OCTOBER 2026 NEWSLETTER

CSMFRC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE CSMFRC HOURS OF OPERATION ARE: Monday-Friday 8:00AM - 4:30PM Contact us: 306-491-4698				1	2	3 Friends Giving
4 National Day of Action for Missing and Murdered Indigenous Women, Girls and Two-Spirit People	5	6	7	8	9	10 World Mental Health Day October 10
11	12 Happy Thanksgiving MFRC Office + Daycare Closed	13	14	15	16	17
18 Resilient Roots Group	19 Healthy Relationships Campaign Resource Package Pick up →	20	21	22 AXE THROWING	23	24 Pumpkin Party
25	26 Healthy Relationships Campaign Resource Package Pick up →	27	28	29	30	31 HAPPY HALLOWEEN



FIND US ON FACEBOOK.COM/CSMFRC

CFMWS.CA/Central-Saskatchewan



CONTACT THE CSMFRC

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DID YOU KNOW THE CSMFRC HAS A LENDING LIBRARY? BORROW GAMES, HOMEWARES, OUTDOOR EQUIPMENT, BOOKS, SENSORY TOOLS, AND MORE TO SUPPORT YOUR FAMILY!

SCAN THE QR CODE FOR THE FULL LENDING LIBRARY CATALOGUE!

MFSP PSFM

VETERANS & FAMILIES FAMILLES & VÉTÉRANS

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CHECK OUT ALL THE ONGOING EVENTS!



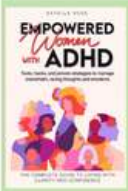


Mind & Mission Resource Library

Books of the Month: October

Did you know? October is ADHD Awareness & Domestic Violence 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.



Empowered Women With ADHD by Estelle Rose

Provides practical tools and strategies to help women manage ADHD-related challenges such as overwhelm, emotional regulation, organization, and relationships. It encourages readers to embrace their neurodiversity, build confidence, and harness their strengths to thrive in everyday life.



Living without Fear by Dolores Mosquera

A compassionate guide that helps women recognize the signs and impact of gender-based violence, while offering insight into why leaving an abusive relationship can be so difficult. It provides practical tools for healing, rebuilding self-esteem, setting healthy boundaries, and moving toward a life free from fear and violence.



Putting on the Brakes by Michael Chesworth

Helps children understand ADHD, answers common questions and concerns, and provides practical strategies for improving focus, organization, emotional regulation, and everyday success.



CHECK OUT THE BOOKS OF THE MONTH WITH MEGAN AT THE MFRC!

THE ARTFUL PATH TO WELLNESS PRESENTS:

Threads for Resilience

Take Home Kits

CREATE. CONNECT. GIVE BACK.

JOIN US FOR A UNIQUE WELLNESS PROGRAM WHERE MILITARY AND VETERAN FAMILIES CAN CREATE WINTER HATS FOR VETERANS IN NEED. PARTICIPANTS WILL RECEIVE A FREE CROCHET KIT COMPLETE WITH YARN, INSTRUCTIONS, AND A CROCHET HOOK.

NO EXPERIENCE NECESSARY! EXPERIENCED KNITTERS ARE ALSO WELCOME TO PARTICIPATE; HOWEVER, KNITTING INSTRUCTIONS AND NEEDLES WILL NOT BE PROVIDED.

ONE STITCH AT A TIME, BUILDING RESILIENCE AND WARMTH FOR THOSE WHO SERVED.

EVERY COMPLETED HAT WILL BE DONATED TO:

RIVER VALLEY RESILIENCE RETREAT



REGISTRATION INFORMATION:

DEADLINE TO REGISTER: OCTOBER 25TH, 2026

KITS PICK UP: NOVEMBER 2ND, 2026

DROP OF FOR DONATION NO LATER THEN DECEMBER 10

EMAIL REGISTER@CSMFRC.CA, OR QR CODE FOR MICROSOFT REGISTRATION FORM.

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This program is made possible through the generous support of:

TRUE PATRIOT LOVE
CANADA'S FOUNDATION FOR THE MILITARY COMMUNITY

Healthy Relationships Campaign 2026:

RELATIONSHIPS AND EMOTIONAL WELLBEING

MILITARY AND VETERAN FAMILIES ARE WELCOME TO PICK UP A FREE HEALTHY RELATIONSHIPS TAKE-HOME BOOKLET AND EXPLORE ACTIVITIES, RESOURCES, AND PRACTICAL TOOLS DESIGNED TO SUPPORT

- ✨ Emotional Wellbeing
- ✨ Healthy Boundaries
- ✨ Self-Esteem
- ✨ Communication Skills
- ✨ Positive Relationships

Booklet age ranges:

- 🌈 Children (0-7)
- ⭐ Youth (7-15)
- 💚 Adults

Pick up at the MFRC from October 19-30, 2026

Looking for a Saskatoon drop off? Email: Megan.Boufford@csmfrc.ca

BECAUSE HEALTHY RELATIONSHIPS BEGIN WITH HEALTHY CONNECTIONS.

MFS | FAMILY VIOLENCE ADVISORY TEAM

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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

THURSDAY OCTOBER 22ND 0900-1100HRS BOOK TODAY!

LOOKING TO CONNECT AND LEARN MORE ABOUT YOUR FINANCIAL OPTIONS? LISA IS OFFERING VIRTUAL MEET & GREET SESSIONS FOR MEMBERS AND FAMILIES IN OUR AREA. IT'S A GREAT OPPORTUNITY TO CHAT, ASK QUESTIONS, AND DISCOVER HOW SISIP FINANCIAL CAN HELP SUPPORT YOUR FAMILY'S FINANCIAL WELL-BEING—NOW AND IN THE FUTURE

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REGISTER HERE OR EMAIL KATHERINE.DEFOSSE@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!

SAVE *the* DATE

MY TRUE POWER

January 30th, 2027 | 10:00 AM to 1:30 PM

Join us for an inspiring and engaging Mental Health Day focused on building resilience, embracing change, and supporting well-being through life's transitions.

Hear from Rod Dignean (Capt. Retd.) as he shares insights on navigating change, adapting through transition, and finding strength in life's challenges. The day concludes with an interactive workshop led by Jim Brayshaw of Saskatchewan Mental Health, exploring practical strategies to build resilience, break unhelpful patterns, and create positive change.

Additional event and registration details to follow. Contact Megan at Megan.Boufford@csmfrc.ca for more information.

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TRUE PATRIOT LOVE

MFS | FAMILY VIOLENCE ADVISORY TEAM

MILITARY MEMBERS, VETERANS, AND THEIR FAMILIES ARE INVITED TO:

REMEMBRANCE DAY

Wreath Workshop



NOVEMBER 7, 2026

9AM TO 12PM

SKYLINE MEETING ROOM AT BROADWAY COLLECTIVE, SASKATOON

$5 PER FAMILY



CREATE A PERSONALIZED WREATH TO HONOUR VETERANS AND LOVED ONES WHO HAVE SERVED. ENJOY A LIGHT BREAKFAST, CONNECT WITH OTHERS, AND CRAFT A MEANINGFUL TRIBUTE. ALL SUPPLIES PROVIDED. NO EXPERIENCE NEEDED!

STICKS & DOODLES WILL PROVIDE A WOODEN CENTERPIECE FOR EACH PARTICIPANT'S WREATH!

REGISTER BY NOVEMBER 3, 2026.
EMAIL REGISTER@CSMFRC.CA
OR SCAN THE QR CODE!

VETERANS & FAMILIES | FAMILLES & VÉTÉRANS

CSMFRC

THIS PROGRAM IS MADE POSSIBLE THROUGH THE GENEROUS SUPPORT OF:

TRUE PATRIOT LOVE



CHECK OUT MILITARY KIDS IN THE CLASSROOM FOR TIPS ON SUPPORTING MILITARY CHILDREN AT SCHOOL!





COMMUNITY SUPPORTS

THE CSMFRC HOURS OF OPERATION ARE:
Monday-Friday 8:00 AM - 4:30 PM
Contact us: 306-491-4698

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

RUH EMERGENCY SERVICES: 1-306-655-1362
ST PAUL EMERGENCY SERVICES: 1-306-655-5113
CITY HOSPITAL EMERGENCY SERVICES: 1-306-933-5069

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
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

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