

# FEBRUARY 2026 NEWSLETTER

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY   |
|---|---|--|---|--|--|--|
| 1   | 2  Groundhog Day | 3  | 4  WORLD CANCER DAY              | 5  | 6  | 7  Volunteer Appreciation Event |
| 8   | 9   | 10  MENTAL HEALTH 101 WEBINAR | 11  | 12   | 13  Registration Deadline for Snow Tubing | 14  Happy Valentines Day        |
| 15  NATIONAL FLAG OF CANADA DAY | 16  Family Day   | 17   | 18  | 19   | 20   | 21   |
| 22  SNOW TUBING WINTER SOCIAL   | 23  | 24   | 25  PINK SHIRT DAY STOP BULLYING | 26  MUKLUK DAY | 27   | 28   |



## ANNOUNCEMENTS

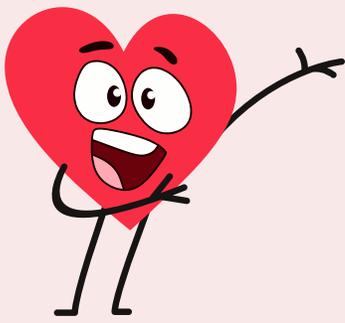
THE CSMFRC AND DAYCARE CENTRE HAVE RECENTLY UPDATED ALL EMAIL CONTACT INFORMATION.

PLEASE GO TO THE NEXT PAGE FOR THE UPDATED CONTACT INFORMATION.

THE MFRC OFFICE & DAYCARE WILL BE *CLOSED* ON MONDAY FEBRUARY 16TH FOR FAMILY DAY.



VETERANS & FAMILIES  
FAMILLES & VÉTÉRANS



# NEW CONTACT INFORMATION

We've updated the contact information for both the CSMFRC and the Daycare. You'll find the most up-to-date details in the list below. Please take a peek in your junk or spam folder if you are waiting on communication from us!

**info@csmfrc.ca** for MFRC general inquiries

**register@csmfrc.ca** for MFRC registrations

**vfp@csmfrc.ca** for Veteran Family Program Inquiries

**childcare@csmfrc.ca** for Daycare inquiries

## NEW STAFF EMAILS

- **KENDRA.BESSEY@CSMFRC.CA**
- **MEGAN.BOUFFORD@CSMFRC.CA**
- **KATHERINE.DEFOSSE@CSMFRC.CA**
- **MORGAN.MITCHELL@CSMFRC.CA**
- **HEIDI.GRANT@CSMFRC.CA**

## !! IMPORTANT !!

PLEASE UPDATE YOUR RECORDS TO USE **PAYMENTS@CSMFRC.CA** FOR ALL DAYCARE AND CSMFRC PROGRAM/EVENT FEE PAYMENTS. THE FORMER ADDRESS, **CSMFRC@HOTMAIL.CA**, WILL NO LONGER BE ACCEPTED AS OF **FEBRUARY 15, 2026.**



Any questions? Call us  
**306-491-4698**



**Oaks**  
MENTAL HEALTH



# 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.ca](mailto:megan.boufford@csmfrc.ca)



**SCAN ME**





# SNOW TUBING WINTER SOCIAL

SUNDAY FEBRUARY 22, 2026

AT 11AM | OPTIMIST HILL IN SASKATOON

**\$20 PER GROUP/FAMILY**

EMAIL KATIE AT  
[KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:KATHERINE.DEFOSSE@FORCES.GC.CA)  
TO REGISTER OR SCAN THE QR CODE  
REGISTER BY FEBRUARY 17TH!



Join the MFRC for an informative Lunch and Learn webinar focused on strategies for mutual care and support.

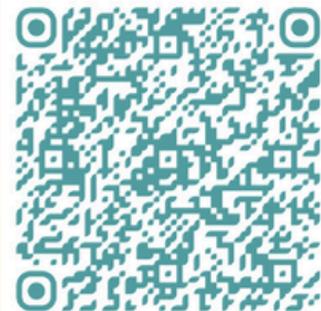
# CHECKING ON YOUR COWORKERS

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March 19<sup>th</sup>, 2026  
12pm to 1pm

Scan here to register



Virtual

Will also be streamed  
in the MFRC backroom

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

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LET'S CELEBRATE  
INTERNATIONAL

# Women's Day

Célébrons la Journée internationale des femmes

FRIDAY, MARCH 6 | VENDREDI LE 6 MARS

10:00AM-12:30PM

 Atrium, O.B. Philp's Building

Brunch, Speaker & Social!  
Brunch, conférencier et rencontre sociale!

\*Register before  
March 2nd\*  
\*Inscription avant  
le 2 mars\*



**THE CSMFRC WILL BE PROVIDING A SPRINTER VAN TO TRANSPORT PARTICIPANTS TO MOOSE JAW FOR THE INTERNATIONAL WOMEN'S DAY EVENT**

Bus leaves The MFRC Building 101 at 7:45am



Return estimated around 3pm.

**PLEASE EMAIL MEGAN AT [MEGAN.BOUFFORD@CSMFRC.CA](mailto:MEGAN.BOUFFORD@CSMFRC.CA) IF YOU ARE INTERESTED IN TRANSPORTATION FOR THIS EVENT**

# DIY MOSS FRAME



Join us to create a beautiful wall piece!

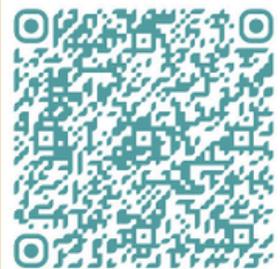
Saturday March 21, 2026 at 2pm

Nutana Legion / \$20 per person / ages 16 and up

Register by March 13th.

Scan the code or  
email [vfp@csmfrc.ca](mailto:vfp@csmfrc.ca)

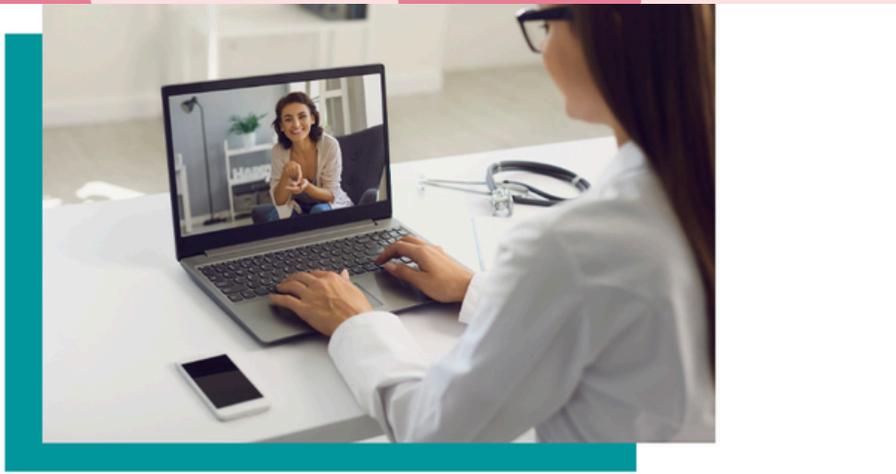
SCAN ME



TRUE PATRIOT  
**LOVE**



*Alo Paint*



THE MAPLE VIRTUAL HEALTH CARE PROGRAM OFFERS 24/7 ACCESS TO CANADIAN-LICENSED GENERAL PRACTITIONERS FOR DEPENDENTS OF CANADIAN ARMED FORCES MEMBERS LIVING IN CANADA.

*Get started today!*

VISIT THE LINK BELOW OR  
SCAN QR CODE

[HTTPS://APP.GETMAPLE.CA/REGISTER](https://app.getmaple.ca/register)



maple



## VETERAN FAMILY TELEMEDICINE SERVICE

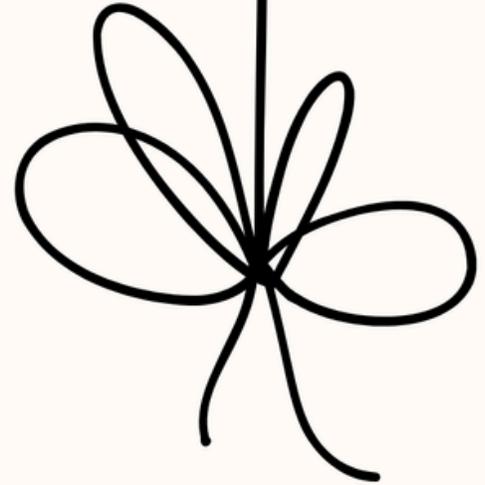
Connects medically released Veterans and their families to Maple, a national network of Canadian-licensed doctors, nurse practitioners, and healthcare providers who are accessible online via secure text messaging, audio, or video.



SCAN  
ME



Thank  
you



Over the past year, the Central Saskatchewan Military Family Resource Centre has been incredibly grateful for the dedication, compassion, and hard work of our incredible volunteers. To our Board of Directors, our daycare volunteers, and every volunteer who has given their time and heart – thank you.

Your commitment strengthens our community, supports our families, and makes everything we do possible. We are deeply grateful for each of you.

*your CSMFRC team!*

# COMMUNITY SUPPORTS

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

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

[fil-lif@cfmws.com](mailto: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

CFMWS.CA/  
CENTRAL-SASKATCHEWAN

