



Goose Bay Military Family Resource Centre

# COMMUNITY NEWS



## Lunch and Learn with facilitator Cathy Hoyles from Menopause Foundation of Newfoundland and Labrador.

Come learn about menopause or how you can support someone going through menopause.

Open to both men, women and children accompanied by an adult.

December 1<sup>st</sup> 12pm registration required- lunch and dessert will be provided.

Please let us know if there are any dietary restrictions.

Register by emailing [Amanda.mogridge@forces.gc.ca](mailto:Amanda.mogridge@forces.gc.ca) or calling 896 6900 ext 555 6060

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- Holiday Hamper Program
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## Holiday Hamper Program – Now Accepting Applications

The Goose Bay MFRC would like to remind our military community that the Holiday Hamper Program is currently open for applications. This program is designed exclusively for military members, and every member is welcome to apply. There is no limit to the number of participants, and applying does not reduce another member's opportunity to receive support.

The Holiday Hamper Program is a small gesture of support for our military community during the holiday season, offering assistance with Christmas grocery costs.

### Gift Card Amounts:

**\$100 – Single members or couples**

**\$200 – Families (single or couple) with 1–2 children**

**\$300 – Families with 3 or more children**

A short application form is required this year. If you would like to access the form or need help completing it, please reach out to Amanda, MFRC Social Worker, or the Chaplain. Amanda is available to complete the form on your behalf if needed.

Please don't hesitate to reach out for support with the application process. We are here to help ensure every member who wishes to participate can do so.

Warm holiday wishes from the GBMFRC team!

## Newsletter Prize Draw

How to Enter:

To enter this month's prize draw, simply email [amanda.mogridge@forces.gc.ca](mailto:amanda.mogridge@forces.gc.ca) with the word "December".

That's it. No forms, no links—just send an email.

Everyone who emails is automatically entered into a draw to win one of the following resources:

- Talking for Kids – 200 conversation starters to help adults connect with children
- Talking Points: Resilience – 200 prompts to build connection during change
- Talking Points for Teens – 200 conversation starters for connecting with teenagers
- Feelings in a Flash – 100 emotional intelligence cards for kids 6+
- The Set Boundaries Deck – A tool for expressing healthy limits and improving relationships



DECEMBER 2025

## 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 is in need of 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](mailto: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*

## Community Highlight

Celebrate the season with these upcoming community events:

PSP Santa Skate (Arena) December 4th @ 2:00 p.m.

Town of HVGB Tree Lighting December 4th @ 5:30 p.m.

Wing Commander Christmas Open House December 5th @ 6:00 p.m.

Town Santa Claus Parade December 6th @ 6:00 p.m.

5 Wing Christmas Party December 12th @ 5:00 p.m.

## Warm Holiday Wishes

From all of us at the MFRC, we wish you and your family a Merry Christmas and a joyful holiday season!

May your holidays be filled with warmth, connection, and wonderful memories.



## Workshops at the MFRC

The MFRC offers a wide range of workshops for adults, and we're always excited to introduce new skills and ideas. Have a workshop suggestion or something you'd like to see offered? We'd love to hear from you!

Contact Jessica at ext. 2155 or email [jessica.crane@forces.gc.ca](mailto:jessica.crane@forces.gc.ca) to share your ideas or get involved.

Last Workshop of 2025

Christmas Centrepiece Workshop by Blue Spade December 8th 6:30 – 8:30 p.m.

Create a festive holiday centrepiece and end the year with some seasonal fun!



## Second Language Training – LRDG Pour l'amour du français MD / For the Love of English™

Looking to improve your French or English skills? LRDG is an online, self-paced language program featuring 16 comprehensive modules aligned with the Government of Canada's A, B, and C language levels. Accessible 24/7 on both computers and tablets, this interactive program adapts to your needs and schedule—learn anytime, anywhere!

Ready to begin? Contact Jessica at [jessica.crane@forces.gc.ca](mailto:jessica.crane@forces.gc.ca) to sign up.

## Coffee Morning

Come join us for our monthly Coffee Morning at the MFRC! It's a great opportunity to meet your neighbours, learn more about our community, and enjoy friendly conversation. Kids are welcome!

Next Coffee Morning: Wednesday, December 10th





## Child & Youth Program

There will be no Kids Club or Youth Night during the month of December. Regular programming will resume in January.

The last day for the After-School Program (ASP) will be Thursday, December 18th.

Please note:

- Friday, December 19th is a ½ day of school and there is no camp offered.
- There will be no ASP or ½ day camp on December 4th. PSP will be hosting a Santa Skate that afternoon.
- A friendly reminder that all ASP fees must be up to date before the holiday break.

And don't forget — the Santa Parade is on December 6th!

The last day for Morning Hangout is December 11th.



## Holiday Tip of the Month:

Christmas can be a busy time, especially for military families. Remember to pause, breathe, and enjoy the small moments. Whether you're celebrating together or from afar, the MFRC is here to support you with resources, community, and a little extra holiday cheer.



## Holiday Postal Service

For the twentieth consecutive year, Canada Post will provide free regular parcel services for family and friends of deployed CAF/DND members from 14 Oct 25 to 28 Feb 26. Parcels will be delivered free of charge from any Canada Post retail outlet to designated CAF Bases, and will then be forwarded through the CAF Postal System to members overseas. Canada Post understands how important these messages are to uplift the spirits of Canadian men and women serving overseas.

Canada Post offers the following services:

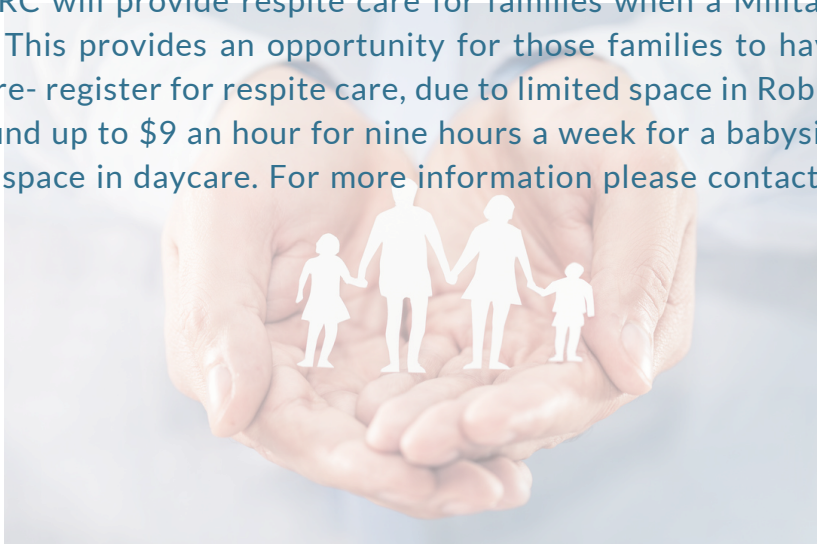
- Free delivery of letters weighing up to 500 g to deployed troops will continue until December 31, 2026.
- Free Regular Parcel service to designated missions and deployed ships from October 14, 2025 until February 28, 2026.
- These items are sent to any of the PO Box Stn Forces, Belleville, Ontario 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.



## 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





## Mental Health First Aid

We're putting together an interest list for a Mental Health First Aid training for the Veteran community. We don't have exact dates yet, but we're hoping to host it in late February or early March 2026. The training will be two full days, and you'll receive a certificate when you complete it. Once the dates are set, we will reach out to everyone on the list with registration details.



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

## Holiday Support for Military Families: The Family Information Line

The holidays can be a joyful time, but for many military families, they also bring unique challenges — deployments, postings away from loved ones, and the stresses of the season. The Family Information Line (FIL) is here to support you through it all.

### How the FIL Helps During the Holidays

- Confidential, military-aware support from counsellors who understand the realities of service life.
- Guidance for deployment-related stress, family separation, and emotional challenges.
- Reliable information on military family services, benefits, and seasonal programs.
- Accessible anywhere, whether you're on base, away from home, or visiting family.

### You're Never Alone

The FIL is available to CAF members, veterans, and their families throughout the holiday season — day or night.

☎ 1-800-866-4546





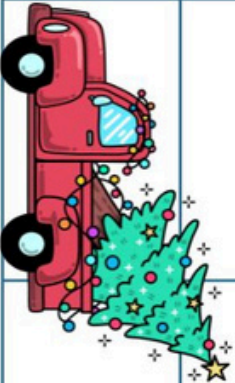
✉ [FIL-LIF@cfmws.com](mailto:FIL-LIF@cfmws.com)

Wishing our military community peace, strength, and connection this holiday season.





# DECEMBER 2025

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
 7	1 MORNING HANGOUT/ GYM WORKSHOP	2 MORNING HANGOUT	3 MORNING HANGOUT/ GYM COFFEE MORNING	4 TOWN TREE LIGHTING	5	6 TOWN SANTA CLAUS PARADE
14	15	16	17 	18	19	20 
21	22 MFRC CLOSED	23	24 CHRISTMAS EVE	25 CHRISTMAS DAY	26 BOXING DAY	27 
28	29 MFRC CLOSED	30	31 NEW YEARS EVE			
						

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

\$5 Admission

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

\$5 Admission

Morning Hangout Mon & Wed. 9:30-11am. 5 Wing Fitness Centre

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

Coffee Morning 9:30-11am. MFRC