

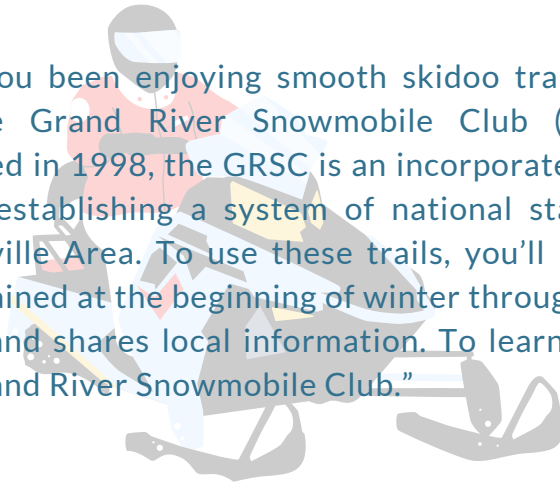


Goose Bay Military Family Resource Centre
COMMUNITY NEWS



Community Highlight

Community Highlight Have you been enjoying smooth skidoo trails this winter? You can thank the Grand River Snowmobile Club (GRSC) volunteers for that! Established in 1998, the GRSC is an incorporated not-for-profit club dedicated to establishing a system of national standard trails in the Upper Lake Melville Area. To use these trails, you'll need a season pass, which can be obtained at the beginning of winter through PSP. The GRSC also hosts events and shares local information. To learn more, visit their Facebook page: "Grand River Snowmobile Club."



INSIDE:

- Spousal Sponsors
- The Road to Mental Readiness
- Operational Stress Injury Social Support
- Hold Me Tight

Upcoming Workshops

The MFRC offers a variety of workshops for adults and is always eager to include new skills and ideas. We're also open to suggestions for new 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.

Upcoming Workshops

- March 10th: Emspired by Emily Best
- March 20th: Black Spruce Company

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Coffee Mornings

Mark your calendars for our monthly Coffee Mornings at the MFRC! It's a wonderful opportunity to connect with neighbors and learn more about our community. Kids are welcome to join! Our next Coffee Morning is on Wednesday, March 19th.



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 skills in either French or English. With 16 interactive modules aligned to the Government of Canada's A, B, and C language levels, this flexible course is available 24/7 on both computer and tablet. Tailor your learning experience to fit your schedule, pace, and location. Ready to get started? Email jessica.crane@forces.gc.ca to enroll in LRDG today!

Spousal Sponsors

The MFRC is looking for military spouses who are interested in becoming Spousal Sponsors to help welcome families who are posted to Goose Bay. As a sponsor, you'll connect via email with a military spouse before their arrival, providing information, advice, and friendship. Moving to an isolated posting can feel intimidating, so creating a network for military spouses to connect can help make the transition to Goose Bay smoother and more exciting. If you're interested, please reach out to jessica.crane@forces.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.

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



The Road To Mental Readiness (R2MR)

<https://r2mrfamily.ca/>

R2MR for Family Life website is designed to bring the R2MR program to the entire Defence team and their families. The skills taught within the R2MR program apply to all areas of our lives, and so this website provides access to core R2MR information and strategies that focus more on the individual aspects of performance and well-being and less on operational aspects.

Road to Mental Readiness Program

The Road to Mental Readiness (R2MR) program offers resilience and mental health training to Canadian Armed Forces (CAF) members throughout their careers.

Family training

The program also helps family members manage the stress of military life, including deployment.

Deployment training

Training is offered before and after deployment. The pre-deployment training helps prepare CAF members for the new environment; while the post-deployment training is focused on preparing them make the necessary adjustments when returning home.



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: gbmfrsocialworker@hotmail.com

Avery is happy to help!

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. 555-2155.

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.

Child & Youth

Kids Club:

Dates for Kids Club are TBA, so please keep an eye out for upcoming posters with more information.

Youth Night:

Join us for Youth Night on Tuesday, March 11th and Tuesday, March 25th. Be on the lookout for the posters with more details about these fun events!

PD Camp Days:

There will be three PD Camp Days in March:

- March 14th
- March 17th
- March 27th

If you would like to register your child, please contact Mary Kokol at Mary.Kokol@forces.gc.ca or call 896-6900 ext 555-2430. More details about the camps will be posted closer to the dates.

Spring Break Camp Registration:

Spring Break Camp registration will be available at the end of the month. Stay tuned for more details!

Community Connections - Pool Day:

Community Connections is hosting a pool day every second Thursday, from 10:00 AM to 11:00 AM at the YMCA.

- March 6th
- March 20th

This is open to everyone who is available to attend. Come and enjoy a splash with your community! Stay tuned for more updates! We hope to see you at these exciting events this March!



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.



Satellite Phones Available

Heading out on a trip soon? No cell service where you're going? The MFRC has you covered! We now offer a satellite phone for your travel needs—completely free of charge. Just stop by, sign a waiver, and return the phone when you're back in town. It's that easy!

For more information, call us at 896-6900 ext. 555-6060.

Please note the satellite phone is available to CAF members only.

MARCH 2025

| SUNDAY DIMANCHE | MONDAY LUNDI | TUESDAY MARDI | WEDNESDAY MERCREDI | THURSDAY JEUDI | FRIDAY VENDREDI | SATURDAY SAMEDI |
|--|---|--------------------------------|---|---|--------------------------------|---|
| | | | | | | 1 |
|  | MORNING HANGOUT/ GYM TIME YOGA 7:00 MFRC | MORNING HANGOUT | MORNING HANGOUT/ GYM TIME YACCA POOL 10-11 INTERNATIONAL WOMEN'S DAY EVENT BIRCH BROOK | MORNING HANGOUT YACCA POOL 10-11 | | INTERNATIONAL WOMEN'S DAY |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| MORNING HANGOUT/ GYM TIME POTTERY WORKSHOP YOGA 6:30 MFRC | MORNING HANGOUT YOUTH NIGHT | MORNING HANGOUT | MORNING HANGOUT/ GYM TIME 5 WING WINTER CARNIVAL BEGINS | MORNING HANGOUT | 5 WING WINTER CARNIVAL ENDS | COMMUNITY BREAKFAST 15 SOSEXO 9-11AM CARNIVAL DAY BASE GYM 12-2PM |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| MORNING HANGOUT/ GYM TIME YOGA 6:30 MFRC | MORNING HANGOUT/ GYM TIME YOGA 6:30 MFRC | MORNING HANGOUT | MORNING HANGOUT/ GYM TIME COFFEE MORNING  | MORNING HANGOUT YACCA POOL 10-11 LUMINARIES WORKSHOP | | |
| 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| | MORNING HANGOUT/ GYM TIME YOGA 6:30 MFRC | MORNING HANGOUT YOUTH NIGHT | MORNING HANGOUT/ GYM TIME | MORNING HANGOUT | | |
| 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| | MORNING HANGOUT/ GYM TIME YOGA 6:30 MFRC | MORNING HANGOUT YOUTH NIGHT | MORNING HANGOUT/ GYM TIME | MORNING HANGOUT | |  |
| 30 | 31 | | | | | |
| MORNING HANGOUT/ GYM TIME YOGA 6:30 MFRC | MORNING HANGOUT/ GYM TIME YOGA 6:30 MFRC | | | | | |

MARCH 2025

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