



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



## **Welcome back—and Happy New Year to all our military families!**

We hope the holiday season brought you rest and connection. As we step into the new year, we're excited to offer fresh activities, resources, and opportunities to come together as a community. Your MFRC is here for you every step of the way.



### **INSIDE:**

- Mental Health & Winter Blues
- Community Highlight
- ATLAS Family Summit
- HOPE Program

## **The Family Information Line and the Trenton MFRC are collaborating to offer a Virtual Couples Workshop focused on Communication in Times of Stress and Change.**

The workshop will take place on Thursday, January 29, 2026, at 7:00 p.m. (EST).

If you are a couple who may be interested in participating and feel this topic would be beneficial, please reach out directly to Amanda for more information and registration details.

This workshop is intended for currently serving and veteran CAF members.

Please do not hesitate to contact Amanda if you are interested or would like further details at [Amanda.mogridge@forces.gc.ca](mailto:Amanda.mogridge@forces.gc.ca) or 709 896 6900 555 6061

## Mental Health & the Winter Blues

Winter can be a challenging time for many military families. Shorter days, colder temperatures, and changes to routine can affect mood, energy levels, and motivation. For adults and children alike, it's common to notice increased fatigue, low mood, difficulty concentrating, or changes in sleep and appetite during the winter months—often referred to as the “winter blues.”

Many people notice that mid-January can feel especially difficult. The third Monday of January is often referred to as “Blue Monday” and is commonly described as the toughest day of the year for winter blues. While this is not a clinical diagnosis, it reflects a time when reduced daylight, post-holiday letdown, cold weather, and accumulated stress can combine and impact mental well-being.

Military life can add extra layers of stress during this season, including operational demands, separations, relocations, and reduced access to outdoor activities. Taking care of mental health during the winter is just as important as caring for physical health.

Small steps can make a big difference, such as:

- Getting outside during daylight hours when possible
- Maintaining routines for sleep, meals, and activity
- Staying socially connected with friends, family, and community supports
- Checking in with children about how they are feeling and encouraging open conversations

For some people, light therapy can be helpful. The MIR has SAD (Seasonal Affective Disorder) lamps available for use, which may support mood and energy levels during the darker months.

If you would like more information about SAD lamps please reach out to the MIR directly. Support is available for CAF members and their families—you do not have to navigate the winter season alone. Please reach out to [Amanda.mogridge@forces.gc.ca](mailto:Amanda.mogridge@forces.gc.ca) or 709 896 6900 ext 555 6061 if you want more information on mental health resources available in the community.



## We Want Your Feedback!

Thank you for taking part in the Healthy Relationships Campaign this past October. Your voice matters, and we would love to hear your thoughts on how the campaign resonated with you and your family.

A post-campaign feedback form is available to members of the CAF community, including CAF members, families, and loved ones. Your feedback helps shape future Healthy Relationships initiatives and ensures they remain relevant, meaningful, and supportive.

The feedback form is available year-round on the Healthy Relationships website and can be found on the landing page (blue box on the right-hand side).

You can access the feedback form here:

<https://www.surveymonkey.ca/r/WTFJK9Z>

We encourage you to share your feedback anytime—whether reflecting on the October campaign or your ongoing experience with Healthy Relationships resources.

Thank you for helping us continue to build strong, healthy relationships across our CAF community.

Professional Development & Learning Resources

Intimate Partner Violence & Trauma-Informed Practice

Core Skills for Practice in Intimate Partner Violence

Western Continuing Studies (English only)

This online course runs from January 13 to February 3, 2026, on Tuesdays from 1:00 p.m. to 4:00 p.m. (ET).

It is designed for professionals seeking to strengthen their knowledge and practical skills when working with individuals and families impacted by intimate partner violence.

More information and registration:

<https://wcs.uwo.ca/search/publicCourseSearchDetails.do?method=load&courseId=35743643>

## Recorded Webinars, Videos & Podcasts

- “What is Intimate Partner Violence” and “Barriers to Getting Help for Intimate Partner Violence”
- Atlas Institute for Veterans and Families (English)
- <https://atlasveterans.ca/knowledge-hub/intimate-partner-violence/>
- “Femicide: Understanding to Prevent”
- YWCA Canada – Anti-Gender-Based Violence Staff Network (English)
- <https://www.youtube.com/watch?v=dIxEeNf4HQ>
- “Understanding How Trauma Impacts Sleep”
- Atlas Institute for Veterans and Families with Dr. Craig Stewart (English)
- <https://atlasveterans.ca/community/podcast/episode-32-understanding-how-trauma-impacts-sleep-with-dr-craig-stewart/>
- “Building a Foundation of Multicultural Competence”
- Crisis & Trauma Resource Institute (English)
- <https://ctrinstitute.com/podcast/episode-27-building-a-foundation-of-multicultural-competence/>
- “They Talk About... Ableism, Consumption, and Mental Health”
- Action ontarienne contre la violence faite aux femmes (French)
- <https://www.youtube.com/watch?v=xY24I7EczAw>
- “Practices in Motion: Knowledge, Struggles and Practices of French-Speaking Feminist Groups in Canada”
- Action ontarienne contre la violence faite aux femmes (French)
- <https://interventionfeministe.com/balado-pratiques-en-mouvement/#episodes>

## Articles, Reports & Toolkits

- “Safe Not Soft: Trauma- and Violence-Informed Practice with Perpetrators as a Means of Increasing Safety”
- Journal of Aggression, Maltreatment & Trauma (English)
- <https://www.tandfonline.com/doi/full/10.1080/10926771.2022.2052389>
- “Trends in Police-Reported Family Violence and Intimate Partner Violence in Canada, 2024”
- Statistics Canada (October 2025)
- <https://www150.statcan.gc.ca/n1/en/daily-quotidien/251028/dq251028a-eng.pdf>
- “Canadian Adaptations of Children’s E-books for Military, Veteran and Public Safety Personnel Families”
- CIMVHR
- <https://cimvhr.ca/canadian-adaptations-of-childrens-e-books-for-military-veteran-and-public-safety-personnel-families/>
- “Supporting Survivors of Intimate Partner Violence in the Workplace”
- Learning Network – Western Centre for Research & Education on Violence Against Women & Children
- <https://www.gbvlearningnetwork.ca/our-work/backgrounders/IPV%20in%20the%20Workplace/Backgrounder---IPV-and-Workplace-EN.pdf>
- “Cyberstalking/Cyberbullying Safety Tips”
- Crisis & Trauma Resource Institute (English)
- [https://ctrinstitute.com/wp-content/uploads/2022/07/Cyber-Stalking-Cyber-Bullying-Safety-Tips\\_2020.pdf](https://ctrinstitute.com/wp-content/uploads/2022/07/Cyber-Stalking-Cyber-Bullying-Safety-Tips_2020.pdf)
- “Addressing Gender-Based Violence to Accelerate Gender Equality”
- World Bank Group & Accelerate Equality (English)
- <https://openknowledge.worldbank.org/server/api/core/bitstreams/73ac6325-b648-4c42-b54b-684bdc2a510c/content>
- “Justice System Betrays Sexual Violence Survivors, Says Federal Advocate for Victims of Crime”
- CBC News (November 19, 2025)
- <https://www.cbc.ca/news/politics/benjamin-roebuck-sexual-assault-system-report-9.6984294>
- “The Healing Ladder: 5 Steps to Rebuilding Safety After Trauma”
- Institute of Child Psychology (English)
- <https://instituteofchildpsychology.com/wp-content/uploads/2025/10/THE-TRAUMA-HEALING-LADDER.pdf>
- “Economic Abuse”
- Women and Gender Equality Canada
- <https://www.canada.ca/en/women-gender-equality/gender-based-violence/economic-abuse.html>
- “Advancing Reconciliation and Gender Equality”
- Women and Gender Equality Canada
- <https://www.canada.ca/en/women-gender-equality/indigenous-peoples-gender-equality/advancing-reconciliation-gender-equality.html>
- “Digital Financial Abuse Toolkit”
- Tech Safety Canada
- <https://techsafety.ca/resources/toolkits/9-0-digital-financial-abuse-toolkit>



JANUARY 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 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

### Birch Brook Nordic Ski Club

Kick off the new year outdoors! The Birch Brook Nordic Ski Club offers beautifully groomed ski and snowshoe trails, a cozy chalet, and plenty of winter fun just minutes from town. It's the perfect January escape for families, beginners, and outdoor enthusiasts alike.



## Workshops at the MFRC

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

To get involved or share your ideas, contact Jessica at extension 2155 or email [jessica.crane@forces.gc.ca](mailto:jessica.crane@forces.gc.ca)

### Upcoming Workshops

Parka: January 23rd, 24th, and 25th

Sealskin Mittens: February 6th, 7th, and 8th

Sealskin Boots: February 20th, 21st, and 22nd



## Second Language Training

LRDG – Pour l'amour du français MD / For the Love of English™ is an online program designed to help you improve your French or English skills.

This comprehensive curriculum features 16 modules, aligned with the Government of Canada's A, B, and C language levels. Accessible 24/7 on both computers and tablets, this interactive learning platform adapts to your individual needs. With flexibility at its core, you can progress at your own pace – whenever and wherever it works for you.

Ready to start your language-learning journey? Contact Jessica at [jessica.crane@forces.gc.ca](mailto:jessica.crane@forces.gc.ca) to sign up for LRDG today!

## Coffee Morning

Join us for our monthly Coffee Morning at the MFRC! It's a fantastic chance to connect with your neighbors, learn more about our community, and enjoy great conversation. Kids are welcome!

Next Coffee Morning: Wednesday, January 21st, 2026.





## Child & Youth Program

Happy New Year! We're excited to kick off our January programming. Please see the important dates and updates below.

### After School Program (ASP)

- NO ASP on Monday, January 5
- ASP will resume regular scheduling on Tuesday, January 6

### Kids Club

🕒 5:00–7:00 PM

👧👦 Ages 5–10

- Friday, January 16
- Thursday, January 30

### Youth Night

🕒 6:30–8:30 PM

👧👦 Ages 10–18

- Tuesday, January 13
- Tuesday, January 27

### Community Connections

🍰 9:30–11:30 AM

- Restarting Thursday, January 8
- Continues every Tuesday and Thursday

We look forward to seeing everyone back and starting the new year together! If you have any questions or need more information, please reach out to Mary Kokol at [Mary.kokol@forces.gc.ca](mailto:Mary.kokol@forces.gc.ca) or 709 896-6900 ext 555-2430



## Holiday Postal Service

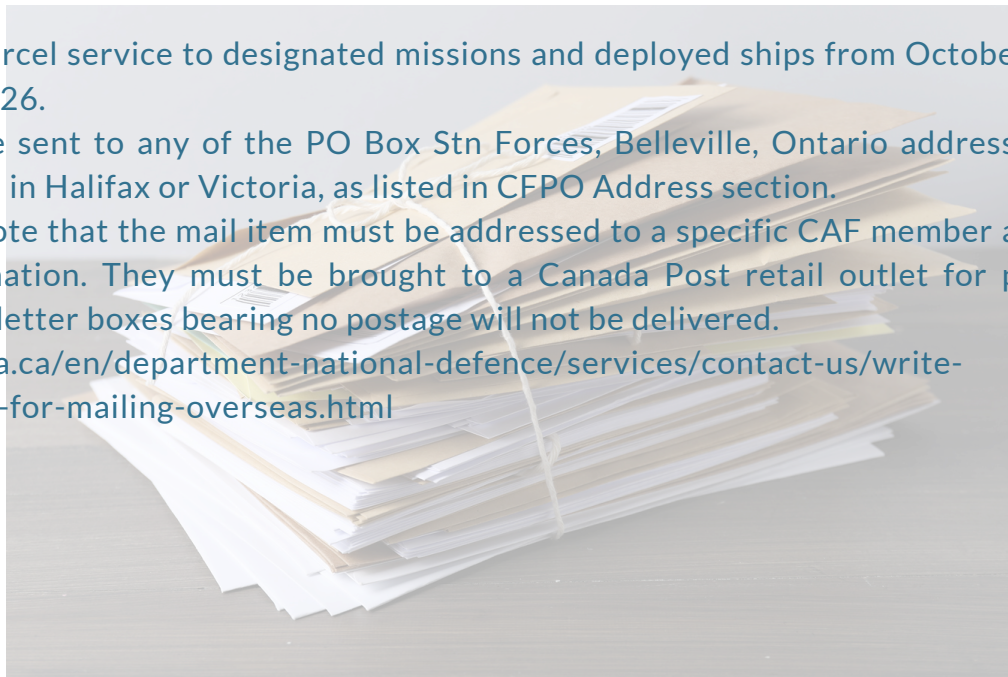
For the twentieth consecutive year, Canada Post will provide free regular parcel services for family and friends of deployed CAF/DND members from 14 Oct 25 to 28 Feb 26. Parcels will be delivered free of charge from any Canada Post retail outlet to designated CAF Bases, and will then be forwarded through 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.

<https://www.canada.ca/en/department-national-defence/services/contact-us/write-troops/instructions-for-mailing-overseas.html>



## ATLAS Family Summit

Join the Veteran Family Summit on January 22-23, 2026 — a free virtual event that fosters meaningful conversations and empowers Veteran Families through knowledge, community building and hope. The Veteran Family Summit brings together speakers from across Canada, including experts in the field who will share valuable knowledge and insights on issues of critical importance to Families of Canadian Armed Forces (CAF) and Royal Canadian Mounted Police (RCMP) Veterans. Learn from the real-life stories and experiences of Veteran Family members that will uplift both Veterans and actively serving members and their Families.

To learn more and register, visit

<https://atlas.ca/veteran-family-summit-2026>





## Attention Veterans, their families, and the Community

If I sprain my ankle, chances are you will know what to do.



**VETERANS & FAMILIES**  
**FAMILLES & VÉTÉRANS**



If I have a panic attack, chances are you won't.

## Become certified in Mental Health First Aid

In support of the Veteran Community and in partnership with Veterans Affairs Canada through the Veteran Family Program, a customized version of the Mental Health First Aid for members of the Veteran Community is being offered in your area.

Mental Health First Aid Veteran Community is the help provided to members of the Veteran Community developing a mental health problem or experiencing a mental health crisis. It does not train people to become counsellors or therapists and just like with physical first aid, we need to ensure that those most in contact with members of the Veteran Community can identify an emerging mental health problem and respond effectively in the event of a crisis. Participants will gain a solid understanding of the 5 basic actions of ALGEE:

- Assess the risk of suicide and/or harm
- Listen non-judgmentally
- Give reassurance
- Encourage professional support
- Encourage other supports

For more information and to register contact:

Jennifer Saunders  
[Jennifer.saunders@forces.gc.ca](mailto:Jennifer.saunders@forces.gc.ca)  
709-896-6900 ext. 2157

Join us to become certified in Mental Health First Aid Veteran Community. Members of the Veteran Community will receive this training at **no cost**. Seats are limited and registration will be on a first come first serve basis. Priority will be given to medically-releasing Canadian Armed Forces members, medically-released Veterans, and their families. Other community members are welcome to join, space permitting. A minimum number of eight participants is required to run the course. The course will be cancelled where appropriate.

Date: Late March 3<sup>rd</sup> and 4<sup>th</sup>

Registration deadline: February 13<sup>th</sup>

Time: 8:00-4:00pm

Location: MFRC

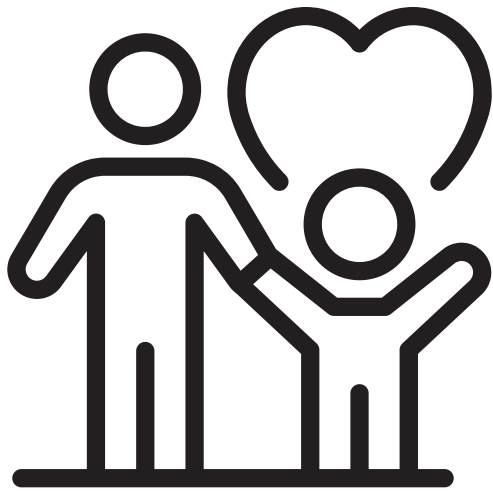
Community Centre

\*Note: Military attire is not required.  
Transportation, lodging and meals are not included.



Commission de  
la santé mentale  
du Canada





### 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

### 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.

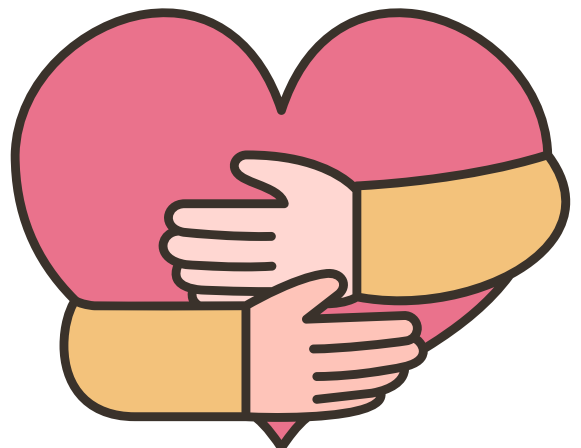
If you have a loved one serving in the Military and they are deployed, please contact Jennifer at 896-6900 ext. 555-2157

### HOPE Program

Grief can be isolating. You don't need to face this journey alone.

If you or a loved one needs help coping with the loss of a CAF member or Veteran, the volunteers from the HOPE Program can help.

The HOPE Program offers continuous peer support and education on grief, to help bereaved military families to better understand the grief process and provides coping strategies.



# JANUARY 2026

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
 4 11	5 <b>MFRC CLOSED</b>	6	7	8 MORNING HANGOUT	9 <b>MFRC CLOSED</b>	3 
12 MORNING HANGOUT/ GYM TIME	13 MORNING HANGOUT YOUTH NIGHT	14 MORNING HANGOUT/ GYM TIME	15 MORNING HANGOUT	16 KIDS CLUB	17	
18 MORNING HANGOUT/ GYM TIME	19 MORNING HANGOUT/ GYM TIME	20 MORNING HANGOUT	21 MORNING HANGOUT/ GYM TIME 	22 MORNING HANGOUT	23 PARKA WORKSHOP REGISTRATION REQUIRED	24 PARKA WORKSHOP REGISTRATION REQUIRED
25 PARKA WORKSHOP REGISTRATION REQUIRED	26 MORNING HANGOUT/ GYM TIME	27 MORNING HANGOUT YOUTH NIGHT	28 MORNING HANGOUT/ GYM TIME	29 MORNING HANGOUT	30 KIDS CLUB	31 

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

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

JANUARY 2026