

Welcome TO **Central Saskatchewan**



*New Roots,
New Adventures*



OFFICE
MONDAY-FRIDAY
0830-1630
306-491-4698

MILITARY FAMILY RESOURCE CENTRE

17 WING DETACHMENT DUNDURN
BLDG 100
DUNDURN, SK
S0K 1K0

DAYCARE
MONDAY-FRIDAY
0730-1700
639-318-7593

Welcome to the land of the living skies, where we're proud to support military families as they navigate the unique aspects of their Military Family Journey. The staff here at the Central Saskatchewan MFRC are a dedicated and passionate group. Our small but mighty team is committed to assisting with every part of your Military Family Journey so your relocation is as smooth and supported as possible.

Stop by for a coffee, call us, or send us an email - we would love to hear from you!

Sincerely,

Kendra Bessey

CSMFRC Executive Director



WWW.CSMFRC.CA

Follow Us!



WWW.FACEBOOK.COM/CSMFRC

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CSMFRC INQUIRIES

INFO@CSMFRC.CA

DAYCARE INQUIRIES

CHILDCARE@CSMFRC.CA

EVENTS/PROGRAMS

REGISTER@CSMFRC.CA

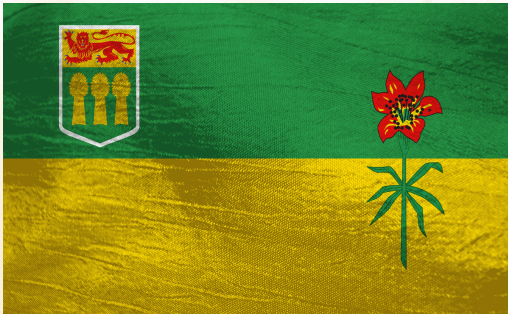
ALL PROGRAM FEES

PAYMENTS@CSMFRC.CA

THE CSMFRC STRICTLY ADHERES TO THE PRIVACY CODE FOR MILITARY FAMILY RESOURCE CENTRES. ALL PERSONAL INFORMATION SHALL NOT BE USED OR DISCLOSED FOR PURPOSES OTHER THAN THOSE FOR WHICH IT WAS COLLECTED, EXCEPT WITH THE CONSENT OF THE INDIVIDUAL OR AS REQUIRED BY LAW.

We have made every effort to ensure that the information provided in this package is accurate; however, we do not assume any liability for any errors and/or omissions

We acknowledge that we are on Treaty 6 Territory and the Homeland of the Métis people. We reaffirm our relations which we are bound to by our ancestors through Treaty, to steward this land and seek mutual benefit for as long as the grass grows, the sun shines, and the river flows. We pay our respect to the First Nation and Métis ancestors of this place and honour Elders and Survivors as we bring awareness to Indian Residential and Day Schools, the Sixties Scoop, Missing and Murdered Indigenous Women, Girls, and Two-Spirited. To acknowledge this territory and its keepers on their traditional terms is to act in reciprocity so that truth may be understood, and reconciliation made possible.



Treaty 2
1871

Treaty 4
1874

Treaty 5
1875

Treaty 6
1876

Treaty 10
1906

Reserves



Welcome to your new home in the heart of the Prairies.

Whether you're joining us at 17 Wing Detachment Dundurn, Canadian Forces Ammunition Depot (CFAD), or one of the many reserve units across the region, we're truly glad you're here. This area is home to a vibrant and diverse military community, and the Central Saskatchewan Military Family Resource Centre (**CSMFRC**) is honoured to support you as you settle into life on the Prairies.

Central Saskatchewan is unique in that it brings together families from a variety of postings. Many CAF members posted to this region serve at 17 Wing Detachment Dundurn and CFAD Dundurn, but the broader military presence extends well beyond the detachment.

Because of this, much of our outreach, resources, and guidance—such as what you'll find in this Welcome Book—is tailored to families living in the Dundurn and Saskatoon areas. If your posting brings you to another community within our catchment area, just reach out—our team is always happy to provide localized information and help you feel at home, wherever you are stationed.

You are now part of a province known for its warmth, its open skies, and its deeply rooted sense of community. Saskatchewan proudly holds the title of Canada's sunniest province, receiving an impressive 2,000 to 2,500 hours of sunshine each year. Life here follows a steady rhythm—Saskatchewan remains on Central Standard Time year-round, meaning no seasonal clock changes. The provincial tax rate is 6%, and the province's name comes from the Plains Cree word "**kisiskatchewan**," meaning "**swiftly flowing river**." True to its natural beauty, over half of Saskatchewan is covered by forest, offering endless opportunities for outdoor exploration.





DETACHMENT DUNDURN & CFAD



Canadian Forces Detachment Dundurn (also **CFD Dundurn**) is located 35km south of Saskatoon, 5km off Hwy 11.

The Detachment is about 10km north of the small town of Dundurn. The population of Dundurn is approximately 675 people with limited services. Services available within the town of Dundurn are an elementary school (grades K-6), a community library, a gas station with basic grocery needs and an ATM, post office, sports center, community hall, churches, restaurants, two playgrounds and a few other basic services.

For more information visit: <https://www.townofdundurn.ca/>



Canadian Forces Ammunition Depot Dundurn (**CFAD Dundurn**) is classified as a lodger unit of CFD Dundurn and continues to function as an ammunition depot. CFAD Dundurn is the largest ammunition storage facility in the Canadian Forces, acting as the distribution center for both domestic and overseas deployments

From the Detachment, travelling north on hwy 11 for 42km, you will find yourself in the city of Saskatoon. Commonly referred to as the *City of Bridges*, Saskatoon is built on both sides of the South Saskatchewan River and is the fastest growing city in Saskatchewan. You will find shopping, activities, cultural and recreational choices, and anything else any other city will offer. Circle Drive is the freeway and will give you access to any major road or point in the city.

For current

information on the City of Saskatoon, go to: <https://www.saskatoon.ca/>





LIFE ON THE DETACHMENT



Detachment Dundurn offers a wide range of amenities and support services for CAF members and their families, including:

- Residential Housing Units
- Single Quarters
- Playground, Basketball Court, Volleyball Court, Disc Golf Course, Outdoor Gym Equipment
- Dog Park
- Walking Trail
- MFRC Office & Daycare
- Gym & PSP Offices;
 - PSP-supported clubs, including:
- Auto Hobby Club
- Rod, Gun & Archery Club
- Garden Club
- Wood Hobby Club
- ...and more!



For more information on RHU's at Detachment Dundurn
please contact Housing Services Centre Moose Jaw:

cfha-alfc.moosejaw@forces.gc.ca

or

(306) 694-2255

HEALTHCARE

HOSPITALS

- **Royal University Hospital (RUH)** - 103 Hospital Drive, Saskatoon
 - Emergency – 306-655-1362
 - Switchboard – 306-655-1000
- **Jim Pattison Children's Hospital (JPCH)** located within RUH
 - Switchboard – 306-655-6500
- **Saskatoon City Hospital** - 701 Queen St, Saskatoon
 - Emergency - 306-655-8230
 - Switchboard – 306-655-8000
- **St. Paul's Hospital** – 1702 20th Street W., Saskatoon
 - Switchboard: 306-655-0550

SASKATCHEWAN HEALTH CARD



Saskatchewan
Health Authority

CAF dependents are no longer required to serve the 90-day waiting period before applying for a Saskatchewan Health Card. The application can be completed online once you acquire all the supporting documentation.

<http://www.ehealthsask.ca> → Health Cards

HEALTH LINE

- Dial 8-1-1 to get 24/7 confidential support from registered nurses and counsellors.
 - More info: saskatchewan.ca → HealthLine

PUBLIC HEALTH NURSES

- Public Health Nurses are available for services such as baby clinics and children's vaccinations. You can find more information by visiting their website: <https://momsandkidssask.saskhealthauthority.ca/>

MAPLE VIRTUAL HEALTH

- Canadian Forces Morale and Welfare Services and Maple have collaborated to provide online doctor visits to dependents of Canadian Armed Forces (CAF) members living in Canada. It is a safe and effective way to access routine healthcare from the comfort of your home.
 - With the click of a button, you can communicate with a Canadian-licensed general practitioner within minutes.
 - You can access this by text, phone or video, from your smartphone, tablet or computer.
 - **The service is available seven days a week, 24 hours a day.**
 - A valid CFOne card number is required to confirm your eligibility for this program – if you do not have a valid CFOne card, you can register for one here: <https://cf1fc.cfmws.com/Join/Register>
 - You can register for the Maple Virtual Health Program here: <https://app.getmaple.ca/register>

Your Mental Health Matters



Health Line

Call 8-1-1



Suicide Crisis Line

Text/Call 9-8-8



Hope for Wellness

1-855-242-3310



Kids Help Phone

1-800-668-6868



Farm Stress Line

1-800-667-4442

saskpublicsafety.ca

Saskatchewan
PUBLIC SAFETY AGENCY

The **CSMFRC** partners with a wide range of local and virtual community organizations to support military members and their families. We offer access to resources, programs, and referral services designed to help you navigate your new posting with confidence. If you ever need assistance finding a specific service or support, please reach out—**our team is here to help.**

FAMILY CARE PLAN

- A Family Care Plan is a mandatory Department of National Defence form that prepares families of Canadian Armed Forces members to be taken care of in case of unforeseen events, emergency callouts and planned deployment. By identifying primary and secondary caregivers who should be contacted in the event of an emergency or military tasking, your Family Care Plan supports your family in your absence. Essentially, the Family Care Plan is a regularly updated exchange of information between your family and a Commanding Officer. A completed Family Care Plan is designed to support individual and unit operational readiness.
- All Canadian Armed Forces personnel must complete the **Family Care Plan (FCP) Declaration DND Form 2886**. It isn't a legally binding document, but it is kept on the military member's file. Family Care Plans are protected under the Privacy Act.
- For a copy of the "Form DND 2886, Family Care Plan (FCP) Declaration", please contact your orderly room.

FAMILY INFORMATION LINE

- The Family Information Line (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community.

FAMILY INFORMATION LINE – AVAILABLE 24/7

CALL: 1-800-866-4546 (IN CANADA)

CALL: 00-800-771-1772 (INTERNATIONAL)

EMAIL: FIL-LIF@CFMWS.COM

Free, text-based support
for all kids and youth from
military families in Canada.

Text CAFKIDS to 686868
to chat with a trained volunteer
Crisis Responder.

 **MFS** SECURITY SERVICES
A division of CFMWS

Developed in partnership with
Kids Help Phone 

 **TRUE PATRIOT LOVE**

WARM LINE CALLS / EMAILS

- Families experiencing an spousal absence may sign up for friendly check-in phone calls or emails from the Deployment Services Coordinator. If you would like us to maintain regular phone contact during the absence, just let us know!

MORALE MAIL

- CAF family members and friends are able to send letter mail and parcels to deployed CAF members free of charge.
 - You can drop off your packages at the MFRC or arrange a pickup in the city as well!

VETERAN FAMILY PROGRAM

- The Veteran Family Program provides enhanced information and referral services, transitional focused core national and local programming to individuals medically releasing and medically released members along with their families.



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

The CSMFRC operates a provincially licensed childcare facility conveniently located on Detachment Dundurn.

MILITARY FAMILIES ARE GRANTED PRIORITY REGISTRATION UPON SUBMISSION OF ONE MONTH'S ADVANCE NOTICE.

We offer childcare for children ages 6 weeks – 12 years of age. Hours are 7:30am-5pm, Monday to Friday.

Prairie Spirit School Division provides busing to both Dundurn Elementary School and Hanley Composite School from the Centre.

The Centre has 42 spots available for children and often operates at full capacity.

If you choose to enroll your child(ren) in the CSMFRC Daycare Centre, it is important for you to do so at your earliest convenience so the Daycare Centre can do their best to accommodate your child(ren)'s requested start date.

SHOULD YOU REQUIRE CHILDCARE DURING PACK/LOAD/UNPACK/UNLOAD DAYS, CALL AHEAD TO CONFIRM THAT SPACE IS AVAILABLE
CASUAL CHILD CARE AT THE CENTRE MUST BE BOOKED IN ADVANCE AND WILL NOT BE GUARANTEED DUE TO LIMITED SPACE.

For listings of other licensed day cares and day homes within Saskatoon and the surrounding area, visit:

www.saskatchewan.ca – select **Family and Social Support**

UTILITIES

When setting up your new home, you can contact the following independently:

- Electricity: SaskPower at (888) 757-6937 or <https://www.saskpower.com/>
- Gas: SaskEnergy at (306) 975-8672 or (800) 567-8899 or <https://www.saskenergy.com>
- Utilities for City of Saskatoon: (306) 975-2400 or <https://www.saskatoon.ca/services-residents/power-water-sewer>
- Saskatoon Recycling: <https://www.saskatoon.ca/services-residents/waste-recycling/recycling>
- Water rural locations near Dundurn: (306) 492-2202 or <https://www.dundurnruralwater.ca/home>
- Utilities in the Town of Dundurn: <https://www.townofdundurn.ca/utilities/>

To help simplify your move process, Express Address offers residential customers a convenient way to notify multiple Saskatchewan organizations of your move. You can register for telephone, electricity, gas, water/sewer, vehicle registration, drivers and pet licensing all at once. → www.expressaddress.com

INTERNET

- Multiple service options are available on the Detachment, in the town of Dundurn, and in Saskatoon (some restrictions with the services to PMQs). With ever-changing technology, to find one that is best for your needs please use your preferred search engine.
- Local service providers include (but are not limited to): Shaw, SaskTel, Xplornet, RedBird, Telus, VMedia, Access Communications, and StarLink. Please note that all areas of the province are not serviced by all providers.

POSTAL SERVICE

If you acquire accommodations which require a post office box, it is recommended that you contact the local post office at your earliest convenience to secure a box number.

- Postal services for residents of Detachment Dundurn are provided in the town of Dundurn.
 - Dundurn Postal Services (306) 492-2213
 - Hanley Postal Services (306) 544-2280
 - Saskatoon Postal Services (306) 668-6723

EMERGENCY SERVICES

FOR ANY EMERGENCY SERVICES (POLICE, AMBULANCE OR FIRE) CALL 9-1-1

- The Detachment provides full emergency first responder services.
 - When placing an emergency call while on Detachment Dundurn (including the PMQs), please ensure you clearly indicate your location so that the appropriate services can be dispatched promptly and safely.

VEHICLE INSURANCE & DRIVERS LICENSE INFORMATION

Saskatchewan operates a mandatory vehicle registration and insurance system. When a vehicle owner purchases license plates, they automatically obtain a basic package of insurance from Saskatchewan Government Insurance (SGI). This basic coverage includes protection for damage to the owner's vehicle, subject to a \$700 deductible.

- For additional details, visit www.sgi.sk.ca
- New residents who wish to drive in Saskatchewan must obtain a Saskatchewan driver's license within 90 days of moving to the province, or before their out- of- province license expires—whichever occurs first.
 - Requirements may vary based on your previous licensing jurisdiction, so it is recommended to verify any conditions that may apply.
- SGI is the primary provider of vehicle insurance in Saskatchewan. All vehicles previously registered outside the province must complete and pass a mandatory vehicle inspection before they can be licensed in Saskatchewan.
 - More information on inspection requirements is available at www.sgi.sk.ca

ACTIVITIES AND RECREATION

- Saskatchewan is rich in geographical diversity! There is an abundance of outdoor activities throughout the province, and Saskatoon has many different recreational activities both indoor and outdoor for you and your family to enjoy.
- Though the Province of Saskatchewan shares a library loaning service, those who live in Saskatoon can utilize the Saskatoon Public Library while those living on base or in the surrounding areas have access to the Dundurn Public Library which is part of the Wheatland Regional Library system.
 - Saskatoon Public Library: <https://saskatoonlibrary.ca/>
 - Wheatland Regional Library: <https://www.wheatland.sk.ca/>
- The CSMFRC also works to utilize programs and services in and around the surrounding community, so you will find our programs taking place on the Detachment, within the city of Saskatoon and throughout Saskatchewan.
- Saskatoon, Dundurn and Hanley all have recreational activities such as athletics for kids, adult programs, arts, mental health programs, etc.
- Saskatoon Leisure Guide:
 - <https://www.saskatoon.ca/parks-recreation-attractions/recreational-programs-activities/leisure-guide>

VOLUNTEER OPPORTUNITIES

- The MFRC needs you! If you want to have fun, meet new people, learn new skills, or add to your resume, we have opportunities for you. Volunteer opportunities are always available in the following areas:
 - **Board of Directors:** The Board of Directors is the legal authority for the MFRC and is responsible to the military community. As a member of this volunteer Board, a Director is a trustee for the community and is responsible for the effective governance of the organization. Members of the Board provide guidance, support and direction to the Executive Director to set overall policy and establish the long-term goals of the MFRC. The Board of Directors is comprised of 51% military spouses, and the balance is to be from the military and civilian community. In addition, several ex-officio positions (non-voting) are appointed for their expertise.
 - Volunteers who wish to be part of the Board of Directors just need to have an interest in the work of the MFRC and be willing to participate in quarterly meetings to discuss current and ongoing issues relating to the MFRC!
 - Those interested in joining the CSMFRC Board of Directors are encouraged to reach out to the Executive Director, Kendra Bessey at: Kendra.Bessey@forces.gc.ca

CFONE MEMBER APPRECIATION PROGRAM

- The CFOne (or CF One) card is a membership and rewards program for the Canadian military community, managed by Canadian Forces Morale and Welfare Services (CFMWS). It acts as a single point of access to various benefits, including discounts, loyalty rewards, and exclusive financial and wellness programs.
 - Members of the Canadian Armed Forces community may apply online:
<https://cf1fc.cfmws.com/Join/Register>



SISIP FINANCIAL

- SISIP Financial is the exclusive provider of financial services to the Canadian Armed Forces (CAF) community. As a division of Canadian Forces Morale and Welfare Services (CFMWS), it has served active members, veterans, and their families for over 50 years with:
 - **Insurance** Plans including Term Life Insurance, Long Term Disability (LTD), and Critical Illness Insurance.
 - **Financial Planning & Advice** surrounding budgeting, investing, and retirement planning.
 - **Emergency Support** by way of financial counselling and distress loans or grants for members in crisis.
 - **Educational Resources** such as the Money Mastery Portal and free webinars to help members manage their money.



- Find the most recent information and resources here → <https://cfmws.ca/insurance-finance>

EDUCATION AND CHILDCARE

- K-12 LEARNING

- The Dundurn area falls within the catchment of Prairie Spirit School Division. It is a public division with bussing options for those not living within town boundaries.
- The city of Saskatoon has a Public and a Separate (Catholic) division within its boundaries.
- Core French and French Immersion is available in both SPSP and GSCS.
- Francophone Learning is available in the City of Saskatoon with bussing available for those living rurally.
- Second Language learning in Cree, Michif, and Ukrainian is offered through GSCS.

- **Saskatoon Public School Division:** <https://www.spsd.sk.ca/>
- **Greater Saskatoon Catholic Schools:** <https://www.gscs.ca/>
- **Francophone Schools:** <https://ecolefrancophone.com/en/>
- **Prairie Spirit School Division:** <https://www.spiritsd.ca/>



ALTERNATE LOCATION LEARNING PROGRAMS

- **Distance Learning Program:** <https://www.saskdlc.ca/>
- **FlexEd:** <https://www.flexed.ca/>

- POST SECONDARY SCHOOLS

- Saskatoon has two large post-secondary institutions. The University of Saskatchewan and SaskPolytech are both located close to the downtown core of Saskatoon.
 - **University of Saskatchewan** → www.usask.ca
 - **Saskatchewan Polytechnic Institute** → www.saskpolytech.ca

- EMPLOYMENT INSURANCE BENEFITS

- Eligible CAF dependents may collect EI due to relocation following spouse.
 - Simply indicate on your ROE the reason for voluntary departure as “Required to accompany military member (spouse) to new place of residence”.
 - Check out job search sites within your new community, province and provincial professional orders or associations in your field.
 - If you are in a profession whose practice requires provincial authorization work in your area, start the certification process in advance.

- CAREER COACH

- Career coach is a free program offered by CFMWS that offers one on one career coaching, along with a digital learning hub for military spouses.
 - For more information please visit:
<https://cfmws.ca/support-services/employment/career-development/careercoach>

- **EMPLOYMENT OPPORTUNITY WITH CSMFRC DAYCARE**

- The CSMFRC Childcare Centre located on the detachment is continuously searching for great candidates for positions within the centre.
- If you are interested in employment at the daycare please contact Jena Dombrowsky, Daycare Director at **639-318-7593** or childcare@csmfrc.ca

- **PETS**

- Most municipalities in the area require all dogs and cats be licensed. Detachment Dundurn also requires licensing of dogs and cats while residing in the RHU's. The following are the regulations to adhere to while residing within Detachment Dundurn, Saskatoon, and Town of Dundurn:
 - All pets must be immunized on a yearly basis.
 - All pets are to be leashed except in designated off-leash parks.
 - A "Poop and Scoop" order is in effect.
 - The detachment regulates pets according to CFHA Para 69; Dundurn allows 3 pets. Failure to comply can result in fines being levied to the owner(s)

- **SASKATOON VETERINARY CLINICS**

- Acadia Veterinary Clinic - <https://acdiavetclinic.com/>
- Stonebridge Veterinary Hospital - <https://stonebridgevethospital.com/>
- Cumberland Veterinary Clinic - <https://www.cumberlandvetclinic.com/>

There are a wide scope of veterinary services in and around the Saskatoon area, please do your research to find the best suitable clinic for your fur-babies!



- **MOBILE VET**

- Omer Mobile Veterinary Services - (306)-651-2877

- **GROOMERS**

There is a wide selection of dog grooming options in the city of Saskatoon, but here are some available options in rural areas:

- **Renown Mobile Grooming (Sarah):** <https://www.facebook.com/renownmobiledoggrooming/>
- **Alpha Style Pet Grooming (in Hanley):** <https://www.facebook.com/groups/991103627672354/>

- **KENNELS**

- Prairie Mountain Pet Resort (CAF Members receive a 10% discount upon showing valid ID)
 - For more information please visit: <https://www.prairiemountainpetresort.com/>
- Companion Inn Pet Resort
 - For more information please visit: <https://www.companioninn.ca>

- **LICENSING**

- City of Saskatoon:
 - https://www.saskatoon.ca/services-residents/pet-licensing-animal-services/pet-licensing_
- Town of Dundurn:
 - <https://www.townofdundurn.ca/licenses/>

- **DOG PARKS/TRAILS**

- Throughout the city of Saskatoon there are multiple dog parks and trails, for information on locations please visit: <https://www.saskatoon.ca>
- There is also a dog park located on the detachment located directly behind the RHU's



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

