



Goose Bay Military Family Resource Centre

COMMUNITY NEWS



Health Relationships Campaign

The Healthy Relationship Campaign is this month and runs from October 21 to November 1, 2024. The main theme for this year is relationships and finances, including a focus on economic abuse. During the week of October 21-25, the GBMFRC will be visiting sections on the Wing (with treats and coffee in tow J) to set up a display of resources and chat with the units.

We will set up our refreshments and resources in various breaks rooms around the Wing so that people can drop in on their morning and/or afternoon breaks to check out information and resources and chat to staff. It's a great, informal way to promote Mental Health and Healthy Relationships and connect with Members on the Wing.

The Campaign models positive and healthy relationships and related behaviours. It shows how CAF members and their families can promote and adopt such behaviours. The Campaign is aspirational and aims to encourage and support CAF members and their families to strengthen their relationships.

INSIDE:

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- Mental Health for Veteran Community

CAMPAIGN OBJECTIVES

- To increase the understanding of the Intimate Relationships Continuum, which ranges from healthy (green), struggling (yellow), unhealthy (orange), to abusive (red).
- To promote self-reflection and dialogue within couples and families on how healthy their relationship is and ways to improve upon it.
- To encourage a change in thinking in CAF members and their families.
- To decrease the stigma associated with asking for help or support and to increase awareness of the range of relevant services and programs available to CAF members and their families to support healthy relationships.



RECHERCHE DE PARTICIPANTS

An approach combining sound therapy and cardiac coherence for managing chronic pain and tinnitus in Canadian Veterans

Target audience:

- Veterans suffering from chronic pain and tinnitus

Eligibility Criteria :

- Age 18 or older
- Canadian Armed Forces veteran
- Enduring constant pain for at least 3 months restricting at least one activity
- Experiencing continuous tinnitus for at least 3 months limiting at least one activity
- Having sufficient hearing ability in at least one ear (with or without hearing aid) to perceive the sound stimuli of the therapy

The participant will need to use a mobile application designed for regular cardiac coherence training and sound therapy to assess the effects on chronic pain and tinnitus. This application should be used at least three times a day, in the morning, at noon, and in the late afternoon, for 5 minutes each time, every day for one month.

If you are interested or would like additional information, please contact us via email or phone.

Philippe Fournier, Ph.D., M.Sc.S., Audiologist, FAAA philippe.fournier@fmed.ulaval.ca, 418-529-9141 #46123

Career Transition Services for Veterans

Looking to start a career after your service in the military? Get career counselling, help with resume writing, and interview preparation to help you find a new career.

Veterans can access one-on-one coaching with Career Transition Services.

Link: <https://veterans.gc.ca/en/education-and-jobs/find-new-job/career-transition-services>



VETERANS.GC.CA

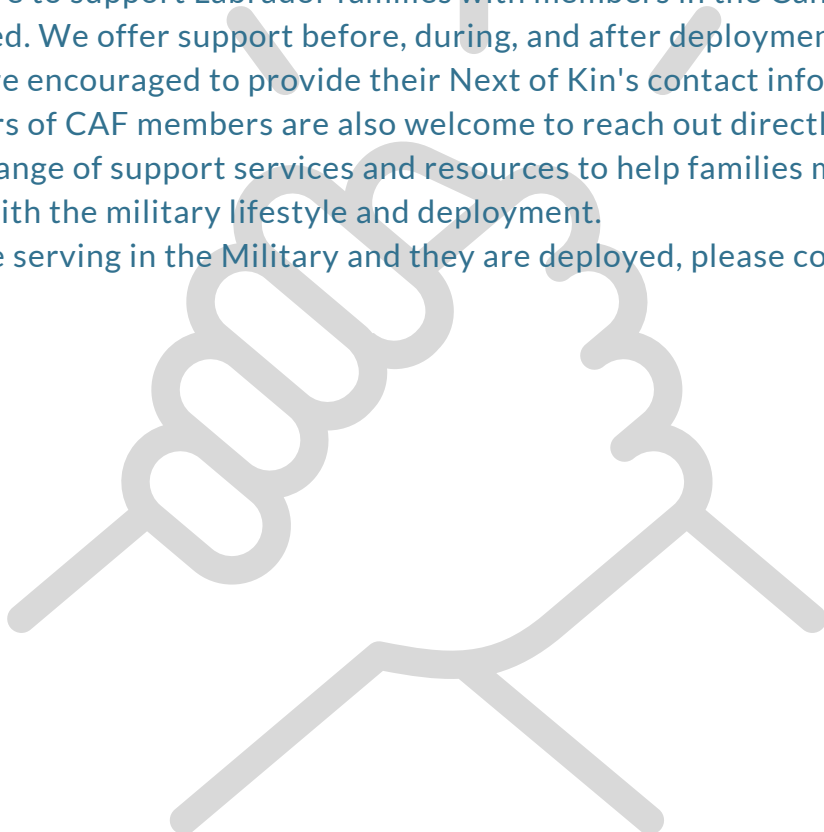
Canada

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.



Mental Health First Aid For the Veteran Community

Interest List:

We are gauging interest in a Mental Health First Aid workshop. If there is sufficient interest, we plan to schedule the workshop for the fall. Please see poster for more info.

To express your interest, please contact jennifer.saunders@forces.gc.ca

Attention Veterans, their families, and the Community

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



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



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

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

709-896-6900 ext. 555-2157

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: TBD –During the fall months

Registration deadline: TBD

Time: TBD

Location: TBD

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



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada

Second Language Training

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 consists of 16 modules aligned with the Government of Canada's A, B, and C linguistic levels. Accessible 24/7 via 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 suit your schedule, location, and pace. Ready to embark on your language learning adventure? Email gbmfrcpdci@outlook.com to sign up for LRDG today!



Community Highlight

As hunting season begins, this month's community highlight shines on the Labrador Hunting and Fishing Association (LHAFA). This nonprofit organization advocates for outdoor enthusiasts across Labrador, focusing on wildlife conservation and resource management. LHAFA aims to undertake community projects that promote outdoor recreational activities and engage the public. To stay updated on their latest news and shooting range hours, be sure to visit their Facebook page, "Labrador Hunting and Fishing Association." For more information about LHAFA and membership opportunities, check out their website at www.lhafa.org.



New to 5 Wing Goose Bay?

New to 5 Wing Goose Bay? If you've recently arrived, have you had the opportunity to visit the MFRC yet? If not, we invite you to drop by for a welcome tour, meet our staff, receive your welcome package, and 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 calendar for our monthly Coffee Mornings at the MFRC! It's a fantastic opportunity to connect with neighbors and learn more about our community. Kids are welcome to join as well! Our next Coffee Morning is on Wednesday, October 23rd. Join us as Avery, our social worker, presents for Healthy Relationship Week. We look forward to seeing you there!



Workshops

The MFRC offers a range 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 gmbmfrcpdci@outlook.com.

Child & Youth

Youth Night (Ages 10-18):

Join us for two exciting Youth Nights this month!

- October 10th: Pie Making Workshop! Pre-registration is required to ensure enough supplies.
- October 24th: Halloween Party! More details coming soon.

Kids Club (Ages 5-10):

Mark your calendars for October 11th and 25th! Themed around Thanksgiving and Halloween, stay tuned for additional information on our Facebook page.

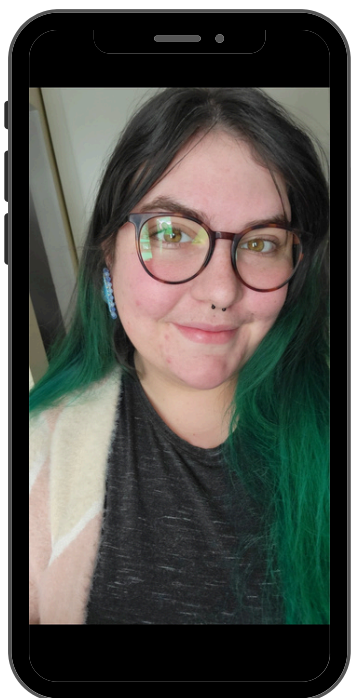
Community Connection/Morning Hangout:

Happening every Tuesday and Thursday from 9:30 AM - 11:00 AM. Open to everyone, kids are welcome!

Babysitter List:

We are still compiling our babysitter list. If you or your teen would like to be included, please contact Mary Kokol.

For any questions, registration for programs, the babysitter list, or the After School Program (ASP), reach out to Mary Kokol at mary.kokol@forces.gc.ca or call 896-6900 ext. 555-2430.



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 6061 and gbmfrsocialworker@hotmail.com.

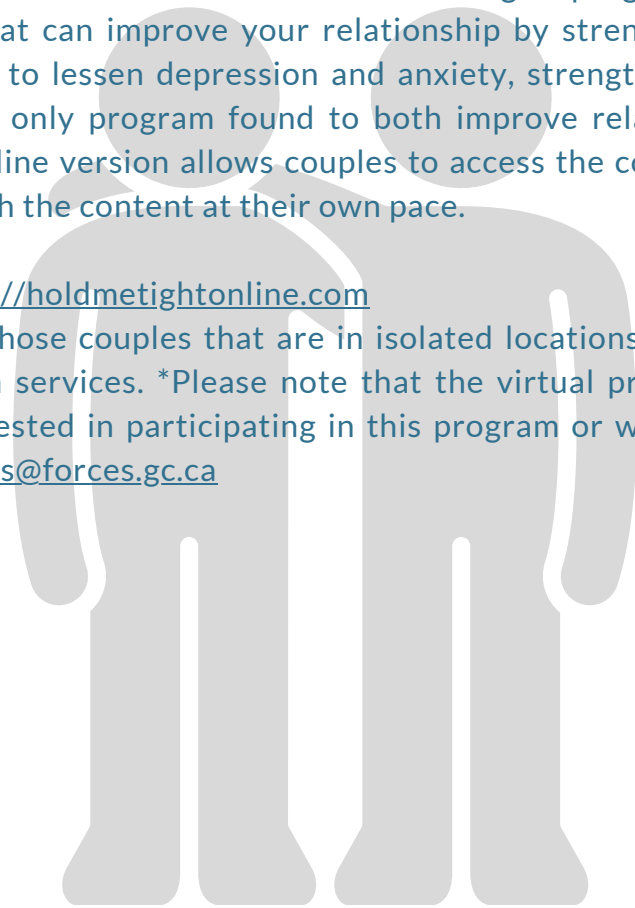


Hold Me Tight

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




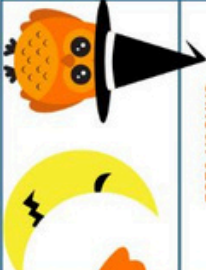







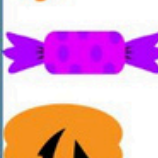







Information Centre

Looking for resources and information? Come visit us at the MFRC! Our information centre is stocked with a variety of pamphlets covering all our services and programs.

Drop by and see what we have to offer—you might just find exactly what you need!

OCTOBER 2024

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
						
6	MORNING HANGOUT / GYM TIME	MORNING HANGOUT	MORNING HANGOUT / GYM TIME	MORNING HANGOUT	4	444 FAMILY DAY FLIGHTS 1-5PM
13		14		17	11	12
	 Thanksgiving MFRC CLOSED	MORNING HANGOUT	COFFEE MORNING MORNING HANGOUT / GYM TIME	MORNING HANGOUT	18	19
20		21		24	25	26
	MORNING HANGOUT / GYM TIME	MORNING HANGOUT	MORNING HANGOUT / GYM TIME	MORNING HANGOUT	KIDS CLUB	
27		28		31		
 KIDS HALLOWEEN PARTY 10-12 CANUCK CLUB						
		29				
						
						
						
						
						
						
						
						
						
						
						
						

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