

OCTOBER 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2	3	4 After School Program	5 Friendsgiving Event @ MFRC	6 PD Day Camp @ Wonderhub	7
8 	9 HAPPY <i>thanks giving</i>	10 World Mental Health Day	11 After School Program	12	13 	14
15 Trauma Informed Care Workshop	16 Annual General Meeting 2023	17	18 After School Program	19 CAF Sports Day	20 Parent & Tot @ Wonderhub	21 Youth Poppy Activity Event
22	23	24	25 After School Program	26	27	28
29 Pumpkin Party	30	31 	Registration Deadline for Parent & Tot Oct 16th	Registration Deadline for Youth Poppy Event Oct 16th	Registration Deadline for Pumpkin Party Oct 20th	Registration Deadline for Adult Poppy Paint Night Oct 27th

PROGRAMS/EVENTS:

- FRIENDSGIVING EVENT OCT 5/6
- PD DAY CAMP OCT 6
- TRAUMA INFORMED CARE OCT 15
- AGM OCT 16
- PARENT & TOT AT WONDERHUB OCT 20
- YOUTH POPPY ACTIVITY OCT 21
- PUMPKIN PARTY OCT 29

DROP-IN ANYTIME FOR A COMPLIMENTARY BEVERAGE AND LEARN MORE ABOUT OUR PROGRAMS AND EVENTS!

ANNOUNCEMENTS:

AGM WILL BE HELD AT THE CSMFRC OFFICE ON MONDAY 16 OCT @ 6PM. CONTACT KATHERINE FOR VIRTUAL ATTENDANCE REQUESTS.

CONTACT US

KENDRA BESSEY
 EXECUTIVE DIRECTOR
 KENDRA.BESSEY@FORCES.GC.CA
 CELL: 306-491-5943

ANGELINA MARCOTTE
 VETERAN FAMILY PROGRAM COORDINATOR
 ANGELINA.MARCOTTE.CSMFRC@GMAIL.COM
 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.CSMFRC@GMAIL.COM

CHILDCARE CENTRE
 CSMFRCCHILCARE@HOTMAIL.COM
 EXT.4212





JOIN THE CSMFRC TO OUR

Friends giving Coffee Break

_____ OCT _____
THURSDAY/FRIDAY 5/6 0800-1600
_____ 2023 _____

Let the MFRC give thanks to you by stopping in
and having some pumpkin pie



Informed Trauma Care

Open to Military, Veterans, Civillians and families

October 15th
0830-1630
Flight Line

Course fee
\$ 10

Trauma-informed care shifts the focus from “What’s wrong with you?” to “What happened to you?”. It emphasises physical, psychological, and emotional safety for everyone, and creates opportunities for survivors to rebuild a sense of control and empowerment.

**Please register by September 27th to
nadine.ingram.csmfrc@gmail.com**

or

nadine.ingram@forces.gc.ca

Lunch and beverages provided





ANNUAL GENERAL MEETING 2023

16 OCTOBER 2023
6PM

AT THE CSMFRC
OFFICE

Virtual attendance requests
contact Katherine:

Katherine.Defosse@forces.gc.ca



MFRC INVITES MILITARY
KIDS AGED 0-5

PARENT & TOT

At

Wonderhub

OCTOBER 20/2023 | 10 AM
950 Spadina Crescent E



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





CSMFRC INVITES CAF AND
VETERAN DEPENDENTS, AGED 5-11

POPPY ART ACTIVITY

OCTOBER 21

12PM-2PM

LET'S

WE FORGET

\$5/ CHILD

CHILDREN WILL BE PARTICIPATING IN A
REMEMBRANCE THEMED CRAFTING ACTIVITY
HELD AT KREATIVE MUM ART SPACE
2625 AIRPORT DRIVE

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

JOIN US FOR A SPOOKY

Pumpkin Party

MILITARY AND VETERAN FAMILIES ARE INVITED TO COME
CARVE SOME PUMPKINS AND LET US HANDLE THE MESS!

PUMPKINS, ACTIVITIES, SNACKS AND
MOVIES PROVIDED!

FAMILIES PLEASE BRING YOUR OWN
CARVING TOOLS.



\$5/
FAMILY

SUN

OCT
29

1-3pm

AT THE FLIGHTLINE

To register by October 20th please email:
megan.boufford.csmfrc@gmail.com

NOVEMBER 4 2023

Poppy paint night

Open to Military & Veteran Families
and Legion Members

Where: Legion Branch 63

606 Spadina Crescent W, Saskatoon

Time: 7-9pm

Fee: \$10

Registration deadline October 27

Register to nadine.ingram.csmfrc@gmail.com

or nadine.ingram@forces.gc.ca



Legion 



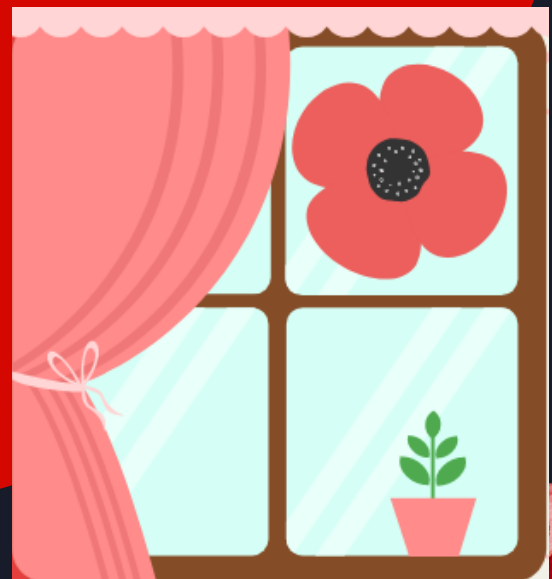
Poppy Project

Poppies have been a symbol of military sacrifice for 100 years and are recognized worldwide

Project Poppy will provide FREE KITS containing the materials needed to create your own poppy window displays

Share a picture of your window display to angelina.marcotte.csmfrc@gmail.com to be entered to win a poppy-themed prize!

Kits are available for pickup at CSMFRC (B100) beginning October 24th.





P.D. DAY CAMP

RED CROSS STAY SAFE

NOVEMBER 10TH
7:45AM-4:15PM

LUNCH NOT PROVIDED

INSTRUCTOR IS
ANITA KARMARK

Prerequisite: minimum age of 9
or completion of grade 3

COURSE TEACHINGS

- Home alone
- basic first aid
- how to prepare, recognize and respond to unexpected situations
- importance of setting and following safety rules while on your own

Class runs 8:30am-3:30pm.
30 minute lunch time.

Military children care available from 7:45am-4:15pm,
drop off and pick up at the CSMFRC.

Civilian children meet at community center at 8:15am,
pick up by 4pm



**DUNDURN COMMUNITY
CENTER**

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



**CANADIAN
RED CROSS**



Attention members of the Veteran Community

If I sprain my ankle, chances are you will know what to do.



If I have a panic attack, chances are you won't.

Become certified in Mental Health First Aid

In support of the Veteran Community and in partnership with Veterans Affairs Canada, a customized version of the Mental Health First Aid for members of the Veteran Community is being offered in your area.



For more information or to register please contact:

Angelina Marcotte
Veteran Family Program Coordinator
1-306-227-1311
angelina.marcotte.csmfrc@gmail.com

Join us to become certified in Mental Health First Aid Veteran Community. Members of the Veteran Community will receive this training at **no cost**. Seats are limited and registration will be on a first come first serve basis.

Date: February 10 & 11, 2024

Registration
deadline: December 20, 2023

Time: 9:00 am to 1:00 pm CT

Location:

Virtual via MS Teams

*Note: Military attire is not required.
Transportation, lodging and meals are not included.



VETERAN FAMILY PROGRAM
Funded by Veterans Affairs Canada
PROGRAMME POUR LES FAMILLES DES VETERANS
Financé par Anciens Combattants Canada



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada 



Community Supports



The CSMFRC hours of operation are Monday - Friday 8am-4:30pm

Don't hesitate to reach out to us for assistance: 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

SECOND LANGUAGE TRAINING FOR ADULTS



Rosetta Stone Online Learning

- At your own pace
- Tutoring available
Free

Priority given to Military Dependents



LRDG Virtual Learning

- Teacher lead
- Group format
- Module based
- Low cost per module
Not available for Military Members

For more information, or to register, contact:

Katherine Defosse

katherine.defosse.csmfrc@gmail.com



PROGRAM RUNS
APRIL 1 2023 - MARCH 31 2024

School Backpack Program

PARAMETERS:

- CAF SCHOOL AGE CHILD DEPENDENTS (PRE-K TO GRADE 12)
- 100% OF SCHOOL SUPPLY FEES COVERED UP TO A MAXIMUM OF \$50
- ONE APPLICATION PER FISCAL YEAR
- PROGRAM APPROVAL IS AT THE DISCRETION OF THE PROGRAM COORDINATOR AND THE EXECUTIVE DIRECTOR



CONTACT MEGAN FOR DETAILS:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM





SCHOLARSHIP PROGRAM FOR YOUTH OF VETERANS

For over twenty years, *Outward Bound Canada* had the privilege of offering programs for Veterans, designed to support them through the transition from deployment to life back home. Today, *Outward Bound Canada* is excited to offer full scholarships for youth of parents or guardians who are currently or have been serving members of the Canadian Armed Forces. We strive to provide programs across the country that offer a supportive and inclusive environment from diverse social, cultural and economic backgrounds, and for those facing a variety of barriers to getting outdoors. Our mission is to cultivate resilience, leadership, connections and compassion through inspiring and challenging journeys of discovery in the natural world. Our vision is for a healthy, resilient society formed through lasting connections to self, others and the natural world. Our full scholarships are made possible by our generous donors.

Eligibility Requirements

- Applicant must be between 12–19 years of age and currently residing in Canada.
- Applicant must demonstrate their desire to continue building their leadership capacity.
- Applicant's parent/guardian must demonstrate their membership with the Canadian Armed Forces.
- Applicant must understand the expectations of the program and provide informed consent.
- Applicant must be interested and motivated to participate in the Outward Bound program.



How to Apply

1. Apply online during the registration process when you sign up for your course and complete all required forms. Alternatively, you can complete the attached package by sending it back to us by email or fax. If you need further assistance to complete the application, please email or call us to discuss other options.
2. You may be requested to provide additional information or documentation, and both the applicant and parent/guardian will be asked to participate in a phone call to learn more about the program.
3. You will receive notification of being awarded the scholarship by email. You will be requested to sign a Funding Agreement to confirm your commitment. If your application is not approved, you will have the option to stay in the course and pay the full balance or switch courses.

To Submit:

Email: admissions@outwardbound.ca
Fax: 1-866-328-9761

Questions?

Email: admissions@outwardbound.ca
Phone: 1-888-688-9273 ext. 222

