



Goose Bay Military Family Resource Centre COMMUNITY NEWS



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!



INSIDE:

- Military Appreciation Breakfast
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- The HOPE Program
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Community Highlight

This month's community highlight is the Lawrence O'Brien Arts Centre, a vibrant hub for the arts since its opening in 2009. Located alongside Mealy Mountain Collegiate, the Centre hosts a variety of performances, including school concerts, local artists, and visiting performers from afar. For a full list of events, visit their website at www.obrienartscentre.ca or find them on Facebook under the same name. Be sure to check out their exciting upcoming shows!





Military Appreciation Breakfast

The MFRC would like to invite all CAF Members, Veterans and Rangers to a FREE breakfast to show our appreciation for your service!

Thursday, November 7th
9:30-11:00am
MFRC Community Centre

Please register by calling
896-6900 ext. 555-6060

*Thank
you
so
much!*

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

Veterans Week

Veterans Week is a time for Canadians to honor and reflect on the sacrifices of those who have served in the military. This week-long observance culminates on Remembrance Day, November 11, when we pay tribute to fallen soldiers and all veterans. Communities across Canada will host ceremonies and events, providing an opportunity for military families to come together and celebrate the contributions of veterans. Join us in recognizing their courage and commitment to our country.



Holiday Postal Service

You will be able to send care packages free of charge from any Canada Post Retail Outlet to designated overseas locations from October 15, 2024 to January 15, 2025.

This offer is restricted to those operations served by the Belleville Ontario K8N 5W6 address and to any deployed Canadian ships. It is important to note that parcels must include the proper customs declaration forms and be addressed to a specific military member with rank and mission information.

- PO Box Numbers Station Forces 99000, Halifax NS B3K 5X5
- PO Box Numbers Station Forces 17000, Victoria BC, V9A 7N2
- PO Box Numbers Station Forces, Belleville ON, K8N 5W6

For Canada Post guidelines please visit: <https://www.canada.ca/en/département-national-defence/services/contact-us/write-troops/instructions-for-mailing-overseas.html>



The HOPE Program

The HOPE Program offers vital peer support and education for bereaved military families, helping them navigate the complexities of grief. Understanding that grief goes beyond sadness—it affects emotions, thoughts, and overall well-being—HOPE provides coping strategies and emotional support during these challenging times. Founded in 2006 by families who have experienced the loss of a military loved one, the program connects trained volunteers with those in need. These volunteers, having faced similar losses, offer a compassionate, non-judgmental space to share experiences and provide guidance. For more information please visit

<https://cfmws.ca/support-services/families/bereavement-grief/hope-program>



The Royal Canadian Legion

With Veteran's week taking place in November, I wanted to highlight the Royal Canadian Legion and what they do. Founded by veterans for veterans, the Royal Canadian Legion advocates for the care and benefits of all who have served Canada, no matter when or where. They provide representation and assistance to veterans, including currently serving members of the Canadian Armed Forces and RCMP, as well as their families. Their services are available at no cost, regardless of Legion membership. Each year, the Legion supports thousands of veterans, making a significant positive impact on their lives.

Local Contact:

Branch 51

172 Hamilton River Road

709-896-3447



New to 5 Wing Goose Bay?

If you've recently arrived, have you had a chance to visit the MFRC? If not, we invite you to drop by for a welcome tour, meet our staff, and receive your welcome package along with some gifts! You can find us at 564 Rivers Road, open Monday to Friday from 8:00 am to 4:30 pm. We look forward to meeting you!



Coffee Mornings

Don't forget to 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, November 20th, featuring a presentation by Jennifer Saunders, our Veterans Family Program Coordinator. We can't wait to see you there!



Workshops

The MFRC offers a variety of workshops for adults and is always eager to include new skills and ideas. If you have a talent or skill 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. To get involved or share your ideas, contact Jessica at extension 2155 or email jessica.crane@forces.gc.ca.

Upcoming Workshops:

Mitten Making- November 14th, 18th, 25th & 28th
Soap Making -November 20th & 21st

Child & Youth

Kids Club

Kids Club will meet on November 15th and 29th. Please note that there will be no Kids Club in December; sessions will resume in January.

Youth Nights

To make up for the missed October session, we're aiming to host three Youth Nights in November. Two dates are set for November 21st and 28th, with one additional date TBA. There will be no Youth Nights in December; they will resume in January.

Keep an eye on our main Facebook page for updates, details, and registration links for both Kids Club and Youth Nights!

Special Family TGIF

On November 22nd, we're teaming up with PSP to host a special family TGIF in honor of International Children's Day.



New Social Worker

The MFRC has a new social worker! Avery Brown is joining us as the social worker and is very excited to start working with folks in the community! Avery will be working every Monday and has experience working with all genders and ages, if you have any specific question, Avery is available by email or phone at extension 555-6061 and gbmfrcsocialworker@hotmail.com.



Hold Me Tight

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 <https://holdmetightonline.com>

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 jennifer.saunders@forces.gc.ca



Lending Library

What we remember. Written by Lesley Anne Airth.

“There are no easy answers to explain war to a child. Lesley, through her short stories, has offered a gentle, personal reference to begin these important conversations. My hope is that the stories resonate with the children who read them, not only to find a way to break this cycle of human nature, but also to honor the suffering and sacrifices made by all who are touched by war”

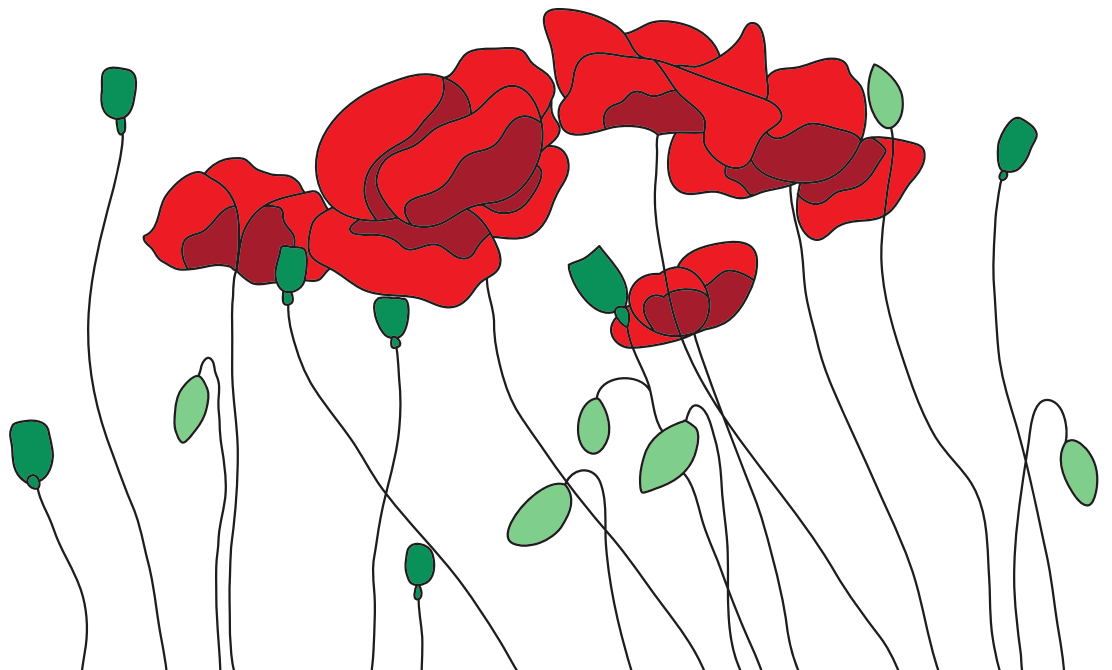
In Flanders Fields

By John McCrae



In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.



NOVEMBER 2024

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
3	4	5	6	7	8	9
MORNING HANGOUT/ GYM TIME	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT	MORNING HANGOUT/ GYM TIME	MILITARY APPRECIATION BREAKFAST 9:30 MFRC		
10	11	12	13	14	15	16
REMEMBRANCE DAY MFRC CLOSED 		MORNING HANGOUT	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT ATTEN MAKING WORKSHOP	KIDS CLUB	DEADLINE TO ORDER PURDY'S CHOCOLATE
17	18	19	20	21	22	23
MORNING HANGOUT/ GYM TIME	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT	MORNING HANGOUT/ GYM TIME COFFEE MORNING SOAP MAKING WORKSHOP 	MORNING HANGOUT YOUTH NIGHT SOAP MAKING WORKSHOP	INTERNATIONAL CHILDRENS DAY TGIF	
24	25	26	27	28	29	30
MORNING HANGOUT/ GYM TIME ATTEN MAKING WORKSHOP	MORNING HANGOUT/ GYM TIME ATTEN MAKING WORKSHOP	MORNING HANGOUT	MORNING HANGOUT/ GYM TIME	MORNING HANGOUT YOUTH NIGHT ATTEN MAKING WORKSHOP	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