SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Threads for Resilience Kits Pick up Date	3	4	5	6	7 WREATH WORKSHOP
8 Indigenous Veterans Day	9	10	11 Remembrance Day	12	13	14
15	16	17	18	19	20 Transgender Day of Remembrance	21
22	23 Lunch & Learn Digital Burnout	24	25	26	27 AXE THROWING	28 Holodomor Memorial Day
29	30					

Lest We Forget.

The CSMFRC will be closed on Nov. 11th for Remembrance Day

NOVEMBER 2026 NEWSLETTER



CONTACT THE CSMFRC

Monday to Friday
8:00AM to 4:00PM
306-491-4698

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cfmws.ca/central-saskatchewan

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For Daycare Centre 639-318-7593

MFSP PSFM
VETERANS & FAMILIES FAMILLES & VÉTÉRANS
CSMFRC



MILITARY MEMBERS, VETERANS, AND THEIR FAMILIES ARE INVITED TO:

REMEMBRANCE DAY
Wreath Workshop



NOVEMBER 7, 2026

9AM TO 12PM

SKYLINE MEETING ROOM AT BROADWAY COLLECTIVE, SASKATOON

$5 PER FAMILY



CREATE A PERSONALIZED WREATH TO HONOUR VETERANS AND LOVED ONES WHO HAVE SERVED. ENJOY A LIGHT BREAKFAST, CONNECT WITH OTHERS, AND CRAFT A MEANINGFUL TRIBUTE. ALL SUPPLIES PROVIDED. NO EXPERIENCE NEEDED!

STICKS & DOODLES WILL PROVIDE A WOODEN CENTERPIECE FOR EACH PARTICIPANT'S WREATH!

REGISTER BY NOVEMBER 3, 2026.
EMAIL REGISTER@CSMFRC.CA
OR SCAN THE QR CODE!

THIS PROGRAM IS MADE POSSIBLE THROUGH THE GENEROUS SUPPORT OF:

VETERANS & FAMILIES
FAMILLES & VÉTÉRANS
CSMFRC
TRUE PATRIOT LOVE
CANADA'S FOUNDATION FOR THE MILITARY COMMUNITY





Experiencing digital burnout or want to learn more about it?

JOIN US ON NOVEMBER 23, 2026

AT 12:00 PM AT THE MFRC OFFICE

FOR A DIGITAL BURNOUT LUNCH & LEARN HOSTED BY OAKS MENTAL HEALTH

DURING THE VIRTUAL LUNCH AND LEARN IT WILL COVER:

- What is social media and why do we use it?
- What are the downsides of social media use?
- The impacts on our mental health
- Healthy habits for safer use

JOIN US ONLINE VIA ZOOM OR WATCH THE LIVESTREAM AT THE MFRC OFFICE, WITH LUNCH PROVIDED.

REGISTER BY EMAILING REGISTER@CSMFRC.CA OR SCAN THE QR CODE!

CSMFRC Oaks MENTAL HEALTH MFS

Military members, Veterans, and their families are invited to join us for an inspiring day of connection, reflection, and empowerment at:

My True Power

RESILIENCE THROUGH TRANSITIONS

MY TRUE POWER

January 30, 2027

10am to 1:30pm

Small shifts. Stronger resilience. Lasting impact.

FEATURING



KEYNOTE SPEAKER

Rod Dignean (Capt. Retd.)

A First Nations veteran and former Canadian Armed Forces Logistics Officer, Rod brings a unique perspective on change, adaptation, and resilience. Drawing from his military service and decades of community engagement, Rod will discuss navigating change and building resilience.



WORKSHOP FACILITATOR

Jim Brayshaw

Jim will be facilitating a workshop called *Nudging Ourselves Out of a Neural Rut*. Explore why we get stuck in familiar patterns and learn simple, intentional strategies to build resilience, adapt to change, and create positive momentum in daily life.

My True Power will be hosted at The Barn at Wind's Edge in Saskatoon

Site 515, Comp 13 RR5 STN MAIN, Saskatoon, SK



Register by January 13, 2027. Email megan.boufford@csmfrc.ca to register or scan the QR code!

*please let us know about any food allergies/sensitivities

This program is made possible through the generous support of: TRUE PATRIOT LOVE, CSMFRC, MFS

The holiday season has arrived at the MFRC! Take a look at the wonderful events and activities we have coming up to help make your season merry and bright!

Create lasting memories this holiday season!

OP CHRISTMAS CHEER!

Enjoy five days of fun-filled family activities in our Christmas Cheer Kits! This entails a holiday lights scavenger hunt, a Polar Express movie night, winter adventures, kindness challenges, and a New Year's celebration!

- Free family activity kit
- Fun for all ages
- Complete at your own pace from the comfort of home



Registration Required by December 1, 2026

Kit Pick-Up Dates at MFRC: December 7-16, 2026

*Alternative pickup or drop-off arrangements can be made for families within the City of Saskatoon.

EXPLORE. CREATE. CONNECT.CELEBRATE.

MOVIE NIGHT

DEC 29, 2026 AT 10AM

AT LANDMARK CINEMAS SASKATOON



MILITARY MEMBERS, VETERANS, AND THEIR FAMILIES ARE INVITED TO JOIN US FOR A SCREENING OF

JUMANJI: OPEN WORLD

$20 FEE PER FAMILY
$10 FEE PER INDIVIDUAL

REGISTER BY DECEMBER 16, 2026
EMAIL MEGAN.BOUFFORD@CSMFRC.CA TO REGISTER OR SCAN QR CODE!

Christmas Tree Clay Workshop

Adult military members, Veterans, and a guest of their choice are invited to get into the holiday spirit and join us for a creative evening at Saskatoon Clayworks!

DECEMBER 12, 2026 | 4:30PM TO 7:00PM

SASKATOON CLAYWORKS, 100-103 MARQUIS COURT

PARTICIPANTS WILL LEARN HOW TO CREATE AND DECORATE THEIR OWN CLAY CHRISTMAS TREE!





REGISTER BY DECEMBER 9, 2026

TO JOIN EMAIL REGISTER@CSMFRC.CA OR SCAN THE QR CODE

CHECK OUT THE BOOKS OF THE MONTH!

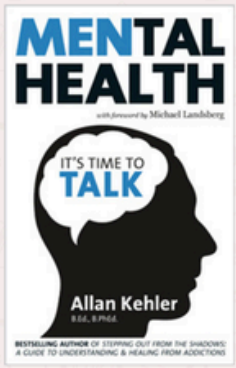
Mind and Mission
RESOURCE LENDING LIBRARY
Real Support. Useful Resources. Stronger Families.

BOOK OF THE MONTH
ADULTS

Did you know that November is Men's Mental Health Month?

This month's featured book is:

MENtal Health: It's Time to Talk by Allan Kehler explores the challenges many men face with mental health and the barriers that often prevent them from seeking help. Through personal stories and practical insights, the book encourages open conversations, reduces stigma, and reminds readers that reaching out for support is a sign of strength.



CSMFRC | MFS FAMILY VIOLENCE ADVISORY TEAM

Mind and Mission
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BOOK OF THE MONTH
CHILDREN & YOUTH

November's Theme: Remembrance, Service & Community

As we observe Remembrance Day, our children's book collection highlights stories of courage, gratitude, and caring for others. These books help young readers learn about service, remembrance, and the importance of supporting friends, family, and community.



We Will Remember by Nicola Webb

A touching introduction to remembrance, this book helps children explore the meaning of honoring those who served while fostering gratitude, reflection, and respect for their sacrifices.

Where Will the Wind Blow by Nicola Webb

A charming story about change, hope, and new beginnings, this book encourages children to be brave, curious, and open to wherever life's journey may take them.



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Mind and Mission SPOTLIGHT
RESOURCE LENDING LIBRARY
Real Support. Useful Resources. Stronger Families.

This November, as we observe Remembrance Day, we invite you to explore stories that honour the service, sacrifice, and experiences of Canadian veterans and military families. These books offer opportunities for reflection, understanding, and appreciation while helping preserve the stories and lessons of those who have served our country.



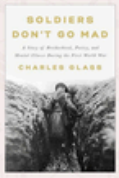
Mask: Living in the Fracture

Through personal stories of military service, trauma, and recovery, Dr. John Whelan explores the journey toward healing and resilience. This inspiring book reminds readers that strength can be found in vulnerability, connection, and hope.



The Best 70 Years of My Life by Lew Duddridge

Through stories of service, perseverance, and personal reflection, Lew Duddridge shares lessons learned over a lifetime of military and community involvement. This inspiring memoir celebrates resilience, gratitude, and the value of embracing every chapter of life.



Soldiers Don't Go Mad by Charles Glass

This compelling account examines the psychological impact of war and the groundbreaking efforts to support soldiers experiencing trauma. Through stories of resilience and recovery, it highlights the enduring importance of mental health awareness and compassionate care.

CSMFRC | MFS FAMILY VIOLENCE ADVISORY TEAM

STORYBOOKS FOR MILITARY CHILDREN FREE DOWNLOADS

Central Saskatchewan Military Family Resource Centre

CSMFRC

Community Supports

Crisis Lines

Saskatoon Crisis Intervention Service
1-306-933-6200

Suicide Crisis Helpline
9-8-8
SMS 9-8-8
www.988.ca

HealthLine
811

Kids Help Phone
1-800-668-6868
SMS Text CAFKIDS to 686868
www.kidshelpphone.ca

First Nations and Inuit Hope for Wellness Help Line
1-855-242-3310
hopeforwellness.ca

Sexual Assault Crisis Line
1-306-244-2224
www.ssaic.ca

Saskatchewan Canadian Armed Forces and Veteran Resources

Padre Peter Vere
17 Wing Detachment Dundurn
1-639-384-6738

Royal Canadian Legion Sask Command
1-306-525-8739
info@sasklegion.ca

Rapid Access Counselling
counsellingconnectsask.ca
Offers free rapid-access counselling for children, youth, adults, and families across the province. There's no waitlist and no referral required.

Canadian Armed Forces and Veteran Resources

Family Information Line
1-800-866-4546
fil-lif@cfmws.com

Support Our Troops
1-877-445-6444
supportourtroops@cfmws.com

SISIP Financial
1-800-267-6681
Scan the QR code to book an appointment

Veterans Affairs Canada
1-866-522-2122
information@veterans.gc.ca

Soldier On
1-800-883-6094
SoldierOn-SansLimites@forces.gc.ca

CF Member Assistance Program
1-800-268-7708