

# JUNE 2026 NEWSLETTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NATIONAL PTSD AWARENESS MONTH	1 HAPPY Pride MONTH	2	3	4	5 National Donut Day	6 D-Day June 6, 1944
7 CANADIAN ARMED FORCES DAY	8 National Best Friend Day	9	10	11	12 Whimsical Planter Workshop	13
14	15	16 National Fudge Day	17	18 SISIP Virtual Meetings	19	20
21 FATHERS DAY	22	23	24	25	26	27 CANADA MULTICULTURALISM DAY
28	29	30	Drop into the MFRC for a donut on June 5th; National Donut Day!!			

**MFRC OFFICE CLOSED**

**PLEASE NOTE THAT THE MFRC OFFICE WILL BE CLOSED FROM JUNE 22 TO JUNE 26 AS STAFF WILL BE ATTENDING OUT-OF-PROVINCE PROFESSIONAL DEVELOPMENT**



Monday - Friday  
0800 - 1630

**CONTACT THE CSMFRC**

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VETERANS & FAMILIES  
FAMILLES & VÉTÉRANS

**INTRODUCING THE NEW**

# CSMFRC'S Lending Library Catalogue



**CENTRAL  
SASKATCHEWAN  
MILITARY FAMILY  
RESOURCE CENTRE**

This catalogue connects you to a wide range of materials, including neuro-inclusive toys, massage guns, outdoor coolers, and much more!

It's a great way to try items before deciding to purchase them.

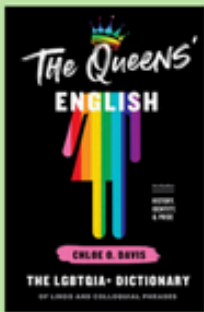
If you would like to check out an item, please visit the MFRC building or you want a digital copy please email [morgan.mitchell@csmfrc.ca](mailto:morgan.mitchell@csmfrc.ca)

# Mind & Mission Resource Library

## Books of the Month: June

Did you know? June is LGBTQIA+ Pride Month & PTSD Awareness Month

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

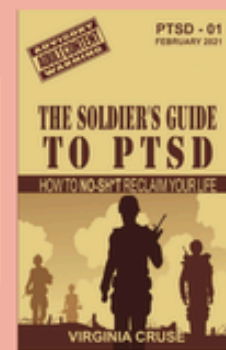


### The Queen's English by Chloe O. Davis

The Queen's English by Chloe O. Davis is a vibrant, inclusive dictionary that celebrates the language of the LGBTQ+ community. It explores the history, nuance, and cultural significance behind hundreds of terms, offering readers both clarity and affirmation. The book serves as a joyful, empowering resource for anyone looking to understand queer identity and expression more deeply.

The Soldier's Guide to PTSD by Virginia Cruse is a straightforward, compassionate handbook written by a combat veteran and licensed therapist who understands the military experience from the inside. It breaks down PTSD in clear, practical terms and offers tools that service members, veterans, and their families can actually use. The book focuses on reclaiming control, reducing stigma, and showing that healing is both possible and deeply worth pursuing.

### The Soldiers Guide to PTSD by Virginia Cruse



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



# MFAD 2026

AUGUST 28 2026 FROM 5PM TO 8PM  
AT SGT. HUGH CAIRNS VC ARMOURY

Enjoy games, activities,  
entertainment, and fun for all ages!  
Food and refreshments will be available.

**FREE ADMISSION | ALL AGES WELCOME**

Updates will be posted on the  
MFAD 2026 Facebook event page:  
[facebook.com/CSMFRC](https://facebook.com/CSMFRC).

If you have any questions email: [info@csmfrc.ca](mailto:info@csmfrc.ca)

PRESENTED BY



thePersonal

# CALLING ALL MILITARY FAMILY ENTREPRENEURS:

SIGN UP NOW TO  
SHOWCASE YOUR HOME-  
BASED BUSINESS AT OUR  
MFAD SPOTLIGHT BOOTH!



SIGN UP TO SHOWCASE YOUR HOME-BASED  
BUSINESS AT OUR MILITARY FAMILY  
APPRECIATION DAY FAIR ON AUGUST 28, 2026,  
5-8 PM AT SGT. HUGH CAIRNS VC ARMOURY.  
SCAN THE QR CODE OR EMAIL  
INFO@CSMFRC.CA TO JOIN.

**FROM HOMEFRONT TO MARKETPLACE: DISCOVER, SUPPORT, CELEBRATE!**



# Calling All Volunteers

**WE'RE SEEKING VOLUNTEERS FOR MILITARY FAMILY  
APPRECIATION DAY ON AUGUST 28, 2026, 5-8 PM  
AT SGT. HUGH CAIRNS VC ARMOURY, SASKATOON.  
HELP OUT, MEET PEOPLE, AND MAKE A MEANINGFUL IMPACT!**

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



THE ARTFUL PATH TO WELLNESS PRESENTS:



## Pick • Plant • Go: Whimsical Planter



**DATE:** Friday June 12, 2026

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

**LOCATION:** CSMFRC Building 100

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

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

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

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

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

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



This Program is generously supported by:

**TRUE PATRIOT  
LOVE**

CANADA'S FOUNDATION FOR  
THE MILITARY COMMUNITY



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

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**

**JULY 23 2026**

**6:00 - 8:00PM**

### 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  
[REGISTER@CSMFRC.CA](mailto:REGISTER@CSMFRC.CA)  
BY JULY 17TH



THIS PROGRAM IS GENEROUSLY SUPPORTED BY:



## JOIN OUR BEGINNER YOGA/MEDITATION SESSION



# OUTSIDE!

Friday July 24<sup>th</sup>, 2026 from 12 to 1pm  
Yoga mats provided or bring your own  
Free snacks & drinks!

The session will be guided by experienced yoga instructor Jackie Lai.



**Please meet at CSMFRC (Building 100). The outdoor yoga/meditation session will be held on the grass area beside the MFRC building.**

To register email  
[register@csmfrc.ca](mailto:register@csmfrc.ca) or  
scan QR Code



Open to CAF  
Members,  
Veterans' &  
Family Members!

# DESIGN A PATCH FOR 17 WING DETACHMENT DUNDURN!

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



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

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



### JUST FEW SIMPLE CRITERIONS:

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

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

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*

APPOINTMENTS  
AVAILABLE  
**THURS, JUNE 18**  
1300-1500

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



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



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

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

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

**WED  
JULY  
1ST**

**CELEBRATE  
CANADA  
DAY**

**11AM-  
4PM**

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



**10AM - OUTDOOR  
VENDOR MARKET**

**11 AM - ALL OTHER ACTIVITIES**

**FOOD FUN - BURGERS, HOT DOGS, CHIPS AND  
TREATS - ALL AT FAMILY FRIENDLY PRICING**

**KID ZONE - BUBBLES, FACE PAINTING, TATTOOS,  
GAMES AND MORE**

**TCU STAGE - MUSICIANS, DRUMMERS, PIPE BAND,  
CULTURAL DANCERS - SO MUCH IN STORE**

**DISPLAYS - LOCAL HISTORIANS, FIRST NATIONS  
HISTORY, MILITARY ARTIFACTS AND MORE**

**SaskEnergy**

**TCU**  
Financial Group



**BEER GARDEN - ENTERTAINMENT - FAMILY FUN**

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

# COMMUNITY SUPPORTS

## FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**HEALTH LINE: 811**

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

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

**SASKATOON CRISIS INTERVENTION SERVICE: 306.933.6200**

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

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

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

**OUTSASKATOON: 306-665-1224**

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

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

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

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

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

