



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



Second Language Training

Want to boost your French or English? Check out LRDG Pour l'amour du français MD / For the Love of English™, an online program with 16 modules based on the Government of Canada's language levels (A, B, and C). You can learn anytime, anywhere—on your computer or tablet—and go at your own pace.

Interested? Email Jessica at jessica.crane@forces.gc.ca to get started!



INSIDE:

- Coffee Morning
- Child & Youth
- Military Family Virtual Healthcare Program
- Respite Care

Coffee Mornings

Join us at the MFRC for our monthly Coffee Morning! It's a relaxing way to meet others. Kids are welcome too! We often have interesting presentations to help you learn about what's happening around town.

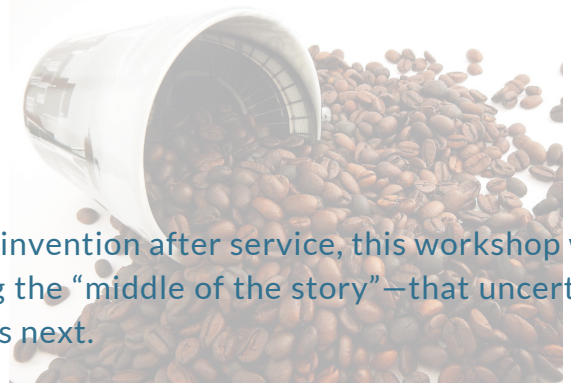
Next Coffee Morning:

When: September 17th, 9:30am – 11:00am

Where: MFRC

September's Guest: Debbie Adams

Debbie is a veteran and author who has walked the path of reinvention after service, this workshop will blend personal storytelling with practical tools for navigating the “middle of the story”—that uncertain space between letting go of what was and stepping into what's next.



New Around Here?

If you're new to 5 Wing Goose Bay, stop by the MFRC for a welcome tour! Meet our friendly team, grab your welcome package, and pick up some goodies.

Where: 564 Rivers Road

When: Monday to Friday, 8:00am – 4:30pm

We can't wait to meet you!

Welcome

Community Highlight: Pet Owners

Got pets? Here are three local spots you should know:

Valley Vet Clinic;

394 Hamilton River Road | 709-896-2627

The only vet clinic in town!

Paws Pet Boutique;

331 Hamilton River Road | 709-896-5590

The only pet store around, stocked with everything your furry friends need. You can shop in the store or online at pawspetboutique.ca.

Lake Melville Dog Park;

A fenced park with separate areas for small and all dogs. It's open day and night with lighting. Find it at the end of Cherrywood Drive (first left after leaving the Base).



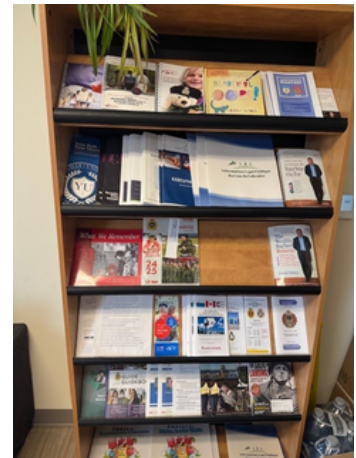
Workshops

The MFRC offers a wide variety of workshops for adults and is always looking to introduce new skills and ideas. We are also open to suggestions for new workshops or classes you'd like to see. To share your ideas, reach out to Jessica at extension 2155 or email jessica.crane@forces.gc.ca.



Information Centre

Drop into our GBMFRC reception office anytime. We have lots of pamphlets and information that you may find useful to help with your stay here.



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



Child & Youth Program

We're so excited to welcome everyone back for a fun-filled fall! Here's what's happening in September:

 **First Day of Afterschool Care:** September 4th

We're looking forward to kicking off another great year! Please note:

 Courtesy busing will not begin until October.

 Parents can drop off request forms starting September 4th.

 **Kids Club** (Ages 5–9)

Kids Club returns with crafts, games, and supper included!

 **September Dates:**

- Sept 5 – Welcome to the Gosling!
- Sept 19
- ⌚ 5:00–7:00 PM | 💵 \$5 per child
- 🍴 Supper included
- 📌 Registration required (see below)

 **Youth Night** (Ages 10+)

We're back with games, snacks, and good times!

 **September Dates:**

- Sept 9
- Sept 23
- ⌚ 5:00–7:00 PM
- 📌 Registration required (see below)

 **New Registration Process**

This year we are using a one-time registration form for both Kids Club and Youth Night.

 Forms available at the front desk starting Sept 2nd.

 Once your child is registered, you can pick and choose which events they attend throughout the year.

 Please note: We are no longer accepting cash.


All payments will be made via EMT punch cards.

 **Community Connections Morning**

Reconnect, relax, and enjoy a hot drink with us!

 Open to everyone – with or without little ones

 Starting Sept 4th

 9:30–11:30 AM

Let's make it a September to remember! 🍁

If you have any questions, feel free to contact us.



Introducing Free Access to LinkedIn Learning

Through LinkedIn Learning – powered by MFS, spouses and partners of active serving CAF members can now access:

- 22,000+ expert-led LinkedIn Learning courses in 24 languages
- Personalized learning paths based on their goals and trending career skills
- Flexible, self-paced learning that fits their mobile lifestyle
- Certificates to showcase their growth and boost employability

This program is completely free and can be used to:

- Supplement your existing career development services
- Offer as a standalone resource to spouses looking to upskill, reskill, or re-enter the workforce
- Support spouses who may benefit from flexible, on-demand learning options

Learn more visit: <https://cfmws.ca/LinkedInLearning>

Eggshells

**A confidential program exclusively for
Veteran Families**

Are you a Veteran, Veteran spouse or partner, parent, adult child, sibling, extended family member, or chosen family member? Are you affected by a loved one's substance use?

We are here for YOU!

Eggshells is a national, virtual, trauma-informed mental health program for Veteran Families in Canada impacted by substance use.

Eggshells is for YOU

regardless of whether your loved one is in active addiction, seeking or receiving treatment, in recovery, or if you are grieving the loss of your loved one to addiction.

Scan the QR code for more information.



www.LegacyWestHealing.ca



Military Family Virtual Healthcare Program (MFVHP)

This program provides dependents of Canadian Armed Forces (CAF) members living in Canada with 24/7 access to a Canadian-licensed general practitioner virtually. Administered by Maple, this program is a safe and effective way to access routine healthcare from anywhere.

Who is eligible?

Dependents of CAF members living in Canada are eligible. A valid CF One card number is needed to confirm your eligibility for this program. If you are registering an account for a dependent child or your spouse, please use their CF One number.

Register for a CF One card

Please visit: www.CFMWS.ca for more information.

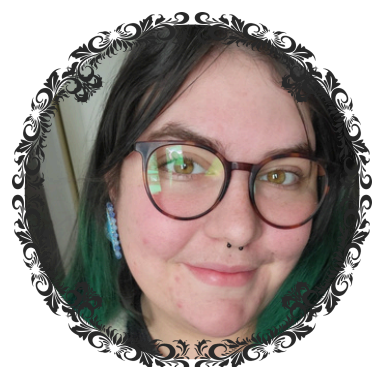
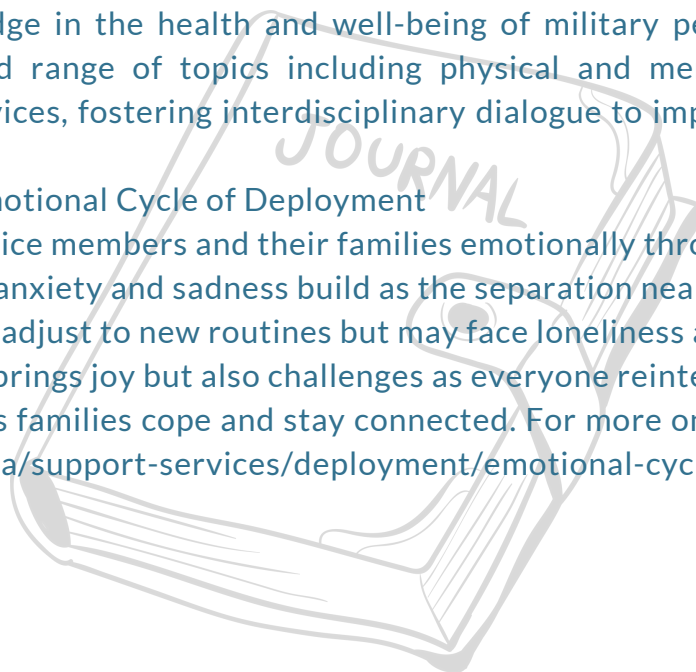


The Journal of Military, Veteran and Family Health

The Journal of Military, Veteran and Family Health is a peer-reviewed publication dedicated to advancing research and knowledge in the health and well-being of military personnel, veterans, and their families. It covers a broad range of topics including physical and mental health, healthcare delivery, policy, and support services, fostering interdisciplinary dialogue to improve outcomes for this unique population.

- To learn more please visit: Emotional Cycle of Deployment
- Deployment affects both service members and their families emotionally through several stages:
- Pre-Deployment: Feelings of anxiety and sadness build as the separation nears.
- During Deployment: Families adjust to new routines but may face loneliness and stress.
- Post-Deployment: Reuniting brings joy but also challenges as everyone reintegrates.

Understanding these stages helps families cope and stay connected. For more on the emotional cycle of deployment, visit <https://cfmws.ca/support-services/deployment/emotional-cycle-of-deployment>



The MFRC Social Worker is here for 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!

Volunteers Needed

"Women Veterans with Experience of Homelessness"

Principal Investigator: Dr. Cheryl Forchuk

This study titled "Canadian Women Veterans Experiencing Homelessness: Current State and Suggested Solutions" is looking to explore the current situation for homelessness among Women Veterans* and create guidelines to provide better support.

We would like to invite you to take part in an interview if:

- You have past/current experience of homelessness.
- You are a Veteran of the Canadian Armed Forces and/or RCMP.
- You are a woman.

The interview:

- Has some questionnaires and an open discussion on your thoughts and opinions.
- Usually takes less than 1 hour.
- Can also be done via Zoom or telephone.
- You will be compensated for your time.

You can have your story heard and help create improvements for others! Want to learn more?

Please contact:

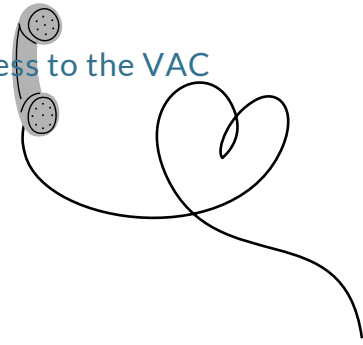
Dr. Cheryl Forchuk or Jon Serrato
Lawson Research Institute
Finch Family Mental Health Care Building
Parkwood Institute, P.O. Box 5777, STN B
London, ON, N6A 4V2
Tel: 519-685-8500 ext. 75802 or 226-602-4480
Email: womenvets@sjhc.london.on.ca

*We define
Veteran as
anybody who has
completed basic
training in the
Canadian Armed
Forces or RCMP.*



Mental health support is only a phone call away.

Former CAF and RCMP members, family members and caregivers, you have access to the VAC Assistance Service—even if you are not currently receiving services from VAC. Call toll-free: 1-800-268-7708



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



Children's Books

Military life brings unique challenges for children—especially during times of deployment, transition, or separation. CFMWS and Military Family Resource Centres offer a collection of free downloadable storybooks designed to support and comfort young readers through these experiences. Titles include:

- **D is for Deployment** – Emma helps unpack tough emotions as longer deployments bring families closer in understanding.
- **My Colourful Kite** – A story about managing feelings and changes when a parent must be away.
- **Our Alphabet Roller Coaster** – Through a joyful ABC format, this beautifully illustrated book mirrors the ups and downs of military family life—even featuring a reading by astronaut Chris Hadfield.
- **And so, things have been a bit different** – Offers gentle, heartfelt navigation for families dealing with change or recovery.
- **Joey's Mom is Going Away** – Follow Joey the beaver as he copes with his mother's absence, guided by fun illustrations and comforting storytelling.
- **My Mom is a Soldier** – A thoughtful resource for children aged 4–8, this book helps explain and ease the emotional ups and downs of posting season.

Plus, for added bedtime comfort, there's a recommended reading list featuring beloved classics like *The Kissing Hand*, *Love You Forever*, and *The Invisible String*—all perfect for reinforcing love, connection, and resilience.

Please visit www.CFMWS.ca for more information!

SEPTEMBER 2025

SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI	SATURDAY SAMEDI
 7	1 LABOUR DAY MFRC CLOSED	2	3	4 MORNING HANGOUT ASP BEGINS	5 KIDS CLUB	6
8 MORNING HANGOUT/ GYM TIME	9 MORNING HANGOUT YOUTH NIGHT	10 MORNING HANGOUT/ GYM TIME	11 MORNING HANGOUT	12	13	
14  MORNING HANGOUT/ GYM TIME	15 MORNING HANGOUT/ GYM TIME	16 MORNING HANGOUT	17 MORNING HANGOUT/ GYM TIME COFFEE MORNING 	18 MORNING HANGOUT	19 KIDS CLUB	20 MILITARY FAMILY APPRECIATION DAY/ COMMUNITY DAY 12-2 MFRC
21	22 MORNING HANGOUT/ GYM TIME	23 MORNING HANGOUT YOUTH NIGHT	24 MORNING HANGOUT/ GYM TIME AGM MFRC 5:30	25 MORNING HANGOUT	26	27
28	29 MORNING HANGOUT/ GYM TIME	30 MORNING HANGOUT				

SEPTEMBER 2025

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

\$5 Admission

Youth Night 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