

# VALCARTIER FAMILY CENTRE

activities  
fall 2010

## REGISTRATIONS

In person, building 93:  
Tuesday August 24<sup>th</sup>  
from 8:30 am to 4:30 pm

By phone at 418 844-6060:  
Starting wednesday August 25<sup>th</sup>



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Canada

# EARLY CHILDHOOD

## Nursery School

Children 2 to 5 years old are invited to play, socialize, and take part in different educational activities, under the supervision of an animator.

Monday through Friday from 8:30 to 11:30 am  
or from 12:45 to 3:45 pm

*From September 7<sup>th</sup> to December 17<sup>th</sup>*

Limit of two periods per child per week, possibility of three depending on availability.

Priority will be given to military families.

\$8 per child per half day

\$15 for two children of the same family

\$21 for three children of the same family

## Francophone Parent-Child Group "Sunny Thursday"

Parents and children from 0 to 5 years old 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.

Anglophones who wish to practice their French are welcome.

Thursdays from 9 am to 11 am

*From September 9<sup>th</sup> to December 16<sup>th</sup>*

\$13 per child per session

\$20 for two children or more from the same family

## Anglophone Parent-Child Group "Get together"

Parents and children from 0 to 5 years old 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. Francophones who wish to practice their English are welcome.

Wednesdays from 1:30 pm to 3:30 pm

*From September 8<sup>th</sup> to December 15<sup>th</sup>*

\$13 per child per session

\$20 for two children or more of the same family

## Parent-Child Group "Small Talk" (ages 0 to 12 months)

A warm, secure place where parents and their children can come to enjoy a few hours of camaraderie, conversation and friendship. Possibility of starting a baby food workshop, depending on needs.

Mondays from 1 pm to 3 pm

*From September 13<sup>th</sup> to December 13<sup>th</sup>*

\$5 per child per session

## Baby Massage

Parents are invited to familiarize themselves with the techniques of baby massage. Baby massage helps parents to learn to recognize the signs and non-verbal language of their baby, and to respond to their needs. A bonding activity for you and your baby.

Tuesdays from 9:30 to 11:30

*from September 14<sup>th</sup> to October 5<sup>th</sup>*

*or from November 16<sup>th</sup> to December 7<sup>th</sup>*

\$40 for 4 workshops.

Bottle of massage oil and snacks provided.

## English Workshop

Children 4 and 5 years old get introduced to the English language through games, rhymes, and songs under the supervision of a qualified teacher.

Wednesdays from 3:30 pm to 4:30 pm

or Saturdays from 9:30 am to 10:30 am

*from September 22<sup>nd</sup> to November 17<sup>th</sup>*

*or from September 25<sup>th</sup> to November 20<sup>th</sup>*

\$35 for the session

## Becoming Grandma Grandpa

Preparation for the role of being a grandparent. Learn to improve communication with adult children and to take your place in the lives of your grandchildren.

Saturday October 2<sup>nd</sup>

10 am to 4 pm

\$25 per couple

## Pre-natal Classes

Prenatal classes offer future parents the chance to prepare completely for the arrival of a new-born.

Saturday and Sunday from 9 am to 5 pm

*September 18<sup>th</sup>-19<sup>th</sup>, October 23<sup>rd</sup>-24<sup>th</sup>,*

*or November 27<sup>th</sup>-28<sup>th</sup>.*

\$50 per couple.

## "Joujouthèque" Toy Library

It's just like a regular library, but instead of books, you can borrow toys and games! This service is open to kids of all ages, including teens, parents and adults without children. Games available for all age groups.

Wednesdays from 4:30 pm to 8 pm

*From September 1<sup>st</sup> to December 15<sup>th</sup>*

\$10 for a 1-year membership,  
and \$2 for each 2-week rental.

# YOUTH

## Home Alone Workshop

This workshop teaches kids aged 8 to 12 safety rules to follow if they are alone at home, after school and at the park.

*Saturday November 6<sup>th</sup>* from 1 pm to 4:30 pm  
\$10 per workshop

## Babysitting Course

Course given by the Red Cross that gives young people aged 11 and over the skills and qualifications to become certified babysitters.

*Saturday November 13<sup>th</sup>* from 8 am to 5 pm  
\$50 (price fixed by the Red Cross)

## Cooking Workshop

Kids 6 to 12 years old prepare simple, healthy snacks and meals, while learning about safety in the kitchen.

*Saturday September 25<sup>th</sup>, and October 2<sup>nd</sup>, 9<sup>th</sup> and 16<sup>th</sup>*  
from 9 am to noon or from 1 pm to 4 pm  
\$45 per child for 4 workshops

## Chocolate Making Workshop

Children 6 to 12 years old can create delicious chocolate treats for the holidays.

*Saturday October 30<sup>th</sup>* (Halloween)  
from 9 am to noon or 1 pm to 4 pm

*Saturday December 30<sup>th</sup>* (Christmas)  
from 9 am to noon or 1 pm to 4 pm

\$15 per child per workshop

## The Adventurers (ages 10 to 12)

Kids 10 to 12 years old are invited to take part in a unique after-school club where they can take part in preventative and educational activities, developed and animated by youth counsellors.

Fridays from 3:30 pm to 5 pm  
*Beginning September 17<sup>th</sup>*  
Free

# ADULTS

## "Café Moulu"

A fun, laid-back activity for meeting other people from the military community and learn new hobbies at the same time.

Thursdays  
*September 16<sup>th</sup>, October 14<sup>th</sup>, November 18<sup>th</sup>, and December 9<sup>th</sup>*  
from 1 pm to 3 pm

Wednesdays  
*September 29<sup>th</sup>, October 27<sup>th</sup>, and December 1<sup>st</sup>*  
from 6:30 pm to 8 pm

Free

A minimum of 5 registrations must be received the Monday prior to the start of this activity for it to take place.

Activity organized by a volunteer committee. If you are interested in sharing your hobby or helping organize an activity, contact Chantal Thompson at 418-844-6060

## Scrapbook your group

Sharing and discussion activity paired with a scrapbooking workshop for military families living with, or who are expecting, a prolonged absence.

Wednesdays  
*September 8<sup>th</sup>, October 6<sup>th</sup>, November 24<sup>th</sup>*  
from 6:30 to 8 pm

\$2 per activity

A minimum of 5 registrations must be received the Monday prior to the start of this activity for it to take place.

Activity organized by a volunteer committee. If you are interested in sharing your hobby or helping organize an activity, contact Chantal Thompson at 418-844-6060

## French / English as a second language

Second Language courses offered to the military community in Valcartier and in Sainte-Foy according to demand.

Regular Course: 12 weeks of classes (60 hours)

Intensive Course: 4 weeks of classes (60 hours)

Register before September 10<sup>th</sup>

*Classes begin the week of September 20<sup>th</sup>.*

\$50 per session.

Possibility of placement for civilians for \$100 per session.



# INFORMATION

# 418 844-6060

Activities are offered in priority to members of the military community and to other members of the community afterwards.

Activities are offered at the Valcartier Family Centre at Valcartier or Sainte-Foy in English or French according to demand.

## **PAYMENT METHODS**

Cash or checks postdated for September 15<sup>th</sup> and made out to:  
Valcartier Family Centre.



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