



Goose Bay Military Family Resource Centre **COMMUNITY NEWS**



Welcome Spring

Spring brings fresh starts and brighter days. At GBMFRC, we honor the courage of our military families and look forward to growing together this season.



INSIDE:

- Meet the MFRC Board Chair
- A message from Strongest Family Institute
- Out of the Blue
- The Road to Mental Readiness

MFRC Pool Access at the YMCA

We recently asked families to join an interest list for YMCA passes and received a very strong response. While we continue working with our funders to secure passes for everyone, we wanted to ensure families still have access to the pool in the meantime. As a result, MFRC has rented the YMCA pool on the dates below.

Pool Rental Dates and Times:

March 8: 1:45 PM – 2:45 PM

March 14: 1:45 PM – 2:45 PM

March 22: 11:00 AM – 12:00 PM

March 28: 1:45 PM – 2:45 PM

Who can attend:

Military members, spouses, and children

Veterans, veteran spouses, and children

Defence Team members, spouses, and children

Registration Information:

Registration is required for Veterans and Defence Team members.

Registration is not required for Military members or Military dependants.

The YMCA requires a list of names for everyone permitted to access the pool. If you are interested in attending at least one time during the dates listed above, please send the names of yourself and any family members who may attend.

You do not need to confirm specific dates, and you do not need to notify us if you decide not to attend. If your name is on the list, you will be permitted entry should your schedule allow you to attend.

Please comment on this post, call the front desk or email Jessica to have your name added to the list. 709 896 6900 ext 555 or jessica.crane@forces.gc.ca

Thank you for your patience as we continue working to secure YMCA passes for our community.



Meet the MFRC Executive Board Chair

Hello! I'm Mélissa and have been on the Board since September 2024. I'm currently sitting as the Chair but will soon be looking for a replacement as this is a 2-year term position. I'm a military spouse and this is my second posting to Goose Bay.

What inspired you to join the Board? During our last posting, I joined the Board at the end of our time in Goose Bay and had the pleasure of getting to know the staff at the MFRC. With the news of our return, I was told that the Chair position would become vacant and thought it was a great opportunity to immerse myself back into the organization and to contribute some time and effort to a valuable resource for our base families.

What do you do as a member of the Board of Directors? We hold a meeting once a month during which we get an overview of the current financial statements and a summary of ongoing and upcoming MFRC events. During the meeting we get to address any concerns that are brought to the table and have the opportunity to provide input and suggestions to help guide the MFRC on the best course of action. As Chair, it is also your job to direct the meetings and participate in additional meetings with the Wing Commander or MFS. You meet with the Executive Director every month to go over the Board meeting agenda and act as a support or resource as necessary.

Do you need any specific qualifications to be a member? No, this Board is a wonderful opportunity to become familiar with the structure of a Board governed organization like the MFRC. The purpose of the MFRC is to serve the military community and as a member of that target community it's an important role to fulfill to make sure that the services provided remain true to that core goal. Any additional qualifications that members bring into the Board is an added bonus that can benefit the whole community.

On a transient Wing like Goose Bay with short postings, the most valuable thing a member can bring is their time and willingness to participate which ensures that our MFRC can continue to operate smoothly and with the support of an engaged Board.

What are some of the benefits to joining the Board? This is a tremendous opportunity to really understand the level of involvement and care that the staff at our local MFRC have for the 5 Wing Community. It's a fulfilling organization to get involved with and offers many chances for personal, professional and interpersonal growth as you learn what it takes to manage such a service and get to meet with people you may not typically interact with.

What has been a highlight of your time being part of the Goose Bay MFRC Board of Directors? As my second time on this Board, it's continued to be a privilege to witness the passion and dedication that the staff and other directors have for our local MFRC. I'm thankful for the opportunity to continue to learn; notably through the work that we did in revising our bylaws over the last year. It was a tremendous amount of work but was an incredible opportunity to problem solve and deepen my understanding of those kinds of documents.

Is there anything else you'd like to add? Like I mentioned above, I will be looking to step down from my position as Chair in the next year. If anyone has any interest in taking on the role, feel free to contact me at any time. It might seem intimidating but there are loads of support and you catch on quickly! I'll also be staying on as a transition to help the new Chair as they take on their new duties.



A Message from Strongest Family Institute

Military, Veterans & Their Families - Strongest Families Institute

Our services continue to provide accessible, skills-based support for children, youth, adults, and caregivers experiencing mild to moderate challenges such as anxiety, low mood, stress, and parenting concerns. Programs are delivered virtually with the guidance of trained coaches, allowing families to participate from the comfort and privacy of their own homes.

Military and Veteran families can self refer and/or be referred online by a member of your teams.

If you have families who may benefit, referrals can be made at any time, and our team is always happy to connect with you to discuss suitability or answer questions about program pathways.

We're grateful for the trust you place in us and for the meaningful work you do every day to support military families across your communities.

Military Client Voices:

"The learning style was really good, I absolutely loved that there were remote sessions offered in the evenings" – Parent of Chase Worries Away program

"Everything helped. Learning to do Muscle Relaxation helped the most... I have other friends who ask and I tell them to try SFI!" – Adult ICAN client

Referral Info

***If your location is low in referrals this year, please consider having us host an information session for your team.

In a brief session, we can do a refresher on the details of our programs, referral process and answer any questions your team may have to feel comfortable sending families our way!

April 2025 – Jan 2026 (Current Fiscal Year)

April 2025 – Jan 2026 (Current Fiscal Year)

MFRC Referral Numbers

Bagotville-1

Borden

Central Saskatchewan

Calgary-1

Cold Lake-7

Comox

Edmonton-10

Esquimalt

Gagetown-28

Gander-4

Goose Bay-3

Greenwood-12

Halifax-54

Kingston-4

Mainland BC-1

Meaford

Moose Jaw

Montreal-1

National Capital Region-3

North Bay-5

OUTCAN EU-1

OUTCAN US-1

PEI-3

Petawawa-4

Shilo-4

Southwestern Ontario

St. John's-28

Suffield

Trenton

Toronto-1



Valcartier-3
Wainwright-2
Winnipeg-11
Yellowknife-1
Undisclosed (usually self referrals)
Total 194

*note: referral numbers include referrals from MFRCs, self-referrals and community partner referrals from the area who identify as military or Veteran.

Please also see the breakdown of Veteran referrals by province. These referrals would not be included in the numbers above.

Veteran Referrals this Fiscal Year:

Province
Number of Veteran Referrals (mainly self referral)
Alberta-22
British Columbia
Manitoba-10
New Brunswick-22
Newfoundland-32
Nova Scotia-73
Northwest Territories
Ontario-9
Prince Edward Island-10
Quebec-2
Saskatchewan-1
Yukon
Other
TOTAL
181

Our services continue to provide accessible, skills-based support for children, youth, adults, and caregivers experiencing mild to moderate challenges such as anxiety, low mood, stress, and parenting concerns. Programs are delivered virtually with the guidance of trained coaches, allowing families to participate from the comfort and privacy of their own homes.

Military and Veteran families can self refer and/or be referred online by a member of your teams.



MARCH 2026

NEW DATES – ASIST Training Registration Now Open

Due to unforeseen circumstances, we have had to change the dates of our upcoming ASIST training. The workshop will now take place on March 5 & 6.

We are currently seeking new registrations to ensure we can move forward without cancelling – if you've been considering taking this training, now is the time to sign up!

Join us for a 2-day, in-person LivingWorks ASIST workshop (Applied Suicide Intervention Skills Training).

ASIST teaches participants how to:

Recognize the signs that someone may be at risk

Provide a skilled, life-saving intervention

Develop a safety plan to help keep someone safe

Dates: March 5 & 6

Time: 8:30 AM – 4:30 PM

Location: Chapel Annex

Format: In person

Please note: Participants must attend both full days to receive certification.

Snacks and lunch will be provided.

This workshop is ideal for professionals, caregivers, and community members who want the confidence and skills to make a difference.

Registration is required and spaces are limited.

Contact Amanda at amanda.mogridge@forces.gc.ca or 709-896-6900 ext. 555 6061 to register.

Let's work together to strengthen our community and support one another

LIVINGWORKS

APPLIED SUICIDE INTERVENTION SKILLS TRAINING (ASIST)

JOIN US FOR A TWO DAY IN PERSON
WORKSHOP TO LEARN HOW TO PREVENT
SUICIDE! THIS WORKSHOP HELPS ONE
RECOGNIZE SIGNS, PROVIDE A SKILLED
INTERVENTION AND DEVELOP A SAFETY
PLAN TO KEEP SOMEONE ALIVE.



MYTH:

Talking about suicide may give
someone the idea

TRUTH:

Open talk and genuine concern are a
source of release and one the key
elements in preventing the immediate
risk of suicide

MARCH 5 & 6

8:30AM-4:30PM

**NEW
DATE**



TO REGISTER PLEASE CONTACT THE
GOOSE BAY MILITARY FAMILY
RESOURCE CENTRE AT
AMANDA.MOGRIDGE@FORCES.GC.CA
OR 709-896-6900, EXT 555 6061.

MARCH 2026

Do you know someone that can use a little pick me up?

We all need a little extra support every now and again- and maybe you know someone who needs a smile today. The MFRC would like to help boost someone's energy, improve their mood, or generally lift their spirit. We have decided to support our community by putting together some 'out of the blue packages'.

We need your help to nominate a military member, military spouse, or military child! We would like to keep this confidential- so please send along any names or nomination requests to amada.mogridge@forces.gc.ca or call 896 6900 ext 555 6061

*A little package out of
the blue to remind you
how much support
surrounds you*

Goose Bay
MFRC | CRFM



Community Highlight

March in Goose Bay: Embracing the In-Between Season

March is a month of transition in Goose Bay – winter activities are still in full swing, but longer, brighter days hint that spring isn't far away. From snowmobiling and skiing to community events and youth sports, there are plenty of ways to stay active and connected. It's the perfect time to enjoy the best of winter while looking ahead to the warmer days to come.

Workshops

The MFRC offers a wide variety of workshops for adults and is always excited to introduce new skills and creative ideas. We also welcome suggestions for workshops or classes you'd like to see in the future. To get involved or share your ideas, contact Jessica at extension 555-2155 or email jessica.crane@forces.gc.ca

Upcoming Workshops

Mug Making – March 3rd

International Women's Day Soap Making – March 5th



Second Language Training

LRDG – Pour l'amour du français MD / For the Love of English™ is an online language-learning program designed to help you strengthen your French or English skills. This comprehensive curriculum includes 16 modules aligned with the Government of Canada's A, B, and C language levels.

Accessible 24/7 on both computers and tablets, the program features an interactive learning approach tailored to your individual needs. With flexibility at its core, you can progress at your own pace—whenever and wherever it's most convenient for you.

Ready to start your language-learning journey?

Contact Jessica Crane at jessica.crane@forces.gc.ca

to sign up for LRDG today!

Coffee Morning

Join us for our monthly Coffee Mornings at the MFRC! This is a great opportunity to connect with your neighbors, learn more about what's happening in our community, and enjoy some friendly conversation.

Children are welcome.

Next Coffee Morning: Wednesday, March 25th



The Road to Mental Readiness (R2MR) – www.r2mrfamily.ca

The Road to Mental Readiness (R2MR) is a performance and mental health training and education program developed by the Canadian Forces Health Services Directorate of Mental Health to improve well-being and short-term performance, while mitigating any negative long-term mental health problems for Canadian Armed Forces (CAF) personnel and their families.

The R2MR for Family Life website is designed to bring the R2MR program to the entire Defence team and their families. The skills taught within the R2MR program apply to all areas of our lives, and so this website provides access to core R2MR information and strategies that focus more on the individual aspects of performance and well-being and less on operational aspects.

Road to Mental Readiness Program - The Road to Mental Readiness (R2MR) program offers resilience and mental health training to Canadian Armed Forces (CAF) members throughout their careers.

Family training - The program also helps family members manage the stress of military life, including deployment.

Deployment training - Training is offered before and after deployment. The pre-deployment training helps prepare CAF members for the new environment; while the post-deployment training is focused on preparing them make the necessary adjustments when returning home.

Respite Care

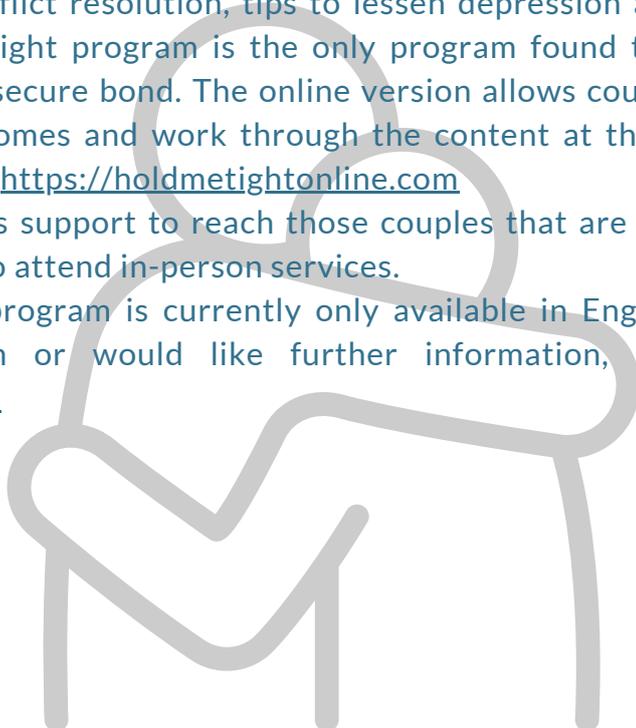
Respite Care The MFRC will provide respite care for families when a Military Member is deployed or away for any reason. This provides an opportunity for those families to have a break if they feel the need. Families must pre-register for respite care, due to limited space in Robin's Nest Childcare Centre. 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

MFRC offers virtual licenses for the “Hold Me Tight” program.

The “Hold Me Tight” Program is a couple’s program that can improve your relationship by strengthening your bond, provide tips on conflict resolution, tips to lessen depression and anxiety, strengthen your self-image and The Hold Me Tight program is the only program found to both improve relationship satisfaction and foster a more secure bond. The online version allows couples to access the content of the program from their own homes and work through the content at their own pace. To learn more about this program, please visit <https://holdmetightonline.com>

The virtual program also allows support to reach those couples that are in isolated locations, such as Goose Bay, or who are unable to attend in-person services.

*Please note that the virtual program is currently only available in English. If you are interested in participating in this program or would like further information, please contact Amanda at Amanda.mogridge@forces.gc.ca



The Veteran Family Journal

The Veteran Family Journal is a tool designed to assist the medically releasing CAF members, medically released Veterans and their families make a successful transition from military life to civilian life. The Journal is unique to each family because it is a source of information as well as a place to keep personal notes, contact information and reference materials you can rely on as you transition from CAF member to Veteran status.

For a copy of the Veteran Family Journal can be found on cfmws.com or talk to Jennifer at the MFRC.

Family Information Line (FIL)

The FIL serve Canadian Armed Forces members, Veterans and their families - immediate and extended. Whether you are located within Canada, the U.S. or overseas, the team is only a phone call or email away.

They understand the military lifestyle and they are here to help you find answers to the questions that come up as a result of your military life. Their counsellors are a team of helping professionals. As trained counsellors, They're here to support you in a safe space.

Looking for help and support when you're dealing with a difficult situation can often feel overwhelming and intimidating. Whether you need advice on navigating your family relationships, seeking counseling services, or just have some questions about what to expect during whatever military life brings, the Family Information Line is here to provide you with the resources and guidance you need.

With compassionate counsellors available 24/7, you can count on this line to be a reliable source of support whenever you need it most. So if you're feeling overwhelmed or unsure about where to turn next, don't hesitate to reach out – the Family Information Line is here for you.

Phone: 1-800-866-4546

Email: FIL-LIF@cfmws.com

Support for Families of Deployed Military Members

Do you or someone you know have a loved one who is deployed? The Goose Bay Military Family Resource Centre is here to support Labrador families with members in the Canadian Armed Forces (CAF) who are deployed. We offer support before, during, and after deployments.

Deploying members are encouraged to provide their Next of Kin's contact information to their closest MFRC. Family members of CAF members are also welcome to reach out directly to the Goose Bay MFRC. We provide a range of support services and resources to help families manage the unique stressors associated with the military lifestyle and deployment.

If you have a loved one serving in the Military and they are deployed, please contact Jennifer at 896-6900 ext. 555-2157

Child & Youth

🍏 Kids Club (Grades K-3)

March 13 & March 27

5:00-7:00 PM

Supper is included!

Kids Club is a great opportunity for our younger students to connect, have fun, and enjoy a meal together. We look forward to seeing everyone there!

🎉 Youth Night (Grades 4-8)

March 10 & March 24

6:30-8:30 PM

Youth Night is packed with fun activities, games, and time to hang out with friends. Keep an eye out for the poster advertising the theme!

🌲 PD Camp Days

We will be running camp on the following PD days:

- March 6
- March 16
- March 20

Be sure to register early to secure your spot.

📅 Important Date - March 19

There will be a half day for Peacock on March 19.

Please note: There will be no camp and no ASP on this day.

👶 Babysitter Course (Ages 11+)

We are looking at running a Babysitter Course in March for youth ages 11+ (participants must be 12 by December 31, 2026).

If you have a youth interested in taking the course, please reach out to us.

The course will only run if there is enough interest, so let us know as soon as possible!

👉 Community Connections

Every Tuesday & Thursday

9:30-11:30 AM

Open to everyone!

Join us for Community Connections – a welcoming time to gather, connect, and build community.

Everyone is welcome!

🌸 Spring Camp Reminder

Spring Camp runs April 7-10.

Please register by March 31st.

Our Spring Camp poster will be coming soon!

If you have any questions, need help registering, or want to express interest in the Babysitter Course, please reach out to Mary Kokol at Mary.kokol@forces.gc.ca or 896 6900 ext 555-2430. We can't wait for a fantastic month together!



MARCH 2026

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
1	2 COMMUNITY CONNECTIONS/ GYA TIME YOGA 6-6:45 PM MFRC	3 COMMUNITY CONNECTIONS MENTAL HEALTH FIRST AID	4 COMMUNITY CONNECTIONS/ GYA TIME MENTAL HEALTH FIRST AID	5 COMMUNITY CONNECTIONS INTERNATIONAL WOMENS DAY SOAP MAKING WORKSHOP ASIST	6 PD CAMP ASIST	7
8 INTERNATIONAL WOMENS DAY POOL RENTAL 145-245	9 COMMUNITY CONNECTIONS/ GYA TIME YOGA 6-6:45 PM MFRC	10 COMMUNITY CONNECTIONS YOUTH NIGHT	11 COMMUNITY CONNECTIONS/ GYA TIME	12 COMMUNITY CONNECTIONS	13 KIDS CLUB	14 POOL RENTAL 145-245
15	16 COMMUNITY CONNECTIONS/ GYA TIME PD CAMP YOGA 6-6:45 PM MFRC	17 COMMUNITY CONNECTIONS WINTER CARNIVAL BEGINS HAPPY ST. PATRICK'S DAY	18 COMMUNITY CONNECTIONS/ GYA TIME	19 COMMUNITY CONNECTIONS	20 WINTER CARNIVAL ENDS	21 COMMUNITY BREAKFAST 9-11 SODEXO COMMUNITY DAY 12-2 VETERANS PARK
22 POOL RENTAL 11-12	23 COMMUNITY CONNECTIONS/ GYA TIME YOGA 6-6:45 PM MFRC	24 COMMUNITY CONNECTIONS YOUTH NIGHT	25 COMMUNITY CONNECTIONS/ GYA TIME COFFEE MORNING 	26 COMMUNITY CONNECTIONS	27 KIDS CLUB	28 POOL RENTAL 145-245
29	30 	31				

MARCH 2026

Kid's Club 5-7 pm. Ages 5-11. MFRC Community Centre.

\$5 Admission

Youth Night 6:30-8:30pm. Ages 11-18. MFRC Community

Centre.

\$5 Admission

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

Community Connections Tues & Thurs. 9:30-11am. MFRC Community Centre

Coffee Morning 9:30-11am. MFRC

