

NEWSLETTER

DECEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 HUMAN Rights day	2  Bake Exchange Drop Off	3  Bake Exchange Pick Up	4	5	6 DETACHMENT CHRISTMAS PARTY 
7	8	9	10	11	12  CHRISTMAS WOOD SIGN CRAFT	13
14	15 National Cupcake Day 	16	17  National Maple Syrup Day	18	19 MFRC Office CLOSED	20
21	22	23	24  CHRISTMAS EVE	25 MERRY CHRISTMAS 	26 BOXING DAY 	27
28  Card Playing Day	29	30	31 NEW YEAR'S EVE 			

CONTACT US

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Monday - Friday
0800 - 1630



VISIT THE MFRC ALL DECEMBER LONG FOR THE ANNUAL HUG IN A MUG

STOP BY FOR WARM DRINKS AND FESTIVE TREATS!



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

HOLIDAY

OFFICE CLOSURE

**THE MFRC WILL BE
CLOSED FROM**

**DECEMBER 22, 2025 TO
JANUARY 2, 2026**

**THE MFRC WILL BE CLOSED ON
DECEMBER 19, 2025, FOR THE
STAFF CHRISTMAS PARTY.**

CHRISTMAS TAKE HOME KITS

BRING THE HOLIDAY FUN HOME
WITH OUR SPECIAL KITS.

TWO OPTIONS AVAILABLE:

- AGES 5 & UNDER
- AGES 6-17

CREATE, CELEBRATE, AND ENJOY
THE SEASON TOGETHER!



**PICK UP AT MFRC
FROM DEC 1 TO 17!!**



LIMITED KITS AVAILABLE





JOIN THE **INKFERNO** WORKSHOP

\$10 PER YOUTH

**DIVE INTO THE SPLATTER ROOM WITH UV-REACTIVE
PAINT & CREATE A KEEPSAKE CANVAS!**

JANUARY 10TH 2026 1PM-3PM

@ THE ART ROOM INK IN SASKATOON

**OPEN TO MILITARY AND VETERAN
FAMILIES' YOUTH AGED 6+**

(PARENTS WELCOME TO JOIN IF KIDS UNDER 6 ARE INTERESTED!)

Register with Katie at
katherine.defosse@forces.gc.ca or
scan the QR Code



DEADLINE JAN 7TH TO REGISTER

**TRUE PATRIOT
LOVE**

THE BEST INVESTMENT YOU'LL EVER MAKE IS IN YOUR FINANCIAL LITERACY



FINANCIÈRE
SISIP
FINANCIAL



GETTING READY FOR LIFE AFTER HIGH SCHOOL?

PARTICIPATE IN A WEBINAR ON POST-SECONDARY FINANCIAL PLANNING

KEY POINTS TO BE COVERED:

- COSTS BEYOND TUITION AND BOOKS.
- RESOURCES AVAILABLE
- DIFFERENCES BETWEEN CONVENTIONAL STUDENT FUNDING AND LOANS.
- IDENTIFY PITFALLS THAT STUDENTS CAN ENCOUNTER

TITLE: PLANNING FOR POST-SECONDARY

 PLATFORM VIRTUAL

 JANUARY 13, 2025; 6:30 TO 7:30PM

 REGISTER WITH CSVFP@HOTMAIL.COM

 OR SCAN QR CODE



MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

 Credit
Counselling
Society

The CSMFRC invites you to join us for an inspiring day of connection, reflection, and empowerment at:

My True Power

January 24th 2026 | 10am-2pm

Featuring

- ✓ **Keynote Speaker Allan Kehler**
 - **Adults will receive a copy of Allan's book as a thank you gift for participating!**
- ✓ **Concurrent Children's Workshop for ages 5+ facilitated by Sara Skipper, Art Therapist & Owner of Golden Light Art Therapy**
- ✓ **Lunch & Leisure Hour**
 - *Explore the grounds of beautiful Wanuskewin Heritage Park*
- ✓ **Kehkehk (The Hawk) Dance Presentation that will include powwow style dancer and a singer/drummer**



Allan challenges the cultural myths around mental health, resilience, and emotional expression. Drawing from his own lived experience with mental illness, addiction, and suicide, Allan empowers people to find their voice and step into their power.

"Find Your Voice, Reclaim Your Power" Keynote Address

Allan's keynote confronts the stigma around emotional expression and mental health, urging individuals to break their silence and embrace vulnerability as a path to healing. Through his raw personal journey, he inspires communities to honor every voice and foster connection—reminding us that while we all face battles, none of us are meant to fight alone.



REGISTER HERE!



Special Thanks To:

COMMUNITY SUPPORTS

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

FAMILY INFORMATION LINE: 1-800-866-4546 OR

FIL-LIF@CFMWS.COM

CFMAP: 1-800-268-7708



EMERGENCY AND MENTAL HEALTH SUPPORTS

SUICIDE CRISIS HELPLINE: CALL OR TEXT 9-8-8

SASKATCHEWAN OPERATIONAL STRESS INJURY CLINIC: 1-306-844-4100

OSISS (OPERATIONAL STRESS INJURY SUPPORT SERVICES): 1-800-883-6094

MENTAL HEALTH CRISIS/RESPONSE & MOBILE MENTAL HEALTH UNIT: 1-306-933-6200

MENTAL HEALTH & ADDICTIONS SERVICES – CENTRALIZED INTAKE: 1-306-655-4100

DRUGS AND ALCOHOL HELPLINE: 1-800-565-8603

CANADA SUICIDE PREVENTION SERVICE: 1-833-456-4566

SASKATCHEWAN SUICIDE HOTLINE: 1-306-933-6200

DOMESTIC VIOLENCE HOTLINE: 1-888-338-0880

SEXUAL ASSAULT CENTER: 1-306-244-2224

ROYAL UNIVERSITY HOSPITAL EMERGENCY SERVICES: 1-306-655-1362

ST PAUL EMERGENCY SERVICES: 1-306-655-5113

CITY HOSPITAL EMERGENCY SERVICES: 1-306-933-5069

HEALTH LINE: 811



VETERANS SERVICES:

VETERANS AFFAIRS CANADA 1-866-522-2122

ROYAL CANADIAN LEGION SASK COMMAND: 1-306-525-8739

VETS CANADA: 1-888-228-3871

WOUNDED WARRIORS CANADA: 1-888-706-4808

SUPPORT OUR TROOPS: 1-877-445-6444

VAC DEATH AND BEREAVEMENT COUNSELLING 1-800-268-7708

LAST POST FUND: 1-800-465-7113

KIDS SERVICES:

KIDS HELP PHONE: TEXT CAFKIDS TO 686868 OR PHONE 1-800-668-6868

SASK HEALTH AUTHORITY

CHILDREN/YOUTH MENTAL HEALTH: 306-655-7777



Dear
Santa.....

If you don't already follow us on
Facebook and our website, make
sure you do!

 facebook.com/CSMFRC

 cfmws.ca/central-saskatchewan

Facebook and our website is
where you can stay up-to-date
with all that is going on at
CSMFRC!

CSMFRC
Central Saskatchewan
Military Family
Resource Centre Inc.



CRFMCS
Centre de Ressources pour
les Familles des Militaires
du Centre de la Saskatchewan Inc.