

CSMFRC Calendar of Events

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 RCLS 56th Anniversary 	2 HAPPY GROUNDHOG DAY 	3  Volunteer Appreciation
4  Family Tubing	5 Valentines Take Home Kit Pickup Feb 1-9 	6 	7	8  Smash Therapy	9  Flynn's Playground	10  Mental Health First Aid
11  Mental Health First Aid	12	13	14 <i>happy valentines day</i>	15  National Flag of Canada Day	16	17  Random Acts of Kindness Day
18	19  Family Day	20	21	22	23  Registration Deadline for Art Classes March 2nd	24  Registration Deadline for Navera Workshop
25	26	27	28  STOP BULLYING Pink Shirt Day	29		

ANNOUNCEMENTS

- THE LED SIGN AT THE MAIN GATE IS AVAILABLE FOR ALL UNITS/SECTIONS TO UTILIZE. PLEASE CONTACT THE DETACHMENT DSM FOR APPROVALS ON ALL ITEMS AND THEN KATHERINE TO COORDINATE DISPLAYED INFORMATION*
- WE ARE PLEASED TO ANNOUNCE JENA DOMBROWSKY AS THE NEW DAYCARE DIRECTOR!



CONTACT US



100 MAIN STREET
17 WING DET DUNDURN

OFFICE HOURS
M-F 8AM-4:30PM

306-492-2135
FRONT DESK EXT. 4266

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

Angelina Marcotte
Veteran Family Program Coordinator
angelina.marcotte@forces.gc.ca
Cell: 306-227-1311

Nadine Ingram
Family Services & Supports
nadine.ingram@forces.gc.ca
Cell: 639-318-3127

Katherine Defosse
Community Integration & Relocations
Financial Management Clerk
katherine.defosse@forces.gc.ca

Megan Boufford
Child & Youth Program Coordinator
megan.boufford@forces.gc.ca

Jena Dombrowsky
Childcare Director
csmfrcchilcare@hotmail.com
ext.4212



ACTIVITY SUPPORT Program

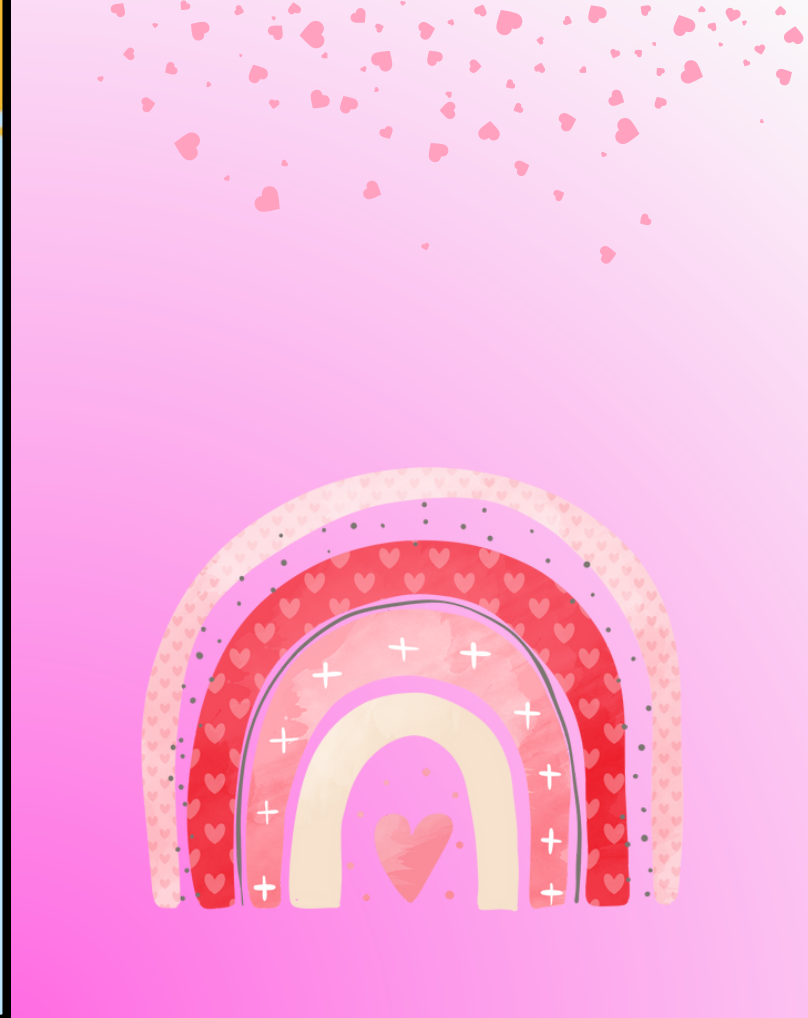
PARAMETERS:

- NEWLY POSTED CAF FAMILIES ARE ELIGIBLE (WITHIN ONE CALENDAR YEAR OF THEIR COS DATE)
- MILITARY CHILDREN & SPOUSES ARE ELIGIBLE
- 100% OF REGISTRATION FEE UP TO A MAX OF \$300 PER DEPENDANT/SPOUSE
- MULTIPLE ACTIVITIES CAN BE BUNDLED TO UTILIZE THE FULL \$300; HOWEVER ONLY ONE APPLICATION PER FISCAL YEAR WILL BE PROCESSED

LIMITED FUNDING AVAILABLE

NEW
SPOUSES ARE NOW ELIGIBLE TO UTILIZE THIS INCENTIVE!

Contact Megan for details:
megan.boufford.csmfrc@gmail.com



BMO



THE OFFICIAL BANK OF THE
CANADIAN DEFENCE COMMUNITY

COME JOIN US AT THE MFRC MARCH 12 AT
1600HRS FOR AN INFORMATION SESSION
WITH BMO MORTGAGE SPECIALISTS'
PAIGE MARQUIS AND TANNIS MAINA.

COFFEE AND
SNACKS
PROVIDED



THEY WILL BE COVERING TOPICS LIKE:

- NO MONTHLY FEE PERFORMANCE CHEQUING ACCOUNT
- FLEXIBILITY TO BREAK YOUR MORTGAGE WITHOUT PENALTY WHEN YOU'RE POSTED THROUGH THE CANADIAN ARMED FORCES OR RCMP RELOCATION DIRECTIVE
- NO ANNUAL FEE CREDIT CARD OPTIONS AND A CHOICE OF THREE REWARD PROGRAMS
- 50% DISCOUNT ON SELECT BUSINESS BANKING ACCOUNT PLAN FEES



Art Workshops

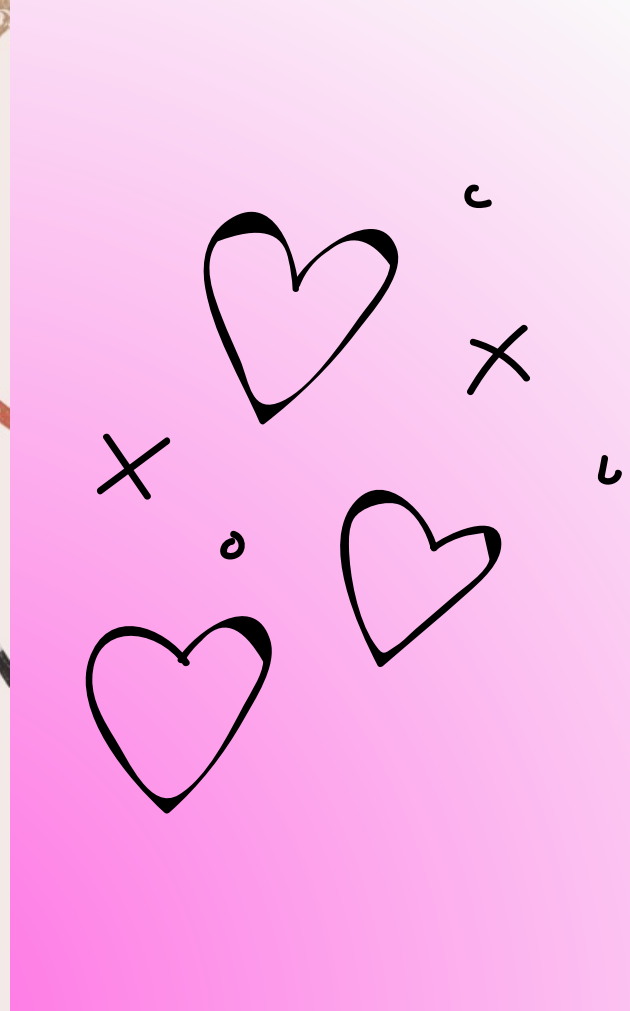
CHILDREN 5-11 ART COLLAGE
1-3PM.

YOUTH AGED 12-17 CANVAS PAINT
CLASS 3-5PM.

\$5/ child

*March 2nd/2024
at the Art Ink Room*

TO REGISTER BY FEBRUARY 23RD PLEASE EMAIL:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



CSMFRC PRESENTS

PD DAY CAMP

04 MARCH, 2024

Military dependents aged 7-12 will be attending Wilder Nook's "Outdoor Skills Day".

About the program:
This outdoor education program promotes respect for our natural environment, skill development and a sense of well-being in nature. Our leaders look for opportunities to help develop nature connection, confidence, self-esteem, social skills, physical ability, and independence

Camp runs 9am-4pm. \$5/ child

Children must register with the MFRC ASAP, spots limited to what's available with Wilder Nook.

FOR MORE INFORMATION OR TO REGISTER PLEASE EMAIL:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM

HOW TO SUPPORT A CHILD WITH ANXIETY WORKSHOP



Monday, March 4th 2024

6:30pm-8:30pm

Via zoom

When a parent talks to a child about anxiety it is easier to use the term worry because it is easier for young children to understand. During this session we will discuss helping children identify their worries, explore why they may feel worried, and develop strategies to help your children tame their worries.

All materials will be provided prior to the zoom meeting.

For more information or to register by February 23 please email:
megan.boufford.csmfrc@gmail.com

Open community event



CSMFRC



OPENS
JANUARY 2024

NEW PROGRAM!

ROSETTA STONE FOR KIDS

THE CSMFRC ALONG WITH SUPPORT OUR TROOPS IS OFFERING YOUTH A YEAR MEMBERSHIP TO ROSETTA STONE FOR KIDS

KIDS WILL GET THE CHANCE TO LEARN A SECOND LANGUAGE!

FOR MORE INFORMATION OR TO REGISTER PLEASE CONTACT:
NADINE.INGRAM.CSMFRC@GMAIL.COM

The CSMFRC Gender Based Violence Committee Invites
CAF, Veterans, and DND Community Partners to a:

SELF DEFENCE SEMINAR

March 10
11am-5pm

Presented by:



ADULT FULL DAY SEMINAR

- Must be 18+
- Cost: \$5 per participant
- All are welcome to register: CAF & Family, Veteran & Family, and Civilians
- Held in Saskatoon at Defence Lab's gym

Contact Nadine to register: nadine.ingram.csmfrc@gmail.com
Registration Deadline: March 4, 2024

The CSMFRC Gender Based Violence Committee Invites
CAF, Veterans, and DND Community Partners to a:

SELF DEFENCE SEMINAR

March 17
1pm-4pm

Presented by:



YOUTH HALF DAY SEMINAR

- Must be 10-17 years old
- Cost: \$5 per participant
- All are welcome to register: CAF & Family, Veteran & Family, and Civilians
- Held in Saskatoon at Defence Lab's gym

Contact Megan to register: megan.boufford.csmfrc@gmail.com
Registration Deadline: March 4, 2024



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

Should you require assistance outside of business hours:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line: 1-800-866-4546

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