

CSMFRC NEWSLETTER

AUGUST 2024

 100 Main Street
17 Wing Det Dundurn





 306-492-2135
Front Desk Ext. 4266

 Office Hours
M-F 8am-4:30pm

NEW NEWS!

CSMFRC is hiring a Family Navigator/Program Coordinator. Interested applicants should please send resume to Kendra Bessey



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Registration Deadline for Ice Cream Social Aug 15 	Registration Deadline for Batting Cages Aug 16 	Registration Deadline for Prairie Lily Aug 30 	Submit your resumes by Aug 15 	1 Emancipation Day 	2 Frozen Fridays at MFRC 	3 National Watermelon Day 
4	5 Saskatchewan Day 	6	7	8	9 Frozen Fridays at MFRC 	10
11	12	13	14	15 National Acadian Day 	16 Frozen Fridays at MFRC 	17 National NonProfit Day 
18 Ice Cream Social 	19 Public Service Pride Week 	20	21 Adult Batting Cages 	22	23 Frozen Fridays at MFRC 	24
25	26	27	28	29	30 Frozen Fridays at MFRC 	31

Kendra Bessey
Executive Director
Kendra.Bessey@forces.gc.ca
306-491-5943

Jena Dombrowsky
Daycare Director
csmfrcchildcare@hotmail.com
639-318-7593

Angelina Marcotte
Veteran Family Program Coordinator
angelina.marcotte.csmfrc@gmail.com
306-227-1311

Megan Boufford
Child & Youth Program Coordinator
megan.boufford.csmfrc@gmail.com
639-318-3127

Katherine Defosse
Admin & Finance Clerk
katherine.defosse@forces.gc.ca
306-491-2174

CSMFRC Presents

Ice Cream Social

Come enjoy the views of the South Sask River and eat some ice cream!

August 18th 1-3pm

**Meet at the
playground at Gabriel
Dumont Park**

\$5 per family

**To register please email:
megan.boufford.csmfrc@gmail.com**

Come tour the South Saskatchewan River aboard

The Prairie Lily

**MILITARY AND 3B VETERANS AND
THEIR FAMILIES ARE INVITED TO
A SIGHTSEEING TOUR ABOARD
THE PRAIRIE LILY**

September 8th/ 2024 at 4pm

\$10/ person or \$20/family

To register by August 30th please email:

megan.boufford.csmfrc@gmail.com

MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



BATTING CAGES

...for ADULTS this time!

\$10 per person

CAF Members &
Dependents 18+

Wednesday, August 21st
7pm

Fuddruckers
2910 8 St E, Saskatoon

Please register by August 16th to:
katherine.defosse@forces.gc.ca



MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

CSMFRC & NAVERA INVITE PARENTS TO A VIRTUAL SEMINAR ON **PARENTING NEURODIVERSE KIDS**

THIS PROGRAM FOCUSES ON THE CHALLENGES AND JOYS OF PARENTING NEURODIVERGENT CHILDREN/YOUTH. YOUR CHILD DOES NOT NEED A FORMAL DIAGNOSIS FOR YOU TO PARTICIPATE IN THIS GROUP.

THIS GROUP WILL PROVIDE PARENTS WITH A SAFE PLACE TO CONNECT WITH OTHERS FACING SIMILAR ISSUES.

September 12th 6:30-8pm

TO REGISTER PLEASE EMAIL:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



MFS FAMILY VIOLENCE
ADVISORY TEAM



navera
community connection

 Free

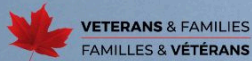
MENTAL HEALTH FIRST AID COURSE

October 27, 2024
0900 - 1700
Virtual via Zoom

To register please contact:
Angelina Marcotte
1-306-227-1311 or
angelina.marcotte.csmfrc@gmail.com

"It takes a community to support our service members. Just because you haven't serviced personally, doesn't mean you cannot offer support. When you know better, you do better."

-Kerri Tadeu, Highway of Heroes



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

AVAILABLE PROGRAMMING

Hold Me Tight

What is it?

Hold Me Tight is an online program that helps couples to:

- Improve your relationship by strengthening your bond
- Better conflict resolution and positive problem solving as well as co-operation around key issues such as financial difficulties or parenting
- Better mental health - less depression, less anxiety
- Better self image
- Better physical health thanks to improved immune functioning.

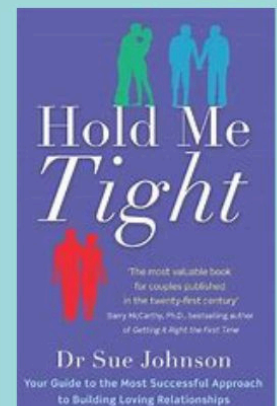
Who's eligible?

OUTCAN, ROW families and
Canada-based families.

Program is covered for those eligible!



**Contact the CSMFRC
for more information!**



JOIN US FOR A



IN RECOGNITION OF

MILITARY FAMILY APPRECIATION DAY

FRIDAY, SEPTEMBER 20TH

4:00PM- 6:30PM

17 WING DETACHMENT DUNDURN

BBQ, INFLATABLE OBSTACLE COURSE & BOUNCY CASTLE, CARNIVAL GAMES, DUNK TANK, DUCK POND, PRIZES, COTTON CANDY, POPCORN & MORE!

We encourage the community to come out to help celebrate our local military families and welcome those newly posted.

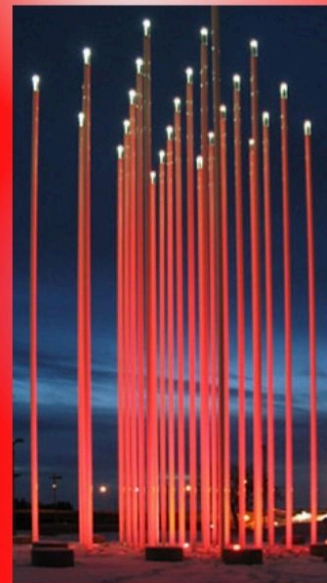
**FOR MORE INFORMATION CONTACT KATHERINE
KATHERINE.DEFOSSE@FORCES.GC.CA**

NO RSVP NEEDED BUT PLEASE NOTE YOU MUST SHOW VALID ID TO ENTER THE DETACHMENT

#MFAD2024

On Military Family Appreciation Day, we share our gratitude for the strength beside the uniform. To the spouses, siblings, children, and loved ones who support Canadian Armed Forces members every single day - thank you!

We encourage you to share a little love with these pillars of support for CAF members on this day, and everyday!



In recognition of Military Family Appreciation Day, the Prairie Wind Monument located at the entrance of the Remai Modern public art museum in Saskatoon will be lit up red from 20-27 September 2024.

If you have the chance to see it, please share photos with the MFRC.

Thank You





COMMUNITY SUPPORTS



THE CSMFRC HOURS OF OPERATION
ARE MONDAY-FRIDAY 0800-1630HRS.

If you require assistance please reach out at 306-492-2135 ext 4266

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:
Family Information Line: 1-800-866-4546 or fil-lif@cfmws.com
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