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APRIL 2026 NEWSLETTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STOP BY THE MFRC FOR EASTER TREATS APRIL 1 & 2			1 APRIL FOOLS	2 TEAL UP FLAG RAISING 11:45 AM	3 Good Friday MFRC Office Closed	4
5 Happy Easter 	6 Easter Monday MFRC Office Closed	7	8	9  VETERANS COFFEE & BREAKFAST MEETUP	10	11 Vimy Ridge Dinner
12 	13	14  National Dolphin Day	15	16	17	18  A DAY IN THEIR BOOTS
19	20	21	22 Earth Day 	23  RELOCATION READINESS SESSION	24	25
26	27 TEAL UP DAY!	28	29  International Guide Dog Day	30		



MFSP
 MILITARY FAMILY SERVICES PROGRAM



PSFM
 PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES



VETERANS & FAMILIES
 FAMILLES & VÉTÉRANS

EXCITING NEWS!



City of
Saskatoon

PROCLAMATION

WHEREAS Central Saskatchewan Military Family Resource Centre has applied to the City of Saskatoon to proclaim April 2026 as 'Month of the Military Child'.

WHEREAS The City Clerk, on February 19, 2026, considered the application and approved the proclamation for April 2026 as 'Month of the Military Child'.

NOW THEREFORE, The City of Saskatoon proclaims April 2026 as 'Month of the Military Child' in Saskatoon, Saskatchewan.

Dated this 19th day of February, 2026.

A handwritten signature in blue ink, appearing to be "C. [unclear]".

City Clerk

CAF MEMBERS', VETERANS', CIVILIAN PERSONNEL & FAMILIES' ARE INVITED TO



TEAL UP TOGETHER:

A DAY IN THEIR BOOTS

CELEBRATING THE RESILIENCY OF MILITARY CHILDREN!

FAMILIES ARE INVITED TO EXPLORE 17 WING DETACHMENT DUNDURN THROUGH HANDS-ON ACTIVITIES, EQUIPMENT DISPLAYS, UNIFORM TRY-ONS, AND A GUIDED FIREHALL TOUR.

IT'S A UNIQUE CHANCE TO SEE WHAT LIFE IN THE CANADIAN ARMED FORCES IS ALL ABOUT.

**APRIL 18TH 2026
10AM TO 2PM**

**10:00 AM – 12:00 PM
MILITARY ACTIVITIES AROUND THE
DETACHMENT**

**12:00 PM – 2:00 PM
CELEBRATION ACTIVITIES &
LUNCH AT THE MESS**

**SPECIAL THANKS TO ALL
SUPPORTING UNITS!**

TEAL UP

FOR STRONG MILITARY KIDS
POUR LES FORTS ENFANTS DE MILITAIRES



TO REGISTER BY APRIL 9TH EMAIL REGISTER@CSMFRC.CA

COME OUT AND CELEBRATE!

EMAIL REGISTER@CSMFRC.CA TO JOIN

**JOIN US FOR A FLAG RAISING TO CELEBRATE
THE MONTH OF THE MILITARY CHILD!**



"TEAL UP" FLAG RAISING

**APRIL 2ND | 11:45 AM
FRONT GATE**



**Stay Tuned for the Teal Up
Social Media Contest
Coming in April!**



**PRIZE TO BE WON:
A GIFT BASKET OF
TEAL UP MERCH**

**SASKATOON CITY HALL
& PRAIRIE WIND MONUMENT
WILL BE LUMINATED TEAL
FROM
19-26 APRIL 2026**

**WE ENCOURAGE YOU TO CHECK
THEM OUT IF ABLE
(AND SEND US PHOTOS!)**

**THANK YOU TO THE CITY OF SASKATOON FOR
THE SUPPORT & RECOGNITION**



#TEALUPFORMILITARYKIDS



**VISIT THE MFRC FOR A
TEAL UP BUTTON TO
SUPPORT OUR
RESILIENT MILITARY KIDS!**





WHY ARE DANDELION'S THE SYMBOL OF TEAL UP?

DANDELIONS TAKE ROOT ALMOST ANYWHERE, AND ONCE THEY DO, THEY'RE NEARLY IMPOSSIBLE TO ERASE. THEY'RE HUMBLE PLANTS –UNASSUMING YET BEAUTIFUL–AND THEY THRIVE IN AN ASTONISHING RANGE OF CLIMATES. THEY SURVIVE BECAUSE THEY ADAPT.

MILITARY CHILDREN ARE MUCH THE SAME. THEY BLOOM WHEREVER THE WINDS CARRY THEM. THEY STAND TALL AND RESILIENT, THEIR ROOTS ANCHORED DEEPLY IN THE CULTURE OF THE ARMED FORCES–ROOTS PLANTED QUICKLY, YET SECURELY. THEY LEARN EARLY HOW TO CATCH THE BREEZE AND RISE WITH IT, READY FOR NEW ADVENTURES, NEW LANDSCAPES, AND NEW FRIENDSHIPS.

THESE CHILDREN GROW INTO WELL-ROUNDED, CULTURALLY AWARE, AND REMARKABLY RESILIENT INDIVIDUALS. THEY UNDERSTAND THAT HOME IS NOT A SINGLE PLACE ON A MAP BUT SOMETHING THEY CARRY WITHIN THEMSELVES. THEY KNOW THAT A TRUE FRIEND CAN BE FOUND IN ANY CORNER OF THE WORLD.

THEY DISCOVER THAT SURVIVAL IS REALLY ABOUT ADAPTATION, THAT EVERY CLOSING DOOR SIGNALS THE START OF A NEW CHAPTER–ONE FILLED WITH UNFAMILIAR FACES WHO SOON BECOME FRIENDS, AND UNFAMILIAR PLACES THAT SOON FEEL LIKE HOME.

WHAT IS TEAL UP?

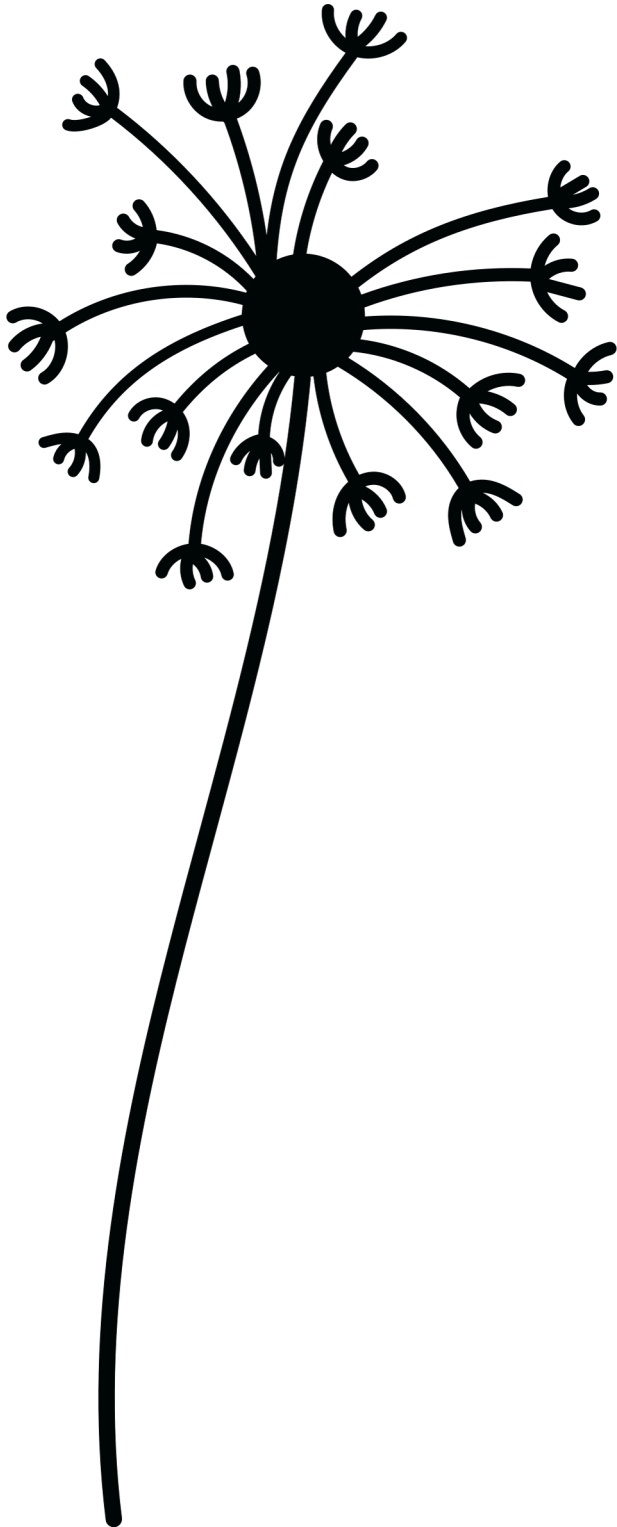
TEAL UP BEGAN IN 2021 AS A WAY TO SHINE A SPOTLIGHT ON THE MONTH OF THE MILITARY CHILD AND TO GIVE CANADIAN MILITARY CHILDREN A DAY DEDICATED TO CELEBRATING THEM. ON APRIL 27, PEOPLE ACROSS THE COUNTRY WEAR TEAL SHIRTS TO SHOW THEIR SUPPORT.

WHY TEAL?

TEAL WAS CHOSEN BECAUSE IT REPRESENTS ALL BRANCHES OF THE CANADIAN ARMED FORCES– COMBINING AIR FORCE BLUE, ARMY GREEN, AND THE BLUE AND WHITE OF THE NAVY INTO ONE UNIFIED COLOUR

HIGHLIGHTING THE RESILIENCY OF MILITARY CHILDREN!

UNLIKE MANY OF THEIR PEERS, MILITARY CHILDREN GROW UP ON THE MOVE–OFTEN LEAVING SCHOOLS, ACTIVITIES, AND CLOSE FRIENDS BEHIND AS THEIR FAMILIES RELOCATE. THEY ALSO FACE LONG PERIODS OF SEPARATION FROM LOVED ONES DURING DEPLOYMENTS, TRAINING, AND EXERCISES. YET DESPITE THESE CHALLENGES, MILITARY CHILDREN CONTINUE TO GROW, THRIVE, AND ACHIEVE. THEIR RESILIENCE IS REMARKABLE, AND IT DESERVES TO BE RECOGNIZED AND CELEBRATED IN HONOUR OF EVERY CHILD WITHIN THE MILITARY COMMUNITY.



DANDELION:

THE OFFICIAL FLOWER OF THE MILITARY CHILD

Dandelion you're like me
Set adrift to ride the breeze
Drifting here and settling there
To grow as if you have no care
Only those like you will know
The sudden rush to rise and go
On any current you will flow
On any weathered wind you'll blow
In any sea, on any tide
On any ground, you will abide
An you never do decide
Just where you'll go, or how you'll ride
Around the world, among all kinds
Flying with no tie that binds
Always leaving friends behind
Trying not to show you mind
Dandelion I'm like you!
Of my future, I've no clue!
I put down roots that have no glue
So I'll move somewhere new.

- by Patti Neal Cadwallader-

Veteran Coffee & Breakfast Meetup

Join us for a casual Veteran Peer Support Coffee & Breakfast Meetup, where Veterans and their family can connect, share experiences, and enjoy good company in an open, friendly, and judgment-free space.



APRIL 9TH, 2026
9:00 AM

At Smitty's Family Restaurant
Hwy 11 S & Grasswood Rd, Saskatoon

BREAKFAST IS AT YOUR OWN EXPENSE



For questions, reach out to
Padre Peter Vere – 639-384-6738



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

DIY MOSS FRAME



NEW DATE!

Sunday May 3rd, 2026 1pm to 3pm
CSMFRC Building/ \$20 per person
ages 16 and up

Scan the code to register or
email vfp@csmfrc.ca

SCAN ME



TRUE PATRIOT
LOVE



Alo Paint



RELOCATION READINESS SESSION

Join the MFRC and the Detachment CAFRD Relocation Coordinator, WO Kaiser for a Relocation Readiness Information Session designed to help make your posting experience as seamless as possible.

We'll share practical tips, resources, and offer valuable insight to help guide you through your relocation process.

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

Email: register@csmfrc.ca or scan the QR code to register!

You are **encouraged** to submit any questions in advance that you would like discussed



**SCAN THE QR CODE FOR THE
CAF RELOCATION DIRECTIVE (CAFRD)**

**IF YOU HAVE ANY RELOCATION QUESTIONS
OR WOULD LIKE TO SCHEDULE A RELOCATION
MEETING, FEEL FREE TO REACH OUT TO OUR
RELOCATIONS COORDINATOR:
KATHERINE.DEFOSSE@CSMFRC.CA**





COMMUNITY SUPPORTS



The CSMFRC hours of operation are Monday - Friday 8am-4:30pm
Don't hesitate to reach out to us for assistance: 306-491-4698

Should you require assistance outside of business hours:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line: 1-800-866-4546

CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

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

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

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