



Goose Bay Military Family Resource Centre

COMMUNITY NEWS



Mental Health Services for Veterans

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.

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

Work Related Absences and your family

All work-related absences can also be an opportunity for self-growth, reflection and community building. We are here to help you through all phases of your work-related absence by providing information and resources.

Maintaining a routine while your loved one is away can be emotionally exhausting. You may be focused on being strong for your loved one and any additional friends and family members. But it's equally important to remember to take care of yourself. Your loved one is going to need you throughout their deployment period. They'll also need you when they return and readjust to home life.

It's a good idea to plan for how you'll cope with the distance and the strong emotions that may come throughout the deployment. It's essential that you acknowledge and honour your feelings. Create a space for expressing them. This can be with trusted friends or through writing or any other means of expression. Eating well and getting enough sleep are also essential. Ensuring that there's plenty of both will help you fight the toll that any chronic stress may have on your body.

This is a marathon, not a sprint. You will need to tend to your own needs as well as the needs of others. If you need to talk please reach out to the Goose Bay MFRC.

INSIDE:

- Work Related Absences and your family
- Second Language Training
- Coffee Morning
- Hold Me Tight

Family Information Line

Winters can feel long and isolating in Labrador so if need to talk please reach out. The Family Information Line is there for you anytime or anywhere.

Why connect with the Family Information Line?

Information

- We provide information on the Department of National Defence (DND), Canadian Armed Forces (CAF), CFMWS and local relevant community programs, services and resources.
- Counsellors offer client needs assessments and counselling intake screening
- We maintain automated information system (operations, ships, newsflashes)

Support and Referral

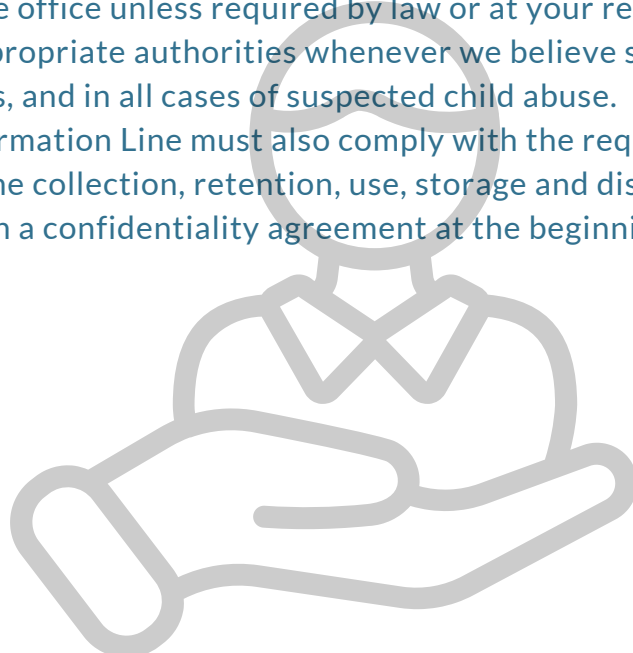
- We deliver programs like short-term counselling, support groups, coaching, virtual emotional support and virtual workshops. We will work with you to develop a support plan that you're comfortable with, followed by a discussion on next steps. This might take the form of information, referral, emotional support and/or problem solving.
- We refer to programs offered by Military Family Resource Centres (MFRCs), Military Family Services (MFS), SISIP Financial, Children's Education Management, Military Spousal Employment Network, Support Our Troops, PSP and more.
- We find relevant resources using CAF/DND departmental services like the libraries and archives, DND general inquiries, CF orderly rooms and VAC.
- We also look for resources in your local community. When it is necessary, we can connect you to those resources, such as a doctor, a mental health professional, or Canadian Mental Health Association.
- We offer language liaison and follow-up when you need it.
- Scheduled sessions - an opportunity for you and your family to make appointments to connect with the same counsellor at a time convenient to you. This new option also provides the choice of either phone or video session for a single or multiple sessions.

Crisis Support

- We can help you to assess and plan for emergencies.
- If you are in distress, we can offer immediate support.
- Let us help stabilize the situation. We can help you find Emergency Child Care, or introduce you to Support Our Troops for emergency financial assistance, a duty Padre, police or medical services.

Confidentiality

- Your identity and the information you provide will not be shared with any other person outside the Family Information Line office unless required by law or at your request. Keep in mind that we are required to contact appropriate authorities whenever we believe someone is a serious threat to themselves or to others, and in all cases of suspected child abuse.
- Staff of the Family Information Line must also comply with the requirements of the [Federal Privacy Act](#), which deals with the collection, retention, use, storage and disclosure of personal information. All employees must sign a confidentiality agreement at the beginning of their employment.



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.

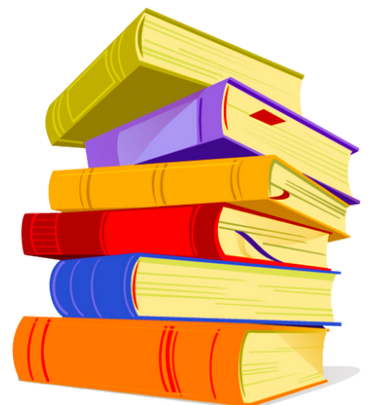


Second Language Training

LRDG Pour l'amour du français MD / For the Love of English™ is an online program designed to enhance your proficiency in French or English. This comprehensive curriculum includes 16 modules aligned with the Government of Canada's A, B, and C linguistic levels. Accessible 24/7 on both computer and tablet, our interactive approach ensures targeted learning tailored to your success. With flexibility at its core, you can personalize your learning journey to fit your schedule, location, and pace. Ready to embark on your language learning adventure? Email jessica.crane@forces.gc.ca to sign up for LRDG today!

Community Highlight

Did you know that Happy Valley-Goose Bay has a public library? The Melville Public Library, located at 141 Hamilton River Road in the "Elizabeth Goudie Building," is open five days a week. They offer extended evening hours on certain days, staying open until 8 p.m., and are also open on Saturdays from 10 a.m. to 2 p.m. The library hosts occasional events and has a special section dedicated to Indigenous authors. For more details, visit their Facebook page, "Melville Public Library."



Workshops

The MFRC offers a variety of workshops for adults and is always looking for fresh ideas and new skills to incorporate. If you have a talent or expertise you'd like to share as an instructor, we'd love to hear from you! We're also open to suggestions for new workshops or classes you'd like to see offered. To get involved or share your ideas, contact Jessica at extension 2155 or email Jessica.crane@forces.gc.ca.

Coffee Mornings

Join us for our monthly Coffee Mornings at the MFRC! This is a great opportunity to connect with your neighbors and learn more about our community. Kids are also welcome to join the fun! The next Coffee Morning will be on January 15th—don't miss the first one of 2025!



Child & Youth

After School Program will start on Monday, Jan 6th.

Community Connections will restart on Tuesday, Jan 7th at 9:30 AM and will return to its normal schedule of every Tuesday and Thursday.

Kids Club will be on Jan 10th and 24th, with more information coming in the new year.

Youth Night will be on Jan 9th and 23rd, with more details in the new year.

We hope you all had a wonderful holiday break and look forward to seeing you soon!



MFRC Social Worker

Avery Brown, the MFRC Social Worker, is here to support you!

Avery will be available every Monday and has extensive experience working with people of all genders and ages.

If you have any questions or need assistance, feel free to reach out:

- Phone: Extension 555-6061
- Email: gbfrcsocialworker@hotmail.com

Avery is happy to help!

Hold Me Tight

Military Family Services has provided the MFRC with virtual licenses for the “Hold Me Tight” program, a couples program designed to enhance relationships and foster stronger emotional bonds. The program offers practical strategies for conflict resolution, reducing depression and anxiety, and improving self-image. Notably, it is the only program proven to both increase relationship satisfaction and create a more secure connection between partners.

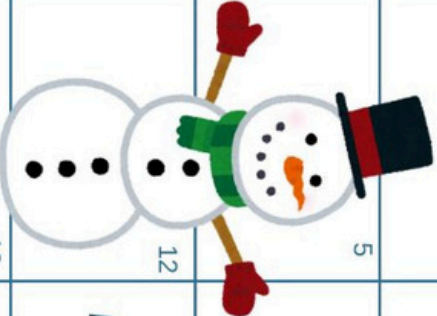








The online version allows couples to access the program’s content from the comfort of their homes and work through it at their own pace. This virtual format is especially beneficial for couples in remote or isolated locations, such as Goose Bay, or for those unable to attend in-person sessions.

For more information about the program, visit <https://holdmetightonline.com>. *Please note that the virtual program is currently available only in English. If you’re interested in participating or have any questions, please contact jennifer.saunders@forces.gc.ca.



Welcome to the new year—a time of fresh beginnings, renewed hope, and boundless possibilities. As we step into this new chapter, let us embrace the lessons of the past while looking ahead with optimism and determination. This is a season to set meaningful goals, nurture our connections, and pursue our dreams with courage and purpose. May this year bring growth, joy, and opportunities for all, reminding us that each day is a chance to create something extraordinary. Here’s to a bright and fulfilling year ahead!

JANUARY 2025

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
			1 NEW YEARS DAY AFRC CLOSED	2	3	4
5 	6 AFRC OPEN	7 MORNING HANGOUT	8 MORNING HANGOUT/ GYM TIME	9 MORNING HANGOUT YOUTH NIGHT	10 KIDS CLUB	11
12	13 MORNING HANGOUT/ GYM TIME	14 MORNING HANGOUT	15 MORNING HANGOUT/ GYM TIME COFFEE MORNING 	16 MORNING HANGOUT	17 KIDS CLUB	18
19	20 MORNING HANGOUT/ GYM TIME	21 MORNING HANGOUT	22 MORNING HANGOUT/ GYM TIME	23 MORNING HANGOUT YOUTH NIGHT	24 KIDS CLUB	25
26	27 MORNING HANGOUT/ GYM TIME	28 MORNING HANGOUT	29 MORNING HANGOUT/ GYM TIME	30 MORNING HANGOUT	31 KIDS CLUB	
						

Kid's Club 6-8pm. Ages 5-11. MFRC Community Centre.

\$5 Admission

Preteen/Teen 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. 5 MFRC Community Centre

Coffee Morning 9:30-11am. MFRC