

CHILD CARE FAIR

February 11 / 11 AM - 2 PM
South Side Community Centre (1578 Wolfe Ave.)

Does the thought of filling out an "in case of emergency" form make you cringe? If you are new to a community, or far from family, finding reliable child care can be stressful. Plan ahead and make connections with child care providers who could support your family during work-related separations. Dual-military couples: this is a great opportunity to find flexible child care providers who can meet your family's needs.

Avez-vous du mal à trouver un service de garde? Vous avez dû annuler des plans importants? Trouver un service de garde peut être une source de stress. Voilà votre chance d'apprendre quelles sont vos options locales en matière de services de garde et de rencontrer les fournisseurs.



Join us to find out more about:

- Before and after school care
- Part-time and full-time care
- Overnight and extended stays
- What is available in the event of emergencies and work-related separations

Child care is available with registration by calling (613)-687-2104 ext 231.
The deadline to register for child care is February 10 at NOON.

For more information please contact Frances Priest by calling (613) 687-1641 ext 2223
or emailing frances.priest@forces.gc.ca



February is Mental Performance Month at the PMFRC
Find balance and improve your health