



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



June 21st is National Indigenous Peoples Day!

This is a day to recognize the history, heritage and diversity of First Nations, Inuit and Métis peoples in Canada. Here in the Upper Lake Melville area, we have three distinct cultures to celebrate, the Labrador Innu, Nunatsiavut Inuit and Metis! Keep your eyes peeled for celebrations that you can take part in our community!



INSIDE:

- Indigenous Peoples Day
- MFRC Board Members Needed
- Hold Me Tight Program
- National PTSD Awareness Day

Secret Agent of Happiness

We need your help to support 5 wing members and their families! We need some secret agents of happiness! Keep it hush-hush as you send us your confidential nominations of a military member or military family member you think can use an extra dose of happiness this holiday season by emailing amanda.mogridge@forces.gc.ca or calling 896 6900 ext. 555 6061. Let's work together to make someone's day, shall we?



The MFRC needs you

to be a

SECRET

Agent of

HAPPINESS

KEEP IT HUSH-HUSH AS YOU SEND US YOUR **CONFIDENTIAL** NOMINATIONS OF SOMEONE YOU THINK CAN USE AN EXTRA **DOSE OF HAPPINESS** TO **AMANDA.MOGRIDGE@FORCES.GC.CA** OR BY CALLING 896 6900 ext. **555 6061**. LET'S WORK TOGETHER TO **MAKE SOMEONE'S DAY**, SHALL WE?



Board Members Needed

How the Board Plays a crucial role in the success of the MFRC

- The GBMFRC is an incorporated not for profit charitable organization funded by Military Family Services Program (MFSP).
- Governed by a Board of Directors of which 51% of the Board of Directors must be civilian spouses/partners of Military Members
- This structure allows for the voice of the military spouse/partner to be heard and enables the MFRC to truly meet the needs of our community.
- The Board approves the MFSP Funding Application, the budget and participates in the vision for the future.
- The Board is responsible for establishing the organization's vision and direction. The Board is responsible for the agency's future.

The Board is responsible for hiring, giving direction to and evaluating the Executive Director.

- The Board is responsible for sustaining itself through ongoing prospective Board Members.
- The Board participates and approves Governance and Personnel Policy.
- Attends Board Orientation and Board Development Training.
- Participates in developing recommendations/making decisions on governance issues.
- Attends regular board meetings and special meetings or events as required.

The Basic Role of a Board Member:

- Provide leadership within the organization.
- Represent the organization and the membership in important matters.
- Assist in the planning of the goals of the organization.
- Enhance the organization's image in the community.
- Provide support to the Executive Director and Staff in carrying out their professional duties.

What can being a Board Member do for you?

- Better understanding of the roles and responsibilities of the Board of Directors.
- Opportunity to develop your skills in administration, leadership, public-speaking, financial management, critical thought processed and teamwork.
- Possibility of opportunities to attend Professional Development workshops and MFRC Board Conferences.
- All employees look for work in the volunteer sector on the Resumes of potential employees.

If you are interested in joining the board please reach out to Stephanie Dion.



Second Language Training

LRDG

Pour l'amour du français MD / For the Love of English™ is an online program crafted to elevate your proficiency in French or English. This comprehensive curriculum spans 16 modules, aligning with the Government of Canada's A, B, and C linguistic levels. Accessible 24/7 via computer and tablet, this interactive approach ensures targeted learning for your success. With flexibility at its core, you can tailor your learning journey to suit your schedule, location, and pace. Ready to embark on your language learning adventure? Email Jennifer.Saunders@forces.gc.ca to sign up for LRDG today!



Community Highlight

Community Highlight

Explore the great outdoors with these amazing hiking and walking opportunities:

Birch Island Boardwalk: Take a leisurely stroll along this picturesque boardwalk nestled near the water and wooded areas. Keep your eyes peeled for various wildlife such as birds, frogs, muskrats, and beavers. Stroller-friendly and a definite must-see, you can find it on Pumhouse Road, next to Elgreços.

Sunday Hill Trail: Embark on a scenic adventure starting from the Interpretation Centre in Northwest River. This captivating hike leads you to Sunday Hill, offering a mesmerizing view that will take your breath away.

Birch Brook: Discover the beauty of Birch Brook's trails, which are free to access during the summer and fall months. Simply download the Trail Forks app to access a map of the trails. Begin your hiking journey from the lower parking lot and immerse yourself in the natural wonders waiting to be explored.

Don't forget, there are numerous trails in and around the base waiting for you to explore—so lace up your boots and start your adventure today!

A message from Jennifer Saunders

Hi everyone, It's Jennifer here. You probably recognize me from greeting you upon your arrival, organizing various workshops, and perhaps even assisting you with enrolling in second language training. I wanted to share some exciting news with our community—I'm embarking on a new role within the MFRC as the Veteran Family Coordinator and Deployment Coordinator. I'm thrilled about the opportunity to support families in a different capacity and look forward to this new chapter ahead!

Rest assured, we're actively hiring and our workshops will continue as usual.



Coffee Mornings

Make sure to pencil in our monthly Coffee Morning at the MFRC—it's a fantastic opportunity to socialize with fellow community members and learn more about your community. Bring the kids along too—they're more than welcome!

Our upcoming Coffee Morning will be held on Tuesday, June 18th, as we'll be hosting a special presentation by the Canadian Mental Health Association. We can't wait to see you there!



Workshops

We've had an amazing year of workshops, featuring everything from Labrador crafts to beeswax luminaries, beading, baby Innu tea dolls, and beyond! But the creativity doesn't stop there—we're constantly on the lookout for fresh ideas and new instructors to enrich our workshop offerings.

If you're passionate about sharing your skills or have innovative workshop concepts in mind, we'd love to hear from you! Reach out to Jennifer at extension 555-2155 to discuss teaching opportunities or share your workshop ideas.

Please note that there will be no workshops during the posting season, but rest assured, we're eagerly anticipating the fall season to kickstart our workshops once again!

Child & Youth

Mark Your Calendars!

Important Dates:

- Summer Fun Camp Registration:
 - For Military families: June 3rd and 4th
 - For Defence Team: June 5th
- Last Kids Club:
 - Farewell to the Goslings: June 7th
- Last Teen Night:
 - June 6th at the Canuck Club
- PD Day Camp:
 - Friday, June 14th
- Last Day of After School Program (ASP):
 - Thursday, June 20th
 - No camp on Friday, June 21st
- First Day of Summer Fun Camp:
 - Monday, June 24th
- Last Day of Community Connections at the MFRC:
 - Thursday, June 20th



Note: If there's enough interest, we'll continue hosting a morning group once a week at the gym or local park even after June 20th.

June 27th is National PTSD Awareness Day

What is PTSD?

PTSD stands for Post-Traumatic Stress Disorder. Essentially anyone, can suffer from PTSD if they have experienced or witnessed a stressful event that they are unable to cognitively process.

It is natural for someone to take a few weeks after a stressful event to be able to understand a cope with what had occurred. When the symptoms last more than a month, seriously affect one's ability to function, and are not due to substance use, medical illness, or anything except the event itself, it could be PTSD. Some people with PTSD don't show any symptoms for weeks or months. PTSD is often accompanied by depression, substance abuse, or one or more of the other anxiety disorders.

Symptoms of PTSD:

Intrusive thoughts, emotions, or images: These may include vivid nightmares and/or flashbacks in which you feel as if the event is occurring all over again.

Avoidance and/or numbing: For instance, you may avoid people or things that remind you of your trauma, feel emotionally detached from the people around you, or block out parts of your traumatic experience.

Hyperarousal: Hyperarousal means being on red alert all the time, being jumpy or easily startled, having panic attacks, being very irritable, and/or being unable to sleep.

You may also experience symptoms including body aches and pains, depression or other mental disorders, or problems with drugs or alcohol.

How do you know if you have PTSD?

PTSD is a medical diagnosis and you must be assessed by a doctor who has experience helping people with mental illnesses, such as a psychiatrist or psychologist. If you do have PTSD, there's help and hope!

How you can observe National PTSD Awareness Day

~Education yourself on the signs and symptoms of PTSD

~Spread the word. Talk about PTSD. Question what others know about it. Share your knowledge.

~Wear the color teal on June 27th

Creating awareness and starting the conversation normalizes PTSD and will make others more comfortable reaching out for support. Letting those with PTSD know you are there is impactful. A large part of the treatment of PTSD involves social support and opening up to others. With knowledge of the disorder, we can make the lives of individuals living with PTSD less stressful, and better support them in their recovery.



JUNE 2024

Relevant resources focused on gender equality, gender-based violence (GBV), and/or family violence shared by Military Family Services:

MILITARY FAMILY SERVICES RESOURCES:

Trauma-Informed Care – Building a Culture of Strength | Nicole Deagle - Crisis & Trauma Resource Institute (Power Point Presentation and Recording)

<https://cfmws.ca/healthy-relationships-spread-the-word>

Cultivating Healthy Relationships | Dunia Azzara – YWCA Canada (Power Point Presentation and Recording)

<https://cfmws.ca/healthy-relationships-spread-the-word>

EXTERNAL RESOURCES:

Upcoming webinars, courses and conferences:

What is Violence Against Older Women? | Woman Act (Free enrollment- Virtual)

<https://womanact.thinkific.com/courses/whatisVAOW>

Lateral Violence: Transforming Conflict to Lateral Kindness| Cindy Deschenes - Crisis & Trauma Resource Institute (Virtual)

June 10 and June 11, 2024 from 9:00 am to 4:00 pm CDT

[https://ctrinstitute.com/workshops/live-virtual-lateral-violence-06-10-2024/?](https://ctrinstitute.com/workshops/live-virtual-lateral-violence-06-10-2024/?utm_medium=email&utm_source=ActiveCampaign&utm_campaign=April%2022%20-%20Newsletter&utm_content=Lateral%20violence%20training)

[utm_medium=email&utm_source=ActiveCampaign&utm_campaign=April%2022%20-%20Newsletter&utm_content=Lateral%20violence%20training](https://ctrinstitute.com/workshops/live-virtual-lateral-violence-06-10-2024/?utm_medium=email&utm_source=ActiveCampaign&utm_campaign=April%2022%20-%20Newsletter&utm_content=Lateral%20violence%20training)

Recorded webinars, videos and podcasts:

“Hype or Help: Emerging Trends on Mental Health Support” – YWCA Canada’s Brighter Days Mental Health Micro-Learning Series

<https://register.gotowebinar.com/recording/8769366532186555907>

“Supporting First Responders through Traumatic Injury” – Crisis & Trauma Resource Institute

[https://ctrinstitute.com/podcast/episode-24-supporting-first-responders-through-traumatic-injury/?](https://ctrinstitute.com/podcast/episode-24-supporting-first-responders-through-traumatic-injury/?utm_source=ActiveCampaign&utm_medium=email&utm_content=New%20Counselling%20Insights%20Episode%21&utm_campaign=April%2012%20-%20Podcast)

[utm_source=ActiveCampaign&utm_medium=email&utm_content=New%20Counselling%20Insights%20Episode%21&utm_campaign=April%2012%20-%20Podcast](https://ctrinstitute.com/podcast/episode-24-supporting-first-responders-through-traumatic-injury/?utm_source=ActiveCampaign&utm_medium=email&utm_content=New%20Counselling%20Insights%20Episode%21&utm_campaign=April%2012%20-%20Podcast)

“Meet Them Where They Are At”: Reimagining the Child Welfare System- Western Centre for Research & Education on Violence Against Women & Children Learning Network

<https://gbvlearningnetwork.ca/our-work/podcast-series/episode-4/index.html>

“A Reframing of Masculinity, Rooted in Empathy”- Equimundo

<https://www.equimundo.org/ted-talk-by-dr-gary-barker-president-and-ceo-of-equimundo/>

Resources:

“Get to Work, Women’s Advocates Urge after Partner Violence Bill Passes 2nd Reading”- CBC News- April 11, 2024

“Canadian Residential Facilities for Victims of Abuse, 2022/2023”- Statistics Canada - April 10, 2024
<https://www150.statcan.gc.ca/n1/daily-quotidien/240410/dq240410b-eng.htm>

“Canadian Residential Facilities for Victims of Abuse, 2022/2023”- Statistics Canada - April 10, 2024
<https://www150.statcan.gc.ca/n1/daily-quotidien/240410/dq240410b-eng.htm>

“Recent Trends in Police-Reported Clearance Status of Sexual Assault and Other Violent Crime in Canada, 2017 to 2022”- Statistics Canada - April 26, 2024

[The Daily – Recent trends in police-reported clearance status of sexual assault and other violent crime in Canada, 2017 to 2022 \(statcan.gc.ca\).](https://www150.statcan.gc.ca/n1/daily-quotidien/240410/dq240410b-eng.htm)

‘Blue Wall of Silence’ Protects Police Officers Accused of Gender-based Violence, Victims Say – CBC News-April 24, 2024

<https://www.cbc.ca/news/canada/ottawa/paid-to-stay-home-one-third-officers-accused-gender-based-violence-1.7181385>

“Techniques for Presence and Emotion Work among Canadian Armed Forces Fathers”- Journal of Military, Veteran and Family Health

<https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-2023-0051>

“Education for Children and Youth Living in Canadian Military Families: Lessons from the past and Future Considerations”- Journal of Military, Veteran and Family Health

<https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-2023-0054>

Budget 2024: Statement and Impacts Report on Gender, Diversity, and Inclusion - Government of Canada

<https://www.budget.canada.ca/2024/report-rapport/gdql-egdqv-en.pdf>

“Engaging Youth to Promote Healthy Masculinities and End Gender-Based Violence”- Western Centre for Research & Education on Violence Against Women & Children Learning Network

[https://gbvlearningnetwork.ca/our-work/backgrounders/healthy-masculinities/index.html?](https://gbvlearningnetwork.ca/our-work/backgrounders/healthy-masculinities/index.html?utm_source=LN+and+KH+Mailing+List&utm_campaign=e8f12adcab-Issue-42_COPY_01&utm_medium=email&utm_term=0_4b8703155f-e8f12adcab-270192760)

[utm_source=LN+and+KH+Mailing+List&utm_campaign=e8f12adcab-Issue-](https://gbvlearningnetwork.ca/our-work/backgrounders/healthy-masculinities/index.html?utm_source=LN+and+KH+Mailing+List&utm_campaign=e8f12adcab-Issue-42_COPY_01&utm_medium=email&utm_term=0_4b8703155f-e8f12adcab-270192760)

[42_COPY_01&utm_medium=email&utm_term=0_4b8703155f-e8f12adcab-270192760](https://gbvlearningnetwork.ca/our-work/backgrounders/healthy-masculinities/index.html?utm_source=LN+and+KH+Mailing+List&utm_campaign=e8f12adcab-Issue-42_COPY_01&utm_medium=email&utm_term=0_4b8703155f-e8f12adcab-270192760)



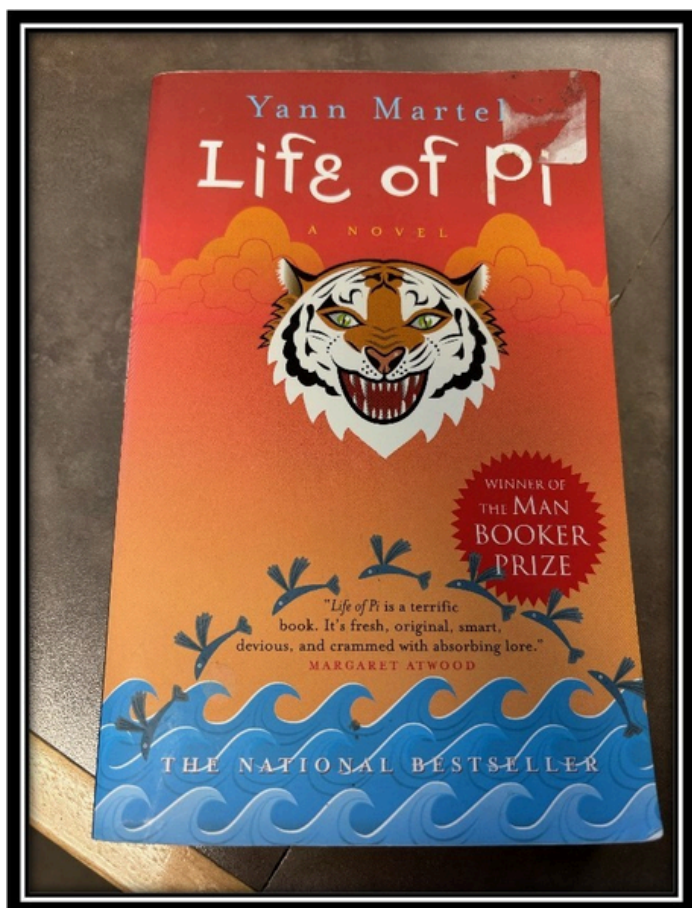
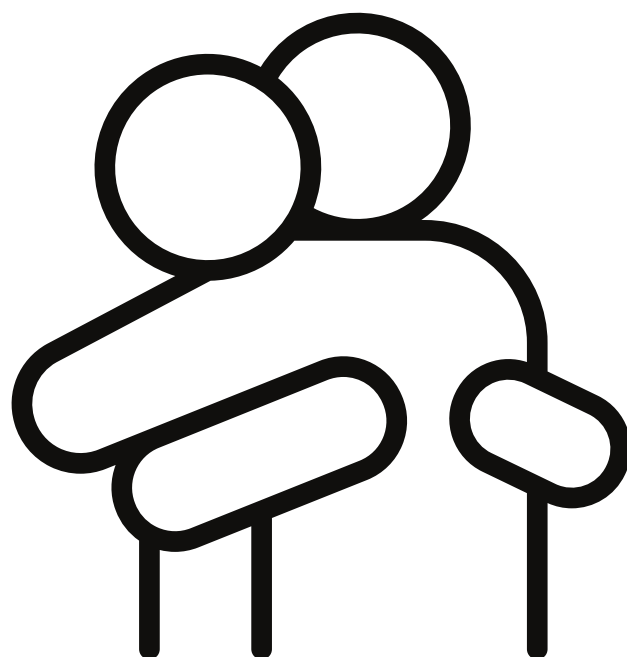
ONLINE RESOURCES

Hold Me Tight Program

Military Family Services provided the MFRC with virtual licenses for the “Hold Me Tight” program. The “Hold Me Tight” Program is a couple’s program that can improve your relationship by strengthening your bond, provide tips on conflict resolution, tips to lessen depression and anxiety, strengthen your self-image and The Hold Me Tight program is the only program found to both improve relationship satisfaction and foster a more secure bond. The online version allows couples to access the content of the program from their own homes and work through the content at their own pace.

To learn more about this program, please visit

The virtual program also allows support to reach those couples that are in isolated locations, such as Goose Bay, or who are unable to attend in-person services. *Please note that the virtual program is currently only available in English. If you are interested in participating in this program or would like further information, please contact Amanda.mogridge@forces.gc.ca



Lending Library

Life of Pi

By Yann Martel

“After the sinking of a cargo ship, a single solitary lifeboat remains bobbing on the surface of the wild, blue Pacific. The crew of the surviving vessel consists of a hyena, an orang-utan, a zebra with a broken leg, 450-pound Royal Bengal tiger and Pi Patel, a 16-year-old Indian boy. The stage is set for one of the most extraordinary pieces of literary fiction in recent years, a novel of such rare and wondrous storytelling that it may, as one character claims, make you believe in God. Can a reader reasonably ask for anything more?”

Settlement Opportunity for Veterans and their Families

As a proud supporter of Canadian veterans and their families, the Goose Bay Military Family Resource Centre is happy to give this space to raise awareness of an important settlement which has been reached concerning miscalculations in disability pensions and benefits.

If you are related to a veteran who received disability pension payments, you might be eligible for compensation. Visit veteransclaim.ca today to learn more about your eligibility and how to file a claim. Act now to ensure you receive the compensation you may be entitled to and make sure others that could be entitled are aware.

Family Experience Survey – Military Related Absences

We want to hear from you!

MFS is conducting the Family Experience Survey, focusing on your experiences during military-related absences. Your experiences as a military family are unique, invaluable, and we want to hear about your family's journey.

The survey is open to adults 18 years of age and older who are:

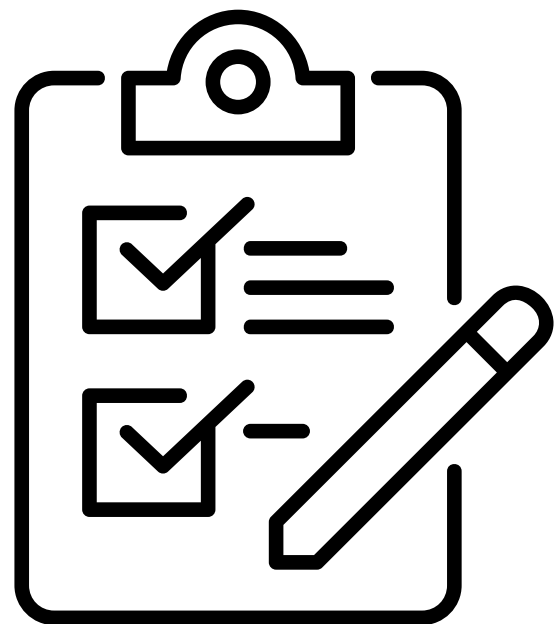
- A CAF member who has experienced at least one military-related absence due to a deployment, tasking, training, or imposed restriction in the past 12 months

OR

- The spouses/partners, parent or family members of a CAF member who experienced at least one military-related absence due to a deployment, tasking, training, or imposed restriction in the past 12 months

Do you qualify? Take the survey today!

https://mfssfm.qualtrics.com/jfe/form/SV_cC5z0SkqRpcQQyq



Deployment Outreach

Do you or someone you know have a loved who is deployed?

The Goose Bay MFRC supports Labrador families of Canadian Armed Force Members who are deployed. Support is provided before, during and after deployments. Deploying members are encouraged to provide contact information for their Next of Kin to their closest MFRC. Family members of Canadian Armed Force Members are also welcome to contact the Goose Bay MFRC directly. The MFRC provides a range of support services and resources to families to assist them in managing the unique stressor associated with the military lifestyle and deployment. If you have a loved one serving in the Military and he/she is deployed please contact Holly at 896-6900 ext.2154 .

JUNE 2024

Support Our Troops Scholarship Program

The 2024 Support Our Troops Scholarship Program is available to families of currently serving members of the Canadian Armed Forces (CAF) and Veterans for the 2024/25 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. This year (2024) represents the ninth year of the Support Our Troops Scholarship Program whereby eligible families of currently serving members of the CAF, families of Veterans and bereaved families 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.

Registration for the 2024 Support Our Troops Scholarship Program will open on 1 May 2024 at [Treatment Benefits for Veterans](#)

[If you're within six months of your planned CAF release date, you can request a review of your current treatment benefits to check what may be covered by VAC once you begin life after service.](#)
[Learn more about the alignment of treatment benefits service: http://ow.ly/BcfH50CPbXn](http://ow.ly/BcfH50CPbXn)

Applications must be submitted by 18 July 2024 and are to include:

- A three-part essay
- A letter of reference
- Most recent academic institution
- 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 2024.

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 Daycare. 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 Holly at 896-6900 ext. 2154.



JUNE 2024

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
						
2	3	4	5	6	7	8
	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT TEEN NIGHT CANUICK CLUB	KIDS CLUB FAREWELL TO THE GOOSE CANUICK CLUB	
9	10	11	12	13	14	15
MORNING HANGOUT/ GYM TIME SEAL PUP WORKSHOP REGISTRATION REQUIRED	MORNING HANGOUT/ GYM TIME BEADED EARRINGS WORKSHOP REGISTRATION REQUIRED	MORNING HANGOUT	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT		ROBINS NEST PRESCHOOL GRADUATION 10-12 AFRC
16	17	18	19	20	21	22
MORNING HANGOUT/ GYM TIME	MORNING HANGOUT COFFEE MORNING	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT LAST DAY FOR THE AFTER SCHOOL PROGRAM	MORNING HANGOUT	INDIGENOUS PEOPLES DAY	COMMUNITY DAY AFRC 12-2
23	24	25	26	27	28	29
	SUMMER FUN DAY CAMP BEGINS		POTLUCK 6:30 CANUICK CLUB NATIONAL PTSD AWARENESS DAY			
30						
						

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

\$2 Admission

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

Morning Hangout Tues & Thurs. 10:00-11:30am. 5 MFRC Community Centre

Preteen/Teen 6-8pm. Ages 11-18. MFRC Community Centre.

Coffee Morning 9:30-11am. MFRC