

MONTHLY

NEWSLETTER



NOVEMBER 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>WE'RE EXCITED TO WELCOME MORGAN MITCHELL TO OUR TEAM! FOR MARKETING AND SOCIAL MEDIA INQUIRIES, CONNECT WITH MORGAN</p>						1
2 POPPY DOORMAT WORKSHOP	3	4	5	6	7	8 INDIGENOUS VETERANS DAY
9	10	11 REMEMBRANCE DAY	12	13	14 NATIONAL PICKLE DAY	15
16 SASKATOON SANTA PARADE 	17	18	19	20 NATIONAL CHILD DAY	21 ESCAPE ROOM (18+)	22
23	24	25 INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN	26	27	28	29 ZOOTOPIA 2 MOVIE DAY
30	<p>PLEASE NOTE: THE CSMFRC OFFICE AND DAYCARE WILL BE CLOSED ON MONDAY, NOVEMBER 11TH IN OBSERVANCE OF REMEMBRANCE DAY. WE WILL RESUME REGULAR HOURS ON NOVEMBER 12TH.</p>					

VETERANS' WEEK
NOVEMBER 5 - 11

VETERANS WEEK, WE HONOUR THE COURAGE, SACRIFICE, AND SERVICE OF THOSE WHO'VE DEFENDED OUR FREEDOMS--PAST AND PRESENT



[FACEBOOK.COM/CSMFRC](https://www.facebook.com/CSMFRC)



[CFMWS.CA/CENTRAL-SASKATCHEWAN](https://www.cfmws.ca/central-saskatchewan)



CONTACT US



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REMEMBRANCE DAY SERVICE

AT DETACHMENT DUNDURN

TUESDAY, NOVEMBER 11TH, 2025
10:45-11:15AM AT THE BASE GYM
RECEPTION TO FOLLOW
AT THE FLIGHTLINE MESS (B82)

MILITARY DRESS REGS: 1A'S

COMMUNITY WELCOME TO ATTEND

ALL ATTENDEES MUST SHOW ID TO ENTER
THE DETACHMENT (EXCLUDING MINORS).
PLEASE ARRIVE EARLY IN ORDER TO
ACCOUNT FOR LINE UPS OR DELAYS AT
THE GATE.

LEST WE FORGET

POPPY PROJECT

*Let your poppies bloom with
pride!*

*Free Craft Kits available at
CSMFRC starting Oct 27!*

*Create a stunning poppy
display and send a photo to
CSVFP@hotmail.com by
Nov 9 for a chance to win a
poppy-themed prize!*

Open to ALL

LEST WE FORGET



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MILITARY, VETERANS & FAMILY MEMBERS 18+ ARE INVITED FOR AN ADULT NIGHT OUT FOR A:

“DIE HARD” ESCAPE ROOM

WHEN: FRIDAY, NOV 21ST 2025

TIME: 7:30PM

WHERE: BREAK OUT ESCAPE & GAME LOUNGE

(103 - 2750 FAITHFULL AVE IN SASKATOON)

THIS ISN'T YOUR AVERAGE NIGHT OUT - IT'S HIGH-STAKES, HIGH-FUN, AND TOTALLY MCCLANE-APPROVED!

**\$10 FEE
PER PERSON**



EMAIL KATIE AT
KATHERINE.DEFOSSE@FORCES.GC.CA
TO REGISTER BY NOVEMBER 14TH -
OR SCAN THE QR CODE TO REGISTER!

YIPPEE-KI-YAY... LET'S SEE IF YOU'VE GOT WHAT IT TAKES.



Christmas WOOD SIGN CRAFT



Friday
12 December, 2025



Start at
6:30 - 09:00 PM

Wet Paint Pottery, 632 1st Ave N #50, Saskatoon,
Open to Military, Veterans and their Family
\$10 per person ; Ages 13 and up



Join us — register by December 5!
CSVFP@hotmail.com

The CSMFRC's annual

Hug in a Mug

Celebrate the season with us—stop in all December long for cozy drinks and sweet holiday goodies!

CHRISTMAS BAKE EXCHANGE

It's time for the CSMFRC annual Christmas bake exchange. Each participant is required to make 1 dozen treats for each of the other participants.

If over 6 people registered, it drops down to half a dozen treats.

Open to everyone!

 Drop off treats December 2nd, 8am-4:15pm

 Pick up December 3rd, 8:30am-4:15pm

 CSMFRC

To register by November 23
email morgan.mitchell.csmfrc@gmail.com
or scan the QR code.



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:

Military, Veterans and their families are invited to a private screening of

ZOOTOPIA 2

November 29th | Movie starts 9:45am
Landmark Cinemas Saskatoon

\$20 / family or \$10/ individual

Cost includes movie tickets for each registered guest.



To register by November 17th scan the QR code or email:
Megan.Boufford.csmfrc@gmail.com



Nutana Legion

BURGER NIGHT

THURSDAY,
NOVEMBER 6TH

5:30PM-6:30PM

Special Dinner Invitation for Military, Veterans & Families. Join us at Nutana Legion for a heartfelt thank-you and a delicious meal at a special discounted rate! Enjoy 25% off dinner — just \$7.50 for a burger and roasted potatoes and coleslaw!

This offer is exclusively for Military members, Veterans, and their families.

To reserve your tickets, call the Legion office at 306-374-6303 and tickets can be picked up at the door!



The CSMFRC is coming to you with a

Mobile Coffee Break

Mobile Coffee Breaks—Now by Request! CAF units, want a quick morale boost and some helpful info delivered right to your doorstep?

Request a visit from the CSMFRC Mobile Coffee Crew! Just scan the QR code or email us at csmfrc@hotmail.ca, and we'll roll up with fresh coffee, friendly faces, and resources tailored for CAF members and veterans.

You bring the unit—we bring the brews and the support.

Let's make connection easy, one cup at a time.



CSMFRC
Central Saskatchewan
Military Family
Resource Centre Inc.



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

DONATE ❤️

THE CSMFRC IS A REGISTERED NON-PROFIT CHARITABLE ORGANIZATION DEDICATED TO SUPPORTING AND ENHANCING THE HEALTH, WELL-BEING, AND RESILIENCE OF CANADIAN ARMED FORCES MEMBERS, VETERANS, AND THEIR FAMILIES WITHIN OUR COMMUNITY

TOGETHER, WE CAN BUILD A STRONGER, MORE RESILIENT MILITARY COMMUNITY—YOUR DONATION MAKES IT POSSIBLE



SCAN HERE

Thank you for your support!

YOUR WELLNESS HUB:

RESOURCES FOR EVERY MIND AND EVERY JOURNEY



FAMILY INFORMATION LINE: 1-800-866-4546 / FIL-LIF@CFMWS.COM

CFMAP: 1-800-268-7708

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

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

OSI-CAN SASKATCHEWAN: 1-306-552-3801 OR 1-888-495-6068

VETERANS AFFAIRS CANADA 1-866-522-2122

RCL SASK CMD: 1-306-525-8739

VETS CANADA: 1-888-228-3871 (24/7)

SUPPORT OUR TROOPS: 1-877-445-6444

WOUNDED WARRIORS CANADA: 1-888-706-4808

VETERANS HOTLINE: 1-800-268-7708

LAST POST FUND: 1-800-465-7113

ROYAL UNIVERSITY HOSPITAL: 306-655-1362

ST PAUL EMERGENCY SERVICES: 306-655-5113

CITY HOSPITAL: 306-933-5069

MOBILE CRISIS: 306-933-6200

SASK SEXUAL ASSAULT AND INFO LINE : 306-244-2224

OUT SASKATOON (LGBTQ+ SUPPORT): 1-800-358-1833

CENTRALIZED INTAKE (306) 655-7777

811 - HEALTHLINE

988 SUICIDE CRISIS HELPLINE (TALK & TEXT)

211 SASKATCHEWAN

CRISIS SERVICES CANADA: 1-833-456-4566 (TEXT OPTION)

PROBLEM GAMBLING HELPLINE 1-800-306-6789

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

SASKATCHEWAN FARM STRESS LINE 1-800-667-4442

CANADIAN HUMAN TRAFFICKING HOTLINE - 1-833-900-101