



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.



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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



Child & Youth

- After School Program: Begins Wednesday, September 9th.
- Community Connections: Begins Tuesday, September 8th.
- Kids Club: September 11th and 25th.
- Youth Night: September 8th and 22nd.

We look forward to seeing everyone this fall!



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!

Workshops

The MFRC offers a wide variety of workshops for adults and is always looking to introduce new skills and ideas. We are also open to suggestions for new workshops or classes you'd like to see.

September Spotlight: National Day for Truth and Reconciliation

As we recognize the National Day for Truth and Reconciliation on September 30, we encourage our military community to take time to reflect, learn, and honour the voices and experiences of First Nations, Inuit, and Métis Peoples. Here in Labrador, we are fortunate to share this region with the Innu and Inuit communities, whose cultures, histories, and traditions continue to shape the place we call home.

Whether you attend a local event, wear an orange shirt, read an Indigenous author's work, or take time to learn about the history and lasting impacts of residential schools, every step toward understanding helps strengthen reconciliation. Together, we can build a community grounded in respect, learning, and meaningful connection.



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>

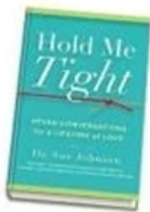
Please note: the virtual program is currently available in English only.

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

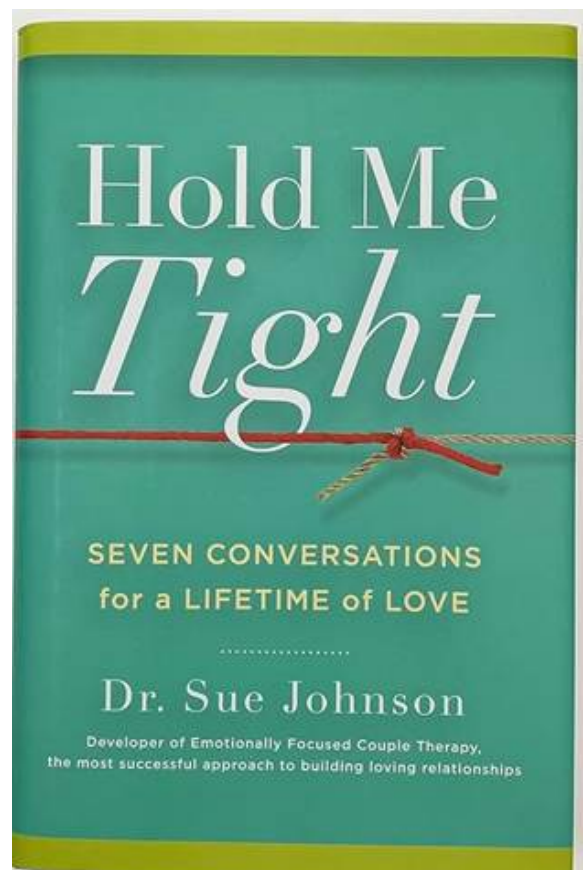


Based on the book

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

By: Dr. Sue Johnson

www.drsuejohnson.com



Community Highlight

Looking for something to do? Happy Valley–Goose Bay has plenty to offer, from scenic walking trails and local parks to community events and family activities. Don't forget to check out what's happening at the MFRC too! From hands-on workshops to family programs, you can learn a new skill, discover a new hobby, and connect with other military members and families.

We'd love to see you!

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 Morning: September 16th, 2026



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

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

VAC Assistance Service

Need support for issues that affect your well-being?

The VAC Assistance Service can help with:

- Work-related issues
- Health concerns
- Family and marital problems
- Psychological difficulties
- Bereavement
- Other problems that affect your well-being

Call 1-800-268-7708 or 1-800-567-5803 (TDD) to speak to a mental health professional.

Confidential and free, this service is available 24/7 to Veterans, their family members and caregivers.



The 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 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 Jennifer at 896-6900 ext. 555-2157 if you are looking for information or if you have any questions about the Veteran Family Program.

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

THE ROAD TO MENTAL READINESS (R2MR)

<https://r2mrfamily.ca/>

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.

SEPTEMBER 2026

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SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
		1	2	3	4	5
6	7	8	9	10	11	12
	LABOUR DAY AFRC CLOSED	COMMUNITY CONNECTIONS	AFTER SCHOOL PROGRAM BEGINS	COMMUNITY CONNECTIONS		
13	14	15	16	17	18	19
		COMMUNITY CONNECTIONS	COFFEE MORNING 	COMMUNITY CONNECTIONS	KIDS CLUB / YOUTH NIGHT WELCOME TO THE GOOSE 5-7PM	MILITARY APPRECIATION DAY BREAKFAST 9-11 GAMES/FUN 11-1
20	21	22	23	24	25	26
		COMMUNITY CONNECTIONS	ADULT POTLUCK 6:30PM	COMMUNITY CONNECTIONS		
	28	29	30			
		COMMUNITY CONNECTIONS	NATIONAL DAY FOR TRUTH AND RECONCILIATION AFRC CLOSED			

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

\$5 Admission

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

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

Centre.

Coffee Morning 9:30-11am. MFRC

\$5 Admission