

# CSMFRC NEWSLETTER

## JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

 100 Main Street  
 17 Wing Det Dundurn  
 Office Hours  
 M-F 8am-4:30pm  
 306-492-2135  
 Front Desk Ext. 4266

 **!NEW NEWS!** 

*The CSMFRC staff want to give a special shout out to Nadine Ingram for all of her hard work and dedication to our team and to the community we serve! All the best on your next adventure, you will be missed!!!*



 **CONTACT US** 

<p><b>Kendra Bessey</b>  <i>Executive Director</i>            Kendra.Bessey@forces.gc.ca            Cell: 306-491-5943</p> <p><b>Megan Boufford</b>  <i>Child &amp; Youth Program Coordinator</i>            megan.boufford.csmfrc@gmail.com            Cell: 639-318-3127</p>	<p><b>Angelina Marcotte</b>  <i>Veteran Family Program Coordinator</i>            angelina.marcotte.csmfrc@gmail.com            Cell: 306-227-1311</p> <p><b>Katherine Defosse</b>  <i>Administrative &amp; Financial Clerk</i>            katherine.defosse@forces.gc.ca            Cell: 306-491-2174</p>
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**Jena Dombrowsky**  
*Daycare Director*  
 csmfrcchilcare@hotmail.com

# CSMFRC PRESENTS DAY CAMP REIMBURSEMENT PROGRAM

## Parameters:

- 100% of fees for approved camps would be covered up to \$100 per Military dependent aged 0-17.
- One application per family per fiscal year.
- Program approval is at the discretion of the program coordinator and the executive director.
- Fees for summer camp programs are ineligible.

Program runs April 1st 2024- March 31st 2025

For details contact:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)



## 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.

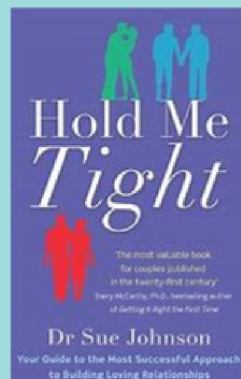
### Who's eligible?

OUTCAN, ROW families and  
Canada-based families.

*Program is covered for those eligible!*



**Contact the CSMFRC  
for more information!**







*CSMFRC Presents*

# *Ice Cream Social*

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

***July 27th/2024 1-3pm***

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

***\$5 per family***

***To register please email:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)***





# 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**