

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1  CANADA DAY MFRC OFFICE CLOSED	2	3  *Ice Cream Float Friday*	4
5	6	7  National Chocolate Day	8	9	10  MFRC at Kinsmen Park	11
12	13	14	15	16	17  *Ice Cream Float Friday*	18
19  National Ice Cream Day	20	21	22	23  Beading Workshop	24  Yoga/Meditation Session	25
26	27  Korean War Veterans Day	28	29	30	31  *Ice Cream Float Friday*	

JULY 2026 NEWSLETTER

CONTACT THE CSMFRC

Monday - Friday
0800 - 1630 306-491-4698

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MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS



MILITARY FAMILY APPRECIATION DAY!

MFAD 2026

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

Enjoy a variety of games, activities, and entertainment
for all ages!

Dinner will be available for everyone to enjoy.

**OPEN TO: CAF MEMBERS, VETERANS, CADET & CAF-
AFFILIATED FAMILIES, AND CSMFRC DAYCARE FAMILIES**

Updates will be posted on the MFAD 2026
Facebook event page: facebook.com/CSMFRC.

If you have any questions email: info@csmfrc.ca

SPONSERED BY



TRUE PATRIOT
LOVE
COMMITMENT TO EXCELLENCE
THE CANADIAN WAY



thePersonal



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



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.**

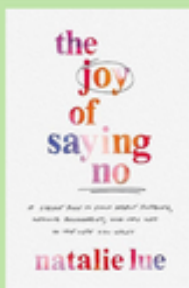
FROM HOMEFRONT TO MARKETPLACE: DISCOVER, SUPPORT, CELEBRATE!

Mind & Mission Resource Library

Books of the Month: July

Did you know? July is Social Wellness 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 Joy of Saying No by Natalie Lue

A transformative guide that helps chronic people-pleasers identify their specific coping styles to overcome the fear of rejection. By establishing healthy, guilt-free boundaries, readers learn to reclaim their time, energy, and authentic selves.

Explores how inherited family trauma is unconsciously passed down through generations and shapes our physical and mental health. Through practical tools and language exercises, the book guides readers to uncover these hidden emotional patterns and break the cycle of ancestral suffering

It Didn't Start with You by Mark Wolynn



I Am Happy & I Am Calm by Lisa Edwards

These toddler-friendly introductions to mindfulness, and wellness. These board books teach young readers how to recognize their emotions and find inner balance amidst life's daily opposites.



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

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



Beading Workshop

with **HONEY WILLOW**
nēhiyaw 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
BY JULY 17TH

THIS PROGRAM
IS GENEROUSLY
SUPPORTED BY:

**TRUE PATRIOT
LOVE**



JOIN OUR BEGINNER YOGA/MEDITATION SESSION



OUTSIDE!

Friday July 24th, 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 or
scan QR Code



THIS PROGRAM
IS GENEROUSLY
SUPPORTED BY:

**TRUE PATRIOT
LOVE**

Open to CAF
Members,
Veterans' &
Family Members!

Military & Veteran families are invited to join us at

KINSMEN PARK

July 10th

12pm-3pm
\$5/family



Each family will
receive 8 ride
tickets

To register before July 8th email:
megan.boufford@csmfrc.ca

POP BY THE MFRC FOR...



FLOAT FRIDAYS

Let's beat the heat with sweet treats
and good company on Fridays!

A variety of different
ice cream floats will
be available at the
MFRC on

JULY 3, 17, AND 31!!



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 OR A
MILITARY RELOCATION WITH CHILDREN**

WE VALUE YOUR EXPERIENCE

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

If your family has experienced an absence, or a relocation to a new province with children, we would appreciate your insights. Please share what worked, what didn't, and what you wish you had, as your feedback could 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**





Respite Reimbursement Program

The CSMFRC provides a Respite Reimbursement Program to assist families during military absences, addressing increased home responsibilities and childcare needs. Reimbursement varies based on the member's absence duration, with greater support 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



Once your Orderly Room (OR) notifies us of a deployment or extended absence, we'll contact you with available supports.

Families can also contact Megan at the MFRC anytime to get started or ask questions.

***THIS PROGRAM HELPS REDUCE THE LOAD AT HOME AND
SUPPORTS YOUR FAMILY THROUGHOUT THE MILITARY JOURNEY.***

For any questions, please contact Megan at the MFRC.

Megan.Boufford@csmfrc.ca.

COMMUNITY SUPPORTS

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS

FAMILY INFORMATION LINE: 1-800-866-4546 / FIL-LIF[AT]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[AT]FORCES.GC.CA

SUPPORT OUR TROOPS: 1-877-445-6444

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

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

SISIP: 1-800-267-6681

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

LAST POST FUND: 1-800-465-7113

HEALTH LINE: 811

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

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

SASKATOON CRISIS INTERVENTION SERVICE: 306.933.6200

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

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

SASKATCHEWAN SUICIDE HOTLINE: 1-306-933-6200

OUTSASKATOON: 306-665-1224

DOMESTIC VIOLENCE HOTLINE: 1-888-338-0880

SEXUAL ASSAULT CENTER: 1-306-244-2224

RUH EMERGENCY SERVICES: 1-306-655-1362

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

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

