

| Sun | Mon  | Tues  | Wed   | Thu  | Fri | Sat |
|-----|--|---|---|--|-----|-----|
|     | 1  | 2   | 3<br><b>Book Club</b><br>7:00 PM  | 4<br><b>Deployment &amp; Parenting</b><br>7:00 PM  | 5   | 6   |
| 7   | 8<br><b>Mental Health First Aid</b><br>(1 of 2)<br>9:00 AM | 9<br><b>Cyber World</b><br>6:00 PM  | 10<br><b>Mental Health First Aid</b><br>(2 of 2)<br>9:00 AM   | 11<br><b>Café Conversations</b><br>7:00 & 8:00 PM  | 12  | 13  |
| 14  | 15<br><b>Family Day</b><br><b>WMFRC Closed</b>             | 16  | 17  | 18<br><b>Family Connections</b><br><i>Family Togetherness</i><br>6:00 PM                         | 19  | 20  |
| 21  | 22   | 23<br><b>Internet Safety</b><br>6:00 PM   | 24  | 25<br><b>Parent Resources</b><br>(ages 0-2)<br>2:00 PM<br><br><b>Job Applications</b><br>7:00 PM | 26  | 27  |
| 28  |  | <b>Upcoming Program Information</b><br><br><a href="#">WMFRC Facebook page</a> & <a href="http://www.cafconnection.ca">www.cafconnection.ca</a> | <b>Check out &amp; subscribe to our YouTube channel</b><br><br><a href="http://www.youtube.com">www.youtube.com</a> | <b>Follow us on Instagram!</b><br><br>@wmfrc   |     |     |