

September

2026 NEWSLETTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3  Merchant Navy Veterans Day	4	5
6	7  Labour Day MFRC Office Closed	8	9	10  WORLD SUICIDE PREVENTION DAY	11	12
13	14	15	16	17  SISIP Virtual Meetings	18  MILITARY FAMILY APPRECIATION DAY	19 Prairie Wind Monument will be lit red from Sept 19 to 25!
20  National Pepperoni Pizza Day	21	22  FIRST DAY OF FALL	23  Annual General Meeting 2026	24	25 	26
27  Beading Workshop	28	29	30  NATIONAL DAY FOR TRUTH AND RECONCILIATION	THE CSMFRC IS LOCATED AT 17 WING DETACHMENT DUNDURN, BUILDING 100. OPEN MONDAY TO FRIDAY, 0800 TO 1630.		

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US**

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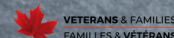
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FOLLOW US ON FACEBOOK!
FACEBOOK.COM/CSMFRC





IN HONOUR OF THE BACK-TO-SCHOOL SEASON
THE CSMFRC IS EXCITED TO LAUNCH..



THE CSMFRC LITTLE FREE LIBRARY



HAVE A BOOK? LEAVE ONE!
WANT A BOOK? TAKE ONE!

This little free library is located at CSMFRC Building (Bldg 100).



Mind & Mission Resource Library

Books of the Month: September

Did you know? September is Gender Equality Month & hosts
Truth and Reconciliation Day.

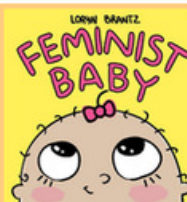


The Inconvenient Indian
by Thomas King

Explores the history and experiences of Indigenous peoples in North America, challenging common myths and assumptions about Indigenous-settler relations. Through a mix of history, insight, and humour, King encourages readers to reflect on the lasting impacts of colonization and the importance of reconciliation.

Feminist Baby
by Loryn Brantz

A playful and empowering picture book that celebrates confidence, equality, and being true to yourself. Through bright illustrations and simple messages, it introduces young readers to the idea that everyone deserves to be treated with respect and has the power to make a difference.



**CHECK OUT THE
BOOKS OF THE
MONTH!**

TO SIGN OUT THE BOOKS OF THE
MONTH CONTACT
MEGAN.BOUFFORD@CSMFRC.CA
OR STOP BY THE MFRC!



OPEN TO CAF MEMBERS, VETERANS'
& FAMILY MEMBERS 12+



Beading Workshop

with **HONEY WILLOW**
nêhiyaw Studio



JOIN US FOR A WELCOMING AND RESPECTFUL
BEADING WORKSHOP WHERE PARTICIPANTS
WILL HAVE THE OPPORTUNITY TO LEARN A NEW
SKILL WHILE CONNECTING WITH THE CULTURAL
SIGNIFICANCE OF BEADING.

📍 AT THE CSMFRC
📅 SEPT 27, 2026
🕒 11:00AM-1:00PM
\$5 FEE PER PARTICIPANT

🌟 WHAT TO EXPECT 🌟

- GUIDED INSTRUCTION IN BASIC BEADING TECHNIQUES
- CREATE YOUR OWN BEADED LANYARD
- A SUPPORTIVE AND INCLUSIVE LEARNING ENVIRONMENT
- TEACHINGS THAT HONOUR INDIGENOUS HERITAGE, HISTORY, AND CULTURAL TRADITIONS

SCAN THE QR CODE OR EMAIL
KATHERINE.DEFOSSE@CSMFRC.CA
TO REGISTER!

THIS PROGRAM IS GENEROUSLY
SUPPORTED BY:

TRUE PATRIOT
LOVE



ANNUAL GENERAL MEETING 2026



WEDNESDAY, SEPTEMBER 23, 2026 AT 7:00PM
DOORS OPEN AT 6:30PM

FOR MORE INFO EMAIL [INFO@CSMFRC.CA](mailto:info@CSMFRC.CA)

Military & Veteran families
are invited to join us at

FRIENDS GIVING

October 3, 2026

10am to 1pm
(breakfast served
from 10-11am)

At the Wanuskewin
Heritage Museum



Join us for breakfast as families gather to connect,
build community, and create meaningful
relationships through interactive table activities
and guided tours.

Register by September 23rd, 2026.
Email megan.boufford@csmfrc.ca
to register or scan the QR code!



Military & Veteran families are invited to join us at the annual

Pumpkin Party

OCTOBER 24, 2026 | 11 AM TO 3PM

17 WING DUNDURN
DETACHMENT MESS



Each registered guest receives 1 full size pumpkin!

Come out and carve the pumpkin,
and we'll handle the mess!

\$5/FAMILY



REGISTER BY OCTOBER 14TH, 2026
EMAIL MEGAN.BOUFFORD@CSMFRC.CA TO
REGISTER OR SCAN QR CODE!



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



FINANCIÈRE
SISIP
FINANCIAL
A division of CFMWS
Une division des SBMFC

Meet & Greet
with **LISA EDEN**
Virtual Financial Counsellor

THURSDAY
SEPTEMBER 17TH
0900-1100HRS
BOOK TODAY!

LOOKING TO CONNECT AND LEARN MORE ABOUT YOUR FINANCIAL OPTIONS? LISA IS
OFFERING VIRTUAL MEET & GREET SESSIONS FOR MEMBERS AND FAMILIES IN OUR AREA. IT'S
A GREAT OPPORTUNITY TO CHAT, ASK QUESTIONS, AND DISCOVER HOW SISIP FINANCIAL
CAN HELP SUPPORT YOUR FAMILY'S FINANCIAL WELL-BEING—NOW AND IN THE FUTURE



REGISTER HERE
OR EMAIL

KATHERINE.DEFOSSE@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!

Resilient Roots



PATHWAYS TO CONNECTION

MFSP PSFM

RESILIENT ROOTS IS AN ONGOING GROUP THAT BRINGS PEOPLE TOGETHER TO CONNECT, SHARE EXPERIENCES, AND BUILD COMMUNITY. MEETING DATES ARE CHOSEN TOGETHER. STAY TUNED FOR UPCOMING DATES!

FOR MORE INFORMATION OR TO REGISTER, CONTACT:
KATHERINE.DEFOSSE@CSMFRC.CA

*All ages and fitness levels are welcome.
Children, partners, caregivers, and veterans are encouraged to attend.*

**IN HONOUR OF MILITARY
FAMILY APPRECIATION DAY
SASKATOON CITY HALL
& PRAIRIE WIND MONUMENT
WILL BE LUMINATED **RED** FROM
SEPTEMBER 19 TO 25 2026**

**WE ENCOURAGE YOU TO CHECK
THEM OUT IF ABLE
(AND SEND US PHOTOS!)**



THANK YOU TO THE CITY OF
SASKATOON FOR
THE SUPPORT & RECOGNITION

Healthy Relationship Campaign

2026

In support of this year's campaign theme, The CSMFRC is offering Relationship Wellness Kits packed with helpful tools and resources to support healthy connections.

Stop by the CSMFRC during October 19th to the 30th to pick up your free Relationship Wellness Kit featuring practical tools for communication, self-care, emotional awareness, and healthy relationships.

MFSP PSFM
MILITARY FAMILY SERVICES PROGRAM FOR PARALLEL SERVICES

Need to drop off a parcel
after CSMFRC office hours?
Looking for something from
our resource library but can't
pick it up during regular
hours? Use our new secure
parcel box for convenient
pickup and drop-off.

The parcel box is located
at CSMFRC Building
Parking Lot (Bldg 100).



BACK-TO-SCHOOL
STRESS IS REAL.
KIDS HELP PHONE
IS HERE TO HELP.



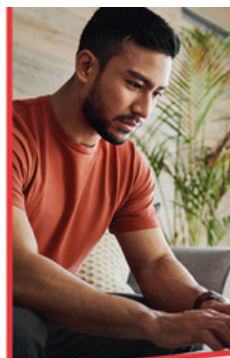
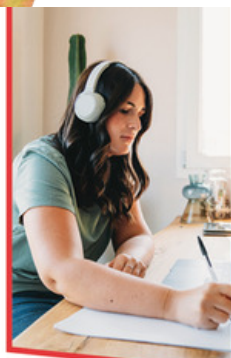
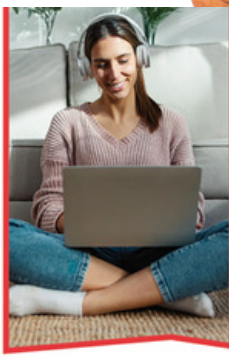
Whenever you need to talk, we're open.

Call.
1 800 668 6868

Youth Text.
686868

Adult Text.
741741

Chat.
KidsHelpPhone.ca



Unlock New Horizons with Second Language Training

Seeking to learn the language of your new community?
Working to improve your English or French skills?

Contact MFS Education at mfssecondlanguage-languesescondesfm@cfmws.com to
learn about second language training opportunities for military-connected families.





MILITARY FAMILY APPRECIATION DAY

**WE WOULD LIKE TO EXTEND OUR SINCERE APPRECIATION
TO OUR SPONSORS, COMMUNITY PARTNERS, VENDORS,
RAFFLE PRIZE DONORS, AND OUR DEDICATED
VOLUNTEERS. YOUR GENEROSITY, SUPPORT, AND
COMMITMENT PLAYED A VITAL ROLE IN THE SUCCESS OF
OUR EVENT.**

**WHETHER THROUGH SPONSORSHIP, DONATIONS,
PARTICIPATION, OR COUNTLESS HOURS OF VOLUNTEER
SERVICE, EACH OF YOU HELPED CREATE A MEMORABLE
EXPERIENCE FOR OUR COMMUNITY.**

WE ARE GRATEFUL FOR YOUR PARTNERSHIP AND SUPPORT

**THANK YOU FOR HELPING MAKE THIS
EVENT SUCH A HUGE SUCCESS!**

**WITH SINCERE APPRECIATION,
THE CSMFRC TEAM**

Community Supports



THE CSMFRC HOURS OF OPERATION ARE:
MONDAY-FRIDAY 8:00 AM - 4:30 PM
CONTACT US: 306-491-4698



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

RUH EMERGENCY SERVICES: 1-306-655-1362

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

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

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

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

