

AUGUST 2025 NEWSLETTER



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

*CHECK OUT OUR
SUMMER BINGO
CONTEST!
PG. 4*



*MAKE SURE TO FOLLOW
US ON SOCIAL MEDIA! WE
WILL BE HAVING POP UP
ICECREAM DROP INS
DURING THE MONTH OF
AUGUST*



CONTACT US

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3rd Annual Ice Cream Social

Military, Veterans and their families are invited to join us at River Landings Park for an ice cream social!

Ice cream provided by the Sugar Shack!

24 August / 2025

\$5 cost per family

To register by August 21st email:
angelina.marcotte.csmfrc@gmail.com



SCAN HERE



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CSMFRC AGM

**SEPT 16 7:00PM
B100 DET DUNDURN**

MILITARY SPOUSAL EMPLOYMENT

FEEDBACK

The CSMFRC is dedicated to supporting our clients with their most pressing needs. To do this effectively, we rely on your input. By completing the survey, you provide valuable feedback that enables us to tailor our programs and services to better serve you and the wider military community.

DID YOU...

- ✓ Utilize a MFRC employment service?
- ✓ Utilize a MFS employment service?
- ✓ Didn't know the CSMFRC offered employment service?
- ✓ Looking for general employment information?



**WE NEED
YOUR HELP!**

**CHECK OUT THIS
NATIONAL
PROGRAM FOR
GREAT
INFORMATION**



A woman with curly hair, wearing a grey patterned dress and a black blazer, is smiling and talking on a mobile phone while walking in a modern office hallway.

Career**COACH+**

One-on-one coaching and digital learning hub for military spouses.

Your career matters.
Register now!

A square QR code with a black and white pixelated pattern, used for quick access to the CareerCOACH+ program.

 cfmws.ca/careercoach

 **MFS**  CareerJoy

SUMMER

Bingo

Send your completed bingo to the CSMFRC for a chance to win great prizes!

Tag the CSMFRC in photos of you completing bingo for extra entries!

Attend a community event	Try a new ice cream spot	Visit a museum or gallery	Visit a new park	Try a new recipe
Visit a farmer's market	Write a thank-you card	Do a random act of kindness	Explore a hiking trail	Watch a local sports game
Host a game night	Find a mural or public art piece	 FREE SPACE	Compliment a stranger	Go to a splash pad
Try a new food truck	Leave a kind note somewhere	Drop in to the CSMFRC for coffee	Explore a thrift or vintage shop	Visit a place you've never been
Attended a fitness class	Watch a sunset or sunrise	Go to a yard sale	Try Geocaching	Read a book



MFAD

MILITARY FAMILY APPRECIATION DAY

COMMUNITY FAIR

PRESENTED BY



ALL CAF MBRS, VETERANS' & THEIR FAMILIES'

ARE INVITED TO JOIN US FOR:

- BOUNCY HOUSES
- DUNK TANK
- BALLOON ARTIST
- CRAFTS & GAMES
- FACE PAINTER
- PHOTO BOOTH
- VENDOR BOOTHS
- SNACKS & TREATS
- STATIC MILITARY DISPLAYS
- MUCH, MUCH MORE!!!

SATURDAY, SEPTEMBER 20TH 2025

1:00-4:00 PM

NORTH SASKATCHEWAN REGIMENT

930 IDYWYLD DR N, SASKATOON

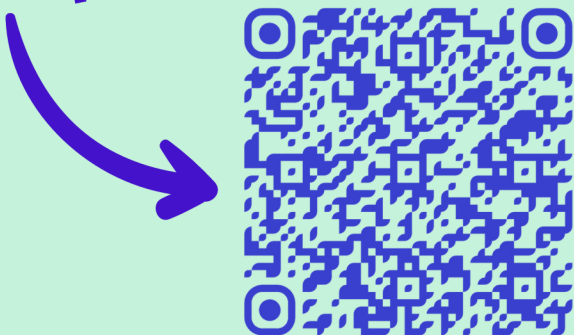
MFAD

DUNK BY DONATION

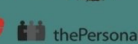
Sherbrooke

WE ARE EXCITED TO ANNOUNCE THIS YEARS DUNK BY DONATION PARTNERSHIP WITH SHERBROOKE VETERANS VILLAGE. STAY TUNED FOR OUR SCHEDULE- AND DECIDE WHO YOU WANT TO DUNK

VOLUNTEER FOR MFAD!



CALLING ALL MILITARY FAMILY ENTREPRENEURS:
SIGN UP NOW TO SHOWCASE YOUR HOME-BASED BUSINESS AT OUR MFAD SPOTLIGHT BOOTH!



JOIN THE MOVEMENT OF MILITARY FAMILY MAKERS, DREAMERS, AND DOERS—SIGN UP TODAY TO SHOWCASE YOUR HOME-BASED BUSINESS AT OUR MILITARY FAMILY APPRECIATION DAY COMMUNITY FAIR ON SATURDAY, SEPTEMBER 20TH FROM 1-4PM IN SASKATOON

FROM HOMEFRONT TO MARKETPLACE: DISCOVER, SUPPORT, CELEBRATE!

COMMUNITY SUPPORTS

THE CSMFRC HOURS OF OPERATION ARE:

Monday- Friday: 8:00 AM- 4:30 PM

DO NOT HESITATE TO REACH OUT TO US FOR ASSISTANCE

306-491-4698

Should you require assistance outside of business hours:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line:

1-800-866-4546 / FIL-LIF@cfmws.com

CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

Suicide Crisis Helpline: 988 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

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 Cmd:

1-306-525-8739

VETS Canada: 1-888-228-3871 **(24/7)**

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

MENTAL HEALTH & ADDICTION 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