



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!



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| School of | | | | | | | |
|-----------|---------|--|----------------------------|--------------------|---------------------|--|-------------------------------|
| | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| | | National Day of Truth & Reconciliation | 1 International Coffee Day | 2 | 3 | 4 Oktoberfest | 5 Nutrien Wonderhub |
| 6 | | 7 | 8 | CSMFRC 2024 AGM | Thanksgiving at the | Treats MFRC MFRC | -giving Family Photos-> |
| 13 | | 14 thanks & giving & | 15 | 16 | National Pasta Day | 18 | Family Photos |
| 20 | Pumpkin | CFMWS | 22 > CFMWS | | ionships Cam | | 26 |
| 27 | | 28 | Financial Feud Webinar | 30 | WALLOWIEEN | Truth about Credit Lunch'n'Learn <oct 31<="" td=""><td></td></oct> | |





100 MAIN ST
17 WING
DETACHMENT DUNDURN

OFFICE HOURS
MONDAY-FRIDAY
0800-1630

JOIN THE MFRC AT •

WONDERHUB

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

OCT 5TH 9AM



FOR MORE INFORMATION
OR TO REGISTER BY OCTOBER 1ST
CONTACT:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM





FAMILY



ANNUAL GENERAL MEETING





Wednesday October 9th, 2024



7:00PM



HMCS UNICORN 405 24 St E, Saskatoon, SK



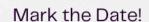
VIRTUAL ATTENDANCE REQUESTS CONTACT KATHERINE:

KATHERINE.DEFOSSE@FORCES.GC.CA

PARTY PARTY



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



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

















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









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

HOSTED AT THE BROADWAY COLLECTIVE

LUNCH INCLUDED



FOR MORE INFORMATION OR TO REGISTER BY OCTOBER 25TH:

\$5/PERSON

MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



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
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 **NOV** or to register, email: megan.boufford.csmfrc@gmail.com

November 13th 6pm











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

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 Sérvices: 1-306-655-5113

City Hospital Emergency Services: 1-306-933-5069

VETERANS SERVICES:

Health Line: 811

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

