



Goose Bay Military Family Resource Centre

COMMUNITY NEWS



Welcome

INSIDE:

- Rosetta Stone
- Community Highlight
- Family Information Line
- MFRC Common Area

Welcome Dani & Todd!!

The Goose Bay Military Family Resource Centre would like to welcome Aspen (Dani) and Todd to the organization. They have both recently accepted the position of ECE at Robin's Nest Child Care Centre.

From the humble beginnings of a Louisiana farm, it's both an honour and a privilege to be a part of the Military Family Resource Centre. As a dedicated member of the community, I am passionate about fostering inclusivity and ensuring that every individual feels valued and supported. Acknowledging that we are on the traditional land of the Innu, Inuit, and Southern Inuit peoples, I'm deeply committed to cultivating inclusivity, sustainability, and nature-inspired values, weaving an enriched tapestry into our shared journey.



“Hey everyone, I'm Todd Bishop, and I'm from Conception Bay South, Newfoundland. I have a lot of experience taking care of our elderly as a personal care attendant. Before joining the MFRC team, I've worked with numerous clients, always providing exceptional care. I'm excited to be part of the Military Family Resource Centre and am looking forward to making a positive difference!”

Rosetta Stone

The MFRC has multiple Rosetta Stone licenses available for Military spouses!

If you would like to start learning 1 of the 25 languages Rosetta Stone offers, you can sign up today! Rosetta Stone is at your own pace and you can learn in the comfort of your own home. For more information please reach out to Jennifer.



Coffee Mornings

The MFRC hosts a Coffee Morning every month to help create an opportunity to get together with other community members. Children are welcome as well. We often have presentations from other Community members so you can learn more about what the Community has to offer.

Join us on Tuesday, December 12th for a special Christmas Coffee Morning with toutons. We hope to see you there!



Community Highlight

For this month's Community Highlight, we wanted to highlight some of the dates coming up in December:

MFRC's Children's Christmas Party - December 3rd

Chapel of the Northern Lights Carol Service - December 5th

Happy Valley Goose Bay Christmas Tree Lighting - December 7th

PSP's Santa Skate - December 8th

Santa Claus Parade - December 9th

Wing Commander's Open House - December 10th

We wish everyone a fun and safe holiday season!!



Child & Youth

There will be no Kids Club or Teen Night for the month of December.

The last day for Morning Hangout (previously Community Connections) will be Thursday, Dec 14th.

ASP will be closed on December 19th and re-open on January 2nd.

We still have a few drop-in ASP spots available for military families. Please email Mary Kokol at Mary.Kokol.MFRC@gmail.com or call 869-6900 ext 555-2430 if you require a drop-in.

Ahhhhhh Christmas!

For some, the lists of gifts may have been drawn up months ago and already been tackled, maybe even wrapped and sent to the recipients, while some of us like the thrill of the last minute hunt to find that special gift(s) for family and friends.

Take a moment to sit back and reflect on how much you've allotted for gifts or are thinking of spending. Did you stay on budget? Did you overspend? Have you even thought of budgeting?! It doesn't take much to get caught up in the retail super sales and Black Friday /Cyber Monday saving events and budgeting seems to get tossed out the window.

Maybe begin a new trend this year and be extra resourceful in your gift giving. Does a new parent need a break from the home and their child (ren)? A gift certificate for a few hours of childcare would mean so much! Know someone with a sweet tooth? A gift of homemade treats won't be turned away. Have a talent of woodworking, sewing, painting, gardening, etc....maybe something creative can be prepared for a gift. Have you received a gift and it ended in back of the closet, but you know someone who would love it? Re-gifting would be a fabulous option! You decrease clutter and made someone else happy, win-win! Don't think that if something wasn't purchased from a store that it isn't "enough". Your gift(s) from your kitchen, garden, craft room, more importantly, your heart will mean so much to others (and quite possibly easier on your budget).

Don't fall into the "Tis the Season of Debt. Your January will thank you!



Written by The Canadian Mental Health Association:

While the holiday season may be a time of joy for many, for others it can actually make depression and anxiety worse. In fact, 52% of Canadians report feelings of anxiety, depression and isolation during the holiday season. With the holidays quickly approaching, it's important to find ways to cope with the added stress that can come with this time of year.

Here are five ways that the holidays can be overwhelming and what you can do to protect your mental health.

1. (Too) great expectations

The image of the “perfect holiday” permeates the mainstream culture. We know exactly how it's supposed to go. We feel obligations. We compare ourselves to the ideal. Are we happy enough? Are we doing it right? Or perhaps the holidays aren't even part of your cultural tradition, but you feel pressure to celebrate them for fear of feeling excluded. Or, maybe they're part of a tradition you reject. If so, ignore judgments of “bah humbug” – you are not obliged to celebrate the holidays. Recognize if you feel oppressed by your own traditions. If you do, it's time to take the space and reinvent. Maybe that means saying no (“I can't come this year”), or setting other boundaries (“I'm coming for dinner, but I can't stay the night”).

Don't be ruled by what's gone on in the past. They're your holidays and you can take them back.

Ask yourself what you love about the holidays. What do you dislike, or even hate? Now choose to do what you love! Don't let your—or anybody else's—traditions dictate how and if you celebrate.

2. Merriment to the max

Over-eating. Over-drinking. Over-spending. General over-indulgence. It seems the holidays go hand and hand with them. This compulsory consumerism and mandatory merriment can have a damaging effect on your mental health, especially if you struggle with personal finances or with substances. Consumption comes at a price that not everyone can afford. If so, know that you don't have to buy things to show others that you care. There are gift exchange ideas that cut down on consumerism, without skimping on generosity or giving. Offer the gift of mental health by making a donation to cmha.ca or another mental health organization in honour of someone. Or give to another cause you care about. Stay on top of what you're spending by budgeting. A budget template can help you do that. Remind yourself of pitfalls or triggers when it comes to over-indulging. It might feel good in the moment, or help you deal with holiday stress, but may not have positive effects on your mental health the next morning or the next month when bills are due. Don't lose sight of your needs for exercise and sleep.

3. Trying to be the “perfect host”

You may be hosting a gathering this year for the first (or fiftieth) time. Maybe you feel like it's your job to please everyone and make sure others are having enough fun and enjoying their holidays. That's a lot of pressure. If so, delegate to others: if you feel it's your job alone to make things perfect, you can ask others to help. It's their holiday too! Take a break from hosting or retire altogether. Ask someone else to host this year. Head conflict off at the pass. If you know there are certain topics that will set people off, be kind and clear about boundaries and

expectations. Put your ground rules in your invitation email or specify a time to talk things through in advance. Remember that if it's your home or your event, you get to set the rules.

4. Too much togetherness

Sometimes our holiday traditions are intensely social. Parties, get-togethers and family dinners can create relationship dynamics that are rife with discomfort, and even conflict. Tensions can run high. Because our holiday traditions can date back to childhood, we may be called on to play roles we aren't comfortable playing any longer. If so, remember that only you can choose what makes you happy. If you accept the invitation but find that you're feeling overwhelmed while you're there, plan to take time out by finding a quiet place to take a break, calling a friend or taking a walk. If you don't want to stay, you're allowed to leave. Arrange your own transportation so you can come and go as you please. If you don't want to go, you don't have to. Give yourself permission to do what's best for you. Don't feel guilty for cancelling.

5. Feeling left out in the cold

More than one in 10 Canadians often or always feel lonely. Half of those who experience loneliness have poorer mental health overall. Your connection to others and your community are key ways to protect mental health, so loneliness is something to pay attention to. The holidays can be especially hard if you feel lonely. There are many reasons you might be alone during the holidays. Sometimes it's your choice, and sometimes it isn't, for example, if you've lost someone, moved away or grown apart. If you are already feeling isolated socially or have a social or other anxiety disorder, being alone during the holidays can make things worse. If so, do something special for yourself: cook yourself your favourite foods, go to a movie, or do a holiday project. Volunteer. By helping others, you also boost your own mental health and have a chance to connect with other people. Help out at a foodbank, serve holiday dinner at a community meal or offer to get groceries or spend some time with someone who's alone and doesn't want to be. Reach out to others who are also looking for connection: there are whole groups of people—in person and online—who are also looking for community.

Go “old school” and write letters and holiday cards with invitations to connect by phone.

If you are struggling, know that there is help and hope. If, despite your best efforts, you feel overwhelmed with feelings of anxiety or sadness, or if your negative feelings are persistent or get in the way of your daily life, you should reach out for mental health support:

If you just want to talk to someone, there are “warm lines” for you to do just that.

If you're a young person, try the youth peer-to-peer online community.

Please contact your local CMHA or visit the Government of Canada's Wellness Together portal.

If you are thinking of suicide, please call Talk Suicide at 1-833-456-4566 toll free in Canada or dial 911.

Holidays aren't magical for everyone. That's because the “most wonderful time of the year” can be fraught with challenges and situations that affect our mental health. Be prepared. If you're dreading the holidays, don't let them just happen to you. Get out in front of them. And take good care.

Sources:

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Veteran Family Program

The Veteran Family Program is funded through Veterans Affairs Canada and in partnership with Canadian Forces Morale and Welfare Services. Military Family Services (a division of Canadian Forces Morale and Welfare Services) partners with Military Family Resource Centres to deliver services to medically releasing Canadian Armed Forces members, medically released Veterans and their families from across Canada.

A Veteran Family Program Coordinator is available to support the transition of medically releasing Canadian Armed Forces members, medically released Veterans and their families into post-service life.

Releasing from the Canadian Armed Forces can be challenging for members and families, but even more so when the release is the result of a medical situation. When a Canadian Armed Forces member makes the transition from active service to veteran status, their family does too. The Veteran Family Program is here to help ease that transition by providing enhanced information and referral services, specialized transition programs and some of the traditional programs offered through Military Family Resource Centres.

The Veteran Family Program benefits the medically releasing Canadian Armed Forces members, medically released Veterans and their families by helping them navigate the complex process of releasing, the challenges that may arise, and the sometimes unexpected impact on the social, emotional, and financial wellbeing. Programs and services are always aimed to meet individual needs, and work towards finding solutions and support. The Veteran Family Program can enhance other services provided through the Canadian Armed Forces Transition Group, Veterans Affairs Canada and other organizations in the local community.

Please contact Holly at 896-6900 ext. 2157 if you are looking for information or if you have any questions about the Veteran Family Program.



Canada Post Free Mail Initiative

Canada Post continues to support deployed troops!!

Canada Post is continuing with free delivery of letters and parcels to deployed troops from their family and friends during the 2023 Holiday Season. They understand how important these messages are to uplift the spirits of Canadian men and women serving overseas.

Canada Post offers the following services:

- Free delivery of letters weighing up to 500 g to deployed troops will continue until December 31, 2023.
- Free Regular Parcel service to designated missions and deployed ships from October 11, 2023 until January 13, 2024.
- These items are sent to any of the PO Box Stn Forces, Belleville, Ontario addresses and to HMC Ships addressed in Halifax or Victoria, as listed in CFPO Address section.

It is important to note that the mail item must be addressed to a specific CAF member and include rank and mission information. They must be brought to a Canada Post retail outlet for processing. Mail deposited in street letter boxes bearing no postage will not be delivered.



Deployment Outreach

Do you or someone you know have a loved who is deployed?

The Goose Bay MFRC supports Labrador families of Canadian Armed Force Members who are deployed. Support is provided before, during and after deployments. Deploying members are encouraged to provide contact information for their Next of Kin to their closest MFRC. Family members of Canadian Armed Force Members are also welcome to contact the Goose Bay MFRC directly. The MFRC provides a range of support services and resources to families to assist them in managing the unique stressor associated with the military lifestyle and deployment. If you have a loved one serving in the Military and he/she is deployed please contact Holly at 896-6900 ext.2157

Deployment Respite Care

The MFRC will provide respite care up to nine hours a week at \$9 an hour for those families who require childcare while a Military Member is away. This provides an opportunity for those families to have a break if they feel the need. If you do decide to get a babysitter, you can do up your own receipt or please provide the name of the babysitter and number of hours he/she babysat for to Holly. If you have any questions or for more information please contact Holly at 896-6900 ext. 2157.



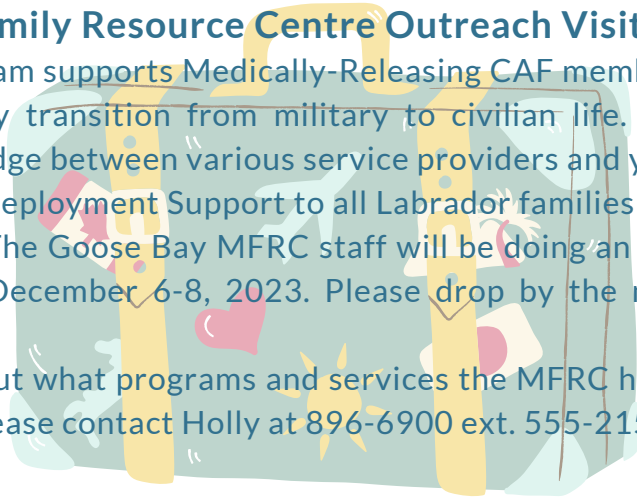
DECEMBER 2023

Goose Bay Military Family Resource Centre Outreach Visit to Labrador West.

The Veteran Family Program supports Medically-Releasing CAF members, Medically-Released Veterans and their families as they transition from military to civilian life. Let the Veteran Family Program Coordinator act as the bridge between various service providers and you and your family.

The MFRC also provides Deployment Support to all Labrador families that have a loved one on serving in the Canadian Armed Forces. The Goose Bay MFRC staff will be doing an Outreach visit to Labrador City at the Labrador Mall from December 6-8, 2023. Please drop by the mall, we will have an information display set up!!

For more information about what programs and services the MFRC has to offer please visit cfmws.ca. If you have any questions please contact Holly at 896-6900 ext. 555-2157.



Family Information Line

With what's going on in our world, you can call Family Information Line if you need to talk to someone, need to vent, are in crisis or need support and referral. You can call, military members can call, veterans can call, bereaved families can call. Any time, any reason.

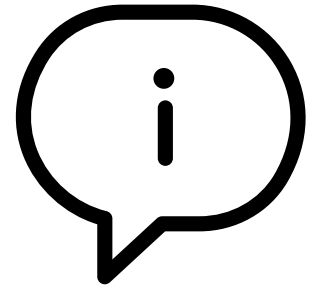
1-800-866-4546 (North America)

00-800-771-17722 (International)

You can email. Our inbox is always open. FIL@CAFconnection.ca

<https://www.cafconnection.ca/.../Fam.../Connect-With-Us.aspx>

<https://www.connexionfac.ca/.../Prenez-contact-avec-nous...>



CF One Card

If you are a Veteran or you know one who hasn't applied for their CF One Card, contact the Member Customer Service Centre. Veterans are eligible for the CF One membership program. Earn CANEX Rewards and CF Appreciation discounts and benefits and much more at CF One:

<https://cfmws.ca/about-us/cfone-registration>

Email: CF1FC@cfmws.com or Call: 1-855-245-0330 (toll free)



VETERANS ARE MEMBERS HERE.

We're proud to serve you throughout your journey.

 cfmws.ca/veterans



Helmets to Hardhats

Equal Opportunities For All

At Helmets to Hardhats, a diverse community accurately represents what we believe: opportunities for all. We have referred thousands in the military community to new openings in the construction and related industries that appreciate their hard-earned military skills and training. But we don't stop there. We advocate hiring all Veterans, their families, senior Cadets, and Afghan Interpreters, including women and members of the LGBTQ2+ community. Choose from the many construction industry opportunities, job placements and new hires, including management positions added daily.

Visit their website regularly for updates and register to plan your new career path today!!

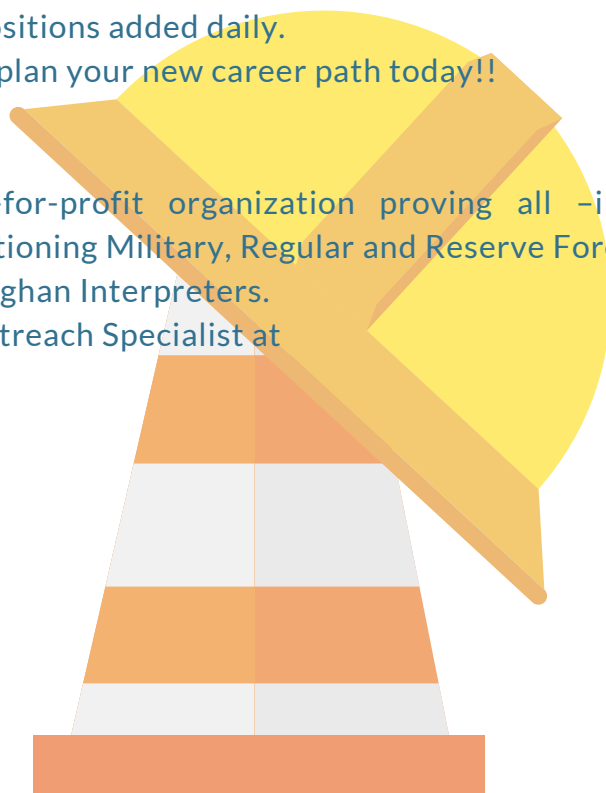
HELMETSTOHARDHATS.CA

1-855-238-9707

Helmets to Hardhats Canada is a registered not-for-profit organization providing all-inclusive opportunities in the building trades for Veterans, transitioning Military, Regular and Reserve Force, their spouses and dependents, senior Cadets and resettled Afghan Interpreters.

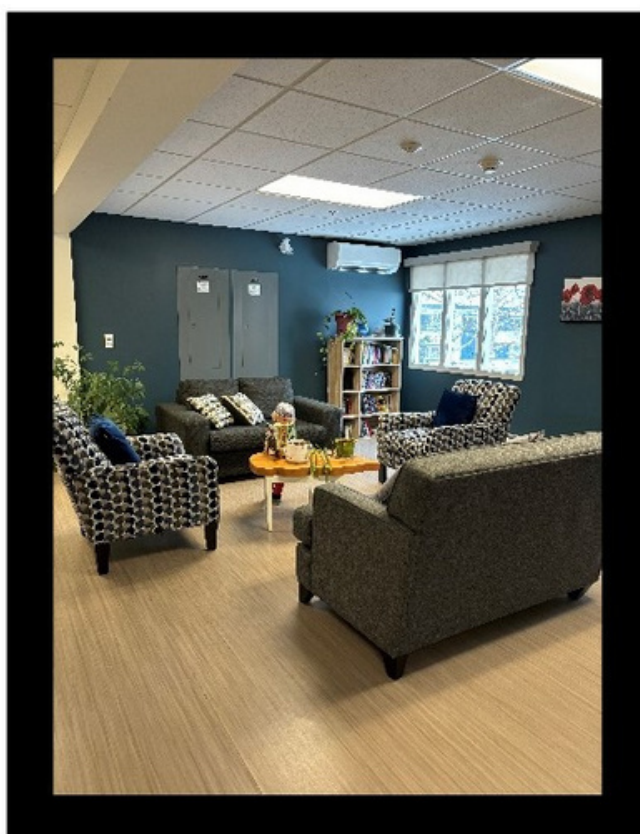
For more information please contact Cora Saunders, Outreach Specialist at

csaunders@helmetstohardhats.ca



MFRC Common Area

Do you ever want to get out of the house, but not sure where to go? Come on over to the MFRC, we have a great common space! Come for a visit, coffee or read a book!!! We are always up for visits from our amazing community!



DECEMBER 2023

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
						
3 COMMUNITY BREAKFAST 9-11 CHILDRENS CHRISTMAS PARTY 12-2 CANUCK CLUB	4 MORNING HANGOUT/ GYM TIME	5 MORNING HANGOUT CAROL SING AT CHAPEL	6 MORNING HANGOUT/ GYM TIME	7 MORNING HANGOUT TOWN TREE LIGHTING	8 PSP SANTA SKATE	9 SANTA CLAUS PARADE
10	11 MORNING HANGOUT/ GYM TIME	12 COFFEE MORNING	13 MORNING HANGOUT/ GYM TIME	14 MORNING HANGOUT	15	16
17	18	19	20	21 MFRFC CLOSED	22	23
24	25 CHRISTMAS DAY MFRFC CLOSED	26	27	28	29	30 
31 						

DECEMBER 2023

Kid's Club 6-8pm. Ages 5-11. MFRFC Community Centre.
\$2 Admission

Preteen/Teen 6-8pm. Ages 11-18. MFRFC Community Centre.

Morning Hangout Mon & Wed. 9:30-11am. 5 Wing Fitness Centre
Morning Hangout Tues & Thurs. 9:30-11am. 5 MFRFC Community Centre
Coffee Morning 9:30-11am. MFRFC