



WELCOME TO SASKATCHEWAN!

Your guide to all things
child related in and around
Saskatoon!

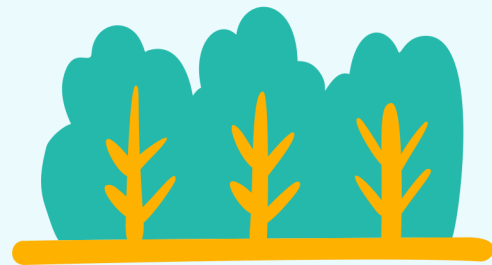
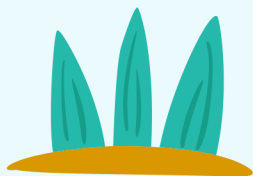
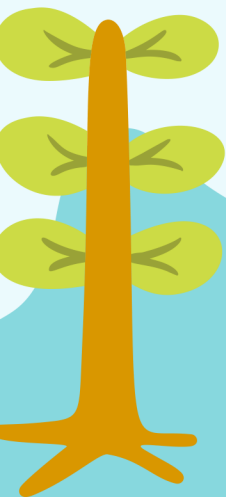


YOUR CENTRAL SASKATCHEWAN MILITARY FAMILY RESOURCE CENTER

CSMFRC Child and Youth Family Navigator is Megan Boufford! You can pop in to the office to see her or email any questions to megan.boufford.csmfrc@gmail.com

Megan coordinates all of the family programs including parent and tot (children aged 0-5), child (aged 5-12) and youth (13-17).

Make sure you're on the mailing list and/or following us on Facebook to see our upcoming events!





YOUR CENTRAL SASKATCHEWAN MILITARY FAMILY RESOURCE CENTER

**We are located on Main St right on
the Detachment, in Building 100(B100)**

**Right next door to the MFRC is our
fully licensed childcare center that
has 42 spots.**

**Military families are given priority
status with one calendar months
notice.**

**For more daycare information please
contact:**

**Jenna Dombrowsky
Childcare Centre Director
csmfrcchildcare@hotmail.com
ext.4212**

CSMFRC PROGRAMS

On-Going Programming

Keep an eye out for our newsletter every month for updated programming & upcoming events.

Tutoring Supports

If your child is struggling in school or just needs a refresher, we have a list of local resources to help find your child a tutor if need be.

Meet and Greet Program

Families in the first year of a posting are eligible for the meet and greet program. This program entitles families for a monetary refund to meet new babysitters in their area.

Kids Second Language Program

Saskatchewan does not have mandatory French curriculum in schools, the CSMFRC offers kids Rosetta Stone access for youth to remain up to date with a second language.

Day Camp Reimbursement Programs

Each dependent aged 0-17, is eligible for up to \$100 reimbursement for temporary childcare programs.

For more information or to apply to any of these programs, please contact Megan at the CSMFRC.

ADDITIONAL PROGRAMS

STRONGEST FAMILIES INSTITUTE

With support from the Military Family Services Ottawa, RBC Foundation, Bell Let's Talk, True Patriot Love Foundation, and Veterans Affairs Canada, Strongest Families is honoured to provide services to military and Veteran Families across Canada.

Our Coaches are trained to help families prepare for transitions such as deployments, postings, training courses, and reintegration. We can help equip your family with strategies to cope with change. Our programs are for families with children ages 3-17. Services are confidential and delivered when and where you need them. Our free services are available at times that are convenient for your family - no need to travel, take time from work or school. All our staff are trained in military cultural competencies.

In collaboration with Military Family Resource Centers across Canada, access to services is as easy as a call to your local MFRC.

You may contact any staff at any MFRC for a referral to SFI for programming.

For more information on the available programs offered by SFI please go here:

<https://strongestfamilies.com/get-help-now/#military>

Kids Help Phone

Kids help phone has a program specifically designed for military children, with people who know the challenges of the military lifestyle.

Military children with cell phones can access this service by texting the keyword CAFKIDS at 686868 for service in English or the keyword JEUNESFAC at 686868 for support in French. This texting service is confidential, free and available 24/7 across Canada. Kids Help Phone is Canada's only 24/7 national service offering professional counselling, information, referrals, and volunteer-led text-based support for young people. Kids Help Phone's free services are available in both English and French.

Support Our Troops Scholarship Programs

Support Our Troops offers a wide array of scholarships to aid families with the transition into post secondary education. For more information please visit: <https://www.supportourtroops.ca/>

EDUCATION AND CHILDCARE

K-12 LEARNING

The Dundurn area falls within the catchment of Prairie Spirit School Division. It is a public division with bussing options for those not living within town boundaries. The city of Saskatoon has a Public and a Separate (Catholic) division within its boundaries. Core French and French Immersion is available in both SPSD and GSCS. Francophone Learning is available in the City of Saskatoon with bussing available for those living rurally. Second Language learning in Cree, Michif, and Ukrainian is offered through GSCS. And if in person learning is not your preference there are many alternate learning platforms that can be accessed in our area as well. Please use the links below to find out more about each type of Learning and the registration requirements.

Saskatoon Public School Division: <https://www.spsd.sk.ca/>

- English, French Immersion, English as an Alternate Language Services, Home-Based Learning, Adult Education, Gifted Education, Online Learning.

Greater Saskatoon Catholic Schools: <https://www.gscs.ca/>

- English, Core French, French Immersion, English as an Alternate Language Services, Deaf and Hard-of-Hearing Services, Home-Based Learning, Online Learning.

Francophone Schools: <https://ecolefrancophone.com/en/>

Prairie Spirit School Division: <https://www.spiritsd.ca/>

Alternate Location Learning Programs:

- Distance Learning Program: <https://www.sunwestdlc.ca/>
- FlexEd: <https://www.flexed.ca/>

POST SECONDARY SCHOOLS

Saskatoon has two large post-secondary institutions. The University of Saskatchewan and SaskPolytech are both located close to the downtown core of Saskatoon.

- University of Saskatchewan – www.usask.ca
- Saskatchewan Polytechnic Institute – www.saskpolytech.ca

For more information on education resources within the area please visit:

<https://cfmws.ca/support-services/education/education-by-province/education-in-saskatchewan>

CHILDCARE

The CSMFRC operates a provincially licensed childcare facility conveniently located across the street from the CSMFRC office on Detachment Dundurn, military families receive priority registration with one months notice. This daycare program offers childcare for children ages 6 weeks – 12 years of age. Hours are 7:30am-5pm, Monday to Friday. Prairie Spirit School Division provides bussing to both Dundurn Elementary School and Hanley Composite School from the Child Care Centre. The Child Care Centre has 42 spots available for children and often operates at full capacity. If you choose to enroll your child(ren) in the CSMFRC Daycare Centre, it is important for you to do so at your earliest convenience so the Daycare Centre can do their best to accommodate your child(ren)'s requested start date.

*NOTE: Should you require childcare during unloading and unpacking days, call ahead to confirm that space is available and to book childcare for your family. Casual child care at the day care must be booked in advance and will not be guaranteed due to limited space.

For listings of other licensed day cares and day homes within Saskatoon and the surrounding area, visit: www.saskatchewan.ca – select Family and Social Support

CSMFRC PROGRAMS

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:
MEGAN.BOUFFORD.CSMFRC@GMAIL.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

MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

CSMFRC



CSMFRC PROGRAMS

CSMFRC'S NEW

MEET & GREET PROGRAM

For families in the first year of their posting!

- To aid families with community integration, families are eligible to receive reimbursement for 2 meet and greet sessions with potential babysitters!
- Up to \$30 per family
- One application per fiscal year
- Program Approval is at the discretion of the Program Coordinator and the Executive Director.

For more information please contact:
megan.boufford.csmfrc@gmail.com



LOOKING FOR:

Babysitters!



IF YOU ARE A CERTIFIED BABYSITTER AND
WOULD LIKE TO BE PUT ON THE CSMFRC'S
BABYSITTER LIST PLEASE CONTACT:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM

FUN THINGS TO DO AROUND SASKATOON!



Nutrien Wonderhub is an interactive children's museum, where both children and adults are encouraged to participate!

<https://wonderhub.ca/>

Nutrien Playland at Kinsmen Park

Soar high above the city on the 20 metre high Ferris wheel or have a twirl on a bright and cheery carousel animal. Hop aboard for a whistle-stop tour on the Canpotex Train - a park favourite. This replica modern-day freight train rolls along a 626 metre loop through the park.

FUN THINGS TO DO AROUND SASKATOON!

Saskatoon Forestry Farm Park & Zoo

Zoo is outdoors and open year round. Meet an impossibly cute mob of meerkats, grizzly bears, Arctic wolves and many other species at Saskatchewan's only CAZA accredited zoo.

Wanuskewin



Wanuskewin Heritage Park is a National Historic Site located in the City of Saskatoon and RM of Corman Park. Together, we work to advance the understanding and appreciation of the evolving cultures of the Northern Plains Indigenous peoples.

rRemai Modern

Saskatoon's museum of modern and contemporary art. Admission is by donation.

**rRemai
mModern**

FUN OUTDOOR THINGS TO DO AROUND SASKATOON!

Blackstrap Lake and Campgrounds

A 35-minute drive south of Saskatoon, this park is the perfect place to enjoy a wide range of summer activities including swimming, camping and fishing. With a boat launch located on the east side of the lake, Blackstrap's lake is ideal for water activities such as water-skiing, canoeing and windsurfing. A main beach with inviting sand and ample grass areas makes a perfect place for games and sun tanning.

Wander's Tiny Farm

A local farm and petting zoo where kids can explore while interacting with bunnies, goats, ducks and more!



<https://www.wanderstinyfarm.ca/>

SPORTS ASSOCIATIONS

Hockey

Saskatoon:
<https://smha.sk.ca/>

Dundurn:
<https://www.dundurnminorhockey.ca/>

Baseball

Saskatoon:
<https://www.baseballsaskatoon.com/>

Dundurn:
<https://leagues.teamlinkt.com/dundurndetonators>

Basketball

Saskatoon:
<http://www.skybasketball.ca/>

Soccer

Saskatoon:
<http://saskatoonyouthsoccer.ca/>

Football

Saskatoon:
<https://www.saskatoonminorfootball.com/>

Gymnastics

Saskatoon:
<http://canamgymnastics.ca/>

Martial Arts

Saskatoon:
<http://canamgymnastics.ca/>

SEASONAL ACTIVITIES

Winter Activities

Optimist Hill

Your winter destination for skiing and tubing right in Saskatoon.

<https://optimisthill.ca/>

Blue Mountain Adventure Park

Open for skiing, tubing, snowshoeing, kicksledding and more. Summer activities also available. Located an hour and a half from Saskatoon.

<https://explorebluemountain.com/>

Summer Activities

Nutrien Children's Festival

Held each year in downtown Saskatoon, children have a weekend full of family fun!

<https://www.nutrienchildrensfestival.com/>





DID YOU KNOW?

SOLARO

SPECIAL OFFER: CF One Members can now receive a 1-year license to SOLARO for only \$25.00 (retail price is \$200).

Military families benefit from an 87% discount with their CF1 card.

For more information, or to register your family, please visit

<https://www.solaro.ca/partner-products/solaro-for-cff>



CFMWS



Math, Science, ELA
Web and Mobile