



CSMFRC Calendar of Events



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Happy New Year</i>	2	3	4 World Braille Day 	5 Registration Deadline for First Aid 	6
7	8 MFRC Reopens	9	10 Registration Deadline for Golf @ YXE Golf 	11	12 Registration Deadline for Mug Painting 	13 First Aid Course
14	15	16	17	18	19 Youth Pottery Event	20 Veteran Golf @ YXE Golf
21	22 PD Day Camp	23	24	25	26 Registration Deadline for Snow Tubing 	27 International Holocaust Remembrance Day
28 My True Power	29	30	31 PD Day Camp			

ANNOUNCEMENTS

WE HOPE THAT EVERYONE HAD A HAPPY, SAFE AND RELAXING HOLIDAY SEASON!

IF YOU WOULD LIKE TO BE INCLUDED IN OUR DISTRIBUTION LIST FOR EVENTS & PROGRAMMING PLEASE CONTACT KATHERINE.

100 Main Street
17 Wing Det Dundurn

Office Hours
M-F 8am-4:30pm

306-492-2135
Front Desk Ext. 4266



CONTACT US



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

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

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

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

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

Childcare Centre
csmfrcchilcare@hotmail.com
ext.4212



\$5/ CHILD

JOIN US FOR Make your own mug

**FRIDAY,
JANUARY 19TH
FROM 7-9PM**

CHILDREN AGED 10 AND UP ARE
INVITED TO A PAINT YOUR OWN
MUG NIGHT AT WET PAINT
POTTERY.

REGISTER BY JANUARY 12TH
MILITARY CHILDREN REGISTER WITH MEGAN:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM

VETERAN CHILDREN REGISTER WITH ANGELINA:
ANGELINA.MARCOTTE.CSMFRC@GMAIL.COM

POTTERY PICKUP AT THE MFRC

KIDS PD DAY CAMP

January 22/2024

Military kids aged 6-10, will be attending
Kreative Mum's PD Day Camp.
Kids will take home 2-3 artistic projects.

Camp runs from 9am-3:30pm
MFRC child care from 7:45am-4:15pm

Registration subjective to Kreative Mum's
availability.

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



CSMFRC Presents

PD DAY CAMP

WEDNESDAY

31

JANUARY

CSMFRC
childcare

**7:45AM-
4:15PM**

Military kids will spend the morning at Wet Paint
Pottery and Mars Mini Golf. Afternoon will be spent at
Optimist Hill tubing (weather alternative bowling).
Lunch provided.

For more information or to register by January 26th please email:
megan.boufford.csmfrc@gmail.com

MY True POWER

Come join the CSMFRC at Wanuskewin for a day of self care.

January 28th, 2024 from 10:30am till 2:30pm

Lunch Provided

Open event to all!

Featuring Laura Lawrence

Laura Lawrence is a best-selling author, educator, public speaker and mentor. Laura is a visionary and a creator who leads with her heart first and leaves a lasting and impactful impression on those she connects with through her authenticity, humour and genuine empathy.



Featuring Brad Siroski

Well-versed in the field of mental health and addictions, Brad is a powerful and engaging public speaker who has overcome his own battles with mental health, addictions and cancer. Through these battles he realized his most powerful tool was his voice.

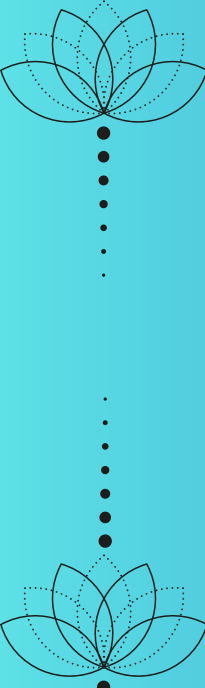


Childrens Mental health yoga & Therapeutic Art workshop



Please RSVP with Nadine at

nadine.ingram.csmfrc@gmail.com or nadine.ingram@forces.gc.ca



Laura Lawrence

AUTHOR - PUBLIC SPEAKER - MENTOR

about Laura

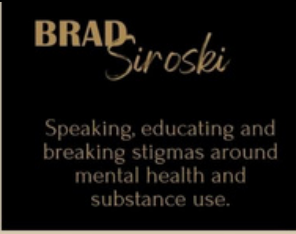
Laura Lawrence is a best-selling author, educator, public speaker and mentor. Having navigated her own mental health challenges after a major life-pivot, Laura was intuitively led to pursue a new path of inspiring others to prioritize mental health and wellness. Laura is a visionary and a creator who leads with her heart first and leaves a lasting and impactful impression on those she connects with through her authenticity, humour and genuine empathy. Laura's has spoken to thousands of people of all ages, delivering simple, yet profound and powerful messages of living a more mindful and deeply connected life.

business

Laura is the founder of Love Bug Books Publishing, and has successfully published 3 books. Laura is also the founder and CEO of the non-profit organization, Youth Matter, that supports the mental health of youth and families.

awards

Laura was a YWCA Women of Distinction award nominee in 2021. In 2023, Laura received the Queen's Platinum Jubilee medal for her philanthropic work with youth and women.



BRAD Siroski

Speaking, educating and breaking stigmas around mental health and substance use.



When given the opportunity to share his story in high schools, Brad jumped at the chance and quickly realized just how influential your story can be. This began his journey into speaking, educating, and advocating for mental health and substance use. After overcoming his own battles, Brad quickly realized that his most powerful tool was his voice.

A recurring theme in Brad's speaking is perseverance. He overcame many hurdles in his addictions and was once again tested when he received a cancer diagnosis in 2015. Brad faced this head on and is currently living cancer free. This experience gives Brad a unique perspective on how people are treated when struggling with addictions in comparison to struggling with cancer.

Brad received a Mental Health and Addictions diploma through the Saskatchewan Indian Institute of Technology. He has learned a lot about the Indigenous culture and holds these teachings in high regard. He has also incorporated a holistic approach of healing into his professional and personal life.

Over the last 5 years, Brad worked as an Outreach Addictions Counsellor and now works part-time as an Addictions Counsellor at a residential substance use treatment program, which allows him the time to focus on his passion - public speaking. He continues to work with communities to provide mental health and addiction support through his educational groups and public speaking events based around Mental Wellness and Holistic Healing. Brad was an integral part of the development of two mental wellness programs. He received the Safety Centered Leadership Award in 2022 for his contributions to the design of the Service Hospitality mental wellness modules. In March of 2023, he was honored by the province for his contributions to the Mental Health and Addictions field with the Queen Elizabeth II Jubilee award.

THE MFRC STAFF IN PARTNERSHIP WITH TRUE PATRIOT LOVE FOUNDATION INVITE MILITARY AND VETERAN FAMILIES TO ENJOY SOME WINTER FUN!

FAMILY SNOW TUBING

SUNDAY FEBRUARY 4TH, 2024
OPTIMIST HILL
2-4PM

\$10 PER FAMILY

PLEASE EMAIL TO REGISTER;
KATHERINE.DEFOSSE.CSMFRC@GMAIL.COM
BY JANUARY 19TH



Parent and Tot time at

Flynn's Forest Indoor Playground

9 February 2024
10am-12pm \$5/family

Military families with kids under the age of 5 are welcomed to join us for a morning of indoor play time at Flynn's Forest in Saskatoon.

To register by February 2nd email:
megan.boufford.csmfrc@gmail.com

MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



Smash Therapy

Open to Military and
Military dependants 18+

February 8th, 2024

At Smash Therapy YXE

6:30pm-7:30pm

\$20 per person

Limited spots available

Register by January 25, 2024

To register please email Nadine:
nadine.ingra.csmfrc@gmail.com

CSMFRC
Central Saskatchewan
Military Family
Resource Centre Inc



CRFMCS
Centre de ressources pour
les familles des militaires
du centre de la Saskatchewan Inc



Veterans & Family GOLF



Join us for a day of fun on the virtual greens.

What to bring:

- Clean shoes (no cleats)
- Clean clubs (rentals are limited please call YXE to reserve)
- Children are allowed and welcomed!



SATURDAY, 20 JAN 2024
FROM 1-5 PM



YXE GOLF LOUNGE
100-701 CYNTHIA STREET
SASKATOON

Register by January 10, 2024

JOIN US!
\$5 PER
FAMILY



To register contact: Angelina Marcotte



angelina.marcotte.csmfrc@gmail.com



306-290-4777



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 BUNDED 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

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 PER DEPENDENT
- 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





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