

# JANUARY 2026 NEWSLETTER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE MFRC OFFICE WILL BE CLOSED UNTIL JANUARY 5, 2026				1 <b>HAPPY 2026 NEW YEAR</b>	2  Motivation and Inspiration Day	3
4  NATIONAL SPAGHETTI DAY	5	6	7 <b>DEADLINE TO REGISTER FOR INKFERNO</b>	8	9	10 <b>INKFERNO WORKSHOP</b>
11	12	13 <b>PLANNING FOR POST-SECONDARY WEBINAR</b>	14	15 <b>National Bagel Day</b>	16	17
18	19 <b>GOOD MEMORY DAY</b>	20	21	22	23	24 <b>MY TRUE POWER</b>
25	26  BELL LET'S TALK DAY	27	28  INTERNATIONAL LEGO DAY	29	30	31

**HAPPY 2026!**

HAPPY NEW YEAR FROM CSMFRC! LET'S START 2026 WITH EXCITEMENT. CHECK OUR NEWSLETTER FOR UPCOMING EVENTS AT CSMFRC.

MONDAY - FRIDAY  
0800 - 1630

**CONTACT US** 306-491-4698

KENDRA BESSEY  
KENDRA.BESSEY@FORCES.GC.CA  
306-491-5943

KATIE DEFOSSE  
KATHERINE.DEFOSSE@FORCES.GC.CA  
306-491-2174

JENA DOMBROWSKY  
CSMFRCCHILD CARE@HOTMAIL.COM  
639-318-7593

ANGELINA MARCOTTE  
CSVFP@HOTMAIL.COM  
306-227-1311

MORGAN MITCHELL  
MORGAN.MITCHELL@CSMFRC.CA

MEGAN BOUFFORD  
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM  
639-318-3127



VETERANS & FAMILIES  
FAMILLES & VÉTÉRANS



The CSMFRC invites you to join us for an inspiring day of connection, reflection, and empowerment at:

# My True Power

January 24<sup>th</sup> 2026 | 10am-2pm

## Featuring

- ✓ **Keynote Speaker Allan Kehler**
  - **Adults will receive a copy of Allan's book as a thank you gift for participating!**
- ✓ **Concurrent Children's Workshop for ages 5+ facilitated by Sara Skipper, Art Therapist & Owner of Golden Light Art Therapy**
- ✓ **Lunch & Leisure Hour**
  - *Explore the grounds of beautiful Wanuskewin Heritage Park*
- ✓ **Kehkehk (The Hawk) Dance Presentation that will include powwow style dancer and a singer/drummer**



Allan challenges the cultural myths around mental health, resilience, and emotional expression. Drawing from his own lived experience with mental illness, addiction, and suicide, Allan empowers people to find their voice and step into their power.

### "Find Your Voice, Reclaim Your Power" Keynote Address

Allan's keynote confronts the stigma around emotional expression and mental health, urging individuals to break their silence and embrace vulnerability as a path to healing. Through his raw personal journey, he inspires communities to honor every voice and foster connection—reminding us that while we all face battles, none of us are meant to fight alone.



REGISTER HERE!



REGISTER FOR THIS  
AMAZING EVENT BY  
JANUARY 13TH, 2026

Special Thank  
REGISTER WITH  
MEGAN AT  
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM  
OR SCAN THE QR CODE



# JOIN THE INKFerno WORKSHOP

**\$10 PER YOUTH**

**DIVE INTO THE SPLATTER ROOM WITH UV-REACTIVE  
PAINT & CREATE A KEEPSAKE CANVAS!**

**JANUARY 10TH 2026 1PM-3PM**

**@ THE ART ROOM INK IN SASKATOON**

**OPEN TO MILITARY AND VETERAN  
FAMILIES' YOUTH AGED 6+**

**(PARENTS WELCOME TO JOIN IF KIDS UNDER 6 ARE INTERESTED!)**

Register with Katie at  
[katherine.defosse@forces.gc.ca](mailto:katherine.defosse@forces.gc.ca) or  
scan the QR Code



**DEADLINE JAN 7TH TO REGISTER**

**TRUE PATRIOT  
LOVE**



# ***GETTING READY FOR LIFE AFTER HIGH SCHOOL?***

## **PARTICIPATE IN A WEBINAR ON POST-SECONDARY FINANCIAL PLANNING**

### **KEY POINTS TO BE COVERED:**

- COSTS BEYOND TUITION AND BOOKS.
- RESOURCES AVAILABLE
- DIFFERENCES BETWEEN CONVENTIONAL STUDENT FUNDING AND LOANS.
- IDENTIFY PITFALLS THAT STUDENTS CAN ENCOUNTER

## **TITLE: PLANNING FOR POST-SECONDARY**

 **PLATFORM VIRTUAL**

 **JANUARY 13, 2025; 6:30 TO 7:30PM**

 **REGISTER WITH [CSVFP@HOTMAIL.COM](mailto:CSVFP@HOTMAIL.COM)**

 **OR SCAN QR CODE**



**MFSP**  
MILITARY FAMILY  
SERVICES PROGRAM



**PSFM**  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES

 **Credit  
Counselling  
Society**

# MENTAL HEALTH *101*

## Lunch & Learn

Join the MFRC for an empowering and practical webinar on the foundations of mental health and building inner resilience.



**February 10<sup>th</sup>, 2026**  
**12pm to 1pm**



**Virtual**

Will also be streamed  
in the MFRC backroom

Register with Megan at  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)



**SCAN ME**



The CSMFRC is coming to you with a

# Mobile Coffee Break

Mobile Coffee Breaks—Now by Request! CAF units, want a quick morale boost and some helpful info delivered right to your doorstep?

Request a visit from the CSMFRC Mobile Coffee Crew! Just scan the QR code or email us at [csmfrc@hotmail.ca](mailto:csmfrc@hotmail.ca), and we'll roll up with fresh coffee, friendly faces, and resources tailored for CAF members and veterans.

You bring the unit—we bring the brews and the support.

Let's make connection easy, one cup at a time.



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



**mindkit**



**Scan me**



Send a package to a deployed loved one

Envoyer un colis à un proche déployé

# MORALE MAIL

## COURRIER D'ENCOURGEMENT



CSMFRC Drop off  
location/Lieu de dépôt

17 Wing Detachment Dundurn BLD 100

Monday-Friday/Lundi-Vendredi 0800-1600

(306) 492-2135 ext 4266

[csmfrc@hotmail.ca](mailto:csmfrc@hotmail.ca)



**CSMFRC**  
Central Saskatchewan  
Military Family  
Resource Centre Inc.



**CRFMCS**  
Centre de Ressources pour  
les Familles des Militaires  
du Centre de la Saskatchewan Inc.



# Family

Info Line



# 1-800-866-4546

# FIL-LIF@cfmws.com

**ANY TIME FOR ANY REASON**



# COMMUNITY SUPPORTS

## FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line: 1-800-866-4546 or

fil-lif@cfmws.com

CFMAP: 1-800-268-7708



## 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

## EMERGENCY AND MENTAL HEALTH SUPPORTS

Suicide Crisis Helpline: Call or Text 9-8-8

Saskatchewan Operational Stress Injury Clinic: 1-306-844-4100

OSISS (Operational Stress Injury Support Services): 1-800-883-6094

Mental Health Crisis/Response & Mobile Mental Health Unit: 1-306-933-6200

Mental Health & Addictions Services – Centralized Intake: 1-306-655-4100

Drugs and Alcohol Helpline: 1-800-565-8603

Canada Suicide Prevention Service: 1-833-456-4566

Saskatchewan Suicide Hotline: 1-306-933-6200

Domestic Violence Hotline: 1-888-338-0880

Sexual Assault Center: 1-306-244-2224

Royal University Hospital Emergency Services: 1-306-655-1362

St Paul Emergency Services: 1-306-655-5113

City Hospital Emergency Services: 1-306-933-5069

Health Line: 811

## 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



# FOLLOW US ON FACEBOOK AND OUR WEBSITE



[FACEBOOK.COM/CSMFRC](https://www.facebook.com/CSMFRC)



[CFMWS.CA/CENTRAL-SASKATCHEWAN](https://www.cfmws.ca/central-saskatchewan)

