

MARCH 2026 NEWSLETTER



REMINDERS: MAKE SURE TO USE THE CSMFRC NEW CONTACT INFO!

- 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
- PAYMENTS@CSMFRC.CA FOR DAYCARE AND CSMFRC PROGRAM/EVENT FEE PAYMENTS

OFFICE STAFF NEW EMAILS!

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

CONTACT US MONDAY-FRIDAY 0800-1630

MFRC OFFICE: 306-491-4698

DAYCARE: 639-318-7593

17 WING DETACHMENT DUNDURN

100 MAIN ST DUNDURN SK S0K 1K0

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Share A Smile Day 	2	3	4	5	6 International Women's Day in Moose Jaw	7
8 international WOMEN'S DAY 	9 National Napping Day 	10	11	12  Resilient Roots Focus Group	13	14 Commonwealth Day
15	16	17 SAINT PATRICK'S DAY 	18	19  Checking on your Coworkers Webinar	20	21  DIY MOSS ART WORKSHOP
22	23 NATIONAL PUPPY DAY 	24	25	26	27	28
29	30	31 National Indigenous Languages Day	STOP BY THE MFRC FOR SAINT PATRICK'S DAY TREATS MARCH 16/17 			



MFSP
MILITARY FAMILY SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

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 IF YOU ARE INTERESTED IN TRANSPORTATION FOR THIS EVENT

NEW



NeuroInclusion

LENDING LIBRARY



Sensory Supports You Can Explore Together

- ✓ 'TRY BEFORE YOU BUY'
EXPLORE DIFFERENT TOOLS TO FIND WHAT WORKS BEST FOR YOU
- ✓ ENHANCE FOCUS & SELF-REGULATION
ACCESS TOOLS THAT SUPPORT CALM, COMFORT, AND CONCENTRATION
- ✓ 'INCLUSIVE & ACCESSIBLE FOR EVERYONE'
DESIGNED TO SUPPORT A WIDE RANGE OF SENSORY NEEDS.

Full catalogue including local resources coming soon ...

306-491-4698 / INFO@CSMFRC.CA



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

Resilient Roots

FOCUS GROUP



CALIBRATE. CONNECT. MAINTAIN.

WHILE NAVIGATING A MILITARY FAMILY JOURNEY, HAVING
A RELIABLE "INTERNAL COMPASS" MEANS HAVING A
COMMUNITY THAT UNDERSTANDS



MARCH 12TH @ 7PM

LOCATION TBA - IN SASKATOON

*As we meet, we can pick & choose some
upcoming dates that work for everyone!*

**EMAIL:
REGISTER@CSMFRC.CA
TO LET US KNOW YOU'RE COMING!**

*This evening is a relaxed gathering offering the chance to pause,
recalibrate, and build the support network we all need to thrive.*

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

CHECKING ON YOUR COWORKERS



March 19th, 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



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

SCAN ME



TRUE PATRIOT
LOVE



Alo Paint



RELOCATION 101

Ready, Set, APS (Annual Posting Season)

KNOW BEFORE YOU GO

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

QUESTIONS?
REACH OUT

CONTACT US

 306-491-4698



INFO@CSMFRC.CA



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



“Teal Up” Flag Raising

APRIL 2ND | 2:45PM
FRONT GATE



APRIL IS MONTH OF THE
MILITARY CHILD

IF ANYONE WOULD LIKE ANY
TEAL UP MERCH THE CSMFRC IS
DOING ONE BULK ORDER AND THE
CSMFRC WILL COVER SHIPPING!

ORDERS MUST BE SUBMITTED
TO MEGAN AT THE MFRC
BY MARCH 11TH

SEND YOUR ORDER TO
MEGAN.BOUFFORD@CSMFRC.CA



SCAN THE QR CODE
BELOW OR SEARCH
"CANEX TEAL UP STORE"
IN A WEB BROWSER TO
EXPLORE TEAL UP
MERCHANDISE!



WEBSITE-TEALUP.CA

COMMUNITY SUPPORTS

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:
FAMILY INFORMATION LINE: 1-800-866-4546 OR
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
CFMWS.CA/CENTRAL-SASKATCHEWAN
FACEBOOK.COM/CSMFRC



Did you know you can register for events
via our Google form?

Scan the QR Code or type this link
<https://forms.gle/GexxmCtsweSAwxrs5>

