



Goose Bay Military Family Resource Centre

COMMUNITY NEWS



New to 5 Wing Goose Bay?

If you're new to the area, don't forget to visit the MFRC! Drop by for a warm welcome, a guided tour, meet our friendly staff, and grab your welcome package. Location: 564 Rivers Road Hours: Monday to Friday, 8:00 a.m. – 4:30 p.m.

We look forward to meeting you!



INSIDE:

- New to 5 Wing Goose Bay?
- Child & Youth
- Indigenous Veterans Engagement Team
- Support Our Troops

Coffee Mornings

Join us for our monthly Coffee Morning at the MFRC—a perfect opportunity to connect with fellow community members and stay informed about local happenings. Bring your kids along; everyone is welcome!

- July 9th
- July 30th



Second Language Training

Boost your French or English skills with LRDG Pour l'amour du français MD / For the Love of English™, our dynamic online language program. This flexible course features 16 comprehensive modules aligned with the Government of Canada's A, B, and C language levels. Accessible anytime, anywhere—whether on your computer or tablet—you can learn at your own pace with interactive lessons tailored just for you. Ready to start your language journey? Contact Jessica at jessica.crane@forces.gc.ca to register today!

Farewell Message

To our 5 Wing Community members moving on this posting season: Thank you for being part of our community. It's been a pleasure to get to know you. We hope your time here has been filled with wonderful memories and wish you all the best in your next posting. Remember, you're always welcome to visit us again—our doors remain open!



Community Highlight:

Outdoor Adventures Embrace the beauty of nature with these fantastic local hiking and walking trails:

- **Birch Island Boardwalk:** Enjoy a peaceful walk along this scenic boardwalk by the water and through wooded areas. Keep an eye out for wildlife like birds, frogs, muskrats, and beavers. Stroller-friendly and perfect for all ages, it's located on Pumphouse Road, beside El Greco.
- **Sunday Hill Trail:** Start your hike at the Interpretation Centre in Northwest River and journey up to Sunday Hill, where breathtaking panoramic views await you.
- **Birch Brook Trails:** Explore the free-access trails at Birch Brook during summer and fall. Download the Trail Forks app for maps and begin your adventure from the lower parking lot, immersing yourself in the stunning natural surroundings.

Don't forget—there are many trails around the base waiting for you to explore. So, lace up your boots and start your next outdoor adventure today!



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.

Meet Avery Brown — Here to Support You!

Avery Brown, the MFRC Social Worker, is available to support you every Monday. With extensive experience working with individuals of all genders and ages, Avery is here to listen, guide, and assist.

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

☎ Phone: Extension 555-6061

✉ Email: gbmfrsocialworker@hotmail.com

Avery is happy to help and looks forward to connecting with you!



Child & Youth

Summer Fun Camp is Here!

We're excited to welcome campers starting Monday, June 30th! Please note: There will be no camp on Tuesday, July 1st in observance of Canada Day. Camp resumes on July 2nd.

Kids Club is on Summer Break

Our weekly Kids Club for ages 5–9 is taking a break for the summer and will be back in September. We can't wait to see everyone again in the fall!

Youth Night – Summer Plans

Youth Night (ages 10+) is also on pause for the summer unless there's interest in continuing with one evening per month. If your child would like to attend summer Youth Nights, please let us know by emailing Mary.Kokol@forces.gc.ca.

New to the Community?

If you've just posted in and are looking to learn more about:

- Our year-round child and youth programs
- Or local sports and activities for kids

Feel free to reach out any time—we're happy to help!

✉ Mary.Kokol@forces.gc.ca

☎ 896-6900 ext 555-2430

We hope you and your family have a fun and safe summer! ☀

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



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

OPERATIONAL STRESS INJURY SOCIAL SUPPORT (OSISS)

Do you, or others, see yourself with:

- Difficulty concentrating/short attention span
- Uncontrolled anger/aggression
- Feeling isolated
- Road rage
- Feeling out of control
- Negative thoughts

The OSISS program includes CAF members, veterans and family members in multiple locations across Canada who provide mentorship, firsthand lived experience and practical knowledge of what life is like with an OSI. Because we are peers (someone with a similar experience) we are non-judgmental and can walk alongside you in your journey. Our program is for peers, by peers. If you think you, or a loved one, may have an OSI, all you need to do to take the first step contact an OSISS Coordinator.



Indigenous Veterans Engagement Team

Did you know that VAC has an Indigenous Veterans Engagement Team?

The team works to ensure First Nations, Métis and Inuit Veterans receive the same recognition and access to support as all Veterans.

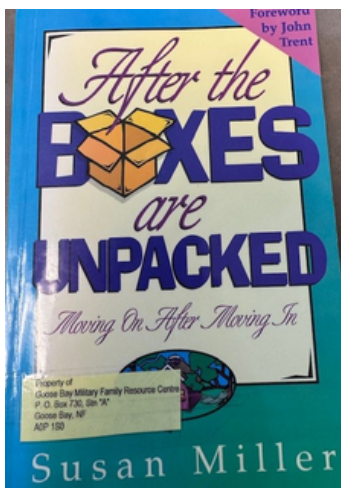
They conduct outreach with Indigenous partners, service members and Veterans to raise awareness of available supports.

The team attends meetings or events, giving presentations on our programs, and hearing from First Nations, Inuit and Métis Veterans about their experience with VAC's programs and services.

To connect with IVET, email: IVET-EMVA@veterans.gc.ca

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.



Lending Library

After the Boxes are Unpacked Moving on after Moving in by Susan Miller

An Essential relocation guide for a real moving experience.

Studies show moving can be one of the heaviest strains on a marriage/family. Women especially find relocating can be a traumatic event. This book is valuable to those moving, they find this valuable book as important as packing tape. Susan's empathetic and practical advice reminds women they're not alone. This book helps make transition smoother to get on with life

JULY 2025

Secret Agent of Happiness!

Help us spread happiness!

Please send along nominations to gbmfrsocialworker@hotmail.com or call 896-6900 ext 555-6061 to nominate someone!



SPREAD SUMMER JOY!

SECRET AGENT OF HAPPINESS

Know someone whose been down,
sick or just deserves a little pick me
up?

Submit a name for secret agent of
happiness package!

EMAIL
GBMFCSOCIALWORKER@HOTMAIL.COM
BY JULY 15TH!



Support Our Troops

This year represents the tenth year of the Support Our Troops Scholarship Program whereby eligible families of currently serving members of the CAF may qualify to receive a scholarship. A minimum of 75 scholarships are available, ranging between \$500 and \$5000 in value. Registration for the 2025 Support Our Troops Scholarship Program will open on May 1, 2025 at <https://www.supportourtroops.ca/Get-Support/Education/Scholarships>. Applications must be submitted by July 17, 2025 and are to include:

- A Three-part essay;
- A letter of reference;
- Most recent academic transcript;
- Proof of enrollment from academic institution;
- Current copy of member's personnel record resume (MPRR); and
- A point form list of volunteer/civic engagement activities

Applications will be reviewed by a selection committee and recipients of a Support Our Troops Scholarship will be announced in September 2025.



CANADIAN FORCES MORALE AND WELFARE SERVICES
SERVICES DE BIEN-ÊTRE ET MORAL DES FORCES CANADIENNES

25 April 2025

Le 25 avril 2025

Distribution List

Liste de distribution

2025 SUPPORT OUR TROOPS
SCHOLARSHIP PROGRAM FOR
FAMILIES OF CURRENTLY SERVING
CANADIAN ARMED FORCES MEMBERS

PROGRAMME DE BOURSES
D'ÉTUDES D'APPUYONS NOS
TROUPES DE 2025 POUR LES
FAMILLES DES MEMBRES ACTIFS
DES FORCES ARMÉES CANADIENNES

1. This letter announces details of the 2025 Support Our Troops Scholarship Program available to families of currently serving members of the Canadian Armed Forces (CAF) for the 2025/26 academic year. This program is made possible through Support Our Troops, the official charitable cause of the CAF Community. Support Our Troops is supported by donations from individual Canadians, contributions from third party events and external organizations and proceeds from the sale of Yellow Ribbon merchandise. This Program is intended to complement but not duplicate other scholarship programs offered to the CAF Community.

1. La présente a pour but de vous faire part des détails entourant le Programme de bourses d'études d'Appuyons nos troupes de 2025 offert aux familles des membres actifs des Forces armées canadiennes (FAC) pour l'année scolaire 2025-2026. Ce programme existe grâce à Appuyons nos troupes, l'œuvre de bienfaisance officielle de la communauté des FAC. Appuyons nos troupes est financé au moyen de dons versés par des particuliers au Canada, de revenus générés par des activités organisées par des tiers, de la vente d'articles arborant le ruban jaune et de contributions d'organisations de l'extérieur. Ce programme vise à compléter et non à offrir en double d'autres programmes de bourses d'études destinés aux membres de la communauté des FAC.

2. This year (2025) represents the tenth year of the Support Our Troops Scholarship Program whereby eligible families of currently serving members of the CAF may qualify to receive a scholarship. At this time, a minimum of seventy-five (75) scholarships are available, ranging between \$500 and \$5000 in value.

2. Cette année (2025) marque la dixième année du Programme de bourses d'études d'Appuyons nos troupes grâce auquel des familles des membres actifs des FAC peuvent être admissibles à une bourse d'études. À ce stade-ci, un minimum de soixante-quinze (75) bourses d'études variant de 500 \$ à 5000 \$ seront décernées.

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| <p>3. Registration for the 2025 Support Our Troops Scholarship Program will open on 1 May 2025 at https://www.supportourtroops.ca/Get-Support/Education/Scholarships</p> | <p>3. Nous accepterons les demandes dans le cadre du Programme de bourses d'études d'Appuyons nos troupes de 2025 à compter du 1^{er} mai 2025 au https://www.appuyonsnostroupes.ca/Obtenir-du-soutien/Bourses-d-etudes.</p> |
| <p>4. Applications must be submitted by 17 July 2025 and are to include:</p> <ul style="list-style-type: none"> a. A three-part essay; b. A letter of reference; c. Most recent academic transcript; d. Proof of enrollment from academic institution; e. Current copy of member's personnel record resume (MPRR); and f. A point form list of volunteer/civic engagement activities. | <p>4. La date limite de soumission d'une demande est le 17 juillet 2025, et celle-ci doit comprendre :</p> <ul style="list-style-type: none"> a. une dissertation divisée en trois parties; b. une lettre de recommandation; c. le relevé de notes le plus récent; d. une attestation d'inscription à un établissement d'enseignement; e. copie du Sommaire des dossiers du personnel militaire (SDPM); et f. une liste en style télégraphique des activités de bénévolat/d'engagement communautaire. |
| <p>5. Applications will be reviewed by a selection committee and recipients of a Support Our Troops Scholarship will be announced in September 2025.</p> | <p>5. Un comité de sélection examinera les demandes, et les noms des récipiendaires d'une bourse d'études d'Appuyons nos troupes seront dévoilés en septembre 2025.</p> |
| <p>6. Members of the CAF Community looking for additional financial support related to post-secondary education are encouraged to learn more about Student Lines of Credit and to book an appointment with a lending expert from BMO Bank of Montreal.</p> | <p>6. Les membres de la communauté des FAC qui désirent obtenir du soutien financier supplémentaire afin de poursuivre des études postsecondaires sont priés de se renseigner sur les marges-crédits aux étudiants et de prendre rendez-vous avec un expert en matière de prêts de la BMO Banque de Montréal.</p> |
| <p>7. CFMWS welcomes other donations and contributions to help deliver and expand the Support Our Troops Scholarship Program. Persons interested in this regard are encouraged to visit the Support Our Troops at https://www.supportourtroops.ca/Give-Support for more information.</p> | <p>7. Les SBMFC invitent toute personne intéressée à verser un don en vue d'assurer la prestation du Programme de bourses d'études d'Appuyons nos troupes et d'en élargir la portée. Les personnes intéressées sont invitées consulter le site d'Appuyons nos troupes au https://www.appuyonsnostroupes.ca/Apporter-du-soutien pour en savoir plus.</p> |
| <p>8. I ask for your support in ensuring that the contents of this letter are widely distributed.</p> | <p>8. Je vous demande votre appui pour veiller à ce que la présente soit distribuée à grande échelle.</p> |









Le chef de la direction des
Services de bien-être et moral des Forces canadiennes



I.C. Poulter
Chief Executive Officer
Canadian Forces Morale and Welfare Services

Distribution List	Liste de distribution
Action	Exécution
B/W Comds Sr VP MFS	Cmdt B/Ere VP SUP SFM
Info	Info
CMPC Comd RCN Comd CA Comd RCAF Comd CJOC Comd CANSOFCOM CFMWS EXMB	CCPM Cmdt MRC Cmdt AC Cmdt ARC Cmdt COIC Cmdt COMFOSCAN CHD SBMFC

JULY 2025

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
		1  AFRC CLOSED	2	3	4	5
6	7	8	9 COFFEE MORNING 	10 CF ONE DAY 1130-130 CANEX	11	12
	14	15	16	17	18	19
13	21	22	23	24	25	26
						
20	28	29	30 COFFEE MORNING 	31 		
						
27						
