



Goose Bay Military Family Resource Centre

COMMUNITY NEWS



Family Separation and Reunion

The Military Family Resource Centre's Deployment Support ensures that the family of the CAF Member remains connected to the Wing and community resources/services during deployments or any kind of separation. The MFRC provides outreach, information, support and assistance to CAF Families in response to needs arising from the absence of the military member. If your spouse is away and you have not heard from us then please give Holly a call at 896-6900 ext.2157

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VAC Case Management

Case Management is a service offered by Veterans Affairs Canada to assist former members, Veterans, RCMP and their families who may be finding it difficult to navigate a transition or change in their lives. Not everyone needs case management services; however, if needed a VAC Case Manager will assist in dealing with life challenges. Case Management is available to support members coping with a serious illness or in their adjustment to a loss such as a career or a loved one.

For more information please visit: www.veterans.gc.ca/eng/services/transition/case-management



Deployment Respite Care

The MFRC will provide respite care up to six hours a week at \$6 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. Families must pre-register for respite care, due to limited space in Robin's Nest Daycare. The MFRC will also fund up to \$6 an hour for six hours a week for a babysitter during the daytime or evening. If you wish to do this please provide the name of the babysitter and number of hours he/she babysat for and please give this to the MFRC. For more information please contact Holly at 896-6900 ext. 2157.

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.

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>



Veteran Family Telemedicine Service

The Veteran Family Telemedicine Service will provide medically released Veterans of the Canadian Armed Forces and their families, one year access to virtual care service. Veterans and their families have one year from their medical release date to sign up in order to be eligible for this service. Bereaved dependents of deceased Canadian Armed Forces Members are also eligible for this service. Reach out to the Family Information Line at 1-800-866-4546 if you have any questions.

Please visit <https://www.getmaple.ca/veteranfamily#form> for more information.



Helmet to Hardhats

Equal Opportunities For All

At Helmet 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 for 2023. Visit their website regularly for updates and register to plan your new career path today!!

HELMETSTOHARDHATS.CA

1-855-238-9707

Helmet 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

Virtual Mental Health First Aid- Veteran Community

Interest List

This Mental Health First Aid-Veteran Community is a group interactive workshop tailored to address the needs of Canadian Armed Forces Veterans and the people who care for and about them. This course is offered in three modules: Module 1 is a self-paced online portion that must be completed prior to attending Modules 2 and 3, which are live classroom portions. The virtual course is offered through Zoom or MS TEAMS. To attend the virtual training course, participants must have access to a working camera, microphone and speakers or earphones.

What participants will learn:

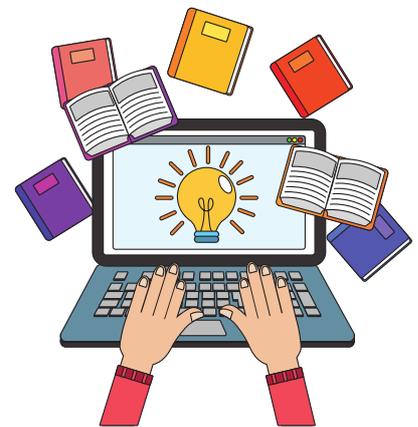
Participants will develop a thorough understanding of the five basic actions of the ALGEE Model. ALGEE is the framework used to facilitate a confident conversation about mental health with family, friends, colleagues and strangers.

Participants will:

- Be introduced to signs, symptoms and risk factors of mental health problems;
- Learn to decrease the social distance between themselves and someone with a mental health problem;
- Increase their confidence to help someone undergoing a mental health crisis;
- Be able to identify professional and self-help resources; and
- Improve mental health wellness

The program covers these main topics:

- Mental Health and stigma
- Substance-related disorders
- Mood related disorders
- Anxiety and Trauma
- Psychotic Disorders



Join us to become certified in Mental Health First Aid Veteran Community. Members of the Veteran community will receive this training at no cost. Seats are limited and registration will be on a first come first serve basis. Priority will be given to medically-releasing Canadian Armed Forces members, medically-released Veterans, and their families. For more information or if you are interested in taking this course please contact Holly at 896-690 ext. 2157

Child & Youth

Winter has been a little rough on activities for the youth with the colder temperatures, some children are adjusting to some life changes and have been experiencing many tough times in general. During the month of February our team was involved in a virtual info session on CAF Kids Help Phone. This is a program through the National Kids Help phone, directly focused on children within the CAF community. Since January 2020 there has been 12.2 million interactions using the Kids Help Phone service. Many children ranging from 5-29 years of age and primarily 50% of those from 14-24 years of age. Conversations are in real time, with a real crisis responder. CAF Kids can use this platform with an easy text message from Canada at any time, simply by texting CAFKIDS to 686868.



Child Development and Inclusion Coordinator

Thank you everyone for the warm welcome into my new position as the Child Development and Inclusion Coordinator. I am located upstairs in the MFRC and here to answer all your child development and inclusion needs.

My range of services are very broad with a focus on strength-based, child development growth through play and exploration of our world.

Should your child have a diagnosis or disability, I am able to help implement strategies in office and at home to accommodate their needs, as well as navigating appropriate equipment to ensure that your child feels included and supported.

I can help with referrals to services in town that your child may need, scheduling one on one sessions with your child to master a developmental skill, finding resources, tips and activities that can be brought home, and support you, as a parent, should you need guidance to help your child grow to their full potential!

“Play is the highest form of research.” – Albert Einstein

Isla Strachan



Coffee Mornings

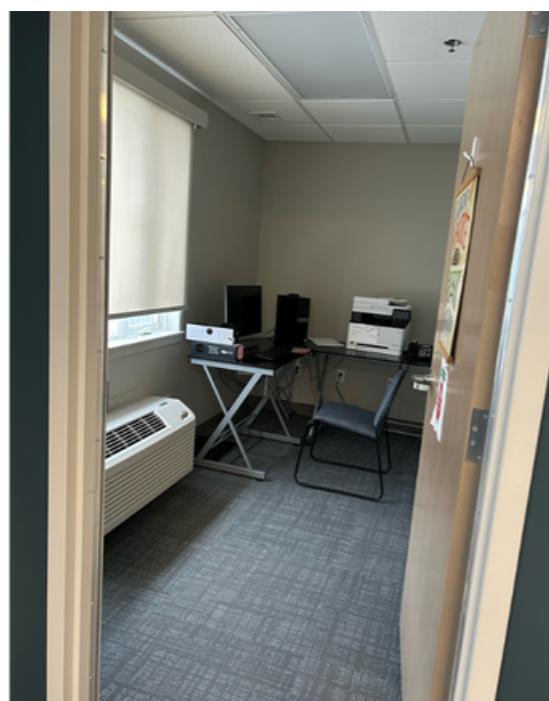
The MFRC hosts a Coffee Morning every month to help create an opportunity to get together with other community members. Children are welcome as well. We often have presentations from other Community members so you can learn more about what the Community has to offer.

The date for March is March 15th. We will have Rebekah Streeter presenting about Self-care in the workplace. We hope you can make it!

Resource Room

Do you have an important document to print off? Maybe a resume? Or an application form?

You don't have a printer at home, and you can't find anywhere in town to do it? Well, look no further, the MFRC has you covered!!!! We have a computer that is accessible to our 5 Wing community, you can check emails, look something up on Google and print whatever you need!!!



Upcoming Workshops

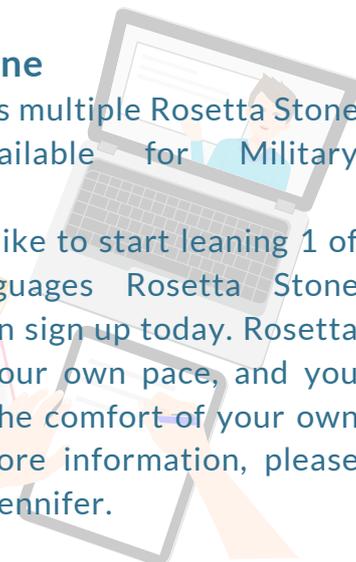
During the month of March we will have a self-care workshop on March 15th with Rebekah Streeter and then we will end the month with a beeswax wrap workshop on March 28th. Each workshop has been or will be advertised through Facebook and email. If you have any ideas for future workshops please reach out!



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.



Community Highlight

March is an exciting time for Labrador – the days are longer, the temperature is warmer and this year we have both the Cain’s Quest Snowmobile Endurance Race and the Labrador Winter Games coming up! Here is a little more info about those 2 great events:

Cain’s Quest

Cain’s Quest has been described as the ultimate in extreme racing. The race is more 3000km which makes it the longest race of its kind in the world! Beginning on March 4th teams of 2 will leave Labrador City and hit 13 check points all through Labrador. The race will run day and night guided by GPS and gut instincts to get them to the next checkpoint. Checkpoint number 2 is in Goose Bay and people often come together to celebrate the racers arrival. This year there are teams from all over the province, other parts of Canada and Finland. Throughout the race there is live tracking so you can see how the teams are doing. For live tracking and more information on the race you can check out www.cainsquest.com.



Labrador Winter Games

Beginning in 1983 the Labrador Winter Games happens every 3 years and is loved in event by many. During the week there will be up to 500 athletes from across Labrador, 600 volunteers and spectators to cheer on their home community. This week long event takes place from March 12th with the opening ceremonies and the closing ceremonies will take place March 18th. Throughout the week you can expect to see multiple sporting events throughout Goose Bay including Table Tennis, snowshoe races, a Labrathon, the Northern Games and so much more! The outdoor events are free to watch, there is a small fee for games that are played indoors and it is \$25.00 a ticket to watch the opening and closing ceremonies and the Northern Games (a fan favourite). For the schedule of the games and more information you can check out www.labradorwintergames.ca or their Facebook page “Labrador Winter Games”



International Women's Day

International women's day (IWD) is a day that Celebrate women's achievement, raises awareness about discrimination and take action to drive gender parity.

Some facts are that, women make up 70% of the world's 1.3 billion people in poverty. In Canada 1.5 million women live in poverty. Women in Canada are statistically likely to get paid 29% less and less likely to be in management positions. Also, since the pandemic, an alarming fact is that women are ten times more likely to be unemployed.

These and similar discrepancies have created the IWD. IWD has a long history and was first celebrated in 1911 in Austria, Denmark, Switzerland, and Germany. It wasn't until 1977 that the United Nations adopted March 8th as a global holiday. Understanding IWD's origin helps us better hold to the spirit of the day: radical change.

On March 8th, we encourage to celebrate the achievement of women. Women have accomplished great things in every field, including medicine, science, literature, and politics. IWD is a great opportunity to recognize all these successes. We also need to acknowledge that more needs to be done. Out of 156 Countries, Canada is ranked number 24 for the global gender gap.

This year we are celebrating the theme of embracing equality. We encourage you to imagine a gender equal world. A world free of bias, stereotypes, and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality.

What are some things you can do?

Reflect on your own your own beliefs and craft a personal action plan. Think about areas where you might be uneducated or where you might have biases involving gender, sexuality, race, and so on. Commit to being more aware of your actions and educate yourself through books, classes, or other resources.

Nominate someone for the **Agent of Inspiration, Influence & Integrity Award** through the Mokami Status of Women Council here: <https://forms.gle/Z2A1JkawW2xWE4PHA> or see Mokami Status of Women Council's Facebook page for more information.

This award will be given to a woman who has made a significant contribution to inspire, empower, advance, advocate, or support women in her community. She is a role model who demonstrates leadership, commitment to her cause, courage, and integrity. She is a woman who will go the extra mile to break down barriers in her community. She inspires and encourages women to follow in her footsteps. She encourages others to embrace their voice and create change. She believes so strongly in the outcomes she seeks that her beliefs mold the path she is taking to get there. The chosen nominee will be announced during the Mokami Status of Women Council's Annual International Women's Day Celebration on March 8, 2023.

Join the International Women's Day celebrations hosted by the MFRC, PSP and Defence Women's Advisory Organization event on March 8th. More information on the GBMFRC Facebook page.

Continue to celebrate women's achievement. Raise awareness about discrimination. Take action to drive gender parity.

IWD belongs to everyone, everywhere. Inclusion means all IWD action is valid.

Join us March 8th to celebrate International Women's Day! There will be snow shoeing and archery offered during lunch as well as a social evening at the Canuck Club with great prizes, and delicious desserts. Register by calling 896-6900 ext 6060.

Deadline to register is March 3rd.



MARCH 2023

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
 5	6 COMMUNITY CONNECTIONS	7 COMMUNITY CONNECTIONS	8 INTERNATIONAL WOMEN'S DAY CELEBRATIONS CANUCK CLUB 6:30PM REGISTRATION REQUIRED COMMUNITY CONNECTIONS (INFO SESSION)	9 COMMUNITY CONNECTIONS	10 11 	11 18 
12 COMMUNITY CONNECTIONS	13 COMMUNITY CONNECTIONS	14 COMMUNITY CONNECTIONS	15 COMMUNITY CONNECTIONS COFFEE MORNING TEEN NIGHT 	16 COMMUNITY CONNECTIONS PRETEEN NIGHT	17 	18 25
19 ASIST TRAINING REGISTRATION REQUIRED COMMUNITY CONNECTIONS	20 ASIST TRAINING REGISTRATION REQUIRED COMMUNITY CONNECTIONS	21 ASIST TRAINING REGISTRATION REQUIRED COMMUNITY CONNECTIONS	22 COMMUNITY CONNECTIONS	23 COMMUNITY CONNECTIONS	24 25	25 25
26 	27 COMMUNITY CONNECTIONS	28 BESS WAX WRAPS 6:30-9PM REGISTRATION REQUIRED COMMUNITY CONNECTIONS	29 COMMUNITY CONNECTIONS	30 COMMUNITY CONNECTIONS	31 31 	31 31 

Kids Club 6:00-8:00 Ages 5-12 MFRC \$2 Admission

Preteen Night 6:00-8:00 Ages 11-13 MFRC

Teen Night 6:00-8:00pm Ages 14-18 MFRC

Community Connections Mon & Wed 9:30-11:5 Wing Fitness Centre

Tues & Thurs 9:30-11 MFRC Community Centre

Coffee Morning 9:30-11:00am MFRC