



MFSP MILITARY FAMILY SERVICES PROGRAM PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

Welcome to Regina!

from the Moose Jaw Military Family Resource Centre (MFRC)

Last revised: April 2024



Moose Jaw Military Family Resource Centre

15 Wing Moose Jaw
Box 5000
Moose Jaw, SK
S6H 7Z8

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Email: registrations@moosejawmfrfc.ca

Web Site: www.cfmws.ca/moose-jaw

Facebook: www.facebook.com/mfrfc.moosejaw

To contact a member of MFRC staff, please call 15 Wing switchboard 306-694-2222 and choose one of the extensions below:

Executive Director - ext. 2274

Senior Operations Manager - ext. 5315

Office Manager - ext. 5320

Information Services Assistant / Front Desk - 306.694.2273

Family Support Services Coordinator/MFRC Social Worker - ext. 2892

Family Navigator – ext. 5316

Family Navigator (Youth Services) - 5324

Veteran Family Program (VFP) Coordinator - ext. 2694

Family Liaison Officer - ext. 5542

The Moose Jaw MFRC strictly adheres to the Privacy Code for Military Family Resource Centres. All personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law.

Note: A full copy of the Privacy Code for Military Family Resource Centres is available at the Moose Jaw MFRC office or on our website: www.cfmws.ca/moose-jaw

Icons sourced from www.flaticon.com

We have made every effort to ensure that the information provided in this package is accurate; however, we do not assume any liability for any errors and/or omissions.

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15 Wing

Welcome to Regina! The Moose Jaw Military Family Resource Centre located at 15 Wing Moose Jaw is the closest MFRC to your new location, and for this reason we want to ensure that you are aware of all of our programs and services, and welcome you to use them. We are committed to enriching the lives of individuals, families and community through positive action, education and support.

15 Wing, headquartered in Moose Jaw, is the centre of RCAF aircrew training and is comprised of 2 Canadian Forces Flying Training School (CFFTS) and 431 Air Demonstration Squadron (CF Snowbirds) both located in Moose Jaw, SK, and 3 CFFTS located in Portage la Prairie, MB. The Wing is the principal site of the NATO Flying Training in Canada (NFTC) and Contracted Flight Training and Support (CFTS) programs.

Services at 15 Wing Moose Jaw include:

- CANEX
- Post office
- Chapel
- Red Knight Arena
- Swimming pool
- Training centre
- Fitness centre
- Two playgrounds
- Splash park
- Outdoor skating rink
- 175 RHUs
- 130-unit single living quarters
- Military Family Resource Centre
 - Early Learning Centre
 - Youth Centre



About Saskatchewan

- Saskatchewan is Canada's "sunniest" province, averaging from 2000 to 2500 hours of sunshine annually.
- Saskatchewan is on Central Standard Time year round. This means that we never change our clocks.
- The provincial tax rate in Saskatchewan is 6%.
- The name Saskatchewan derives from the Plains Indian word "kisiskatchewan" which means swiftly flowing river. More than half of Saskatchewan is covered by forest.

Vehicle Information

Saskatchewan Vehicle Registration

Saskatchewan operates a mandatory vehicle registration and insurance program. When a vehicle owner purchases licence plates, they also purchase a basic package of insurance, which includes coverage for damage to their own vehicle subject to a \$700 deductible. Check out www.sgi.sk.ca for more info.

Saskatchewan Driver's Licence

New residents wishing to drive in Saskatchewan must obtain a Saskatchewan driver's licence within 90 days of moving to the province, or upon expiry of their out-of-province licence — whichever comes first. Check with your previous jurisdiction as they may have some restrictions that supersede this requirement.

Saskatchewan Government Insurance (SGI) is the principal vehicle insurer in Saskatchewan. All vehicles previously licensed in another jurisdiction must pass a mandatory vehicle inspection. Please call 1-844-855-2744 or visit www.sgi.sk.ca for more information including SGI locations and hours of operations.



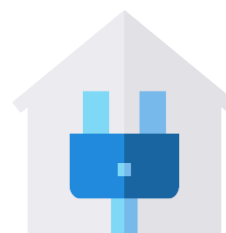
Traffic Laws

Please be aware that each province has different restrictions and traffic laws. For example, radar-detecting systems are permitted in some provinces (such as Saskatchewan), but not in others. As well, Saskatchewan has restrictions regarding non-factory tinted windows on your vehicles. Please see www.iwfa.com for clarification. Should you have any questions or concerns regarding vehicle restrictions and traffic laws, please contact your provincial police department.

Contact Information for Utility Connections

SaskEnergy Natural Gas	1-800-567-8899	www.saskenergy.com
SaskPower (electricity)	1-888-757-6937	www.saskpower.com
Water & tax information	306-777-7000	www.regina.ca
SaskTel	1-800-727-5835	www.sasktel.com
Shaw Cable	1-888-472-2222	www.shaw.ca
Bell	1-866-778-5529	www.bell.ca
Access Communications	1-866-363-2225	www.myaccess.ca

Express Address @ www.expressaddress.com offers residential customers a convenient way to notify multiple Saskatchewan organizations of your move. You can register for telephone, electricity, gas, water/sewer, drivers licensing, pet licence, and vehicle registration all at once.



Recycling

The City of Regina provide a recycling collection service. Please visit www.regina.ca for all details.

SARCAN Recycling also accept a range of recyclable items and provide a refund of the deposit that was initially paid at the time of purchase. Please visit www.sarcana.ca for hours and a list of accepted items

SARCAN locations:

1601 Angus St	306-359-3320
1421 Fleury St	306-569-8383
2636 Victoria Ave	306-347-2807
6175 Rochdale Blvd.	306-775-1055
2124A Grant Rd.	306-585-1060

Medical & Dental Information

How do I look up information about a doctor?

You can find information about a doctor's office address, education, qualifications, language, specialty, licensing and discipline history by using the Physician Search box found on the top left of the following website:

College of Physicians and Surgeons of Saskatchewan (CPSS) <https://www.cps.sk.ca/imis>

To find a dentist accepting new patients, visit www.saskdentists.com.

Hospitals

Regina General Hospital
1440 – 14th Avenue
306-766-4444

Pasqua Hospital
4101 Dewdney Avenue
306-766-2222

Wascana Rehabilitation Centre
2180 - 23rd Avenue
306-766-5100

Walk-in Medical Clinics

There are a number of walk-in medical clinics in Regina. Visit <http://www.rqhealth.ca/facilities/walk-in-clinics> for a full list.

Saskatchewan HealthLine

HealthLine: Dial 811

HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care.



Saskatchewan Health Card

All Saskatchewan residents must register themselves and their dependents for a Saskatchewan Health Card in order to receive health benefits. Call 1-800-667-7551 or visit www.ehealthsask.ca.

Public Health Nurse

Public Health Nurses are available for services that your doctor may not provide e.g., children’s vaccinations and baby checks.

Regina Qu’Appelle Health Region
Public Health Services
2110 Hamilton St.
306-766-7777

Regina Family Child Care Homes and Centres

For the most up-to-date list of licensed child care homes and centres, visit www.saskatchewan.ca and follow the links.

All facilities licensed by Ministry of Education, Early Years Branch will have a Ministry of Education licence posted. Family Child Care Homes will also have a family child care home sign posted in a window.

School Information

If you would like school information on a specific area of Regina, please check out the resources below or give us a call at 306-694-2273.

School Boards

Regina Catholic School Division	www.rcsd.ca	306-791-7200
Regina Public Schools	www.reginapublicschools.ca	306-523-3000
Prairie Valley School Division	www.pvsd.ca	306-949-3366


Moose Jaw Military Family Resource Centre (MFRC)

The Moose Jaw MFRC at 15 Wing Moose Jaw is committed to enriching the lives of individuals, families and community through positive action, education and support. We understand the unique stressors placed on military members and their families. We strive to help make everyone feel at home and encourage you to participate in the wide variety of programs and services we have to offer.


We are located in Building 80 at 15 Wing Moose Jaw (connected to the Recreation Centre and the Canex store). If you are unfamiliar with 15 Wing, please call 306-694-2273 and we would be happy to provide directions.

If you are looking for family services and programs within Regina, we recommend contacting Family Service Regina located at 200-1440 Broadway Avenue. Visit www.familyserviceregina.com or call 306-757-6675 for further information.

Stay connected to your MFRC!




Stop by the MFRC...
We're a friendly bunch and always have time to chat with our community members





Visit our website...
www.cfmws.ca/moose-jaw


Follow us on Facebook...
Check out our Facebook page for all the latest information and photos of our events



Take a look at our info boards...
There are various info boards located in Building 80 (where we are!)

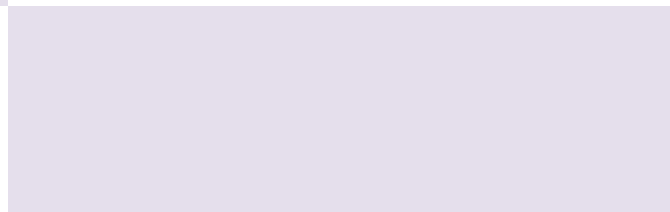



Sign up to receive the e:Connect...
Want to be added to our email list?
Email us at registrations@moosejawmfr.ca



Give us a call...
We'd love to hear from you! Call us 306-694-2273

Come along to one of our events...
Find out what's happening from MFRC staff at one of our community integration events



Community Integration

Family Navigator
306-694-2222 ext. 5316



Events

The MFRC hosts a number of fun events throughout the year from our monthly Welcome Wednesdays to our big, seasonal family events.

Stay up to date with all our events! Visit our website www.cfmws.ca/moose-jaw or sign up to receive our e-newsletter. To be added to our distribution list, email registrations@moosejawmfr.ca.

Volunteer Opportunities

The MFRC needs you! If you want to have fun, meet new people, learn new skills, or add to your resume, we have opportunities for you.

We believe that it should never cost a person to volunteer. When you donate your valuable time to our Centre, your children age 5 and under can spend time at our Early Learning Centre for **FREE!**

Volunteer opportunities are always available in the following areas:

Board of Directors

The Board of Directors is the legal authority for the MFRC and is responsible to the military community. As a member of this volunteer Board, a Director is a trustee for the community and is responsible for the effective governance of the organization. Members of the Board provide guidance, support and direction to the Executive Director to set overall policy and establish the long-term goals of the MFRC.

The Board of Directors is comprised of 51% military spouses, and the balance is to be from the military and civilian community. In addition, several ex-officio positions (non-voting) are appointed for their expertise. Volunteers who wish to be part of the Board of Directors just need to have an interest in the work of the MFRC and be willing to participate in monthly meetings to discuss current and ongoing issues relating to the MFRC.

Special Events Committee

The MFRC plans many special events throughout the year organized by a fantastic and dynamic group of individuals who are all volunteers! The primary focus of this committee is to plan, organize, deliver and evaluate special events for the MFRC.

RCAF Family Connection Program

We need military spouses for an important opportunity to build a stronger RCAF! Help ease the transition for military families moving to your community and offer support during deployments. If you are looking to make a difference there is no better chance.



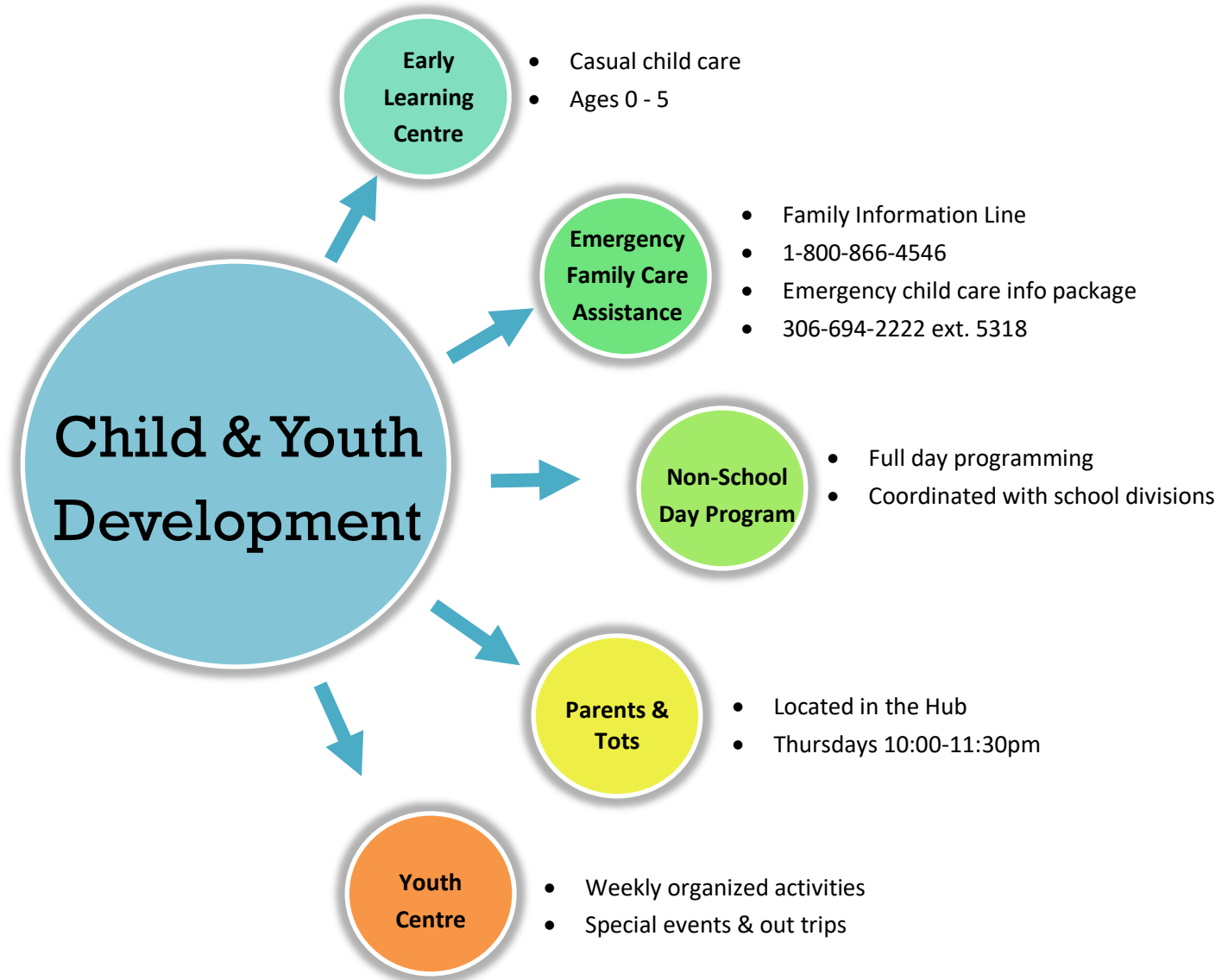
For further details on volunteering and becoming part of the team, call the Family Navigator at 306-694-2222 ext. 5316 or email registrations@moosejawmfr.ca.



Child & Youth Development

Early Learning Centre Primary Caregiver
306-694-2222 ext. 5318

Early Learning Centre registration
306-694-2222 ext. 5318



Early Learning Centre

The Moose Jaw MFRC operates an Early Learning Centre at 15 Wing offering casual child care, Monday to Friday.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm		9:00am-12:00pm
			1:00-4:00pm	

ELC Rates (as of June 2022):

Military/Associate Members:

Infants ages 0-18 months: \$15.00 per 3 hour block

Children ages 18 months and over: \$12.00 per 3 hour block

*\$6.00 per additional child in the same family, regardless of age.



*Please note: The regular rate will be applied to the youngest child, if more than one child is registered.

To register your child for child care, please call the ELC at 306-694-2222 ext. 5318.

Emergency Child Care

In times of crisis, normal levels of support may not be enough. As part of the Emergency Family Care Assistance (EFCA) Policy, Canadian Forces Morale and Welfare Services can provide military families with financial assistance to help offset costs associated with care of a family member.

Depending on the situation, you may need to cover the cost of services up front but you will be reimbursed. Reimbursements will be issued by either Military Family Services or the MFRC, but not by both. There is no cost to military families for using these services.

If you are in an emergency situation and you need more support, you can contact either:

Family Information Line – available 24/7

Call: 1-800-866-4546 (in Canada)

Call: 00-800-771-17722 (International)

Email: FIL@CAFconnection.ca

During regular working hours, you may also contact the MFRC at 306-694-2273.

You will be guided through a series of questions to assess your eligibility for support under the EFCA policy. If you qualify for support, you will be provided with more information as well as a local service provider. If you do not qualify, they will redirect you to other possible support services.

Non-School Day Program

The MFRC offers child care during “PD” non-school days for children in grades K-6. The non-school day program operates out of the Youth Centre at 15 Wing and provides quality recreational and social opportunities that include: themed activities; arts and crafts; water time activities; sports; and cultural activities.

- Hours of operation: 7:30am - 5:00pm
- Program delivery hours: 9:00am - 4:00pm

Visit www.cfmws.ca/moose-jaw for further details including costs.

Parents & Tots

Come to the Hub in Building 80 and meet new people, enjoy refreshments and snacks for the children, sing songs, do crafts, and play with your child/children. This drop-in group is geared around toddlers, but all children ages 0-5 are welcome to attend and participate. During the warmer months, these sessions may be held outside at one of the parks in Bushell Park.

Time: Thursdays 10:00-11:30am

Cost: *Military families only* - \$2.00 for the first child over one year of age per drop-in, \$1.00 for each additional child over one year of age.

Youth Centre

The Youth Centre, located in the Recreation Centre at 15 Wing, is equipped with a foosball table, video games, craft supplies and much more. Qualified staff develop and deliver the program throughout the year. The weekly program offers youth and teens an opportunity to socialize and support each other.

Activities and special events are planned each month and advertised in advance. You can find the program calendar at www.cfmws.ca/moose-jaw. Youth can pre-register for any event they wish to attend. Cost varies with each activity.

Youth Centre: Grade 1-5

- Tuesdays 6:00-8:00pm

Fees

- Military and associate members - \$2
- Children of deployed CAF members are free

One Stop Kid Shop

For further information about family activities and recreation in Regina, visit www.OneStopKidShop.com, an online resource for busy families in Regina and surrounding areas. Find activities, registration dates at a glance, camps, birthday party ideas, pre-natal information, events around Regina and much more!

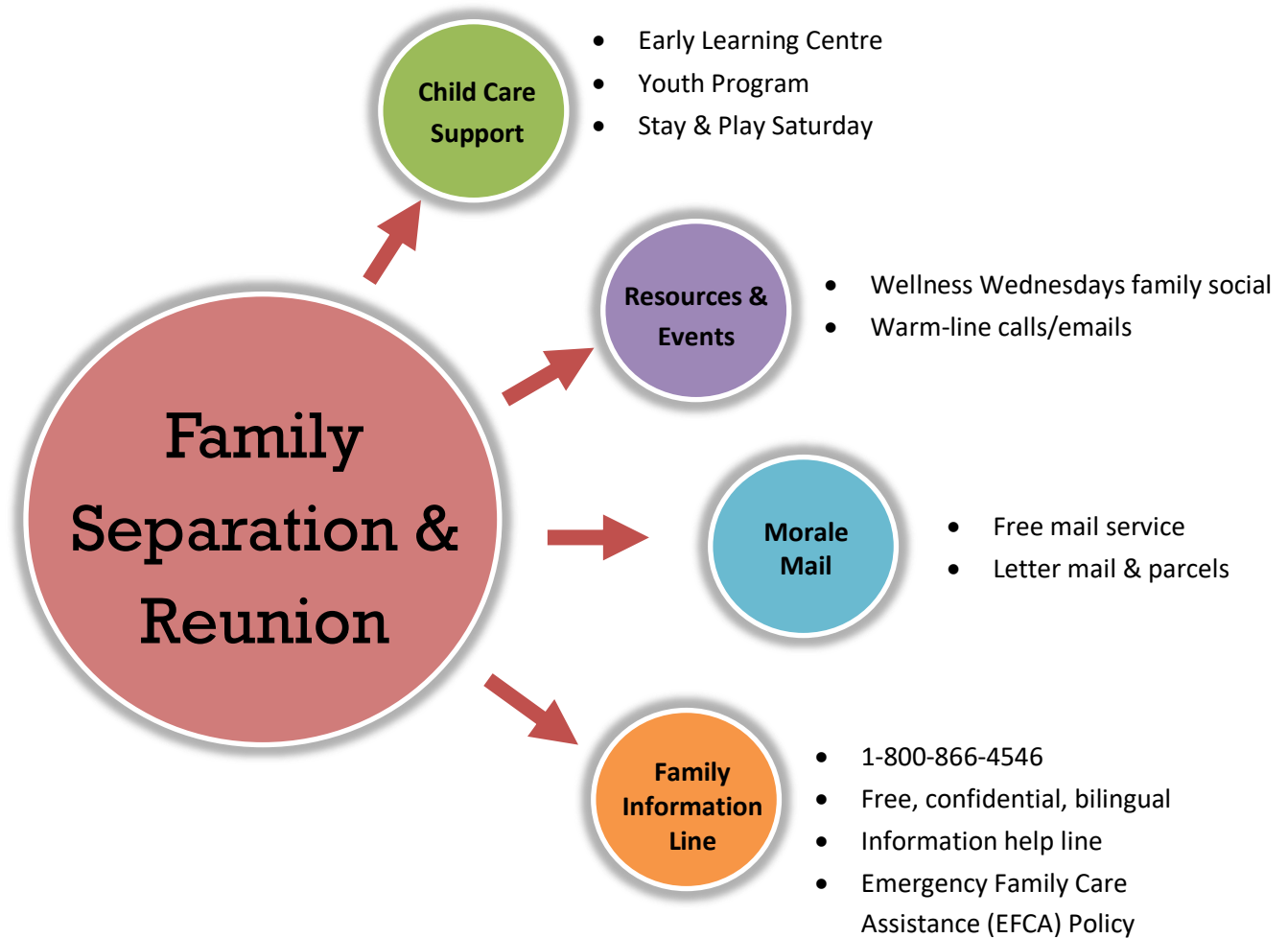
This is a third party online resource and the Moose Jaw MFRC is not responsible for the content, accuracy or privacy practices of this website or any linked websites.



For further details on Child and Youth Services, call the Front Desk at 306-694-2273 or email registrations@moosejawmfr.ca.

Family Separation & Reunion

Family Support Services Coordinator
306-694-2222 ext. 2892



Child Care Support

Single parenting for long periods of time can be a little overwhelming and sometimes a break might be necessary. When the CAF member is away, families can access a variety of services. All families experiencing an absence due to training or a deployment qualify for these programs.

Early Learning Centre (ELC) Program

Families of deployed members are eligible to receive a *3 hour block of free child care per week* at the ELC (ages 0 to kindergarten) in addition to a *3 hour block of half price child care per week*.

Please call 306-694-2222 ext. 5318 to book your child in at the ELC and let the staff know that you would like to use the respite discount.

Youth Centre Program

For the duration of the training or deployment, children (Grades 1 through 6) are invited to take part in Youth Centre activities for free! Please refer to the Child & Youth Development section of this package for further details.

Stay and Play Saturday

This respite child care program is offered one Saturday a month at the ELC or Youth Centre. The program is free for children of deployed CAF members. Pre-registration is required by calling the ELC at 306-694-2222 ext. 5318.

Emergency Family Care Assistance Policy

If you are in an emergency situation and you need more support, you can contact either:

Family Information Line – available 24/7

Call: 1-800-866-4546 (in Canada)

Call: 00-800-771-17722 (International)

Email: FIL@CAFconnection.ca

During regular working hours, you may also contact the MFRC at 306-694-2273.

You will be guided through a series of questions to assess your eligibility for support under the EFCA policy. If you qualify for support, you will be provided with more information as well as a local service provider. If you do not qualify, they will redirect you to other possible support services.



Resources & Events

Wellness Wednesday Family Social

Once a month, the MFRC would like to give spouses of deployed members a night off and a chance to relax and socialize with other spouses in a similar position. This program is normally offered on a Wednesday, from 5pm to 7pm at the MFRC. Children of all ages are welcome to attend with their at home parent and child care is provided. Please visit www.cfmws.ca/moose-jaw for the date of the next Wellness Wednesday family social.

Warm-Line Calls/Emails

Families experiencing a deployment may sign up for friendly check-in phone calls or emails from the Family Support Services Coordinator. If you would like us to maintain regular phone contact with you during the training or deployment, just let us know!

Morale Mail

Canadian Forces family members and friends are able to send letter mail and parcels to deployed CAF members free of charge. You can drop off your packages at the MFRC. Specific information, including requirements and restrictions, can be found at <http://www.forces.gc.ca/en/write-to-the-troops/mailing-instructions.page>.



Family Information Line

The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Why call or email the Family Information Line? Because they understand your military lifestyle. They have resources and want to support you. Their help is always free. They are there for you when it's tough and you just need to talk it out. They are also there to help you find answers to the questions that come up as a result of your military life. Call **1-800-866-4546** 24 hours a day, 7 days a week.

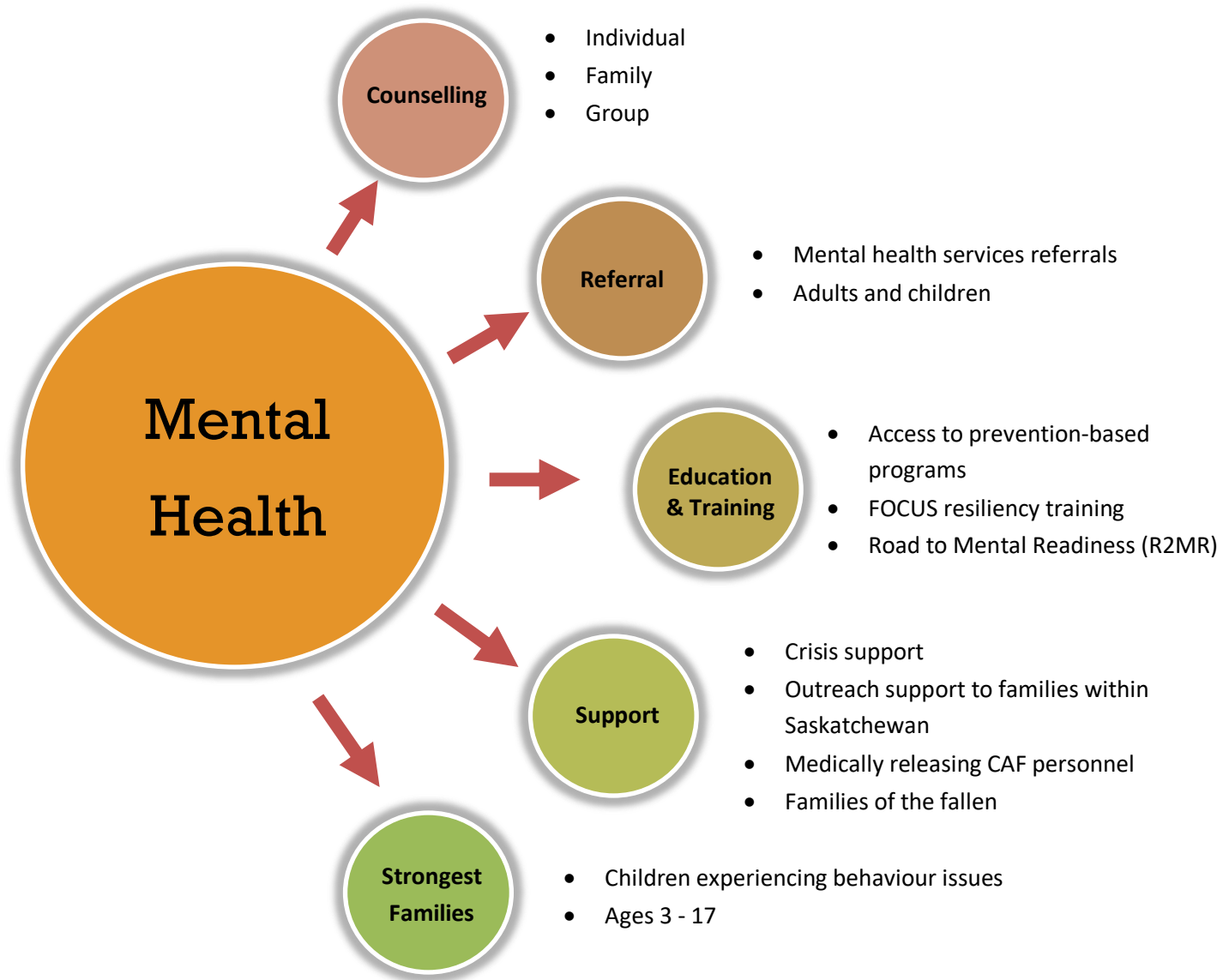


For further details on Family Support Services, call the Family Support Services Coordinator at 306-694-2222 ext. 2892 or email registrations@moosejawmfr.ca.

Mental Health Services

Family Liaison Officer (FLO)
306-694-2222 ext. 5542

MFRC Social Worker
306-694-2222 ext. 2892



The Family Liaison Officer (FLO) is a MFRC social worker who is part of your local CAF Transition Centre. The FLO connects the two centres to ensure the widest variety of support is offered to military personnel and their families. The FLO provides a variety of free support including:

- Confidential individual and family counselling covering a wide range of areas – trauma; addictions; relationship matters; parental child conflict; adapting to change; personal growth; grief & loss; work-life balance.
- Referrals to mental health services for adults and children and community based programs
- Access to educational and preventative-based programs
- Outreach support to families within Saskatchewan
- Crisis Support
- Assistance in applying for emergency funding
- Support for caregivers and families coping with injuries, illness and loss (such as Operational Stress Injuries)
- Support to families of medically releasing CAF personnel
- Support to families of deceased CAF personnel

Strongest Families

Is your child or youth between the ages of 3-17? Are they experiencing behaviour issues or anxiety? Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. They provide timely care to families by teaching skills through their unique distance coaching approach – supporting families over the phone and internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their needs.



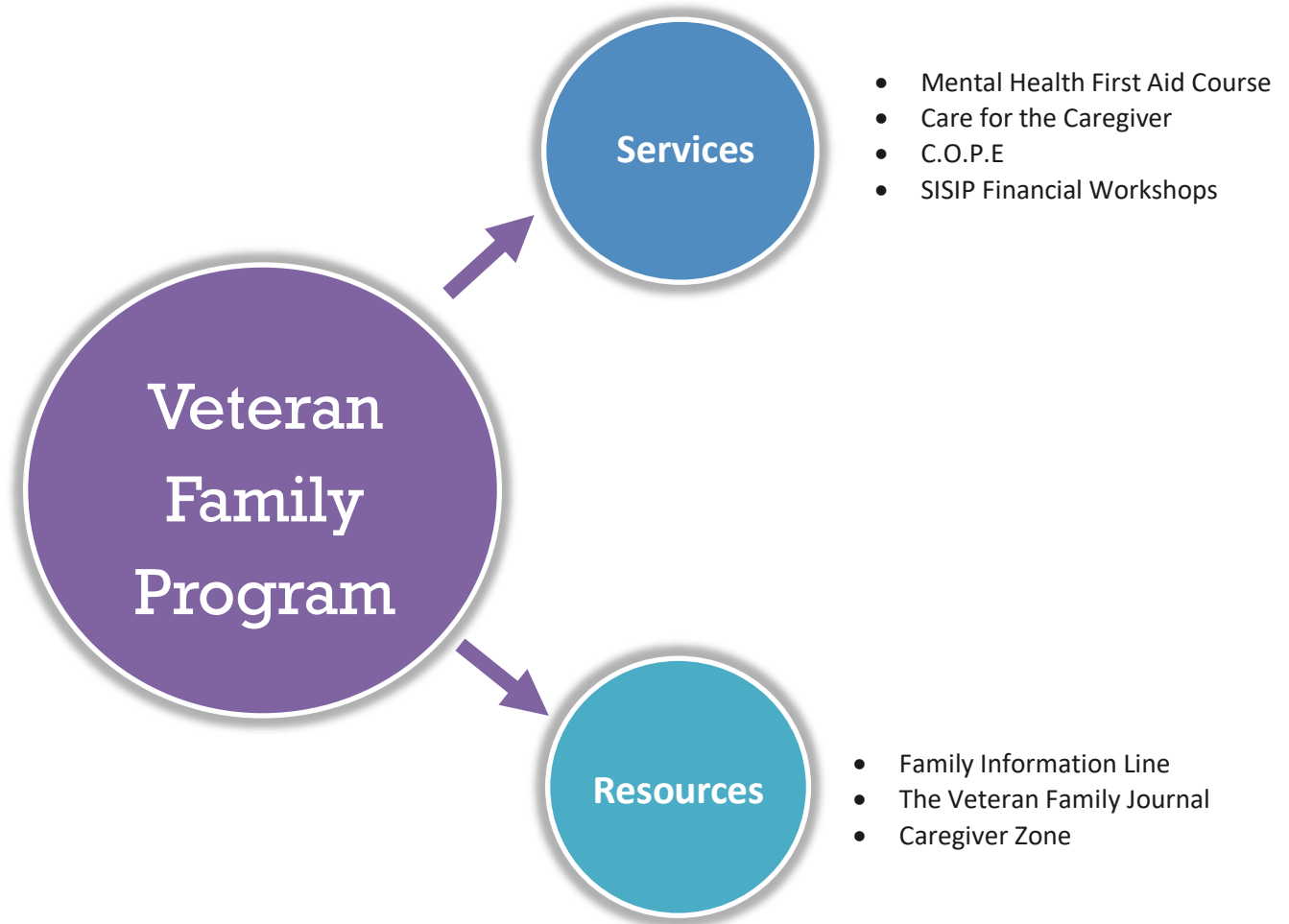
They can help with feelings like anxiety or anger that may arise due to the challenges of military life, particularly during deployment and training separations.



For further details on mental health services, please call the Family Liaison Officer at 306-694-2222 ext. 5542 or MFRC Social Worker at 306-694-2222 ext.2892 or email registrations@moosejawmfr.ca.

Veteran Family Program

Veteran Family Program Coordinator
306-694-2222 ext. 2694



The Veteran Family Program

The Veteran Family Program (VFP) is a joint initiative between Veterans Affairs Canada and Military Family Services. The VFP is a bilingual service that provides support to medically-released Veterans and their families to effectively prepare for and transition to civilian life.

Services



Mental Health First Aid Course - an evidenced-based course that teaches participants to identify, understand, and respond to signs of mental illness and substance abuse disorders.

Care for the Caregiver - an online course which provides information about Operational Stress Injuries (OSI) as well as self-care tools to support individuals who are in a caregiver role to someone living with an OSI.



C.O.P.E - a group-based, psycho-educational and counselling program for veterans of the CAF and their spouse/partner who are struggling with the effects of Post-Traumatic Stress Disorder (PTSD).

SISIP Financial Workshops - financial briefings to assist VFP audiences with their financial matters as they approach release and transition out of the CAF.



Resources



Family Information Line - trained [Family Information Line](#) counsellors offer confidential, bilingual information, referral and crisis support 24 hours a day, 7 days a week, and can help connect serving members, released Veterans and their families to resources. To speak with someone directly for any inquiries about the VFP, the Family Information Line can be reached at 1-800-866-4546.

The Veteran Family Journal - [The Veteran Family Journal](#) is a tool designed to assist medically releasing CAF members, medically released Veterans and their families in making a successful transition from military to civilian life. The Journal is unique to each family as it serves as a source of information and a reference for materials you can rely on as you transition from CAF member to Veteran status.



Caregiver Zone - developed by Veterans Affairs Canada, the [Caregiver Zone](#) features a suite of tools available to the caregiver, including a library, a community of sharing, caregiver coach support, and a list of services and resources.



For further details on veteran services, please call the Veteran Family Program Coordinator at 306-694-2222 ext. 2694 or email registrations@moosejawmfr.ca.

MFRC Community Resources

Second Language Training

The MFRC offers an online learning language program to provide extra assistance for those interested in learning a second language. The national curriculum for learning French is LRDG's "Pour l'amour du français" and "For the love of English" for learning English.

<https://cfmws.ca/support-services/education/second-language-training>



Career Assistance

CareerCOACH+ provides virtual and confidential career coaching, connecting military spouses/partners directly to a professional career coach for tailored support with career transition, development, and employment pursuits.

<https://cfmws.ca/support-services/employment/career-development/careercoach>

The Military Spousal Employment Network (MSEN) is an online hub that connects employer partners with a pan- Canadian presence to military partners/spouses seeking employment opportunities.

<https://cfmws.ca/support-services/employment/find-a-job>



For more information about the above resources, please call 306-694-2273.

