



# OCTOBER 2024 NEWSLETTER

- THE CSMFRC STAFF WOULD LIKE TO THANK EVERYONE WHO ATTENDED AND ASSISTED OUR #MFAD EVENT, WE APPRECIATE THE SUPPORT MORE THAN YOU KNOW!
- THE MFRC HAS A VARIETY OF UPCOMING EVENTS & PROGRAMMING, ENSURE YOU ARE ON THE DISTRIBUTION LIST!




















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

**Jena Dombrowsky**  
Childcare Centre Director  
csmfrcchildcare@hotmail.com  
**639-318-7593**

**Angelina Marcotte**  
Veteran Family Program Coordinator  
CSVFP@hotmail.com  
**306-227-1311**

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

**Katherine Defosse**  
Finance & Administration  
katherine.defosse@forces.gc.ca  
**306-491-2174**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 <b>National Day of Truth &amp; Reconciliation</b>	1  International Coffee Day	2	3	4  <b>Oktoberfest</b>	5  Nutrien Wonderhub
6	7	8	9  CSMFRC 2024 AGM	10  Thanksgiving at the MFRC	11  Treats at MFRC	12  <--Friends--> giving Family Photos--> 
13 	14 <b>HAPPY Thanksgiving</b>	15	16	17  National Pasta Day	18	19  Family Photos
20  Pumpkin Party	21  <b>CFMWS</b>	22 ---> CFMWS	23	24	25	26
27	28	29  Financial Feud Webinar	30	31  <b>HAPPY HALLOWEEN</b>	 Truth about Credit Lunch'n'Learn <---Oct 31	

**JOIN THE MFRC AT**

# WONDERHUB

Military & Veteran families  
are welcome to join the  
CSMFRC at Wonderhub!

**OCT 5TH  
9AM**

**\$10/  
FAMILY**

FOR MORE INFORMATION  
OR TO REGISTER BY OCTOBER 1ST  
CONTACT:  
[MEGAN.BOUFFORD.CSMFRC@GMAIL.COM](mailto:MEGAN.BOUFFORD.CSMFRC@GMAIL.COM)



**CENTRAL SASKATCHEWAN  
MILITARY FAMILY RESOURCE CENTRE**

# ANNUAL GENERAL MEETING



**Wednesday  
October 9th, 2024**



**7:00PM**



**HMCS UNICORN  
405 24 St E,  
Saskatoon, SK**

**VIRTUAL ATTENDANCE  
REQUESTS CONTACT  
KATHERINE:**

**[KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:KATHERINE.DEFOSSE@FORCES.GC.CA)**



# PUMPKIN PARTY!

Military and Veterans families are invited to join us for an afternoon of pumpkin carving, snacks and activities for the kids!

Mark the Date!

## OCTOBER 20TH

1-3PM | \$5/ FAMILY

Held at the Flightline Mess on Detachment Dundurn!

To register by October 10th contact:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)



WISHING YOU A

# HAPPY THANKS GIVING

POP INTO THE MFRC OCTOBER 10TH & 11TH  
FOR SOME THANKSGIVING TREATS!



**FRIDAY, OCTOBER 4**

*The Flightline at 17 Wing Det. Dundurn*

2pm **DOORS OPEN**

2pm - 5pm **GAMES & PRETZELS**

5pm - 7pm **ROAST BEEF & RIB DINNER**

6pm - 9pm **AUTHENTIC BRASS BAND**

9pm - 12pm **19+ ONLY**

### ...AND MORE

Door Prizes  
Silent Auction  
Table Top Games  
Bon Fire

### TICKETS

Mess Member/Active Military	FREE
Whole Military Family	\$5
***	
Base Employee/Civilian Guest	\$10
Whole Non-Military Family	\$20

RV Parking and Camping Available On Site.  
Volunteer Safe Rides Available (Tips Encouraged).  
Note: Driver License Required to Access Base.



**REGISTRATION DEADLINE SEPTEMBER 20 2024**

Register in-person at the PSP Office/Gym or online at  
<https://bkk.cfmws.com/dundurnpub/>

Hosted by Base Fund and All Ranks Mess



**Mini Photo Session**

Date: 12 October, 2024  
 19 October, 2024  
 Location: Forestry Farm  
 Time: 8:30am-3:30pm

Pricing:  
 Military- 15 minute sessions \$125  
 Military- 30 minute sessions \$165  
 \*The first 20 military families will receive a \$60 discount\*

Base Employees- 15 Minute sessions \$150  
 Base Employees- 30 Minute Sessions \$200

To Register email: [stack.jackie@cfmws.com](mailto:stack.jackie@cfmws.com)

MARTINE Sansoucy photography



# Happy THANKSGIVING

Please join the CSMFRC for a Friendsgiving Brunch.

Military, Veterans and their families are invited to join us at Wanuskewin for a waffle brunch. There will be a speaker on the Importance of Connection, followed by a bison walk and Indigenous games, hosted by Wanuskewin.

**October 12th | 10am-1pm**

For more information or to register by October 4th contact:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)

# Ending the Financial Feud Couples and Money



Webinar  
October 29th, 2024  
Via Zoom  
Time: 5:30 pm to 6:30 pm  
Email: CSVFP@hotmail.com

Couples will learn about each other's money values, triggers and goals and work together to create a manageable and tension-less plan.



# THE TRUTH ABOUT CREDIT

Webinar  
October 31st, 2024  
Via Zoom  
Time: noon to 1:00 pm  
Email: CSVFP@hotmail.com

Participants will learn about the myths around credit, the facts around credit reports, credit ratings, and credit scores alongside strategies on how to protect or repair their credit.

- ✓ CREDIT REPORT
- ✓ CREDIT RATINGS
- ✓ CREDIT SCORES





**MFS**

FAMILY VIOLENCE  
ADVISORY TEAM

## CHILDREN & YOUTH TAKE HOME INFORMATION KITS; "THE FINANCE ERA"

✓ **CHILDREN/YOUTH KIT (UP TO AGE 5)**

will contain introduction to money  
and what it means to them!

**YOUTH/TEEN KIT (AGES 5+)**

✓ will contain budgeting, setting  
financial goals and more!

**STOP BY THE MFRC  
OCTOBER 21ST-31ST  
FOR YOUR FREE TAKE HOME KIT!**

**\*1 PER ELIGIBLE DEPENDENT\***



**OPEN TO COMMUNITY MEMBERS!**

# JOIN US FOR A WORKSHOP ON **THE WEIGHT WE CARRY**

THROUGH INTERACTIVE ACTIVITIES AND  
LEARNING, THIS WORKSHOP EQUIPS YOU WITH  
PRACTICAL KNOWLEDGE AND TOOLS TO IMPROVE  
BODY-IMAGE & WELL-BEING.

AGES 16+

NOVEMBER 2ND | 10AM-2:30PM | \$5/PERSON

HOSTED AT THE BROADWAY COLLECTIVE

LUNCH INCLUDED



FOR MORE INFORMATION OR TO REGISTER  
BY OCTOBER 25TH:

MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



Mindfulness for the most wonderful **STRESSFUL** time of the year



## BEAT HOLIDAY STRESS

Join us for brunch followed by how to cope with holiday stress workshop! Kids are welcome and will do an art workshop after brunch.

November 17th, 2024  
From 10 am to noon  
at Remai Modern

To register email [CSVFP@hotmail.com](mailto:CSVFP@hotmail.com)  
By November 1st, 2024



The CSMFRC and Navera Community Connections invites you to a virtual workshop on:

# CONNECTING WITH YOUR CHILD THROUGH PLAY

For more information or to register, email: [megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)

**November 13th**  
**6pm**

**OPEN TO COMMUNITY MEMBERS!!!**







# 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**

## 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**



## 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**



## 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**