

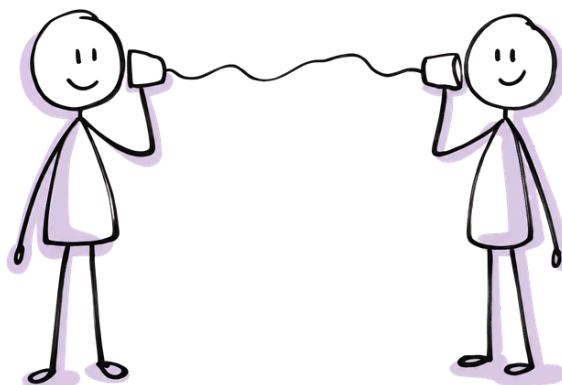


Goose Bay Military Family Resource Centre COMMUNITY NEWS

Stay Connected with the MFRC

If you are interested in participating in MFRC programs, workshops, or other activities, please send your personal email address to Jessica Crane @ Jessica.crane@forces.gc.ca

By sharing your email, you will receive updates about upcoming opportunities, including Lunch & Learns, coffee morning, workshops and other services offered by the MFRC. Staying on our email list ensures you receive announcements and registration information as soon as they become available, helping you secure a spot in popular workshops and programs.



INSIDE:

- Wellness Wednesday (NL Health Services)
- Hold Me Tight
- Second Language Training
- School Aged Academic Support Program

Out of the Blue Packages

Do you know someone who could use a little pick-me-up?

We all need a bit of extra support from time to time—and you might know someone who could use a smile today. The MFRC would like to help brighten their day by boosting their energy, improving their mood, and lifting their spirits.

To support our community, we're putting together special "Out of the Blue" packages for those who may need a little extra care and encouragement.

Nominate Someone

We're asking for your help to nominate a:

Military member

Military spouse

Military child

All nominations will be kept confidential.

Email: jessica.crane@forces.gc.ca

Call: 709-896-6900 ext. 555-2155



Just Posted In?

Have you recently been posted to 5 Wing Goose Bay? If so, have you visited the MFRC yet?

If not, stop by the Goose Bay MFRC for a welcome tour, meet our staff, and receive a welcome package! We are located at 564 Rivers Road and are open Monday to Friday from 8:00 a.m. to 4:30 p.m.

We look forward to meeting you and welcoming you to the community!



Got a Lunch & Learn Idea?

We're always planning our next Lunch & Learn and would love your input! What would you like to learn about? Whether it's a practical life skill, a wellness topic, community resources, or something completely different, we're open to suggestions.

Send your ideas to Jessica Crane at jessica.crane@forces.gc.ca and help us make future Lunch & Learns topics that matter to you!

Wellness Wednesday (NL Health Services)

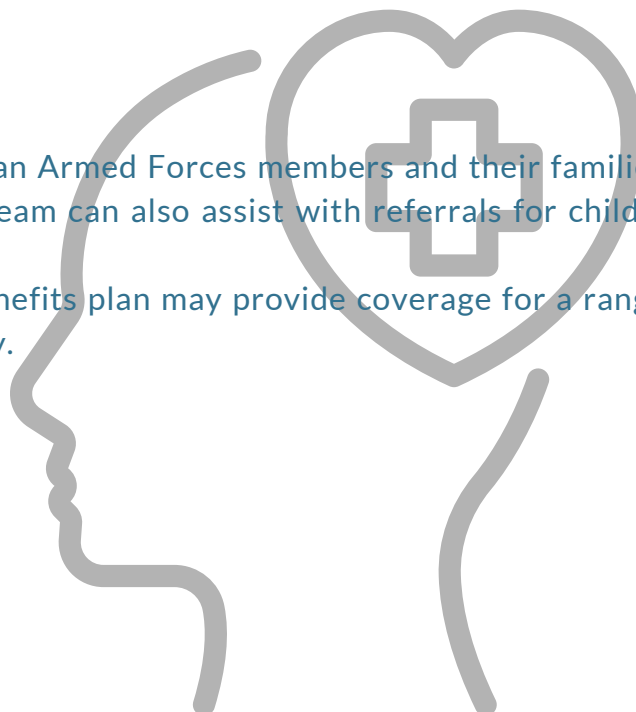
Free virtual sessions every Wednesday in August (August 5, 12, 19, and 26). The August 5 session focuses on supporting a loved one with mental illness and/or addictions. These sessions are designed to provide education, practical resources, and peer support. For more information: Wellness Wednesday - NLHealthServices

Mental Health Services

Where to Access Support

For counselling services, Canadian Armed Forces members and their families can connect with the MIR for professional care. The MIR team can also assist with referrals for children's mental health services when needed.

In addition, your Canada Life benefits plan may provide coverage for a range of mental health services, including counselling and therapy.



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Community Resources Available to You:

There are many trusted local and national resources available to support you and your family:

Labrador-Grenfell Health – Mental Health & Addictions

709-897-2343

Confidential assessment, counselling, crisis intervention, and referrals

27 CF Health Services Centre (Goose Bay)

709-896-6900 ext. 555 7222

Primary medical care and health services for CAF members

Libra House

709-896-8251

Emergency shelter, safety planning, and support for women and children experiencing family violence

Mokami Status of Women Council

709-896-3484

Advocacy, programming, and support for women's safety and well-being

Labrador Friendship Centre / Food Bank

709-896-8302

Community support, cultural programming, and food assistance

Family Justice Services

709-896-7941

Mediation, parenting support, and services related to separation and custody

NL HealthLine

811 or 1-888-709-2929

Free, confidential health advice from registered nurses

5 Wing Chaplain

709-896-7474

Confidential counselling and spiritual care for all, regardless of faith

The Journey Project

1-709-217-6824

Free, trauma-informed legal support and system navigation for survivors of sexual or intimate partner violence

Public Legal Information Association of Newfoundland and Labrador

709-896-5235

Free legal information, resources, and public education

24/7 Crisis & Support Lines

Kids' Help Phone

1-800-668-6868 | Text 686868

Crisis Text Line for Military Children

Text CAFKIDS to 686868

NL Sexual Assault Crisis Line

1-800-726-2743

Mental Health Crisis Line (NL)

1-888-737-4668

CHANNAL Peer Support

1-855-753-2560

Family Information Line

1-800-866-4546

Canadian Forces Member Assistance Program

1-800-268-7708

You're Not Alone

We understand that changes in support systems or transitions can feel overwhelming. Please remember—help remains available, and we are here to guide you.

If you have questions or need assistance connecting with services, please contact the MFRC at 709-896-6900 ext. 555 6060, and we will ensure you are directed to the right support.

Your well-being continues to matter to us.



Strengthen Your Connection—From the Comfort of Home

Looking to deepen your relationship and build a stronger emotional connection with your partner? The MFRC is pleased to offer virtual access to the “Hold Me Tight” program—a proven, research-based experience designed to help couples reconnect and grow together.

Through this online program, you and your partner can:

- Strengthen your emotional bond
- Learn practical tools for resolving conflict
- Reduce stress, anxiety, and feelings of disconnection
- Build confidence and enhance self-awareness

With its flexible virtual format, you can move through the program at your own pace, in the comfort and privacy of your home. This makes it an excellent option for those with busy schedules or for individuals in remote or isolated locations, such as Goose Bay, as well as anyone unable to attend in-person sessions.

Bonus Opportunity

We also have a limited number of “Hold Me Tight” books available to give away. Whether you prefer a physical resource or want to supplement the online program, simply let us know if you're interested.

To learn more, visit: <https://holdmetightonline.com>

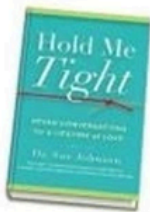
Please note: the virtual program is currently available in English only.

If you'd like to participate or have any questions, we'd love to hear from you. Contact Jessica at jessica.crane@forces.gc.ca or 709-896-6900 ext. 555-2155.

The Hold Me *Tight*® PROGRAM

CONVERSATIONS for CONNECTION

A Relationship Education Group for Couples

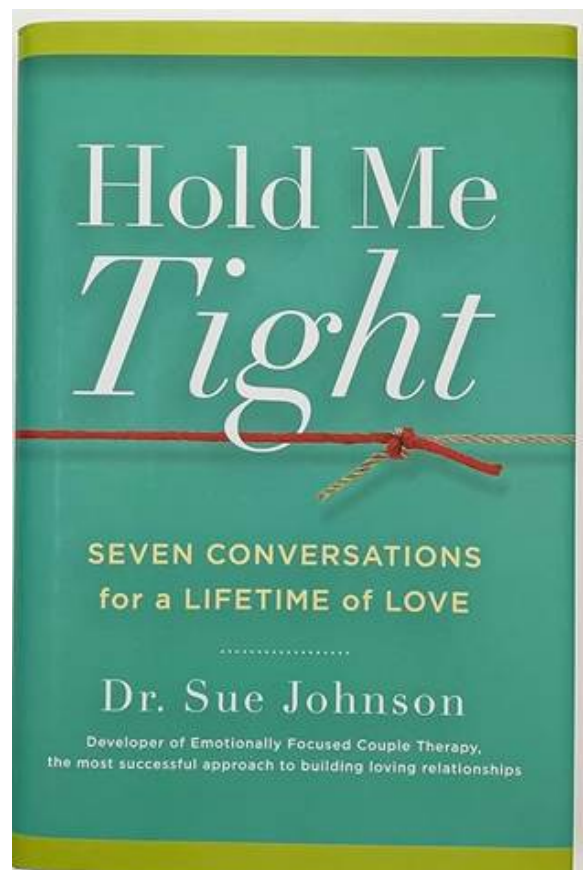


Based on the book

*Hold Me Tight: Seven Conversations
for a Lifetime of Love*

By: Dr. Sue Johnson

www.drsuejohnson.com



Community Highlight: Growing Local in Labrador

This summer, celebrate the growing number of local farms helping to supply fresh, locally grown food throughout Labrador. By shopping locally, residents can support local farmers, strengthen our communities, and enjoy fresh, high-quality produce.

Spruce Meadow Farms Ltd. – A local farm and seasonal farm shop offering fresh vegetables, greenhouse produce, flowers, herbs, and a variety of other locally sourced food products.

Black Spruce Farm – A family-run farm producing fresh vegetables, berries, eggs, honey, flowers, baked goods, and preserves. They also host seasonal U-pick events for the community.

D4 Ace Farm – Located on Mud Lake Road, D4 Ace Farm produces berries, field and greenhouse vegetables, flowers, and herbs. The farm operates primarily from May through December.

Aldercroft Farm – A small livestock farm focused on expanding local meat production while supporting community education through occasional farm tours and educational events.

Pye Centre for Northern Boreal Food Systems – Supporting northern agriculture through research, education, and innovation, the Centre plays an important role in strengthening local food systems and promoting sustainable food production in Labrador.

Support Labrador agriculture by choosing locally grown products whenever possible. Every purchase helps strengthen our local food system, supports hardworking farmers, and keeps fresh, nutritious food on our tables.

Second Language Training

Looking to improve your French or English skills? The LRDG – Pour l'amour du français MD / For the Love of English™ program is an engaging online language-learning platform designed to support learners at all levels. With 16 structured modules aligned with the Government of Canada's A, B, and C language standards, this program offers a comprehensive and practical approach to language development.

Available 24/7 on both computers and tablets, LRDG allows you to learn at your own pace—anytime, anywhere. Its interactive format adapts to your individual needs, making it a flexible and effective learning option.

Ready to get started? Contact Jessica Crane at jessica.crane@forces.gc.ca to register today

Coffee Morning

Join us for our monthly Coffee Morning at the MFRC! This is a wonderful opportunity to meet others in the community, stay informed about local events, and enjoy a relaxed and welcoming atmosphere. Children are always welcome.

Upcoming Coffee Mornings: Wednesday, August 5th and Wednesday, August 26th



Tutoring Program - Financial support for CAF families designed to reimburse costs for tutoring services in curriculum subjects.

Due to the unique circumstances of military life, transitions between curricula and interruptions to education continuity are significant barriers for school-aged learners in Canadian Armed Forces (CAF) families.

The Support Our Troops National Tutoring Reimbursement Program provides financial reimbursement (up to a total of \$1,500) for tutoring services delivered to dependent school-aged children of currently serving Regular and Reserve Forces CAF members to ease education challenges related to the mobile military lifestyle and the impact of disruption to dependent children's education continuum.

This program is entirely funded by charitable donations; applications are accepted only while funding is available

Reimbursement requests will be accepted within designated application windows or until the maximum funding amount for the application window is reached, whichever comes first.

Application Window 1: 15 June 2026 at 06:00 - 3 July 2026 at 16:00

Application Window 2: 15 October 2026 at 06:00 - 5 November 2026 at 16:00

Application Window 3: 15 February 2027 at 06:00 - 5 March 2027 at 16:00

All application window open and close times are listed in Eastern Time (ET).

To learn more please visit: <https://www.supportourtroops.ca/Get-Support/Education/Tutoring-Program>

School-Aged Academic Support Program

Personalized tutoring for CAF-connected youth

This program provides virtual one-to-one academic tutoring for children of Canadian Armed Forces families. The goal is to help students maintain academic progress despite relocations, curriculum changes, or transitions between schools. Tutoring supports core subjects and helps students strengthen skills, prepare for exams, or adjust to a new curriculum. All tutoring sessions are delivered online by certified teachers through Connect Education.

To learn more please visit: <https://www.connect-education.com/mfs>



Veteran Affairs Canada - Mental Health Support

Mental health support is only a phone call away.

The VAC Assistance Service provides free, short-term psychological support with a mental health professional.

When you contact the VAC Assistance Service, you will speak to a mental health professional. They will help identify your needs and make an appropriate referral to a local mental health professional. You can usually receive an appointment within five working days.

You can receive between one and up to 20 hours of confidential support through this service. The number of hours will depend on the nature, severity and urgency of the issue.

For immediate support, call 1-800-268-7708 to speak to a mental health professional right now.

To learn more please visit www.veterans.gc.ca

Emotional Cycle of Deployment

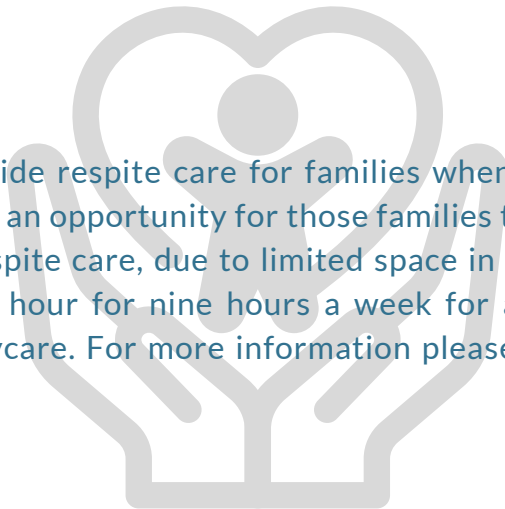
Deployment affects both service members and their families emotionally through several stages:

- Pre-Deployment: Feelings of anxiety and sadness build as the separation nears.
- During Deployment: Families adjust to new routines but may face loneliness and stress.
- Post-Deployment: Reuniting brings joy but also challenges as everyone reintegrates.

Understanding these stages helps families cope and stay connected. For more on the emotional cycle of deployment, visit: <https://cfmws.ca/support-services/deployment/emotional-cycle-of-deployment>

Respite Care

Respite Care The MFRC will provide respite care for families when a Military Member is deployed or away for any reason. 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 Childcare Centre. The MFRC will also fund up to \$9 an hour for nine hours a week for a babysitter during the daytime or evening if there is no space in daycare. For more information please contact Jennifer at 896-6900 ext. 555-2157



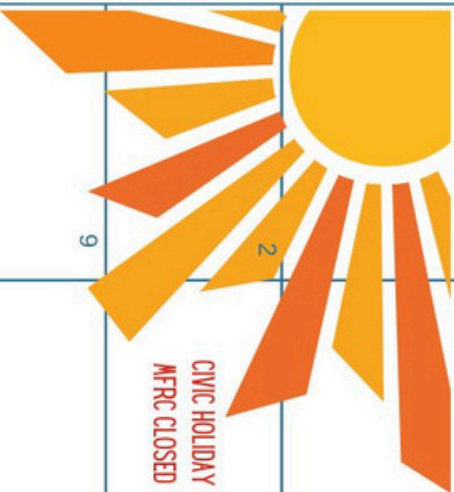
Child & Youth

The last day of Summer Fun Day Camp is Friday, August 21.

Information regarding registration for the After School Program will be available at a later date. Be sure to keep an eye on our Facebook page for updates!



AUGUST 2026

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
 2 3 9 10	CIVIC HOLIDAY AFRC CLOSED 3 10	4 11	COFFEE MORNING 5 12	6 13	7 14	8 15
16 23	17 24	18 25	19 26	20 27	21 28	22 29
30 31			COFFEE MORNING 26		LAST DAY OF SUMMER FUN DAY CAMP 21	

Coffee Morning 9:30-11am. MFRC