



NATIONAL FAMILY WEEK!

Connecting with Families through Stories brought to you by the
Petawawa Military Family Resource Centre
 and its Community Partners!



October 4th - 10th 2010

Enjoy an entire week dedicated to family fun!

MONDAY
OCTOBER 4

MESSY MURAL PAINTING (BILINGUAL)
 9:00 - 11:30 am
South Side Community Centre
 Bring your children (0-6 years) out to a fun filled day of messy painting!

Hosted by the Play N Learn Program, PMFRC

PARENT & TOT SWIM
 9:00 - 10:00 am
Dundonald Hall
 Bring your tot for an enjoyable swim!
 > CAC Member: \$2 / first child
 \$1 / additional child

Hosted by PSP Petawawa

FAMILY SKATE
 12:00 - 2:00 pm
Silver Dart Arena
 Enjoy a fun, free open skate with your family!

Hosted by Silver Dart Area, CFB Petawawa

TUESDAY
OCTOBER 5

LAUGHTER YOGA
 1:00 - 2:00 pm
South Side Community Centre
 Laughter yoga teaches you emotional resilience: how to make happiness a choice and not a consequence.

Hosted by Prevention, Support and Intervention, PMFRC

PREPARE TO WELCOME HOME YOUR LOVED ONE
 6:00 - 8:00 pm
South Side Community Centre, Room 2AB
 Children focus on welcoming home their loved ones from TF-1-10. Come out and meet "Draco" our Deployment dragon. Join us while we read stories, talk about plans for homecoming and make crafts!

Hosted by the Children's Deployment Support Program, PMFRC

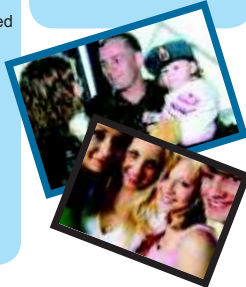
WEDNESDAY
OCTOBER 6

PARENT & TOT SWIM
 10:00 - 11:00 am
Dundonald Hall
 Bring your tot for an enjoyable swim!
 > CAC Member: \$2 / first child
 \$1 / additional child

Hosted by PSP Petawawa

INDOOR ROCK CLIMBING
 7:00 - 9:00 pm
Rec Plex
 Experience indoor rock climbing family fun!

Hosted by the Petawawa Indoor Rock Climbing Club



THURSDAY
OCTOBER 7

MESSY MURAL PAINTING (BILINGUAL)
 9:00 - 11:30 am
South Side Community Centre
 Bring your children (0-6 years) out to a fun filled day of messy painting!

Hosted by Play N Learn Program, PMFRC

FAMILY SKATE
 12:00 - 2:00 pm
Silver Dart Arena
 Enjoy a fun, free open skate with your family!

Hosted by Silver Dart Area, CFB Petawawa

PAJAMA PARTY
 6:00 - 7:00 pm
Petawawa Public Library
 Bring your family for a PJ party! We will have some great stories, treats and crafts.

Hosted by Petawawa Public Library

FRIDAY
OCTOBER 8

PARENT & TOT SWIM
 9:00 - 10:00 am
Dundonald Hall
 Bring your tot for an enjoyable swim!
 > CAC Member: \$2 / first child
 \$1 / additional child

Hosted by PSP Petawawa

SATURDAY
OCTOBER 9

FAMILY SWIM
 3:45 - 4:45 pm
Dundonald Hall
 Enjoy free open swim with your family!
 > CAC Member: no cost
 > Non CAC Member: \$6 drop in fee

Hosted by PSP Petawawa

SCUBA DIVING
 1:45 - 3:40
Dundonald Hall
 Come dive into family fun and experience an under water adventure!

Hosted by the Petawawa Scuba Club

DEPLOYED FAMILY ACTIVITY
 9:00 am - 5:00 pm
Saunders Farm - Departure from South Side Community Centre
 Inviting deployed family members for a trip to Saunders Farm.
 > \$5.00 per person

Hosted by PMFRC and the Deployment Support Centre

SUNDAY
OCTOBER 10

FAMILY SWIM
 3:45 - 4:45 pm
Dundonald Hall
 Enjoy free open swim with your family!

Hosted by PSP Petawawa

ALL WEEK!

TEEN "SEEN" CHALLENGE AT THE PETAWAWA LIBRARY

Hey teens! Bring a family member into the Petawawa Library to read with at anytime during National Family Week! Make sure you sign yourself and your family member in to begin your reading challenge. Read one of our selected books with your family member for 15 minutes. Once you sign out, you will be entered in a draw to win movie tickets!

FAMILIES GET CAUGHT READING AT THE PETAWAWA LIBRARY

Read one of our featured books with a family member in the library during National Family Week and you could be caught! Don't forget to enter your name in the draw to win some great prizes!

CONTESTS - ENTER TO WIN!



SUBMIT YOUR BEST FAMILY PHOTO

Do you have a favorite family photo? Share it with us, and you'll be entered to win a prize!

SUBMIT YOUR BEST FAMILY STORY

Do you have a family story that you would like to share? Write to us and tell us about it, and you'll be entered to win a prize!

HOW TO SUBMIT YOUR STORIES AND PHOTOS

Stories and photos can be submitted electronically through our website at www.familyforce.ca/sites/petawawa or can be dropped off at The Family Centre, 12 Reichwald Cres., Petawawa. Prizes will be drawn for best family photo and story upon closing of National Family Week!

Many thanks to our community partners for their support!



SILVER
DART
ARENA

PETAWAWA
ROCK CLIMBING
CLUB

For more information call (613) 687-7587 ext. 3222!