

ROOTS & WINGS: A GUIDE FOR MILITARY KIDS

WELCOME TO SASKATCHEWAN!

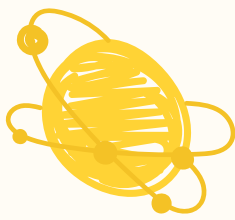
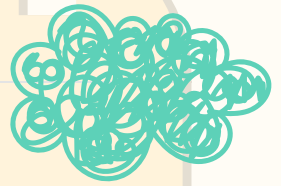
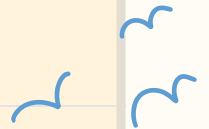
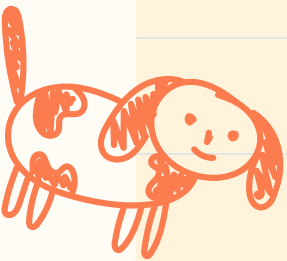
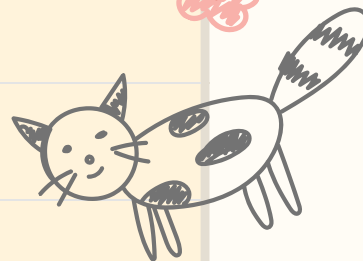




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Welcome to Your New Community!

IF YOUR FAMILY IS PART OF THE CANADIAN ARMED FORCES, YOU ALREADY KNOW THAT MOVING HAPPENS A LITTLE MORE OFTEN FOR YOU THAN FOR MANY OTHER CANADIAN FAMILIES. BECAUSE OF THAT, THE CSMFRC HAS CREATED THIS BOOKLET TO HELP MAKE YOUR MOVE TO DUNDURN SMOOTHER, EASIER, AND MAYBE EVEN A BIT MORE EXCITING. INSIDE, YOU'LL FIND HELPFUL TIPS, LOCAL INFORMATION, AND FUN THINGS FOR KIDS AND FAMILIES TO EXPLORE TOGETHER.



AT THE CSMFRC, YOU'LL MEET FRIENDLY STAFF WHO UNDERSTAND MILITARY LIFE AND WHAT IT'S LIKE TO MOVE TO A NEW PLACE. WE'RE ALWAYS HAPPY TO HELP YOU FIND WHAT YOU NEED, ANSWER QUESTIONS, OR SIMPLY SHARE A COFFEE AND A CHAT. KIDS ARE ALWAYS WELCOME TOO — WHETHER THEY WANT TO SAY HELLO, ASK ABOUT ACTIVITIES, OR JUST GET TO KNOW THEIR NEW COMMUNITY.

BECAUSE WE'RE A SMALLER MFRC, WE GET TO KNOW FAMILIES ON A MORE PERSONAL LEVEL. THAT MEANS WE CAN OFFER SUPPORT, PROGRAMS, AND SERVICES THAT FIT YOUR FAMILY'S UNIQUE NEEDS — INCLUDING RESOURCES DESIGNED ESPECIALLY FOR KIDS WHO ARE SETTLING INTO A NEW HOME, SCHOOL, AND ROUTINE.



WE'RE EXCITED TO WELCOME YOU TO DUNDURN AND LOOK FORWARD TO MEETING YOUR FAMILY SOON.

- YOUR CSMFRC TEAM

Central Saskatchewan Military Family Resource Centre
100 Main Street

17 Wing Detachment Dundurn

Office Hours Monday - Friday 0800-1630hrs

306-491-4698





Military Words for Kids



CANADIAN ARMED FORCES (CAF)

THE CAF IS CANADA'S MILITARY. IT INCLUDES PEOPLE WHO HELP PROTECT CANADA, SUPPORT COMMUNITIES DURING EMERGENCIES, AND WORK WITH OTHER COUNTRIES AROUND THE WORLD.

THINK OF IT LIKE: A BIG TEAM OF PEOPLE WITH DIFFERENT JOBS WORKING TOGETHER TO HELP OTHERS.

MILITARY MEMBER

A MILITARY MEMBER IS A PERSON WHO SERVES IN THE CANADIAN ARMED FORCES.

THAT COULD BE: YOUR PARENT, YOUR GUARDIAN, YOUR GRANDPARENT, SOMEONE ELSE IN YOUR FAMILY

UNIT

A UNIT IS A GROUP OF MILITARY MEMBERS WHO WORK AND TRAIN TOGETHER.

THINK OF IT LIKE: A SPORTS TEAM, BUT FOR THE MILITARY.

CHAIN OF COMMAND

THE CHAIN OF COMMAND IS HOW MILITARY MEMBERS KNOW WHO TO ASK FOR HELP, INFORMATION, OR INSTRUCTIONS.

THINK OF IT LIKE: TEACHERS, PRINCIPALS, AND SCHOOL STAFF ALL WORKING TOGETHER TO HELP A SCHOOL RUN SMOOTHLY.

RANK

A RANK SHOWS A PERSON'S ROLE AND LEVEL OF RESPONSIBILITY IN THE MILITARY.

THINK OF IT LIKE: DIFFERENT LEVELS IN A VIDEO GAME OR POSITIONS ON A SPORTS TEAM.

TRAINING

TRAINING IS WHEN MILITARY MEMBERS LEARN AND PRACTICE THEIR SKILLS.

THINK OF IT LIKE: GOING TO PRACTICE BEFORE A BIG GAME OR STUDYING BEFORE A TEST.

BASIC TRAINING

BASIC TRAINING IS THE FIRST TRAINING COURSE MANY MILITARY MEMBERS TAKE.

THEY LEARN: TEAMWORK, PHYSICAL FITNESS, LEADERSHIP, MILITARY SKILLS

EXERCISE

AN EXERCISE IS A PRACTICE MISSION WHERE MILITARY MEMBERS TRAIN TOGETHER.

THINK OF IT LIKE: DRESS REHEARSAL BEFORE A SCHOOL PLAY.

IN THE FIELD

WHEN SOMEONE IS "IN THE FIELD," THEY ARE TRAINING OUTDOORS AND MAY STAY IN TENTS.

THIS MEANS: THEY MAY NOT HAVE GOOD PHONE SERVICE, THEY MAY NOT BE ABLE TO CALL OR TEXT OFTEN, THEY ARE SPENDING TIME PRACTICING IMPORTANT SKILLS.





Military Words for Kids



COURSE

A COURSE IS A CLASS WHERE MILITARY MEMBERS LEARN NEW SKILLS.

JUST LIKE: TAKING SWIMMING LESSONS, PIANO LESSONS, OR A NEW CLASS AT SCHOOL.

DEPLOYMENT

A DEPLOYMENT IS WHEN A MILITARY MEMBER TRAVELS AWAY FROM HOME TO DO AN IMPORTANT JOB.

THEY MAY: HELP AFTER NATURAL DISASTERS, SUPPORT COMMUNITIES, WORK IN ANOTHER PART OF CANADA, TRAVEL TO ANOTHER COUNTRY

DEPLOYMENTS CAN LAST FROM A FEW WEEKS TO SEVERAL MONTHS.

POSTING

A POSTING HAPPENS WHEN A MILITARY MEMBER MOVES TO A NEW JOB OR LOCATION.

THINK OF IT LIKE: STARTING AT A NEW SCHOOL OR MOVING TO A NEW NEIGHBORHOOD.

PARADE NIGHT

A PARADE NIGHT IS A REGULAR TRAINING NIGHT FOR MANY RESERVE SOLDIERS.

ON PARADE NIGHT THEY MIGHT: LEARN NEW SKILLS, PRACTICE MILITARY TASKS, WORK AS A TEAM, ATTEND MEETINGS

RESERVE FORCE

RESERVISTS ARE MILITARY MEMBERS WHO USUALLY SERVE PART-TIME WHILE ALSO GOING TO SCHOOL OR WORKING ANOTHER JOB.

THINK OF IT LIKE: BEING ON TWO TEAMS AT THE SAME TIME.

REGULAR FORCE

REGULAR FORCE MEMBERS USUALLY WORK IN THE MILITARY FULL-TIME AS THEIR CAREER.

MISSION

A MISSION IS AN IMPORTANT TASK OR JOB THAT MILITARY MEMBERS ARE ASKED TO COMPLETE.

THINK OF IT LIKE: HAVING A SPECIAL GOAL TO ACCOMPLISH.





Military Words for Kids



UNIFORM

A UNIFORM IS THE SPECIAL CLOTHING MILITARY MEMBERS WEAR WHILE WORKING.
DIFFERENT UNIFORMS MAY BE WORN FOR: TRAINING, CEREMONIES, EVERYDAY WORK, OUTDOOR ACTIVITIES

SALUTE

A SALUTE IS A SIGN OF RESPECT USED IN THE MILITARY.
SIMILAR TO: SHAKING HANDS OR SAYING "THANK YOU."



MILITARY FAMILY RESOURCE CENTRE (MFRC)

PSP

AN MFRC IS A PLACE THAT HELPS MILITARY FAMILIES.

THEY MAY OFFER:

- ACTIVITIES FOR KIDS
- FAMILY EVENTS
- SUPPORT PROGRAMS
- INFORMATION AND RESOURCES

PSP STANDS FOR PERSONNEL SUPPORT PROGRAMS. THEY HELP MILITARY FAMILIES STAY ACTIVE AND CONNECTED THROUGH:

- SPORTS
- RECREATION
- FITNESS PROGRAMS
- COMMUNITY ACTIVITIES

THINGS KIDS OFTEN WONDER ABOUT

WHY DOES MY PARENT HAVE TO LEAVE FOR TRAINING?

TRAINING HELPS MILITARY MEMBERS LEARN AND PRACTICE THE SKILLS THEY NEED TO DO THEIR JOBS SAFELY.

WHY CAN'T THEY ALWAYS CALL ME?

SOMETIMES THEY ARE WORKING IN PLACES WITHOUT PHONES, INTERNET, OR ENOUGH TIME TO COMMUNICATE.

DID I DO SOMETHING WRONG IF THEY LEAVE?

NO. NEVER. MILITARY ABSENCES HAPPEN BECAUSE OF THE MEMBER'S JOB, NOT BECAUSE OF ANYTHING CHILDREN DID.

CAN I BE SAD, ANGRY, OR WORRIED WHEN THEY'RE AWAY?

YES! THOSE FEELINGS ARE NORMAL. TALKING TO TRUSTED ADULTS, FRIENDS, TEACHERS, OR MFRC STAFF CAN HELP.

MILITARY KID SUPERPOWER

MILITARY KIDS OFTEN BECOME:

- ★ FLEXIBLE
- ★ BRAVE
- ★ INDEPENDENT
- ★ GOOD AT MAKING FRIENDS
- ★ STRONG PROBLEM-SOLVERS

BEING PART OF A MILITARY FAMILY CAN BE CHALLENGING SOMETIMES, BUT IT ALSO HELPS KIDS BUILD SKILLS THAT WILL LAST A LIFETIME.





Central Saskatchewan Military Family Resource Centre Childcare Centre



THE CSMFRC OPERATES A PROVINCIALY LICENSED CHILD CARE CENTRE RIGHT ON DETACHMENT DUNDURN — JUST ACROSS THE STREET FROM OUR MAIN OFFICE. MILITARY FAMILIES RECEIVE PRIORITY REGISTRATION WITH ONE MONTH'S NOTICE, WHICH HELPS MAKE SETTLING IN A LITTLE EASIER DURING A MOVE. ONE-MONTH NOTICE MUST BE GIVEN ON, OR PRIOR TO THE 1ST OF THE MONTH.



OUR CHILD CARE CENTRE WELCOMES CHILDREN FROM 6 WEEKS OLD UP TO AGE 12, AND IS OPEN MONDAY TO FRIDAY, 7:30 A.M. TO 5:00 P.M. IT'S A BRIGHT, FRIENDLY PLACE WHERE KIDS CAN PLAY, LEARN, AND FEEL COMFORTABLE WHILE PARENTS ARE AT WORK OR GETTING SETTLED INTO THEIR NEW HOME.

PRAIRIE SPIRIT SCHOOL DIVISION PROVIDES SCHOOL BUS SERVICE FROM THE CHILD CARE CENTRE TO BOTH DUNDURN ELEMENTARY SCHOOL AND HANLEY COMPOSITE SCHOOL, MAKING MORNINGS AND AFTERNOONS SIMPLE AND STRESS-FREE FOR FAMILIES.

THE CENTRE HAS 42 CHILDCARE SPOTS, AND BECAUSE IT OFTEN RUNS AT FULL CAPACITY, WE ENCOURAGE FAMILIES TO REGISTER AS EARLY AS POSSIBLE. THIS HELPS US DO OUR BEST TO ACCOMMODATE YOUR PREFERRED START DATE AND ENSURE A SMOOTH TRANSITION FOR YOUR CHILD.

A QUICK NOTE ABOUT MOVING DAYS: IF YOU NEED CHILDCARE WHILE YOU'RE UNLOADING OR UNPACKING, PLEASE CALL AHEAD TO SEE IF WE CAN ACCOMMODATE. CASUAL CHILDCARE MUST BE BOOKED IN ADVANCE AND CANNOT BE GUARANTEED DUE TO LIMITED SPACE.

CSMFRC CHILDCARE CENTER CONTACT:
EMAIL: JENA.DOMBROWSKY@CSMFRC.CA
PHONE: 639-318-7593



IF YOU'RE LOOKING FOR ADDITIONAL LICENSED DAYCARES OR DAY HOMES IN SASKATOON OR NEARBY COMMUNITIES, YOU CAN FIND LISTINGS AT:

WWW.SASKATCHEWAN.CA → FAMILY AND SOCIAL SUPPORT

Youth & Teens: Your Space in Our Community

MOVING TO A NEW PLACE CAN FEEL LIKE A LOT — NEW SCHOOL, NEW FRIENDS, NEW ROUTINES. WHETHER YOU'RE EXCITED, NERVOUS, OR SOMEWHERE IN BETWEEN, YOU'RE NOT ALONE. SASKATOON AND THE CFB DUNDURN COMMUNITY HAVE TONS OF WAYS FOR YOUTH AND TEENS TO GET INVOLVED, MEET PEOPLE, AND MAKE THIS POSTING FEEL LIKE HOME.

YOU'RE PART OF A MILITARY COMMUNITY

BEING A MILITARY KID OR TEEN COMES WITH UNIQUE EXPERIENCES — FREQUENT MOVES, CHANGING SCHOOLS, AND SOMETIMES HAVING A PARENT AWAY. THE MFRC UNDERSTANDS THIS LIFESTYLE AND IS HERE TO SUPPORT YOU WITH PROGRAMS, RESOURCES, AND A PLACE TO CONNECT WITH OTHERS WHO "GET IT."

YOUTH PROGRAMS & HANGOUTS

WE OFFER ACTIVITIES THROUGHOUT THE YEAR DESIGNED JUST FOR YOUTH AND TEENS, INCLUDING:

- GAME NIGHTS
- CREATIVE WORKSHOPS
- LEADERSHIP OPPORTUNITIES
- VOLUNTEER EVENTS
- SEASONAL OUTINGS AND SPECIAL EVENTS

THESE ARE GREAT CHANCES TO MEET OTHER MILITARY YOUTH AND BUILD FRIENDSHIPS QUICKLY.

SUPPORT WHEN YOU NEED IT

EVERYONE NEEDS SUPPORT SOMETIMES — ESPECIALLY DURING BIG CHANGES. THE MFRC CAN HELP WITH:

- STRESS FROM MOVING
- SCHOOL TRANSITIONS
- DEPLOYMENT-RELATED CHALLENGES
- MENTAL HEALTH RESOURCES
- SOMEONE TO TALK TO WHO UNDERSTANDS MILITARY LIFE

YOU DON'T HAVE TO FIGURE EVERYTHING OUT ON YOUR OWN.

YOU BELONG HERE

NO MATTER HOW LONG YOU'RE POSTED HERE, YOU'RE AN IMPORTANT PART OF THIS COMMUNITY. WE'RE EXCITED TO MEET YOU, SUPPORT YOU, AND HELP YOU MAKE THE MOST OF YOUR TIME IN SASKATOON.



CSMFRC Supports and Services

OUR MISSION



THE CSMFRC IS COMMITTED TO:

- SUPPORTING THE WELL-BEING OF MILITARY FAMILIES THROUGH PROGRAMS, RESOURCES, AND COMMUNITY CONNECTIONS
- HELPING FAMILIES ADJUST TO CHANGE, INCLUDING MOVES, NEW ROUTINES, AND LIFE TRANSITIONS
- CREATING A WELCOMING, INCLUSIVE ENVIRONMENT WHERE FAMILIES FEEL SEEN, SUPPORTED, AND UNDERSTOOD
- OFFERING SERVICES THAT STRENGTHEN FAMILY RESILIENCE, CONFIDENCE, AND CONNECTION
- BUILDING COMMUNITY BY BRINGING FAMILIES TOGETHER THROUGH EVENTS, ACTIVITIES, AND SHARED EXPERIENCES



OUR MISSION IS SIMPLE: TO HELP MILITARY FAMILIES THRIVE — WHEREVER THEY ARE, AND WHEREVER THEY'RE GOING NEXT.

SUPPORTS & SERVICES WE OFFER

THE CSMFRC PROVIDES A WIDE RANGE OF SUPPORTS FOR FAMILIES, INCLUDING:

- CHILDCARE SERVICES, INCLUDING OUR LICENSED CHILD CARE CENTRE
- BABY GIFTS FOR FAMILIES WELCOMING A BABY!
- INFORMATION AND REFERRAL SUPPORT TO HELP YOU FIND RESOURCES IN DUNDURN, SASKATOON, AND BEYOND
- PROGRAMS FOR CHILDREN AND YOUTH, FROM ACTIVITIES TO WORKSHOPS TO COMMUNITY EVENTS
- FAMILY SUPPORT SERVICES, INCLUDING GUIDANCE DURING TRANSITIONS OR TIMES OF CHANGE
- COMMUNITY EVENTS AND GATHERINGS THAT HELP FAMILIES CONNECT AND BUILD FRIENDSHIPS
- WELCOME RESOURCES FOR NEWLY POSTED FAMILIES
- SUPPORT FOR SPOUSES AND PARTNERS, INCLUDING EMPLOYMENT, DEPLOYMENT AND WELLNESS RESOURCES

WHETHER YOU NEED INFORMATION, CONNECTION, OR A PLACE WHERE YOUR KIDS CAN FEEL AT HOME, THE CSMFRC IS HERE TO HELP.





CSMFRC Supports and Services



CHILDREN & YOUTH PROGRAMS

SERVICES SUCH AS:

- YOUTH NIGHTS
- PARENT AND TOT EVENTS
- SPECIAL EVENTS (HOLIDAY PARTIES, CRAFT DAYS, MOVIE NIGHTS)
- LEADERSHIP OR VOLUNTEER OPPORTUNITIES FOR OLDER YOUTH



WELCOME & INTEGRATION SERVICES

SERVICES SUCH AS:

- WELCOME PACKAGES
- COMMUNITY TOURS
- HELP FINDING LOCAL SERVICES (DOCTORS, DENTISTS, SCHOOLS, SPORTS PROGRAMS)
- SUPPORT FOR NAVIGATING SASKATOON AND SURROUNDING AREAS

EDUCATION SERVICES

SERVICES SUCH AS:

- EXAM PROCTORING AT THE MFRC
- LOCAL TUTORING CENTER LIST
- REFERRAL TO MILITARY FAMILY SERVICES EDUCATION TEAM FOR INTEGRATION SUPPORTS
- SUPPORT OUR TROOPS TUTORING SUPPORT SUBJECT MATTER EXPERTS

COMMUNITY INTEGRATION

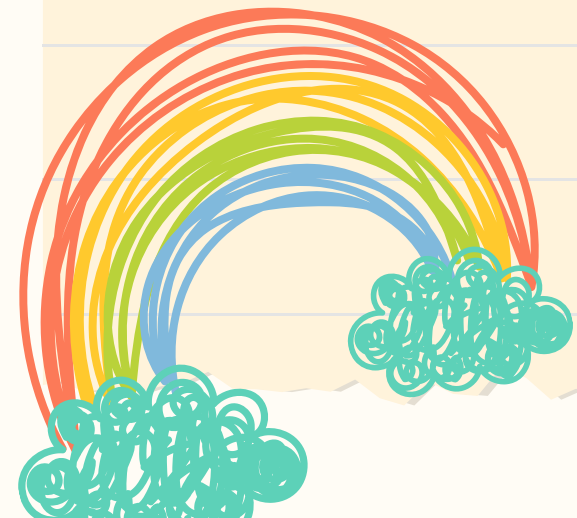
SERVICES SUCH AS:

- MILITARY FAMILY APPRECIATION DAY
- MY TRUE POWER
- VARIOUS COMMUNITY INTEGRATION EVENTS HOSTED MONTHLY
- VOLUNTEER OPPORTUNITIES

INFORMATION DISSEMINATION

SERVICES SUCH AS:

- RECREATION PROGRAMS
- COMMUNITY SUPPORTS
- PROVINCIAL AND FEDERAL RESOURCES





Central Saskatchewan Military Family Resource Center



MFRC Respite Program

The CSMFRC offers a Respite Reimbursement Program to support families during military-related absences.

We understand that when a CAF member is away, responsibilities at home can increase, and access to childcare becomes essential. This program provides reimbursement based on the length of the member's absence, with higher levels of support available for longer or repeated absences.

Families may use respite care for:

- Occasional childcare
- Support during appointments or errands
- Caregiver rest and overall well-being
- Additional help during high-stress periods

To access the program, once your Orderly Room (OR) notifies us of an upcoming deployment or extended absence, you will be contacted automatically with information about available supports. Families are also welcome to reach out directly to Megan at any time with questions or to begin the process. At that time, you will be asked to complete our Deployment Form, which can be found on the following page. If it was not provided by your OR, we will ensure you receive a copy.

This program is designed to lighten the load at home and ensure your family has the support it needs throughout the military journey.

Completed forms must be submitted prior to March 15th. For any questions, please contact Megan at the MFRC.

CSMFRC Family Wellness Program

The CSMFRC Family Wellness Program is designed to ensure that military families have access to mental health support during any challenge related to military life. Whether you're navigating a posting, training, work-related stress, separation, or the everyday pressures that come with service, this program provides confidential financial and navigational assistance to help families access the care they need.

Eligible family members can receive reimbursement for approved mental health services (up to a maximum amount discussed during intake). You may choose a provider from the CSMFRC's approved list for convenience, or select your own mental health professional.

Support is available at every stage of your family's military journey. The program recognizes that different moments—before a transition, during a period of change, or after a stressful event—can bring unique emotional needs. The Family Wellness Program is here to help you access the right support at the right time, with complete confidentiality.



Central Saskatchewan Military Family Resource Center

MFRC Lending Libraries

Some items may be subject to a small rental fee, but all borrowers must complete the User Agreement Form before signing anything out.

Lending Library

The MFRC has a wide variety of resources available for families, including home wares, outdoor equipment, board games, card games, and other helpful items to support you throughout the deployment cycle.

Mind & Mission Library

A recent addition to the CSMFRC, the Mind and Mission Library offers a curated collection of books for children and adults that focus on mental health, resilience, and the unique challenges of military life. Books available in both French and English.

Neuro-Inclusion Library

The MFRC's Neuro-Inclusion Library offers a range of sensory tools, recovery items, and school-based supports designed to help children with diverse needs thrive at home, in the community, and in the classroom. Families can borrow items such as sensory toys, fidgets, weighted supports, visual schedules, noise-reduction tools, and other regulation resources to see what works best for their child before purchasing their own.



**For the full catalogue of
Lending Resources, scan
the QR code.**



Central Saskatchewan Military Family Resource Center

FINANCIAL LITERACY WORKBOOKS FOR KIDS AND TEENS

THE MFRC OFFERS AGE-APPROPRIATE FINANCIAL LITERACY WORKBOOKS TO HELP CHILDREN AND YOUTH LEARN ABOUT MONEY IN A FUN AND MEANINGFUL WAY. THESE RESOURCES ARE DESIGNED TO GROW WITH YOUR CHILD AND BUILD CONFIDENCE AT EVERY STAGE.

WE OFFER TWO SETS OF WORKBOOKS:

- AGES 0-5: INTRODUCES EARLY MONEY CONCEPTS LIKE SAVING, SHARING, AND UNDERSTANDING WHAT MONEY IS THROUGH SIMPLE STORIES AND HANDS-ON ACTIVITIES.
- AGES 5-17: EXPANDS INTO EARNING, BUDGETING, SAVING FOR GOALS, SMART SPENDING, AND BUILDING HEALTHY FINANCIAL HABITS AS KIDS BECOME MORE INDEPENDENT.



BOTH DIGITAL AND PHYSICAL COPIES ARE AVAILABLE SO FAMILIES CAN CHOOSE WHAT WORKS BEST FOR THEM.

IF YOU'D LIKE HELP CHOOSING THE RIGHT WORKBOOK OR WANT TO REQUEST COPIES, EMAIL MEGAN!

BOOK THE CSMFRC BACKROOM FOR YOUR NEXT GATHERING!

FAMILIES ARE WELCOME TO BOOK THE CSMFRC BACKROOM FOR BIRTHDAY PARTIES, PLAYDATES, MEETINGS, OR CASUAL GET-TOGETHERS. THE SPACE IS DESIGNED WITH FAMILIES IN MIND AND INCLUDES A WIDE VARIETY OF TOYS AND ACTIVITIES FOR CHILDREN OF ALL AGES TO ENJOY.

THE ROOM ALSO FEATURES A FULL-SERVICE KITCHEN THAT FAMILIES CAN USE FREE OF CHARGE — PERFECT FOR PREPARING SNACKS, HOSTING MEALS, OR SETTING UP PARTY TREATS.

WHETHER YOU'RE CELEBRATING SOMETHING SPECIAL OR JUST LOOKING FOR A COZY PLACE TO GATHER, THE CSMFRC BACKROOM IS A COMFORTABLE, FAMILY-FRIENDLY OPTION AVAILABLE TO OUR MILITARY COMMUNITY.





Central Saskatchewan Military Family Resource Center

STAY CONNECTED WITH US!



MONTHLY NEWSLETTER:

Contact us to subscribe!



FACEBOOK PAGE:

@CSMFRC



INSTAGRAM:

@CentralSaskMFRC



WEBSITE:

<https://cfmws.ca/central-saskatchewan>



ARE YOU LOOKING FOR A BABYSITTER?

The CSMFRC holds a list of local babysitters in the Dundurn/Hanley area as well as Saskatoon!

For the list or to join the list,
visit the QR code!

Or email info@csmfrc.ca!



CSMFRC STAFF INFORMATION UPDATE

THE CSMFRC STAFF HAVE UPDATED EMAIL ADDRESSES

KENDRA.BESSEY@CSMFRC.CA
KATHERINE.DEFOSSE@CSMFRC.CA
MEGAN.BOUFFORD@CSMFRC.CA
MORGAN.MITCHELL@CSMFRC.CA
HEIDI.GRANT@CSMFRC.CA





Central Saskatchewan Military Family Resource Center

RESUME ASSISTANCE

EMPLOYMENT ASSISTANCE SERVICES ARE BEING SUPPORTED
VIRTUALLY OR IN PERSON THROUGH OUR EMPLOYMENT
COORDINATOR.

SERVICES INCLUDE ASSISTANCE FOR THOSE WHO ARE
TRANSITIONING THROUGH POSTINGS AS WELL AS ASSISTANCE IN
UPDATING OR DEVELOPING NEW RESUMES.

AVAILABLE TO CAF SPOUSES, DEPENDENTS, VETERANS AND FAMILY.

TO INQUIRE EMAIL MEGAN BOUFFORD AT:
MEGAN.BOUFFORD@CSMFRC.CA



Young Worker Readiness Certificate Course

Did you know?

If you're 14 or 15 years old in Saskatchewan, you must complete the Young Worker Readiness Certificate Course (YWRCC) before starting a job.

This course prepares young people to enter the workforce by teaching important lessons on workplace health and safety, as well as the rights and responsibilities of both employees and employers under Saskatchewan law.



Scan the QR code or email Megan
for assistance at
megan.boufford@csmfrc.ca





Central Saskatchewan Military Family Resource Center



Military Kids in the Classroom



Did you know military families move quickly, often leaving teachers unaware of a child's experiences?
That's where we can help!

The CSMFRC advocates for families by providing the "Military Kids in the Classroom" resource. This document helps teachers understand the unique challenges and strengths of military life, supporting children adjusting to new schools or recent moves.



Also available is the Military Family Services "Guide to Working With Military Connected Kids"!

WANT A COPY? SEND US A MESSAGE, CALL US OR EMAIL INFO@CSMFRC.CA.
WE'RE HAPPY TO PROVIDE ONE FOR YOUR FAMILY!



Calling All Military Families Who've Experienced a Military-Related Absence

WE VALUE YOUR EXPERIENCE

The CSMFRC have been working on a comprehensive guide for CAF families navigating any kind of military-related absence, and we want to make sure it truly reflects what families actually need.

If your family has experienced absence, we would appreciate your insights. Please share what worked, what didn't, and what you wish you had, as your feedback could significantly help others in similar situations.

**NO SUGGESTION IS
TOO SMALL
YOUR EXPERIENCE
IS VALUED!**

IF YOU'RE WILLING TO HELP EMAIL:
MEGAN.BOUFFORD@CSMFRC.CA



RELOCATION 101

Ready, Set, APS (Annual Posting Season)

KNOW BEFORE YOU GO

- ✓ NAVIGATE YOUR POSTING WITH CONFIDENCE
- ✓ LEARN HOW TO MAXIMIZE YOUR ENTITLEMENTS
- ✓ INSIGHTS TO HELP YOUR FAMILY PREPARE

QUESTIONS?
REACH OUT

CONTACT US

☎ 306-491-4698 ✉ INFO@CSMFRC.CA





Central Saskatchewan Military Family Resource Centre Programs



DID YOU KNOW?

THE CSMFRC STAFF WILL NOTIFY YOU IF WE HEAR OF ANY HEALTHCARE PROVIDERS / OFFICES THAT ARE ACCEPTING NEW PATIENTS!!

SCAN THE QR CODE TO SUBMIT YOUR INFORMATION IF YOU ARE LOOKING FOR A DOCTOR OR HEALTHCARE PROVIDER IN THE SASKATOON & SURROUNDING AREAS!



OR EMAIL:
KATHERINE.DEFOSSE@FORCES.GC.CA



Text me Reminders!

Never miss a workshop or event from your local CSMFRC



SCAN HERE

Subs...



VOLUNTEER WITH THE MFRC

THE MFRC IS ALWAYS LOOKING FOR ENTHUSIASTIC ADULT AND YOUTH VOLUNTEERS TO HELP SUPPORT OUR MILITARY COMMUNITY. WHETHER IT'S LENDING A HAND AT SPECIAL EVENTS, HELPING WITH CHILDREN'S PROGRAMS, ASSISTING DURING CELEBRATIONS, OR PITCHING IN AT COMMUNITY GATHERINGS, THERE'S A PLACE FOR EVERYONE TO GET INVOLVED.

WE KEEP A VOLUNTEER LIST AND REACH OUT WHENEVER OPPORTUNITIES COME UP THROUGHOUT THE YEAR. IF YOU'D LIKE TO BE ADDED, SIMPLY EMAIL INFO@CSMFRC.CA AND WE'LL MAKE SURE YOU'RE INCLUDED.

VOLUNTEERING IS A GREAT WAY TO MEET NEW PEOPLE, BUILD SKILLS, AND MAKE A POSITIVE IMPACT IN YOUR COMMUNITY.





CSMFRC Supports and Services



ADVOCACY & SUPPORT FOR YOUR FAMILY

THE CSMFRC IS HERE TO STAND BESIDE YOUR FAMILY EVERY STEP OF THE WAY. MOVING TO A NEW COMMUNITY CAN SOMETIMES BRING UNEXPECTED CHALLENGES — ESPECIALLY WHEN MILITARY POSTING TIMELINES DON'T ALWAYS LINE UP WITH LOCAL DEADLINES, REGISTRATION PERIODS, OR COMMUNITY PROCESSES. IF SOMETHING ISN'T GOING SMOOTHLY, YOU DON'T HAVE TO NAVIGATE IT ALONE.



OUR TEAM IS HAPPY TO ADVOCATE FOR YOUR FAMILY IN ANY WAY WE CAN. WE WORK CLOSELY WITH LOCAL ORGANIZATIONS, SCHOOLS, CHILDCARE PROVIDERS, AND COMMUNITY SERVICES TO HELP ENSURE MILITARY FAMILIES ARE SUPPORTED, UNDERSTOOD, AND TREATED FAIRLY.

A REAL-LIFE EXAMPLE

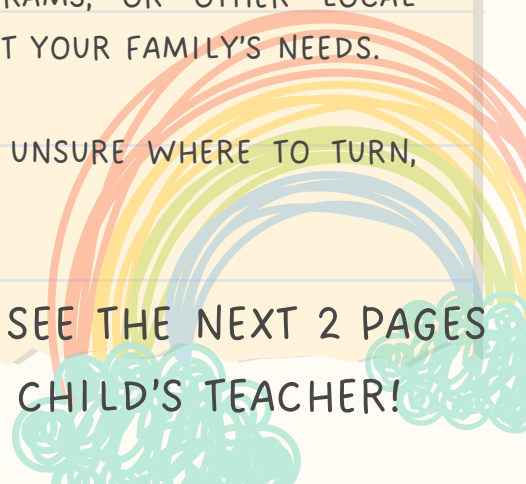
SOMETIMES FAMILIES ARRIVE AFTER IMPORTANT DEADLINES HAVE ALREADY PASSED — LIKE SCHOOL BUS REGISTRATION. IF YOU DIDN'T KNOW YOU WERE COMING UNTIL LATE, YOU MAY FIND OUT THAT BUS ROUTES ARE FULL OR REGISTRATION IS CLOSED. IN SITUATIONS LIKE THIS, THE MFRC CAN STEP IN TO ADVOCATE ON YOUR BEHALF, WORKING WITH THE SCHOOL DIVISION AND TRANSPORTATION SERVICES TO EXPLAIN YOUR CIRCUMSTANCES AND EXPLORE POSSIBLE SOLUTIONS.

WHILE WE CAN'T GUARANTEE OUTCOMES, WE CAN ENSURE YOUR FAMILY'S SITUATION IS HEARD, UNDERSTOOD, AND GIVEN PROPER CONSIDERATION.

WHETHER IT'S SCHOOL TRANSPORTATION, COMMUNITY PROGRAMS, OR OTHER LOCAL SERVICES, WE'RE HERE TO HELP YOU FIND ANSWERS AND SUPPORT YOUR FAMILY'S NEEDS.

IF SOMETHING ISN'T GOING THE WAY IT SHOULD, OR YOU'RE UNSURE WHERE TO TURN, REACH OUT — WE'RE HERE TO HELP.

SOMETIMES THE BEST ADVOCATES ARE YOURSELF, SEE THE NEXT 2 PAGES FOR INFORMATION GUIDES TO GIVE TO YOUR CHILD'S TEACHER!



Military Kids in the Classroom



Hello Educators,

We are reaching out from the Central Saskatchewan Military Family Resource Center to provide information on how to best support Military Children within your classroom. We hope to be able to provide some information and resources to help you appreciate their strengths and challenges, as you play an essential part in lessening the stressors of the military lifestyle. This brief guide is meant to help you identify their unique needs and access practical tools that will help you create a welcoming and responsive learning environment.

Unique Challenges

Military children often develop strong resilience, adaptability, and empathy. However, the demands of military life can bring certain challenges into the school setting.

Frequent Relocation: Military families often move every 2-4 years, which can interrupt academic progress, social connections, and participation in extracurriculars. Students may join your class mid-year or leave unexpectedly.

Parental Absences/Deployment: Temporary or extended absences due to training, deployment or exercises can lead to anxiety, sadness, or behavioural changes in children. Reintegration periods can also be emotionally complex.

Exposure to Risk: Military children may live with the stress of knowing their parent is in a high-risk occupation. World events or media coverage can affect their sense of safety.

Crisis Resources

- Suicide Crisis Helpline- 988
- CAF kids- Text 686868
- CFMAP: 1-800-268-7708
- Family Info Line 1-800-866-4546

How You Can Help

Specific Supports in the Classroom

Small, thoughtful gestures and accommodations can have a big impact on a military-connected student's success and well-being. Consider the following:

Welcome and Belonging: Provide a warm welcome when new students arrive. Assign a peer buddy, and involve them in classroom routines right away.

Stability and Routine: Consistent classroom routines and clear expectations help create a sense of security, especially during times of transition or stress.

Communication: Be proactive in reaching out to parents or caregivers, especially if a child is showing signs of distress or changes in behaviour. Be mindful of family structures- the primary caregiver may not always be the serving member.

Flexibility and Sensitivity: Understand that students may need time off for reunions, deployments, or mental health support. Be flexible with missed assignments or testing schedules during such periods.

Inclusion: Create assignments or activities that allow students to share their personal experiences in a way that values diverse backgrounds, including military life.

Military Kids in the Classroom



Helpful Resources

We've compiled a list of helpful resources & programs directed towards military children. Feel free to pass these on to parents, explore them yourself, or recommend them to students directly. If you have any questions, concerns or need a resource on a specific topic reach out to the CSMFRC @ 306-491-4698

For Educators

Guide to Military-Connected Children & Youth- CFMWS 2024: Practical Bilingual guide for teachers on transitions, deployments, and strategies to support CAF kids

Military Family Resource Centers: Local MFRCs (like the CSMFRC) offer consultation and materials to assist in supporting students.

MFS Nation Education Services: Offers school transition support and guidance to educators working with CAF families.

Military Interstate Children's Compact (MIC3)- Canadian Reference: Through primarily U.S., it offers guidance relevant to Canadian educators on how to ease transitions.

For Parents

MFS Education Team: One-on-one education guidance, advocacy with schools, transition plans, and help navigating provincial systems.

Support Our Troops Tutoring Reimbursement Program: Covers tutoring costs (up to \$2000 per child per year) to offset academic disruption.

Support Our Troops National Scholarship Program: Scholarships for spouses and children pursuing post-secondary education.

Kids Help Phone: 24/7 bilingual youth support, website includes resources parents can use to help their children.

For Students

Local MFRC Youth Programs: Activities, and volunteer opportunities tailored to the military community and CAF kids experience.

Kids Help Phone: Call, text, or chat online with someone anytime you're feeling stressed, anxious, or need to talk.

Hero In Training- Relocation Resources: Relocation can be challenging, this activity book for ages 6-8 is there to help you have fun, and settle into your new home.

Sesame Street for Military Families: All your favourite Sesame street characters are ready to help with the challenges of being a CAF kid. Learn more about what your caregiver does, play games or watch videos.

Dundurn Programs



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 OR

AUSTIN.MULLEN@ECN.FORCES.GC.CA

PHONE: 306-307-9076

THE PROCESS TAKES 20-30 MINUTES



THIS IS A 100% FREE SERVICE



Dundurn Programs



Personnel Support Program



PSP (Personnel Support Programs) is here to help military families feel active, connected, and supported—especially when someone in the family is away for training or deployment. They offer fun activities, fitness programs, community events, and family-friendly resources that help life feel a little more normal during big changes.

For kids, PSP is a place to make friends, try new things, and spend time with people who understand military life. For parents, it's a reliable source of support, information, and connection. Whether you're new to the area or going through a deployment, PSP helps make things feel a little easier and a lot more supported.

Also available through PSP:

- Sport Store rentals for recreation, sports, and outdoor fun
- Recreation passes for military members and families

They are currently updating and inventorying all Sport Store items. While that work is underway, you can browse a binder in the PSP office that lists all rental items available right now.

Check the following pages in this Welcome Package for more information about:

- PSP rebate programs
- PSP birthday party packages
- PSP recreation passes and how to access them

Scan the QR code or email pspdundurn@cfmws.com for up to date information on any relocation supports!



Dundurn Programs

Personnel Support Program



PSP REBATE PROGRAMS



1 SUPPORT TO SPORTS GRANT

Eligibility

All applicants must:

- Be a Canadian Armed Forces Regular or Reserve Forces member.
- Be supported and recognized ON DUTY to be eligible for the Support to Sports Participation Grant
- Have valid FORCE Test for the duration of the event.
- Have NO history of disciplinary or misconduct within the CAF Sports Program for which you have not been pardoned.
- Submit the online application form at least 30 days prior to the event & complete the Support to Sports Participation Grant survey with photos no later than 30 days after the event.
- Grant doesn't cover meal, transportation cost for members participating in a local league
- Grant doesn't cover non-competitive, fitness-based activities such as yoga, Pilates, Zumba, self-defense classes or fitness memberships
- Grant doesn't provide support to cover participation in sporting events or activities organized by the CAF or units

Apply Now



MORE INFO



QR Code scans to below site:

<https://cfmws.ca/sport-fitness-rec/sports/caf-sports-grant-program>

2 COMMUNITY INTEGRATION

Want to try something new or need a bit of support with Camps, Programs, Workshops, Courses, Learning, New Skills?

NEW!

\$100 per CAF Member per year

This is for you to get out there and do something!

\$100 per dependant (spouse & kids) per year

Max \$200 per Dependants

3 REC & FITNESS REBATE

\$200 per CAF Member per year

You spoke, we listened!

When the Rec Rebate wasn't enough money or your fitness activity wasn't covered in the sport rebate, we heard you, combined them and added more money! Same things but with more flexibility!



RULES

- All Rebates run April 1 - Feb 28 yearly.
- Cannot be combined with PSP programs
- Rebates submitted must be in the same fiscal year as the program
- Spouse/Dependants must be on your MPRR to qualify for dependant programs
- Alcohol related events do not qualify ie. Tasting events



Below Items DO NOT Qualify:

- Equipment Rentals or purchases, Team Shirts/Jerseys
- Fuel/Parking, Childcare, Gym Memberships
- Alcohol/Food/Drink, Hotels, Gift cards

WOODS.SAMANTHA@CFMWS.COM

RECREATION PASSES

PASSES

- City of Saskatoon Indoor Facilities - Adult
↳ 2 Free passes per week
- City of Saskatoon Indoor Facilities - Family
- YXE Golf Lounge
- Outdoor Pools Family
- Outdoor Pools Adult

Subject to Availability at the PSP Office

PSP DUNDURN

BIRTHDAY PARTY PACKAGES

Discover the ideal party package that suits your needs.

All packages come with tables and chairs for your guests as well as on site access to a fridge and washrooms.

THE RUN WILD

- ✓ 2 hour facility access
- ✓ 30 min early access for set up
- ✓ Available year round
- ✓ Access to youth gym equipment: Hula Hoops, Hockey Sticks, Skipping Ropes, Agility Equipment, Balls & Nets

\$170/2 HOURS

HERO HANGOUT

- ✓ 2 hour facility access
- ✓ 30 min early access for set up
- ✓ Access to all PlayCare equipment
- ✓ Seasonal availability
- ✓ Indoor/Outdoor seating
- ✓ Hero Obstacle Course (10years +)

\$270/2 HOURS

PROGRAM LEADER

- ✓ Trained Program Leader
- ✓ Activity set up and clean up included
- ✓ Supplies included
- ✓ 1 hour min guided activities
- ✓ Options include: Story Time, Art, physical fitness activities and games

\$150/HOUR

ADDONS

- ✓ Omnikin Ball - \$40.00 - Indoor only
- ✓ Laser Tag - 8 Players - \$40.00
- ✓ Parachute - \$20.00
- ✓ Outdoor Slackline Set up - \$20.00
- ✓ Spike Ball - \$20.00
- ✓ Video Projector - \$20.00 - Gym Only
- ✓ Foam Blocks (12") - \$40.00 - Inc in Annex
- ✓ Sportime Split Donut - \$40.00 - Inc in Annex

MILITARY?

Add an extra hour to your booking time at no additional cost.



Bldg 39, Camp Dundurn



306-492-2135 ext 4102



PSPDundurn@cfmws.com



PROGRAM LEADER

PROGRAM PACKAGES

Enjoy a time of books, music and fun! Choose a theme (or leave it up to me!) and sit back and listen to 3-4 books, some music and dancing lead by the Leader. Craft related to theme optional.

Age ranges - 0-2, 3-5, 5-7 (different ages require different stories)

STORY TIME

If your child loves to create masterpieces, this one is right for you!

From watercolours, cross stitching, friendship bracelets, macramé or beading buddies and more, this option is for the craft lover!

ARTS AND CRAFTS

The birthday child can choose a craft to learn/do or the craft can be a surprise.

For the child who never stops moving and LOVES all things active.

This option provides an outlet for the never-ending energy kiddos. With races, skill tests and prizes, Run, Skip, Jump is a high-energy always on the go experience.

RUN, SKIP AND JUMP!

For the ones who love playing board games, or want to learn a new one! Choose from a vast list of games for all ages and spend your party battling monsters, building stories or owning the whole street!

BOARD/CARD GAMES

*Contact for a full list of games available, or be surprised when you arrive.

Types of games include:

A specialized, one session, D&D game (All ages!), Monopoly, Trash, Yahtzee, Dungeon Mayhem, Patchwork, Ticket to Ride And so much more!



PSPDundurn@cfmws.com

306-492-2135 ext 4102

Military Family Services Supports



How Parents Can Access MFS Resources

Military Family Services (MFS) works closely with MFRCs across Canada to make sure families can easily find the support they need. Parents can access MFS programs and resources in a few simple ways:

- Connect with your local MFRC — staff can guide you to MFS programs, help you understand what's available, and provide referrals when needed.
- Visit the CFMWS website for information on national programs, benefits, and family supports.
- Ask MFRC staff directly about services for children, youth, and families — we're here to point you in the right direction.
- Use national support lines, like the Family Information Line or Kids Help Phone, which are part of the broader MFS network.

No matter where your family is posted, MFS resources are always within reach — and your MFRC is the easiest place to start.

Guide to Working with Military Children



The Guide to Working with Military-Connected Children and Youth, created by CFMWS in partnership with Kids Help Phone, helps teachers, coaches, childcare providers, and other trusted adults understand the unique experiences of military kids. It explains the impacts of frequent relocations, parental absences, and the day-to-day realities of CAF family life — and offers practical tips for supporting children through these transitions.

This resource is perfect for sharing with your child's teacher, especially after a move or during times of family change.

You can pop into the MFRC anytime to pick up a physical copy to give directly to your child's school or educator.



Scan here for a digital copy of the guide!





Military Family Services Programs

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.

Welcome to

MindKit

MindKit is a place for youth – like you! – to explore things related to mental health. It was created especially for and by young Family members of Canadian Veterans living with a posttraumatic stress injury (PTSI).

We're here to help you learn about things like mental health and the brain, what it's like to live with PTSI in your Family and different ways to handle challenges.

Select one of the topics to get started.

**Explore the MindKit
comic and more**



Scan me



Military Family Services Programs

DID YOU KNOW?

EVERY MEMBER OF THE
FAMILY QUALIFIES FOR
A CF1 CARD?



THE MAPLE VIRTUAL HEALTH CARE PROGRAM OFFERS
24/7 ACCESS TO CANADIAN-LICENSED GENERAL
PRACTITIONERS FOR DEPENDENTS OF CANADIAN
ARMED FORCES MEMBERS LIVING IN CANADA.

Get started today!

VISIT THE LINK BELOW OR
SCAN QR CODE

[HTTPS://APP.GETMAPLE.CA/REGISTER](https://app.getmaple.ca/register)



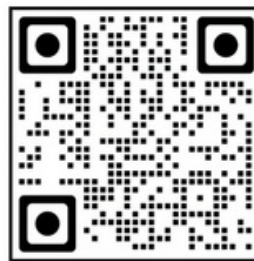
maple



BOTH MAPLE AND SOLARO
ARE BENEFITS THAT COME
WITH YOUR CF1 CARDS!



A VARIETY OF DISCOUNTS AND SAVINGS ARE
AVAILABLE TO CFONE MEMBERS INCLUDING CANADIAN
MILITARY PERSONNEL, VETERANS AND THEIR FAMILIES
IN RECOGNITION OF THEIR SACRIFICES AND DEDICATION.



SCAN THE QR CODE FOR
MORE INFORMATION

DID YOU KNOW?

SOLARO

SPECIAL OFFER: CF One Members can
now receive a 1-year license to SOLARO
for only \$25.00 (retail price is \$200).

**Military families benefit from an 87%
discount with their CF1 card.**

For more information, or to register your family, please
visit

<https://www.solaro.ca/partner-products/solaro-for-cff>



CFMWS



Math, Science, ELA
Web and Mobile

Military Family Services Supports



Military Family Services School-aged Academic Support Program

Military moves can mean new classrooms, new teachers, and new expectations — sometimes all at once. The School-Aged Academic Support Program, offered through Military Family Services, provides free, one-to-one virtual tutoring to help military-connected students stay on track academically, no matter where they're posted.

Certified teachers work with students from Kindergarten to Grade 12, offering up to 15 personalized sessions that focus on the subjects, skills, and learning goals your child needs most. Whether your child is catching up after a move, adjusting to a new curriculum, or just needs extra support, this program is designed to help them feel confident and capable.



What This Program Offers

- One-to-one virtual tutoring with certified teachers
- Support for K-12 students in a wide range of subjects
- Help adjusting to new curricula after a move
- Strategies for organization, study skills, and academic confidence
- Flexible scheduling that works for your family
- No cost to eligible military families



Why It Matters

Military kids are resilient, but frequent moves can create gaps or challenges in school. This program helps bridge those gaps, giving kids the tools they need to succeed — academically and emotionally — during transitions.

How to Access Support

Parents can connect with Morgan at the CSMFRC to learn more or request a referral. Families may also self-refer directly through the program website. Scan the QR code for more details!



Military Family Services Supports



Second Language Training

Military Family Services offers free Second Language Training to help families strengthen their English or French skills — and this support is now available to youth as well as adults. These classes are especially helpful for families who move between provinces, where school language expectations can vary widely.

In Saskatchewan, French isn't required in most schools and may not be offered at all. But in other provinces, French can be a mandatory subject or even a graduation requirement. For military kids who move frequently, this can create unexpected challenges — and that's where Second Language Training can make a big difference.

★ Classes are delivered online, making them easy to access from anywhere, and are designed to fit around busy family schedules. Youth can use the program to prepare for a new school system, build confidence in a second language, or catch up if they're moving to a province with different academic expectations.



If your child — or anyone in your family — could benefit from extra language support, the MFRC can help you get connected.



CSMFRC Contact:

Morgan Mitchell

Morgan.Mitchell@csmfrc.ca

306-491-4698

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-languesecondesfm@cfmws.com to learn about second language training opportunities for military-connected families.





Education



K-12 LEARNING IN THE DUNDURN & SASKATOON AREA

FAMILIES POSTED TO THE DUNDURN AREA HAVE ACCESS TO A WIDE RANGE OF EDUCATION OPTIONS, BOTH LOCALLY AND IN NEARBY SASKATOON. THE DUNDURN COMMUNITY FALLS WITHIN THE PRAIRIE SPIRIT SCHOOL DIVISION (PSSD), A PUBLIC DIVISION THAT OFFERS BUSSING FOR STUDENTS LIVING OUTSIDE TOWN LIMITS.

IN THE CITY OF SASKATOON, FAMILIES CAN CHOOSE BETWEEN THE PUBLIC (SPSD) AND SEPARATE CATHOLIC (GSCS) SCHOOL DIVISIONS. BOTH OFFER CORE FRENCH AND FRENCH IMMERSION PROGRAMS. FOR FAMILIES SEEKING FRANCOPHONE EDUCATION, ÉCOLE CANADIENNE-FRANÇAISE PROVIDES FULL FRENCH-LANGUAGE LEARNING, WITH BUSSING AVAILABLE FOR RURAL STUDENTS.

GSCS ALSO OFFERS SECOND LANGUAGE PROGRAMS IN CREE, MICHIF, AND UKRAINIAN, GIVING FAMILIES ADDITIONAL CULTURAL AND LINGUISTIC PATHWAYS.

FOR FAMILIES WHO PREFER ALTERNATIVES TO TRADITIONAL IN-PERSON SCHOOLING, THERE ARE SEVERAL ONLINE, DISTANCE, AND HYBRID LEARNING PLATFORMS AVAILABLE IN SASKATCHEWAN. THESE OPTIONS CAN BE ESPECIALLY HELPFUL DURING TRANSITIONS OR FOR STUDENTS WHO THRIVE IN FLEXIBLE LEARNING ENVIRONMENTS.

USE THE LINKS BELOW TO EXPLORE EACH TYPE OF SCHOOLING AND REVIEW REGISTRATION REQUIREMENTS FOR YOUR CHILD.

SASKATOON PUBLIC SCHOOL DIVISION: [HTTPS://WWW.SPSD.SK.CA/](https://www.spsd.sk.ca/)

- ENGLISH, FRENCH IMMERSION, ENGLISH AS AN ALTERNATE LANGUAGE SERVICES, HOME-BASED LEARNING, ADULT EDUCATION, GIFTED EDUCATION, ONLINE LEARNING.

GREATER SASKATOON CATHOLIC SCHOOLS: [HTTPS://WWW.GSCS.CA/](https://www.gscs.ca/)

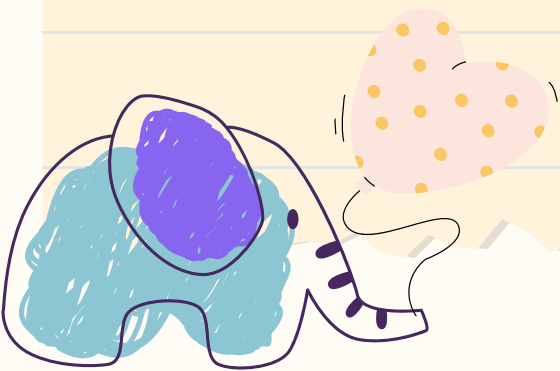
- ENGLISH, CORE FRENCH, FRENCH IMMERSION, ENGLISH AS AN ALTERNATE LANGUAGE SERVICES, DEAF AND HARD-OF-HEARING SERVICES, HOME-BASED LEARNING, ONLINE LEARNING.

FRANCOPHONE SCHOOLS: [HTTPS://ECOLEFRANCOPHONE.COM/EN/](https://ecolefrancophone.com/en/)

PRAIRIE SPIRIT SCHOOL DIVISION: [HTTPS://WWW.SPIRITSD.CA/](https://www.spiritsd.ca/)

ALTERNATE LOCATION LEARNING IF PROGRAMS:

- DISTANCE LEARNING PROGRAM: [HTTPS://WWW.SUNWESTDLC.CA/](https://www.sunwestdlc.ca/)
- FLEXED: [HTTPS://WWW.FLEXED.CA/](https://www.flexed.ca/)





What School Might Look Like in Saskatchewan!

KIDS EDITION



MOVING TO A NEW PLACE CAN MEAN A NEW SCHOOL, NEW TEACHERS, AND NEW ROUTINES — AND THAT CAN FEEL LIKE A LOT. HERE'S A QUICK LOOK AT WHAT SCHOOL MIGHT BE LIKE IN THE DUNDURN AND SASKATOON AREA SO YOU KNOW WHAT TO EXPECT.

- MOST KIDS IN DUNDURN GO TO PRAIRIE SPIRIT SCHOOL DIVISION, AND IF YOU LIVE OUTSIDE OF TOWN, THERE'S USUALLY A SCHOOL BUS THAT CAN PICK YOU UP.
- IN SASKATOON, YOU CAN GO TO EITHER THE PUBLIC OR CATHOLIC SCHOOL SYSTEM — YOUR FAMILY GETS TO CHOOSE.
- YOU MIGHT SEE FRENCH CLASSES, FRENCH IMMERSION, OR EVEN LANGUAGE PROGRAMS IN CREE, MICHIF, OR UKRAINIAN.
- IF YOU'RE COMING FROM ANOTHER PROVINCE, THINGS MIGHT LOOK OR FEEL DIFFERENT — BUT TEACHERS HERE ARE USED TO HELPING KIDS SETTLE IN.

BECAUSE OUR MILITARY COMMUNITY IS SPREAD OUT ACROSS A BIG AREA, YOU MIGHT NOT HAVE ANOTHER MILITARY KID IN YOUR CLASS. YOUR TEACHER MIGHT NOT KNOW MUCH ABOUT MILITARY LIFE YET — AND THAT'S OKAY. THE MFRC HAS A SPECIAL GUIDE FOR TEACHERS AND CLASSMATES THAT EXPLAINS WHAT MILITARY LIFE IS LIKE AND HOW MOVES AND DEPLOYMENTS CAN AFFECT KIDS. YOU CAN ALWAYS CONTACT OR STOP BY THE MFRC TO PICK UP A COPY TO SHARE WITH YOUR TEACHER IF YOU WANT.

NO MATTER WHAT YOUR SCHOOL LOOKS LIKE, YOU'RE NOT ALONE — AND YOUR MFRC IS ALWAYS HERE TO HELP YOU FEEL AT HOME.

PARENTS EDITION

WHEN YOUR FAMILY IS POSTED TO THE DUNDURN OR SASKATOON AREA, SCHOOL PLACEMENT IS USUALLY STRAIGHTFORWARD — BUT IT CAN LOOK A LITTLE DIFFERENT THAN WHAT YOU MAY BE USED TO IN OTHER PROVINCES. IN SASKATCHEWAN, STUDENTS ARE GENERALLY PLACED IN THE SCHOOL THAT SERVES THE GEOGRAPHIC AREA WHERE YOU LIVE. PRAIRIE SPIRIT SCHOOL DIVISION COVERS DUNDURN AND THE SURROUNDING RURAL REGION, WHILE SASKATOON FAMILIES CAN CHOOSE BETWEEN THE PUBLIC OR CATHOLIC DIVISIONS WITHIN CITY LIMITS. EACH DIVISION HAS ITS OWN BOUNDARIES, TRANSPORTATION OPTIONS, AND PROGRAM AVAILABILITY, INCLUDING FRENCH IMMERSION, CORE FRENCH, AND SPECIALIZED LANGUAGE PROGRAMS.

IF YOUR CHILD IS COMING FROM ANOTHER PROVINCE, THEIR GRADE PLACEMENT IS TYPICALLY BASED ON AGE AND PREVIOUS SCHOOLING, BUT SCHOOLS MAY ALSO REVIEW REPORT CARDS OR LEARNING NEEDS TO ENSURE THE BEST FIT. BECAUSE MILITARY FAMILIES OFTEN ARRIVE MID-YEAR, SCHOOLS HERE ARE FAMILIAR WITH WELCOMING STUDENTS AT ANY POINT IN THE CALENDAR.

IF YOU HAVE QUESTIONS ABOUT WHICH SCHOOL YOUR ADDRESS FALLS UNDER, HOW TO REGISTER, OR WHAT PROGRAMS ARE AVAILABLE, THE MFRC CAN HELP YOU NAVIGATE THE PROCESS AND CONNECT WITH THE RIGHT DIVISION.



School Registration Checklist



1. CONFIRM YOUR SCHOOL DIVISION

- PRAIRIE SPIRIT SCHOOL DIVISION (DUNDURN & SURROUNDING RURAL AREAS)
- SASKATOON PUBLIC SCHOOLS (SPSD)
- GREATER SASKATOON CATHOLIC SCHOOLS (GSCS)
- CONSEIL DES ÉCOLES FRANSAKSOISES (FRANCOPHONE)
- ALTERNATIVE OR ONLINE LEARNING PLATFORMS

IF YOU'RE UNSURE WHICH SCHOOL YOUR ADDRESS FALLS UNDER, THE MFRC CAN HELP YOU FIND THE RIGHT DIVISION.

2. GATHER YOUR REQUIRED DOCUMENTATION

MOST SCHOOLS WILL ASK FOR:



- PROOF OF ADDRESS (LEASE, MORTGAGE, UTILITY BILL)
- CHILD'S BIRTH CERTIFICATE OR PASSPORT
- SASKATCHEWAN HEALTH CARD
- IMMUNIZATION RECORDS
- PREVIOUS REPORT CARDS OR TRANSCRIPTS
- CUSTODY OR GUARDIANSHIP DOCUMENTS (IF APPLICABLE)
- IEPs, LEARNING PLANS, OR SUPPORT DOCUMENTS (IF APPLICABLE)

3. PREPARE ADDITIONAL INFORMATION

- EMERGENCY CONTACTS
- MEDICAL NEEDS OR ALLERGIES
- BUSSING REQUIREMENTS (IF RURAL)
- LANGUAGE PROGRAM PREFERENCES (FRENCH IMMERSION, CORE FRENCH, CREE, MICHIF, UKRAINIAN, FRANCOPHONE)
- ANY INFORMATION ABOUT RECENT MOVES, DEPLOYMENTS, OR TRANSITIONS THAT MAY HELP THE SCHOOL SUPPORT YOUR CHILD

4. CONTACT THE SCHOOL

ONCE YOU KNOW YOUR SCHOOL:

- CALL OR EMAIL THE SCHOOL OFFICE
- ASK ABOUT REGISTRATION FORMS AND REQUIRED DOCUMENTS
- CONFIRM BUSSING ELIGIBILITY
- REQUEST A SCHOOL TOUR IF AVAILABLE
- ASK ABOUT START DATES, BELL TIMES, AND SUPPLY LISTS

5. SUPPORT FOR MILITARY FAMILIES

BECAUSE OUR MILITARY COMMUNITY IS SPREAD OUT, YOUR CHILD MAY BE THE ONLY MILITARY-CONNECTED STUDENT IN THEIR CLASS. IF YOU'D LIKE YOUR CHILD'S TEACHER TO BETTER UNDERSTAND MILITARY LIFE, YOU CAN PICK UP A PHYSICAL COPY OF THE MFRC'S "GUIDE TO WORKING WITH MILITARY-CONNECTED CHILDREN AND YOUTH" TO SHARE WITH THEM.



What Life After High School Might Look Like



FINISHING HIGH SCHOOL IS A BIG DEAL — AND IT OPENS UP A WHOLE WORLD OF POSSIBILITIES. THERE'S NO SINGLE "RIGHT" PATH, AND YOU DON'T HAVE TO HAVE EVERYTHING FIGURED OUT RIGHT AWAY. HERE ARE SOME OF THE WAYS LIFE AFTER HIGH SCHOOL MIGHT LOOK IN THE DUNDURN AND SASKATOON AREA (AND BEYOND).

GOING TO UNIVERSITY OR COLLEGE

YOU MIGHT CHOOSE TO STUDY SOMETHING YOU'RE PASSIONATE ABOUT AT A UNIVERSITY OR COLLEGE. SASKATOON HAS LOTS OF OPTIONS — FROM THE UNIVERSITY OF SASKATCHEWAN TO SASK POLYTECH — AND THERE ARE PROGRAMS FOR ALMOST EVERY INTEREST.

LEARNING A TRADE

IF YOU LIKE HANDS-ON WORK, APPRENTICESHIPS AND TRADES PROGRAMS CAN BE A GREAT FIT. YOU CAN START EARNING WHILE YOU LEARN, AND SASKATCHEWAN HAS STRONG OPPORTUNITIES IN TRADES LIKE WELDING, CARPENTRY, MECHANICS, AND MORE.

ONLINE OR FLEXIBLE LEARNING

IF YOU WANT TO WORK, TRAVEL, OR TAKE THINGS AT YOUR OWN PACE, ONLINE PROGRAMS OR PART-TIME STUDIES CAN GIVE YOU MORE FREEDOM. LOTS OF SCHOOLS OFFER HYBRID OR DISTANCE OPTIONS.

JOINING THE WORKFORCE

SOME TEENS JUMP STRAIGHT INTO WORK AFTER HIGH SCHOOL. WHETHER IT'S A FULL-TIME JOB, PART-TIME WORK, OR TRYING OUT DIFFERENT ROLES, THIS CAN HELP YOU BUILD EXPERIENCE AND FIGURE OUT WHAT YOU ENJOY.

EXPLORING THE WORLD

SOME PEOPLE TAKE TIME TO TRAVEL, VOLUNTEER, OR EXPLORE BEFORE CHOOSING THEIR NEXT STEP. MILITARY LIFE ALREADY MAKES YOU ADAPTABLE — AND THAT CAN MAKE ADVENTURES EVEN MORE EXCITING.

MILITARY-CONNECTED SUPPORTS

IF YOU'RE A MILITARY-CONNECTED TEEN, THERE ARE SCHOLARSHIPS, BURSARIES, AND PROGRAMS DESIGNED JUST FOR YOU. SUPPORT OUR TROOPS OFFERS FINANCIAL HELP FOR EDUCATION, AND THE MFRC CAN GUIDE YOU THROUGH WHAT'S AVAILABLE.

YOU DON'T HAVE TO DECIDE ALONE

NO MATTER WHAT PATH YOU CHOOSE, THERE ARE PEOPLE WHO WANT TO HELP — YOUR FAMILY, TEACHERS, GUIDANCE COUNSELLORS, AND THE MFRC. YOUR FUTURE DOESN'T HAVE TO BE DECIDED ALL AT ONCE. YOU CAN EXPLORE, CHANGE YOUR MIND, AND GROW AT YOUR OWN PACE.



Education

POST SECONDARY SCHOOLS



AS YOUR CHILD APPROACHES GRADUATION, THERE ARE MANY OPTIONS FOR CONTINUING THEIR EDUCATION IN SASKATCHEWAN AND ACROSS CANADA. WHETHER THEY'RE INTERESTED IN UNIVERSITY, COLLEGE, TRADES, APPRENTICESHIPS, OR UPGRADING, FAMILIES IN THE DUNDURN AND SASKATOON AREA HAVE ACCESS TO A WIDE RANGE OF PROGRAMS — ALONG WITH SEVERAL SUPPORTS DESIGNED SPECIFICALLY FOR MILITARY-CONNECTED STUDENTS.

SASKATOON IS HOME TO MAJOR POST-SECONDARY INSTITUTIONS, INCLUDING THE UNIVERSITY OF SASKATCHEWAN, SASKATCHEWAN POLYTECHNIC, AND SEVERAL PRIVATE COLLEGES AND TRAINING CENTRES. MANY PROGRAMS OFFER FLEXIBLE LEARNING OPTIONS, INCLUDING PART-TIME, ONLINE, AND HYBRID FORMATS, WHICH CAN BE ESPECIALLY HELPFUL FOR FAMILIES NAVIGATING POSTINGS OR TRANSITIONS.

MILITARY FAMILIES CAN ALSO ACCESS SUPPORT OUR TROOPS EDUCATION PROGRAMS, SCHOLARSHIPS, BURSARIES, AND LOW-INTEREST LOANS TO HELP REDUCE FINANCIAL BARRIERS. THESE SUPPORTS ARE AVAILABLE TO SERVING MEMBERS, VETERANS, SPOUSES, AND DEPENDENTS, AND CAN BE COMBINED WITH PROVINCIAL AND FEDERAL STUDENT AID.

WHETHER YOUR YOUNG ADULT IS PLANNING TO STAY CLOSE TO HOME OR EXPLORE OPPORTUNITIES ACROSS THE COUNTRY, THE MFRC CAN HELP YOU UNDERSTAND AVAILABLE SUPPORTS, NAVIGATE APPLICATIONS, AND CONNECT WITH RESOURCES THAT MAKE THE TRANSITION TO POST-SECONDARY LIFE SMOOTHER.

QUICK CHECKLIST FOR APPLYING TO POST- SECONDARY

1. EXPLORE YOUR OPTIONS

- LOOK AT UNIVERSITIES, COLLEGES, TRADES, AND ONLINE PROGRAMS
- CHECK ADMISSION REQUIREMENTS AND DEADLINES
- ATTEND OPEN HOUSES OR VIRTUAL TOURS

2. GATHER REQUIRED DOCUMENTS

- TRANSCRIPTS
- PROOF OF RESIDENCY (IF NEEDED)
- IDENTIFICATION (BIRTH CERTIFICATE, HEALTH CARD)
- ANY REQUIRED PREREQUISITES OR PORTFOLIOS

3. APPLY TO YOUR PROGRAM(S)

- SUBMIT APPLICATIONS THROUGH THE SCHOOL'S WEBSITE
- PAY APPLICATION FEES
- TRACK DEADLINES FOR COMPETITIVE PROGRAMS

4. APPLY FOR FUNDING

- SASKATCHEWAN STUDENT AID
- CANADA STUDENT LOANS & GRANTS
- SUPPORT OUR TROOPS SCHOLARSHIPS, BURSARIES, AND LOANS
- SCHOOL-SPECIFIC AWARDS AND ENTRANCE SCHOLARSHIPS

5. PLAN FOR HOUSING & LOGISTICS

- DECIDE BETWEEN RESIDENCE, RENTING, OR STAYING AT HOME
- BUDGET FOR TUITION, BOOKS, AND LIVING COSTS
- ARRANGE TRANSPORTATION OR PARKING

6. CONFIRM YOUR ACCEPTANCE

- ACCEPT YOUR OFFER BEFORE THE DEADLINE
- PAY ANY REQUIRED DEPOSITS
- REGISTER FOR CLASSES WHEN THE SCHOOL OPENS COURSE SELECTION

7. GET READY FOR DAY ONE

- SET UP YOUR STUDENT EMAIL AND ONLINE ACCOUNTS
- BUY TEXTBOOKS OR ACCESS DIGITAL MATERIALS
- ATTEND ORIENTATION OR WELCOME EVENTS



Education at a Glance

Pathway	What It Is	Who It's Great For	Examples in Saskatchewan
University	Degree-based academic programs (BA, BSc, BEd, etc.)	Students who enjoy academic learning, research, or want careers requiring a degree	University of Saskatchewan, First Nations University of Canada
College / Polytechnic	Diplomas, certificates, and applied programs with hands-on learning	Students who want practical skills, shorter programs, or direct entry into the workforce	Saskatchewan Polytechnic, Gabriel Dumont Institute
Trades & Apprenticeships	Learn a skilled trade while earning hours on the job	Hands-on learners, students who want to work while training	SATCC (Sask Apprenticeship), Sask Polytech trades
Private Career Colleges	Specialized training programs in focused fields	Students seeking short, targeted programs	Academy of Learning, McKay Career Training, Saskatoon Business College
Online / Distance Learning	Flexible programs completed from home or mixed with in-person classes	Students needing flexibility due to moves, work, or personal preference	Sask Polytech online, U of S online courses, Athabasca University
Workforce Entry	Full-time or part-time employment after high school	Students wanting experience, income, or time to explore options	Local employers, co-ops, internships
Upgrading / Bridging Programs	Courses to meet prerequisites or strengthen academic skills	Students switching fields or needing specific courses for admission	Adult 12, U-Prep, Sask Polytech upgrading
Military-Connected Supports	Scholarships, bursaries, loans, and programs for CAF families	Military dependents, spouses, serving members	Support Our Troops Education Program, MFRC support



A NOTE ABOUT CAF-RELATED MOVES DURING POST-SECONDARY

WHEN A YOUNG ADULT BEGINS UNIVERSITY, COLLEGE, OR TRADES TRAINING, IT'S COMMON FOR THE REST OF THE FAMILY TO RECEIVE A POSTING SHORTLY AFTER. THIS CAN CREATE A UNIQUE SET OF CHALLENGES FOR MILITARY FAMILIES — BUT WITH SOME PLANNING AND AWARENESS, THE TRANSITION CAN BE SMOOTH.

YOUR TEEN CAN STAY IN SASKATCHEWAN EVEN IF YOU'RE POSTED

IT'S COMPLETELY NORMAL FOR A STUDENT TO REMAIN IN THEIR CURRENT CITY WHILE THE REST OF THE FAMILY MOVES. MANY MILITARY FAMILIES DO THIS SO THEIR YOUNG ADULT CAN CONTINUE THEIR PROGRAM WITHOUT INTERRUPTION. STUDENTS CAN:

- STAY IN RESIDENCE, RENT WITH ROOMMATES, LIVE WITH EXTENDED FAMILY, & ACCESS MFRC SUPPORT EVEN IF THE FAMILY HAS MOVED

RESIDENCY AND TUITION CONSIDERATIONS

IN MOST CASES, A STUDENT'S TUITION CATEGORY DOESN'T CHANGE JUST BECAUSE THE FAMILY IS POSTED. IMPORTANT NOTES:

- SASKATCHEWAN INSTITUTIONS TYPICALLY BASE RESIDENCY ON WHERE THE STUDENT LIVES, NOT WHERE THE PARENTS ARE POSTED.
- IF YOUR TEEN MOVES PROVINCES FOR SCHOOL, THEY MAY NEED TO UPDATE THEIR HEALTH CARD AND STUDENT AID INFORMATION.
- IF THE FAMILY MOVES BUT THE STUDENT STAYS, THEY USUALLY RETAIN SASKATCHEWAN RESIDENCY FOR THE DURATION OF THEIR PROGRAM.

UPDATING STUDENT AID & CONTACT INFORMATION

IF THE FAMILY IS POSTED:

- UPDATE THE STUDENT'S MAILING ADDRESS WITH STUDENT AID SASKATCHEWAN
- ENSURE THE STUDENT HAS THEIR OWN BANKING INFORMATION ON FILE
- UPDATE EMERGENCY CONTACTS WITH THE SCHOOL
- CONFIRM THAT TAX DOCUMENTS AND FUNDING LETTERS GO DIRECTLY TO THE STUDENT

EMOTIONAL & PRACTICAL SUPPORT

LIVING INDEPENDENTLY FOR THE FIRST TIME — ESPECIALLY WHILE A PARENT IS DEPLOYED OR THE FAMILY IS MOVING — CAN BE A BIG ADJUSTMENT. STUDENTS MAY NEED:

- HELP SETTING UP A BUDGET
- SUPPORT FINDING HOUSING
- GUIDANCE ON ACCESSING MENTAL HEALTH SERVICES
- A PLAN FOR STAYING CONNECTED DURING STRESSFUL TIMES

THE MFRC CAN SUPPORT STUDENTS WITH:

WELLNESS CHECK-INS

- LOCAL RESOURCE REFERRALS
- CONNECTION TO SUPPORT OUR TROOPS PROGRAMS
- GUIDANCE DURING TRANSITIONS

YOU'RE NOT ALONE: CAF-RELATED MOVES DURING POST-SECONDARY ARE EXTREMELY COMMON, AND BOTH SCHOOLS AND MFRCs ARE FAMILIAR WITH THE CHALLENGES. WITH THE RIGHT INFORMATION AND SUPPORT, YOUR YOUNG ADULT CAN CONTINUE THEIR EDUCATION CONFIDENTLY — NO MATTER WHERE THE POSTING CYCLE TAKES THE REST OF THE FAMILY.



Family Info Line



"IF YOU NEED US, WE'RE HERE. ANY TIME. ANY REASON."

THE FAMILY INFORMATION LINE (FIL) IS A FREE, CONFIDENTIAL, BILINGUAL SERVICE AVAILABLE TO ALL CANADIAN MILITARY FAMILIES. WHETHER YOU'RE A PARENT LOOKING FOR INFORMATION, A TEEN WITH QUESTIONS, OR A YOUNGER CHILD WHO JUST NEEDS SOMEONE TO TALK TO, THE FIL IS HERE TO SUPPORT YOU.

THEIR TRAINED COUNSELLORS UNDERSTAND THE UNIQUE EXPERIENCES OF MILITARY LIFE — FROM MOVING TO NEW COMMUNITIES, TO ADJUSTING TO CHANGE, TO NAVIGATING EVERYDAY CHALLENGES. FAMILIES CAN REACH OUT FOR GUIDANCE, REASSURANCE, OR SIMPLY A FRIENDLY VOICE WHENEVER THEY NEED IT.

SUPPORT IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK, BY PHONE, EMAIL, OR ONLINE CHAT, SO HELP IS ALWAYS CLOSE BY NO MATTER WHERE YOU ARE OR WHAT TIME IT IS.

HOW TO REACH THE FIL:

PHONE: 1-800-866-4546

EMAIL: FIL-LIF@CFMWS.COM



FOR MORE INFORMATION ON THE SUPPORTS AND SERVICES THAT FAMILY INFORMATION LINE HAS
SCAN THE QR CODE



Strongest Families
INSTITUTE

L'INSTITUT DES
Familles Solides

WITH SUPPORT FROM MILITARY FAMILY SERVICES OTTAWA, THE RBC FOUNDATION, BELL LET'S TALK, TRUE PATRIOT LOVE FOUNDATION, AND VETERANS AFFAIRS CANADA, THE STRONGEST FAMILIES INSTITUTE (SFI) IS PROUD TO OFFER FREE, CONFIDENTIAL PROGRAMS TO MILITARY AND VETERAN FAMILIES ACROSS CANADA.



SFI PROVIDES SKILL-BUILDING PROGRAMS FOR FAMILIES WITH CHILDREN AGES 3-17, HELPING THEM NAVIGATE THE EVERYDAY CHALLENGES THAT COME WITH GROWING UP, MOVING, AND ADAPTING TO CHANGE. THEIR TRAINED COACHES UNDERSTAND MILITARY LIFE AND ARE EQUIPPED TO HELP FAMILIES PREPARE FOR TRANSITIONS SUCH AS POSTINGS, TRAINING PERIODS, AND REINTEGRATION — AS WELL AS THE SMALLER DAY-TO-DAY STRESSES THAT CAN COME WITH CHANGE.

WHAT MAKES SFI UNIQUE



- CONFIDENTIAL SUPPORT DELIVERED BY PHONE OR ONLINE
- FLEXIBLE SCHEDULING — APPOINTMENTS HAPPEN WHEN IT WORKS FOR YOUR FAMILY
- NO TRAVEL REQUIRED — NO MISSED WORK OR SCHOOL
- PROGRAMS DESIGNED FOR REAL FAMILY LIFE
- ALL STAFF TRAINED IN MILITARY CULTURAL COMPETENCY



SFI'S GOAL IS TO GIVE FAMILIES PRACTICAL STRATEGIES THEY CAN USE RIGHT AWAY — TOOLS THAT HELP BUILD CONFIDENCE, COMMUNICATION, AND RESILIENCE.

HOW TO ACCESS SFI

GETTING CONNECTED IS SIMPLE. IN PARTNERSHIP WITH MFRCs ACROSS CANADA, FAMILIES CAN ACCESS SFI SERVICES THROUGH:

- A REFERRAL FROM ANY MFRC STAFF MEMBER, OR
- SELF-REFERRAL, IF YOU PREFER TO REACH OUT DIRECTLY

EITHER WAY, SUPPORT IS ONLY A PHONE CALL AWAY.



FOR MORE INFORMATION ON THE AVAILABLE PROGRAMS OFFERED BY STRONGEST FAMILIES INSTITUTE SCAN THE QR CODE





A SUPPORT LINE JUST FOR CHILDREN AND YOUTH ACROSS CANADA

KIDS HELP PHONE IS A FREE, CONFIDENTIAL SERVICE AVAILABLE TO ALL YOUNG PEOPLE IN CANADA — INCLUDING MILITARY CHILDREN AND TEENS. WHETHER YOU'RE FEELING STRESSED, HAVE QUESTIONS, NEED SOMEONE TO TALK TO, OR JUST WANT SUPPORT DURING A BIG CHANGE LIKE MOVING, KIDS HELP PHONE IS THERE FOR YOU ANY TIME YOU NEED IT.

SUPPORT IS AVAILABLE 24 HOURS A DAY, 7 DAYS A WEEK THROUGH PHONE, TEXT, AND ONLINE CHAT. THEIR COUNSELLORS UNDERSTAND WHAT KIDS AND TEENS GO THROUGH, AND THEY'RE TRAINED TO HELP WITH ALL KINDS OF FEELINGS AND SITUATIONS.



KIDS HELP PHONE ALSO OFFERS A PROGRAM CREATED SPECIFICALLY FOR MILITARY CHILDREN, WITH COUNSELLORS WHO UNDERSTAND THE UNIQUE CHALLENGES OF MILITARY LIFE — FROM MOVING TO NEW COMMUNITIES TO ADJUSTING TO CHANGE.

IF YOU HAVE A CELL PHONE, YOU CAN TEXT FOR SUPPORT AT ANY TIME:

- TEXT "CAFKIDS" TO 686868 FOR SERVICE IN ENGLISH
- TEXT "JEUNESFAC" TO 686868 FOR SERVICE IN FRENCH



THIS TEXTING SERVICE IS FREE, CONFIDENTIAL, AND AVAILABLE 24/7 ANYWHERE IN CANADA.

KIDS HELP PHONE IS CANADA'S ONLY NATIONAL, AROUND-THE-CLOCK SERVICE OFFERING PROFESSIONAL COUNSELLING, INFORMATION, REFERRALS, AND VOLUNTEER-LED TEXT SUPPORT FOR YOUNG PEOPLE — IN BOTH ENGLISH AND FRENCH.

WHAT CAN I TALK ABOUT?

YOU DON'T NEED TO BE IN A CRISIS, AND YOU DON'T NEED TO KNOW EXACTLY WHAT TO SAY. THE COUNSELLORS ARE THERE TO LISTEN AND HELP. YOU CAN TALK ABOUT THINGS LIKE:

- FEELING NERVOUS ABOUT MOVING OR STARTING AT A NEW SCHOOL
- MISSING FRIENDS OR FAMILY
- FEELING STRESSED, SAD, OR OVERWHELMED
- PROBLEMS WITH FRIENDS OR CLASSMATES
- QUESTIONS ABOUT GROWING UP



SUPPORT OUR TROOPS



SUPPORT OUR TROOPS

TUTORING PROGRAM

The Support Our Troops National Tutoring Reimbursement Program offers up to \$1,500 in financial reimbursement for tutoring services to dependent school-aged children of currently serving Regular and Reserve Forces CAF members. This initiative aims to address educational challenges stemming from the mobile military lifestyle and disruptions in children's education.

Scholarship Programs

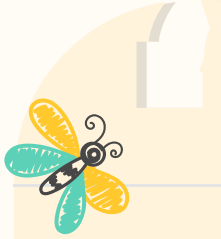
SUPPORT OUR TROOPS (SOT) OFFERS A VARIETY OF SCHOLARSHIPS AND FINANCIAL SUPPORTS TO HELP MILITARY FAMILIES WITH THE TRANSITION INTO POST-SECONDARY EDUCATION.

WHETHER YOUR FAMILY IS PLANNING AHEAD OR PREPARING FOR AN UPCOMING GRADUATION YEAR, SOT SCHOLARSHIPS CAN PROVIDE MEANINGFUL SUPPORT FOR STUDENTS PURSUING COLLEGE, UNIVERSITY, OR VOCATIONAL TRAINING.

FAMILIES CAN EXPLORE AVAILABLE SCHOLARSHIPS, ELIGIBILITY DETAILS, AND APPLICATION TIMELINES BY SCANNING THE QR CODE OR VISITING:

[HTTPS://WWW.SUPPORTOURTROOPS.CA/](https://www.supportourtroops.ca/)





SUPPORT OUR TROOPS



Summer Camp Program

THE SUPPORT OUR TROOPS SUMMER CAMPS PROGRAM OFFERS REIMBURSEMENT GRANTS TO HELP ELIGIBLE CAF FAMILIES SEND THEIR CHILDREN TO A REGISTERED DAY OR OVERNIGHT CAMP OF THEIR CHOICE. EACH APPROVED CHILD CAN RECEIVE ONE GRANT PER SUMMER TO HELP COVER CAMP FEES, AND FAMILIES APPLY ONLINE DURING THE ANNUAL APPLICATION WINDOW.



THIS PROGRAM FILLS VERY QUICKLY EACH YEAR DUE TO HIGH DEMAND. THE CSMFRC WILL SHARE UPDATES ON OUR SOCIAL MEDIA CHANNELS AS SOON AS APPLICATIONS OPEN SO FAMILIES DON'T MISS OUT.

Education Assistance Loan Program



THE EDUCATION ASSISTANCE LOAN PROGRAM (EALP) OFFERS LOW-INTEREST STUDY LOANS TO HELP SERVING MEMBERS, VETERANS, SPOUSES, AND DEPENDENTS PURSUE POST-SECONDARY EDUCATION, RETRAINING, OR PROFESSIONAL DEVELOPMENT. ELIGIBLE APPLICANTS CAN RECEIVE \$500-\$5,000 PER YEAR, UP TO A LIFETIME MAXIMUM OF \$20,000, WITH A COMPETITIVE 3.45% APR.

APPLICATIONS ARE ACCEPTED YEAR-ROUND, AND FUNDS CAN BE USED FOR RECOGNIZED POST-SECONDARY PROGRAMS OR ADULT RETRAINING COURSES. LOANS ARE REPAYED OVER 12-48 MONTHS, WITH REPAYMENT BEGINNING THE MONTH AFTER FUNDS ARE ISSUED. THIS PROGRAM IS DESIGNED TO MAKE EDUCATION MORE ACCESSIBLE FOR MILITARY FAMILIES BY OFFERING FLEXIBLE, AFFORDABLE FINANCIAL SUPPORT.



SUPPORT OUR TROOPS



National Child and Youth Disability Reimbursement Program

THE NATIONAL CHILD AND YOUTH DISABILITY REIMBURSEMENT PROGRAM HELPS MILITARY FAMILIES COVER THE COSTS OF ASSESSMENTS, THERAPIES, AND SPECIALIZED SUPPORTS FOR SCHOOL-AGED CHILDREN WITH DISABILITIES. ELIGIBLE FAMILIES CAN RECEIVE UP TO \$2,500 PER CHILD, PER FISCAL YEAR TO HELP ENSURE THEIR CHILD HAS THE TOOLS THEY NEED TO PARTICIPATE FULLY IN SCHOOL AND DAILY LIFE.

THIS PROGRAM IS FUNDED ENTIRELY THROUGH CHARITABLE DONATIONS AND FILLS VERY QUICKLY EACH YEAR. APPLICATIONS ARE ONLY ACCEPTED DURING SPECIFIC INTAKE WINDOWS — OR UNTIL AVAILABLE FUNDS RUN OUT — SO FAMILIES ARE ENCOURAGED TO APPLY AS EARLY AS POSSIBLE.

FOR GUIDANCE, QUESTIONS, OR HELP PREPARING YOUR APPLICATION, FAMILIES CAN CONNECT WITH KATHERINE, THE CSMFRC'S SUPPORT OUR TROOPS SUBJECT MATTER EXPERT. SHE CAN WALK YOU THROUGH THE PROCESS AND HELP ENSURE YOU HAVE EVERYTHING YOU NEED.

CSMFRC Contact:
Katherine Defosse
Katherine.Defosse@csmfrc.ca
306-491-2174



For all the details visit the
SOT website by scanning the
QR code!

Apps for Military Families



Canadian Armed Forces (CAF) Mobile App



The official CAF app helps families stay informed with news, updates, and resources from across the Canadian Armed Forces. It includes quick links to support services, benefits, and family programs, making it a helpful tool during deployments or relocations.

For more information or to download scan the QR code.

Family Information Line App

While not a standalone app, the FIL is easily accessible through the CAF mobile app. Families can quickly connect to confidential, 24/7 support for information, guidance, or emotional help during any stage of deployment.

Sesame Street for Military Families App

A warm, child-friendly app filled with videos, storybooks, and activities featuring familiar Sesame Street characters. It helps young children understand deployment, homecoming, relocation, and other military-related changes in a gentle, age-appropriate way.

For more information search the app in your devices app store.

Mindshift CBT



A trusted Canadian mental-health app that uses Cognitive Behavioural Therapy tools to help manage anxiety, worry, and stress. It's helpful for both adults and teens navigating the emotional ups and downs of deployment.

For more information or to download scan the QR code.

Calm or Headspace (Mindfulness & Sleep Apps)

While not military-specific, these apps are widely used by CAF families to support sleep, stress management, and emotional regulation — especially during relocations.



Relocation Books for Military Families



Scan this QR code to explore specially curated storybooks created by Military Family Services about deployments and other military-related experiences. To borrow physical copies, please email the MFRC.

*Available in English and French

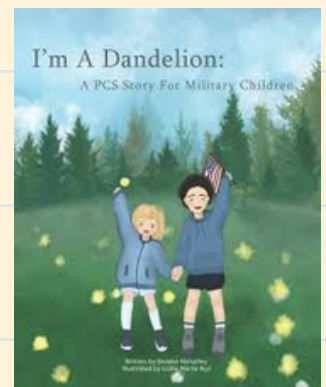


1 Move A Lot and That's Okay — Shermaine Perry-Knights

A warm, award-winning picture book that follows a military child through the process of moving. It helps kids understand why moves happen and reassures them that they can adapt and thrive.

2. I'm a Dandelion: A PCS Story for Military Children — Brooke Mahaffey

A gentle story that explains each step of a military move in kid-friendly language. It focuses on resilience, emotions, and the idea that military kids can grow anywhere — just like dandelions.



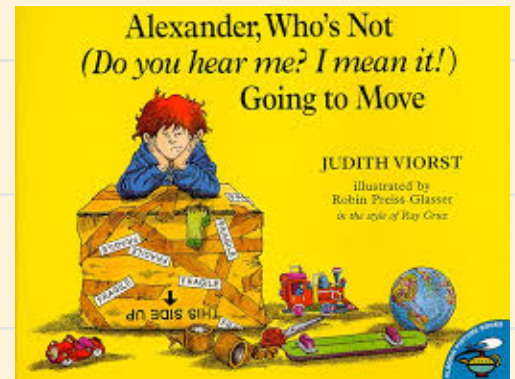
3. Augustine — Mélanie Watt

A beautifully illustrated Canadian picture book about a penguin who moves across the world and starts at a new school. Perfect for younger children experiencing a big transition.

Relocation Books for Military Families

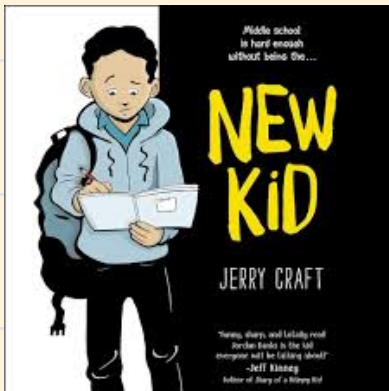
4. Alexander, Who's Not Going to Move — Judith Viorst

A classic story that validates the frustration and sadness kids feel about moving, while gently helping them process change.



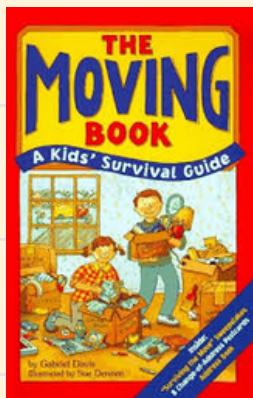
5. New Kid — Jerry Craft

A graphic novel for older kids and teens about starting over at a new school, fitting in, and finding your place. Not military-specific, but extremely relatable for youth who move often.



6. Canadian Evidence-Based Storybooks for Military Families — CIMVHR, CFMWS & Royal Canadian Legion

A series of free, research-based storybooks created specifically for Canadian military and public-safety children. They address moves, parental absences, and emotional coping in a culturally relevant way. Available in English and French. For digital versions of the book scan the QR code, physical versions are available at the MFRC.



7. The Moving Book: A Kids' Survival Guide — Gabriel Davis

Not military-specific, but excellent for helping kids understand the logistics and emotions of moving. Includes activities, tips, and ways to stay connected with friends.



Additional Programs



Sesame Street offers a wonderful collection of videos, storybooks, and activities designed especially for military children. With familiar characters like Elmo and Rosita, these resources help kids understand deployments, homecomings, relocations, and other military-related changes in a gentle, age-appropriate way. Families can explore tools that support emotional expression, build resilience, and make tough moments a little easier through play and storytelling.

Zero to Three provides practical tools for parents of young children, helping families navigate deployment, separation, and emotional changes with age-appropriate strategies.



Seamless Canada is a national partnership between the Canadian Armed Forces and provincial/territorial governments. Its goal is to reduce the stress of moving by improving access to:

- Healthcare
- Childcare
- School transitions
- Spousal employment
- Provincial services and documentation
- Including the creation of: The ABCs of Military Postings
 - A step-by-step guide that walks families through what to do before, during, and after a posting. It covers budgeting, housing, school transitions, benefits, and settling into a new community.



This initiative helps families navigate differences between provinces so each move feels more manageable and consistent.



Fun Things To Do Around Saskatoon!



SASKATOON IS FULL OF GREAT PLACES FOR FAMILIES TO EXPLORE, PLAY, AND CONNECT. FROM PARKS AND TRAILS TO MUSEUMS, RECREATION CENTRES, AND COMMUNITY EVENTS, THERE'S ALWAYS SOMETHING HAPPENING FOR KIDS OF ALL AGES. WHETHER YOUR FAMILY LOVES THE OUTDOORS, HANDS-ON LEARNING, SPORTS, OR CREATIVE ACTIVITIES, YOU'LL FIND PLENTY OF OPTIONS TO HELP YOU SETTLE IN AND ENJOY YOUR NEW COMMUNITY.



WHAT TO EXPECT:

IN THE FOLLOWING PAGES YOU'LL FIND SOME OF THE LOCAL ATTRACTIONS AND FUN THINGS TO DO IN SASKATOON WITH KIDS OF ALL AGES!

DISCLAIMER:

THE MFRC DOES NOT ENDORSE OR PROMOTE ANY SPECIFIC VENUE, ATTRACTION, OR ORGANIZATION LISTED IN THIS GUIDE. THESE SUGGESTIONS ARE PROVIDED FOR GENERAL INFORMATION ONLY. FAMILIES ARE ENCOURAGED TO DO THEIR OWN RESEARCH TO ENSURE EACH ACTIVITY, LOCATION, OR SERVICE MEETS THEIR NEEDS AND PREFERENCES.

MILITARY KIDS IN RECREATION – A GUIDE FOR LEADERS & COACHES

INCLUDED IN THIS SECTION IS "MILITARY KIDS IN RECREATION," A HELPFUL GUIDE CREATED TO SUPPORT RECREATION LEADERS, COACHES, AND PROGRAM STAFF IN UNDERSTANDING THE UNIQUE LIFESTYLE OF MILITARY CHILDREN.

THIS RESOURCE EXPLAINS:

- WHAT MILITARY LIFE CAN LOOK LIKE FOR KIDS
- HOW FREQUENT MOVES AND TRANSITIONS MAY AFFECT PARTICIPATION
- WAYS TO CREATE WELCOMING, INCLUSIVE SPACES
- TIPS FOR SUPPORTING CHILDREN WHO MAY BE ADJUSTING TO A NEW COMMUNITY

IT'S A GREAT TOOL FOR LOCAL RECREATION PROVIDERS AND HELPS ENSURE MILITARY KIDS FEEL UNDERSTOOD, SUPPORTED, AND INCLUDED IN ANY ACTIVITY THEY JOIN.



Military Kids in Recreation



Hello Recreation Leaders,

We are reaching out from the Central Saskatchewan Military Family Resource Center to provide information on how to best support Military Children within your organization. We hope to be able to provide some information and resources to help you appreciate their strengths and challenges, as you play an essential part in lessening the stressors of the military lifestyle. This brief guide is meant to help you identify their unique needs and access practical tools that will help you create a welcoming and responsive environment.

Unique Challenges

Military children often develop strong resilience, adaptability, and empathy. However, the demands of military life can bring certain challenges when considering participating in activities.

Frequent Relocation: Military families often move every 2-4 years, which can interrupt academic progress, social connections, and participation in extracurriculars. Families may need access to extended registration, or the ability to leave a team unexpectedly.

Parental Absences/Deployment: Temporary or extended absences due to training, deployment or exercises can lead to anxiety, sadness, or behavioural changes in children. Reintegration periods can also be emotionally complex.

Exposure to Risk: Military children may live with the stress of knowing their parent is in a high-risk occupation. World events or media coverage can affect their sense of safety.

Crisis Resources

- Suicide Crisis Helpline- 988
- CAF kids- Text 686868
- CFMAP: 1-800-268-7708
- Family Info Line 1-800-866-4546

How You Can Help

Specific Supports for Activities

Small, thoughtful gestures and accommodations can have a big impact on a military-connected student's success and well-being. Consider the following:

Welcome and Belonging: Provide a warm welcome when new students arrive. Assign a peer buddy, and involve them in classroom routines right away.

Stability and Routine: Consistent activity routines and clear expectations help create a sense of security, especially during times of transition or stress.

Communication: Be proactive in reaching out to parents or caregivers, especially if a child is showing signs of distress or changes in behaviour. Be mindful of family structures- the primary caregiver may not always be the serving member.

Flexibility and Sensitivity: Understand that students may need time off for reunions, deployments, or mental health support. Be as flexible as your activity allows, and communicate expectations early on.

Inclusion: Create opportunities that allow students to share their personal experiences in a way that values diverse backgrounds, including military life.

Military Kids in Recreation



Helpful Resources

We've compiled a list of helpful resources & programs directed towards military children. Feel free to pass these on to parents, and explore them yourself. If you have any questions, concerns or need a resource on a specific topic reach out to the CSMFRC @ 306-491-4698

For Leaders

Guide to Military-Connected Children & Youth- CFMWS 2024: Practical Bilingual guide for teachers on transitions, deployments, and strategies to support CAF kids.

Military Family Resource Centers: Local MFRCs (like the CSMFRC) offer consultation and materials to assist in supporting participants.

Kids Help Phone: Resources for Youth Program Facilitators: Toolkits available to help with kids experiencing stress or anxiety. Includes conversation guides and mental health first aid approaches.

For Parents

Support Our Troops National Summer Camps Program: Financial support for CAF children to access summer camp programming.

KidsSport Saskatchewan: Provides grants up to \$500 per child, per year for families facing financial barriers.

Kids Help Phone: 24/7 bilingual youth support, website includes resources parents can use to help their children.

Saskatchewan Active Families Benefit: Annual refundable tax benefit to help families with the cost of children's participation in sports, cultural and recreational activities.

For Students

Local MFRC Youth Programs: Activities, and volunteer opportunities tailored to the military community and CAF kids experience.

Kids Help Phone: Call, text, or chat online with someone anytime you're feeling stressed, anxious, or need to talk.

Hero In Training- Relocation Resources: Relocation can be challenging, this activity book for ages 6-8 is there to help you have fun, and settle into your new home.

Natasha's Wood Foundation: Free STEM and Coding programs for military connected youth.

True Patriot Love Youth Connect: A free online space for teens to connect with other CAF teens in virtual hangouts, events and access resources. A great option for transition periods.

Fun Things To Do Around Saskatoon!



SASKATOON FORESTRY FARM PARK & ZOO

A FAVOURITE FOR FAMILIES, WITH ANIMALS, PLAYGROUNDS, GARDENS, AND PLENTY OF SPACE TO WANDER.

NUTRIEN WONDERHUB

SASKATOON'S CHILDREN'S MUSEUM FILLED WITH INTERACTIVE EXHIBITS, CREATIVE PLAY SPACES, AND HANDS-ON LEARNING FOR KIDS OF ALL AGES.



MEEWASIN VALLEY TRAILS

BEAUTIFUL WALKING AND BIKING PATHS ALONG THE RIVER — PERFECT FOR FAMILY STROLLS, PICNICS, AND EXPLORING NATURE.



BEAVER CREEK CONSERVATION AREA

A GREAT SPOT FOR EASY HIKES, WILDLIFE VIEWING, AND NATURE PROGRAMS DESIGNED FOR KIDS AND FAMILIES.



REMAI MODERN ART MUSEUM

OFFERS FAMILY-FRIENDLY ART ACTIVITIES, WORKSHOPS, AND FREE ADMISSION TIMES.

SHAW CENTRE & CITY LEISURE CENTRES

INDOOR POOLS, WATERSLIDES, FITNESS AREAS, AND DROP-IN PROGRAMS FOR ALL AGES.



WANUSKEWIN HERITAGE PARK

IS A NATIONAL HISTORIC SITE LOCATED IN THE CITY OF SASKATOON AND RM OF CORMAN PARK. TOGETHER, WE WORK TO ADVANCE THE UNDERSTANDING AND APPRECIATION OF THE EVOLVING CULTURES OF THE NORTHERN PLAINS INDIGENOUS PEOPLES.



Fun Things To Do Around Saskatoon!

WANDER'S TINY FARM

A LOCAL FARM AND PETTING ZOO WHERE KIDS CAN EXPLORE WHILE INTERACTING WITH BUNNIES, GOATS, DUCKS AND MORE!

[HTTPS://WWW.WANDERSTINYFARM.CA/](https://www.wanderstinyfarm.ca/)



WESTERN DEVELOPMENT MUSEUM (BOOMTOWN 1910)

STEP BACK IN TIME AND EXPLORE A RECREATED EARLY-1900S PRAIRIE TOWN — A HIT WITH KIDS AND ADULTS.

PARKS & PLAYGROUNDS

SASKATOON HAS FANTASTIC PARKS, INCLUDING:

- KINSMEN PARK (RIDES & SPLASH PAD IN SUMMER)
- RIVER LANDING (PLAYGROUND + RIVER VIEWS)
- W.W. ASHLEY PARK (GREAT FOR YOUNGER KIDS)



LOCAL U-PICK FARMS (SEASONAL)

SASKATOON BERRIES, STRAWBERRIES, PUMPKINS, SUNFLOWERS, AND MORE — A FUN WAY TO ENJOY SASKATCHEWAN'S GROWING SEASON.

BLACKSTRAP LAKE AND CAMPGROUNDS

A 35-MINUTE DRIVE SOUTH OF SASKATOON, THIS PARK IS THE PERFECT PLACE TO ENJOY A WIDE RANGE OF SUMMER ACTIVITIES INCLUDING SWIMMING, CAMPING AND FISHING. WITH A BOAT LAUNCH LOCATED ON THE EAST SIDE OF THE LAKE, BLACKSTRAP'S LAKE IS IDEAL FOR WATER ACTIVITIES SUCH AS WATER-SKIING, CANOEING AND WINDSURFING. A MAIN BEACH WITH INVITING SAND AND AMPLE GRASS AREAS MAKES A PERFECT PLACE FOR GAMES AND SUN TANNING.



Sports Associations

Hockey

Saskatoon:
<https://smha.sk.ca/>

Dundurn:

<https://www.dundurnminorhockey.ca/>

Baseball

Saskatoon:
<https://www.baseballsaskatoon.com/>

Dundurn:

<https://leagues.teamlinkt.com/dundurndetonators>

Gymnastics

Saskatoon:
<http://canamgymnastics.ca/>

Soccer

Saskatoon:
<http://saskatoonyouthsoccer.ca/>

Football

Saskatoon:
<https://www.saskatoonminorfootball.com/>



Martial Arts

Saskatoon
<https://scheersmartialarts.com/>

Basketball

Saskatoon:
<http://www.skybasketball.ca/>





Seasonal Activities

Winter Activities

OPTIMIST HILL

YOUR WINTER DESTINATION FOR SKIING AND TUBING RIGHT IN SASKATOON.

[HTTPS://OPTIMISTHILL.CA/](https://optimisthill.ca/)

OUTDOOR SKATING

CLARENCE DOWNEY SPEED SKATING OVAL – A CLASSIC SASKATOON WINTER EXPERIENCE WITH LOTS OF SPACE TO GLIDE. OR CHECK OUT ONE OF THE MANY COMMUNITY RINKS!

TABLE MOUNTAIN ADVENTURE PARK

OPEN FOR SKIING, TUBING, SNOWSHOEING, KICKSLEDDING AND MORE. SUMMER ACTIVITIES ALSO AVAILABLE. LOCATED AN HOUR AND A HALF FROM SASKATOON.

[HTTPS://WWW.TABLEMOUNTAIN.CA/](https://www.tablemountain.ca/)

TOBOGGANING HILLS

CHECK OUT DIEFENBAKER PARK OR PIKE LAKE PROVINCIAL PARK FOR SOME LOCAL POPULAR TUBING SPOTS!

Summer Activities

NUTRIEN CHILDREN'S FESTIVAL

HELD EACH YEAR IN DOWNTOWN SASKATOON, CHILDREN HAVE A WEEKEND FULL OF FAMILY FUN!

[HTTPS://WWW.NUTRIENCHILDRENSFESTIVAL.COM/](https://www.nutrienchildrensfestival.com/)

SASKATOON SUMMER FESTIVALS

- TASTE OF SASKATCHEWAN
- SASKTEL SASKATCHEWAN JAZZ FESTIVAL
- NUTRIEN FIREWORKS FESTIVAL
- FRINGE FESTIVAL (BROADWAY DISTRICT)

SASKATOON EX

"PLAY THE DAY AWAY" AT THE LARGEST SUMMER FESTIVAL IN SASKATCHEWAN!
THE SASKATOON EX IS THE 8 BEST DAYS OF SUMMER WITH ONE-OF-A-KIND FAIR FOODS, FIRST-RATE ATTRACTIONS AND AN AMAZING CONCERT SERIES!
[HTTPS://WWW.SASKATOONEX.COM/](https://www.saskatoonex.com/)

OUTDOOR POOLS & SPRAY PARKS

CITY POOLS AND SPRAY PARKS ARE OPEN ALL SUMMER AND ARE PERFECT FOR COOLING OFF ON HOT DAYS.

PIKE LAKE PROVINCIAL PARK

A SHORT DRIVE AWAY, IT'S A GREAT SPOT FOR SWIMMING, PICNICS, PLAYGROUNDS, AND EASY NATURE TRAILS.

Top 10 Annual Events in Saskatoon

1. SASKTEL SASKATCHEWAN JAZZ FESTIVAL (JUNE/JULY)

ONE OF THE CITY'S BIGGEST FESTIVALS, FEATURING OUTDOOR CONCERTS, FOOD VENDORS, AND FAMILY-FRIENDLY PERFORMANCES ALONG THE RIVER.

2. TASTE OF SASKATCHEWAN (JULY)

A WEEK-LONG FOOD FESTIVAL WHERE LOCAL RESTAURANTS SERVE UP BITE-SIZED DISHES. LIVE MUSIC AND A RELAXED RIVERSIDE SETTING MAKE IT GREAT FOR FAMILIES.

3. SASKATOON FRINGE FESTIVAL (AUGUST)

STREET PERFORMERS, THEATRE SHOWS, ARTISAN VENDORS, AND KID-FRIENDLY ENTERTAINMENT FILL THE BROADWAY DISTRICT.

4. NUTRIEN FIREWORKS FESTIVAL (LATE SUMMER)

TWO NIGHTS OF FIREWORKS OVER THE RIVER, PLUS FOOD TRUCKS, KIDS' ZONES, AND LIVE ENTERTAINMENT.

5. SASKATOON EX (AUGUST)

A CLASSIC SUMMER FAIR WITH RIDES, GAMES, CONCERTS, AND ALL THE FAIR FOOD YOU CAN IMAGINE.

6. ENCHANTED FOREST HOLIDAY LIGHT DISPLAY (NOV–JAN)

A MAGICAL DRIVE-THROUGH LIGHT SHOW AT THE FORESTRY FARM — A BELOVED WINTER TRADITION FOR MANY FAMILIES.

7. WINTERSHINES FESTIVAL (JANUARY/FEBRUARY)

ICE SCULPTURES, OUTDOOR ACTIVITIES, WARM-UP STATIONS, AND FAMILY EVENTS CELEBRATING WINTER IN SASKATOON.

8. FOLKFEST (AUGUST)

A MULTICULTURAL FESTIVAL WITH PAVILIONS ACROSS THE CITY OFFERING FOOD, PERFORMANCES, AND CULTURAL DISPLAYS.

9. CANADA DAY AT DIEFENBAKER PARK (JULY 1)

FIREWORKS, LIVE MUSIC, FOOD TRUCKS, AND FAMILY ACTIVITIES — ONE OF THE BIGGEST CELEBRATIONS OF THE YEAR.

10. NUTRIEN WONDERHUB SEASONAL PROGRAMS (YEARLY)

SPECIAL CAMPS, WORKSHOPS, AND THEMED EVENTS FOR KIDS THROUGHOUT THE YEAR, ESPECIALLY DURING SCHOOL BREAKS.





From Our MFRC Family to Yours

AS YOU SETTLE INTO SASKATOON AND THE CFB DUNDURN COMMUNITY, WE HOPE THIS WELCOME BOOK HAS HELPED YOU FEEL A LITTLE MORE AT HOME. EVERY POSTING BRINGS NEW ROUTINES, NEW PLACES, AND NEW PEOPLE — AND THROUGH IT ALL, THE CSMFRC IS HERE TO SUPPORT YOUR FAMILY IN EVERY WAY WE CAN. WHETHER YOU'RE LOOKING FOR PROGRAMS, RESOURCES, CONNECTION, OR SIMPLY A FRIENDLY FACE, OUR TEAM IS ALWAYS READY TO HELP. YOU ARE PART OF A STRONG AND CARING MILITARY COMMUNITY, AND WE'RE GRATEFUL TO HAVE YOU HERE.

A NOTE FOR KIDS & YOUTH

MOVING CAN BE A BIG ADVENTURE — NEW FRIENDS, NEW PLACES TO EXPLORE, AND NEW THINGS TO TRY. IT CAN ALSO FEEL A LITTLE STRANGE AT FIRST, AND THAT'S OKAY. YOU'RE NOT ALONE. THERE ARE LOTS OF OTHER MILITARY KIDS HERE WHO UNDERSTAND WHAT IT'S LIKE TO MOVE, START FRESH, AND FIND THEIR PLACE. WE HOPE YOU'LL JUMP INTO ACTIVITIES, EXPLORE SASKATOON, AND DISCOVER WHAT MAKES THIS COMMUNITY SPECIAL. WE CAN'T WAIT TO MEET YOU.

WELCOME TO YOUR NEW HOME — WE'RE SO GLAD YOU'RE HERE.

~ Your CSMFRC Team!



COMMUNITY SUPPORTS



**CSMFRC Hours of Operation:
Monday- Friday 8:00am-4:30PM**

**Don't hesitate to reach out
306-491-4698**

**FREE AND CONFIDENTIAL
MILITARY FAMILY SUPPORTS:**

**Family Information Line:
1-800-866-4546
CFMAP: 1-800-268-7708**

EMERGENCY AND MENTAL HEALTH SUPPORTS:

Suicide Crisis Helpline: 988
**Saskatchewan Operational Stress Injury
Clinic: 1-306-844-4100**
**OSISS (Operational Stress Injury
Support Services): 1-800-883-6094**
**OSI-CAN Saskatchewan: 1-306-552-3801
or 1-888-495-6068**
**Mental Health Crisis/Response & Mobile
Mental Health Unit:
1-306-933-6200**

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