












# NEWSLETTER MAY 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Follow us on Facebook <a href="https://facebook.com/CSMFRC">facebook.com/CSMFRC</a>            Visit our website <a href="https://cfmws.ca/central-saskatchewan">cfmws.ca/central-saskatchewan</a></p>					1	2
3	4  INTERNATIONAL FIREFIGHTERS' DAY	5	6  NATIONAL NURSES DAY	7  Veterans Coffee & Breakfast Meetup	8  NATIONAL MILITARY SPOUSE APPRECIATION DAY	9
10  Mother's Day	11	12	13	14	15  RCAF Run & BBQ Lunch Social	16
17	18  Victoria Day MFCRC Office Closed	19	20  National Bee Day	21	22	23
24	25	26  NATIONAL PAPER AIRPLANE DAY	27	28	29  SPRING FLING DANCE	30
31	 <p>May 4-10 marks Mental Health Awareness Week, a time to raise awareness, encourage open conversations, and promote mental wellbeing.            For more info visit: <a href="https://cmha.ca/mental-health-week/">https://cmha.ca/mental-health-week/</a></p>					



MONDAY - FRIDAY  
0800 - 1630

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VETERANS & FAMILIES  
FAMILLES & VÉTÉRANS



# INTRODUCING....



## Mind & Mission Resource Library

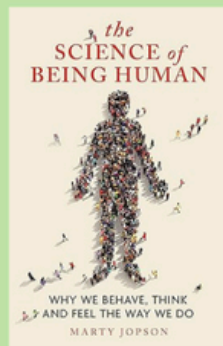
**CONTACT [MEGAN.BOUFFORD@CSMFRC.CA](mailto:MEGAN.BOUFFORD@CSMFRC.CA) TO  
SEE THE FULL CATALOG OR STOP BY THE MFRC!**

# Mind & Mission Resource Library

## May Book of the Month

Did you know? May is Mental Health Awareness Month

**Check out this month's featured books from the Mind & Mission Resource Library – each one chosen to help promote reflection, resilience, and mental wellness.**



### **The Science of Being Human by Marty Jopson**

This book explores the everyday science behind how we think, behave, and experience the world. Jopson breaks down complex biology and psychology into short, engaging explanations that reveal why humans act the way we do. It's an accessible look at the hidden mechanisms that shape our perceptions, decisions, and interactions.

Shares Allan Kehler's personal journey through struggle, healing, and self-discovery, offering insight into how adversity can become a catalyst for growth. Through honest storytelling and practical guidance, he highlights the power of vulnerability, connection, and resilience. The book encourages readers to face their challenges with courage and use their experiences to create meaningful change in their lives.

### **Transforming Pain into Purpose by Allan Kehler**





# Family

Info Line




**1-800-866-4546**

**FIL-LIF@cfmws.com**

**ANY TIME FOR ANY REASON**



## CF MEMBER ASSISTANCE PROGRAM

(CFMAP)  Government of Canada / Gouvernement du Canada  
Canada

**GET FREE, CONFIDENTIAL AND CULTURALLY COMPETENT MENTAL HEALTH SUPPORT FOR YOU AND YOUR IMMEDIATE FAMILY**



**IMMEDIATE SUPPORT & REFERRALS**



**1-800-268-7708**  
**TTY 1-800-567-5803**

The CFMAP offers confidential, voluntary, short term counselling to assist with resolving many of today's stresses at home and in the work place. The CFMAP should not be regarded as treatment for mental illness or addictions.

CAF MEMBERS, VETERANS, AND THEIR FAMILIES ARE INVITED TO...

# SPRING FLING DANCE



JOIN US FOR A JOYFUL SPRING FLING DANCE CREATED ESPECIALLY FOR MILITARY AND VETERAN FAMILIES.

ENJOY A DELICIOUS DINNER AND A HANDS-ON FAMILY SCRAPBOOK ACTIVITY IN AN EVENING FILLED WITH LAUGHTER, CONNECTION, GREAT MUSIC, AND THE SPIRIT OF SPRING.

**MAY 29TH 5PM TO 10PM**



THE DANCE WILL BE AT THE  
17 WING DETACHMENT  
DUNDURN FLIGHTLINE



EMAIL  
[REGISTER@CSMFRC.CA](mailto:REGISTER@CSMFRC.CA) TO  
JOIN OR SCAN QR CODE



# Veteran Coffee & Breakfast Meetup

At Smitty's Family Restaurant  
Hwy 11 S & Grasswood Rd,  
Saskatoon

May 7th, 2026

9:00 AM



Join us for a casual Veteran Peer Support Coffee & Breakfast Meetup, where Veterans and their family can connect, share experiences, and enjoy good company in an open, friendly, and judgment-free space.

**\*BREAKFAST IS AT YOUR OWN EXPENSE\***

For questions, reach out to Padre Peter Vere — 639-384-6738



VETERANS & FAMILIES  
FAMILLES & VÉTÉRANS

## DESIGN A PATCH FOR 17 WING DETACHMENT DUNDURN!

Show off your creative skills  
in designing the 2027  
Det. Dundurn 100th Patch!



**Deadline for submissions: June 12th, 2026.**

To celebrate its 100th anniversary, the Detachment is hosting a Design A Patch contest. The winning design will be featured as the 2027 Dundurn patch for military members and merchandise.



### JUST FEW SIMPLE CRITERIONS:

- Circular Patch
- Must be a maximum of 8.5cm in diameter
- Can't have the National Flag of Canada or the stylized 11-point maple leaf in the design as this is a protected trademark owned by the GoC or a crown
- No Canadian Heraldic designs

**SUBMIT DESIGN TO [JAMES.KING@FORCES.GC.CA](mailto:JAMES.KING@FORCES.GC.CA)**



## CAR SEAT INSPECTIONS

### NOT SURE WHETHER A CHILD OR BABY CAR SEAT IS INSTALLED CORRECTLY?

Get your car seat inspected by a Child Passenger Safety Technician (CPST) certified through the Child Passenger Safety Association of Canada, offering families support and reassurance.

**APPOINTMENTS ARE AVAILABLE AT A TIME AND PLACE THAT FITS YOUR SCHEDULE!**

**TO SCHEDULE YOUR FREE APPOINTMENT, PLEASE CONTACT AUSTIN:**

EMAIL: [AUSTINMULLEN88@GMAIL.COM](mailto:AUSTINMULLEN88@GMAIL.COM) OR

[AUSTIN.MULLEN@ECN.FORCES.GC.CA](mailto:AUSTIN.MULLEN@ECN.FORCES.GC.CA)

PHONE: 306-307-9076

**THE PROCESS TAKES 20-30 MINUTES**  **THIS IS A 100% FREE SERVICE**

## School-Aged Academic Support Program

Virtual one-to-one tutoring for children of Canadian Armed Forces families, helping students stay on track during school changes through online sessions with certified teachers.



**SCAN QR  
CODE  
TO GET  
STARTED!**



Did you know? CAF members at 17 Wing Detachment Dundurn, CFAD, and our surrounding Reserve units are supported by a dedicated Virtual Financial Counsellor.



# Meet & Greet with **LISA EDEN**

*Virtual Financial Counsellor*

APPOINTMENTS  
AVAILABLE  
**THURS, MAY 7**  
1300-1500

LISA IS OFFERING VIRTUAL "MEET & GREET" SESSIONS IN AN EFFORT TO CREATE CONNECTIONS WITH MEMBERS AND FAMILIES IN OUR AREA. THIS IS A WONDERFUL OPPORTUNITY TO HAVE A CASUAL CONVERSATION AND DISCOVER HOW SISIP FINANCIAL CAN SUPPORT YOU AND YOUR FAMILY'S FINANCIAL WELL-BEING.

REGISTER HERE  
OR EMAIL  
[REGISTER@CSMFRC.CA](mailto:REGISTER@CSMFRC.CA)



Participants have the option to utilize a private space at the MFRC or participate from the comfort of their own home.

**BUILD A FINANCIALLY RESILIENT  
RELATIONSHIP WITH SISIP FINANCIAL!**

**A DAY OF FOOD, ENTERTAINMENT, FUN & CELEBRATION**

**WED  
JULY  
1ST**

**CELEBRATE  
CANADA  
DAY**

**11AM-  
4PM**

**AND THE 100th ANNIVERSARY OF THE ROYAL CANADIAN LEGION**

**10AM - OUTDOOR  
VENDOR MARKET**

**Calling all vendors and home businesses**

Nutana Legion invites military families to join us as vendors in our Canada day market.

To register or more information  
[nutanaevents@shaw.ca](mailto:nutanaevents@shaw.ca)

Spaces \$20 with a rebate for our military families



**BEER GARDEN - ENTERTAINMENT - FAMILY FUN**

**NUTANALEGION.COM FOR UP TO DATE INFORMATION**

THE ARTFUL PATH TO WELLNESS PRESENTS:

## Pick • Plant • Go: Whimsical Planter

**DATE:** Friday June 12, 2026

**Drop-In between 4:00 - 8:00 PM**

**LOCATION:** CSMFRC Building 100

**WHO CAN ATTEND:** CAF Member, Veteran and their Family

**COST:** Age 13 + \$5 per person / 12 and under Free



Drop in and create your own planter using a variety of seasonal plants and greenery. This relaxed, hands-on activity is designed to be welcoming, creative, and low-pressure. No experience required—just come as you are and enjoy. A complimentary, easy craft activity will also be available for children 12 and under, making it a fun option for the whole family.

All materials are provided, and you'll leave with a completed porch basket to take home.

**Registration by June 5<sup>th</sup>, 2026**

Email [register@csmfrc.ca](mailto:register@csmfrc.ca) or scan the QR code

This Program is generously supported by:

**TRUE PATRIOT  
LOVE**

CANADA'S FOUNDATION FOR  
THE MILITARY COMMUNITY



<https://cfmws.ca/csmfrc>  
<https://www.facebook.com/CSMFRC/>  
<https://www.instagram.com/centralsaskvfp/>



# COMMUNITY SUPPORTS

## FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS

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

**CFMAP: 1-800-268-7708**

**PADRE PETER VERE: 639-384-6738**

**VETERANS AFFAIRS CANADA: 1-866-522-2122**

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

**VETS CANADA: 1-888-228-3871**

**SOLDIER ON: SOLDIERON-SANSLIMITES@FORCES.GC.CA**

**WOUNDED WARRIORS CANADA: 1-888-706-4808**

**SUPPORT OUR TROOPS: 1-877-445-6444**

**KIDS HELP PHONE: TEXT CAFKIDS TO 686868 / PH: 1-800-668-6868**

**SHA CHILDREN/YOUTH MENTAL HEALTH: 306-655-7777**

**SISIP: 1-800-267-6681**

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

**LAST POST FUND: 1-800-465-7113**

**HEALTH LINE: 811**

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

**SASK OPERATIONAL STRESS INJURY CLINIC: 1-306-844-4100**

**SASKATOON CRISIS INTERVENTION SERVICE: 306.933.6200**

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

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

**SASKATCHEWAN SUICIDE HOTLINE: 1-306-933-6200**

**OUTSASKATOON: 306-665-1224**

**DOMESTIC VIOLENCE HOTLINE: 1-888-338-0880**

**SEXUAL ASSAULT CENTER: 1-306-244-2224**

**RUH EMERGENCY SERVICES: 1-306-655-1362**

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

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

