, social media, etc.).	Dates and activities to be confirmed, keep and eye out for advertisements.	12 to 17 years old.	\$2 per youth per workshop.

Adults 18 years old and older




ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
Second Language Courses (french english)	Second language courses at Valcartier. REGULAR CLASSES: 12 weeks (60 hours) INTENSIVE CLASSES: 4 weeks (60 hours) 5 mornings per week	Classes start during the week of September 21 REGULAR CLASSES: Two MORNINGS, AFTERNOONS or EVENINGS per week. Monday - Wednesday or Tuesday - Thursday MORNINGS : 8 h 30 à 11 h AFTERNOONS : 13 h à 15 h 30 EVENINGS : 18 h 30 à 21 h INTENSIVE CLASSES: Monday to Friday 8:30 am to 11 am	Military spouses.	Deposit of \$50, reimbursed after 75% participation. <i>Possibility of places for CAF members, veterans and their spouses (\$50), reservists (\$50) and civilians (\$125) for the session.</i>
 ENVOL Entrepreneurs Group	Group of entrepreneurs from the military community who meet occasionally to develop and expand their network, to get support and advice.	Registration anytime. Certain restrictions apply. Dates to be confirmed, keep an eye out for advertisements.	Self-employed or small business owners from the military community, regardless of their place of residence.	Annual membership. Possibility for non-members to participate in the activities at low cost.
Posting Preparation Workshop	During this meeting, advice, tools, personal and family strategies will be presented in order to facilitate this transition and be well prepared.	Schedule to be determined based on enrollment.	Persons who will experience a posting.	Free
Workshop: I Arrived In Quebec and I Am Looking For A Job	You just happen to be posted to Quebec and need help with your job search. This workshop will allow you to learn more about job search strategies specific to Quebec. A guidance counsellor will present you with easy to use tools in your approach.	Schedule to be determined based on enrollment.	Members of the military community recently posted to Quebec.	Free
 Professional transitions, acceptance and the grieving process	Take a moment to think about your professional situation, its transitions and the grieving process related to it. A guidance counsellor will present concrete tools to encourage reflection on your professional situation.	Schedule to be determined based on enrollment.	Members of the military community.	Free
Military Life Through its Challenges Support group	Military life is unique and requires a lot of adaptation. This group allows you to share your experiences, explore challenges as well as possible solutions in order to better cope with the impacts of military life.	Schedule to be determined based on enrollment.	Military spouses and parents of military members.	Free



Adults 18 years old and older

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
 Discussing Military Life Over Dinner	An opportunity for military spouses and parents of military members to get together once a month and discuss their experiences and share tips on adapting to the military lifestyle, while discovering different restaurants in the Quebec City area.	Tuesday 6 pm September 15, October 13, November 10 and December 8 <i>Restaurant determined by participants.</i>	Military spouses	Each person pays for their own meal.
English-Speaking Activities	Come out and chat with English-speaking members of the community. During these activities, the participants take time out to speak English in good company. It's a great way to meet people and make friends. The activities are organized by our volunteers.	Schedule to be confirmed, keep and eye out for advertisements. Welcome to Quebec Paint night Clothing swap Thanksgiving potluck	Everyone	Variable according to the activity.
Café découverte Bilingual	Social activities with various themes to meet people from the community. Alone, as a couple or with a group of friends, come join us! Organized by volunteers. Enrollment required.	Day and evening activities. Activities to be confirmed, keep and eye out for advertisements on Facebook.	Everyone	\$5 or more per activity.
 Workshop: Life after the uniform	When you leave the Forces, you're not only leaving behind a job, but a part of your military family as well. The goal of this workshop is to help you reflect on what you are leaving behind, and also on what you stand to gain. A guidance counsellor will lead a series of workshops, to help you reflect on your life path, give you purpose after military life, and give you concrete tools to help you plan for your future. Spouses of veterans attending the workshop can also attend workshops offered by a social worker to discuss the impacts of this transition on their relationship and their family.	Schedule to be determined based on enrollment. <i>A support group is also available after the workshop.</i>	Releasing military members, veterans and veterans' spouses.	Free
 Positive Parenting Program (Triple P)	Conferences on positive parental practices that aim to foster healthy ways to deal with emotions, as well as boost self-esteem and resilience in children.	Schedule to be confirmed, keep and eye out for advertisements.	Everyone	Free
Kaleidoscope	Adapting and integrating into a new community is a challenge! In order to better support you through this transition, we offer a series of meetings for Anglophones who are new to the area.	Schedule to be determined based on enrollment.	English-speaking spouses.	Free
 Mental Health First Aid Training	The goal of this training is to teach the participants how to provide first aid to anyone showing signs of a mental health problem or going through a mental health crisis. The content is adapted to meet the needs of veterans, their family members and their peer helpers. <i>The workshop is offered by the Quebec Division of the Canadian Mental Health Association.</i>	Schedule to be determined. 8:30 am to 4:30 pm (2 days)	Everyone	Free
 Living Life to the Full workshop	In an open and friendly atmosphere, this eight-module workshop will teach you eight ways to take on life's challenges, big and small. You will also learn how your thoughts, emotions, behaviour and physical responses affect how you interpret and deal with problems. <i>The workshop is offered by the Quebec Division of the Canadian Mental Health Association.</i>	Schedule to be determined based on enrollment. (4 workshops of 3 hours each)	Everyone	Free

Adults 18 years old and older

ACTIVITY	DESCRIPTION	SCHEDULE	CLIENTELE	COST
 Good communication	Good communication is the basis of interpersonal satisfaction. These 3 workshops aim to shed light on the sources of misunderstandings, discuss healthy conflict resolution, and put into practice tools that are useful in both professional and personal relationships. <i>Offered in collaboration with Health Promotion.</i>	Wednesday 6:30 pm to 8:30 pm October 14, 21 and 28	Everyone	Free
 Life goal workshop	Workshops to assist willing and motivated veterans in developing a life project in order to grow as individuals. This project can also be meaningful for anyone looking to contribute, directly or indirectly, to the development and well-being of their environment, whether it is through a part-time or full-time job, involvement in the community, implementing a project based on their interests, etc.	Schedule to be determined based on enrollment.	Veterans	Free
 Compassion Fatigue workshop	This workshop aims to improve the knowledge of compassion fatigue and how to prevent it, express concerns about it and provide resources.	Schedule to be determined	Everyone	Free
Perinatal bereavement support group	Losing a baby you were longing for and loved is a painful ordeal. This group offers you a place to live your emotions, share your experiences, and walk through your grief. The group is co-facilitated with the Association Les Perséides: support for perinatal bereavement.	Schedule to be determined based on enrollment.	Military personnel and spouses living or have lived through perinatal bereavement.	Free

Family events and activities

ACTIVITY	SCHEDULE
Halloween disco	October 30 7 pm to 9 pm
Christmas disco	December 11 7 pm to 9 pm

