



# Calendar of Events



## MAY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4  Star Wars Day	5  Red Dress Day	6 
7 National Child & Youth Mental Health Day	8	9	10  ECE Appreciation Day	11	12  International Nurses Day	13
14 <i>Happy Mother's Day</i>	15  International Day of Families	16	17	18	19	20
21	22  Victoria Day *CSMFRC Closed*	23	24 Photo Contest Deadline & Draw 	25 Adult Succulent Workshop 	26	27
28 Family Potted Planter Event 	29	30  World Multiple Sclerosis Day	31	Adult Succulent Registration Deadline May 22nd* 	Potted Planter Registration Deadline May 24th* 	

### PROGRAMS/EVENTS:



- 1-24 May - International Families Day Contest
- Thursday May 25th - Adult Succulent Planter Event
- Sunday May 28th - Mothers Day Potted Planter Event (All Ages)
- Ongoing: Activity Support Program
- Ongoing: School Backpack Program
- Ongoing: Emergency Funding and Resources
- Ongoing: Second Language Training



### ANNOUNCEMENTS:



- Please join us in welcoming Megan Boufford to the CSMFRC team as our new Child & Youth Program Coordinator!
- Please reach out to Katherine if you would like to be added to the Email Distribution List for the CSMFRC.

### CONTACT US:

#### Executive Director

Kendra Bessey  
Kendra.Bessey@forces.gc.ca  
ext. 4266  
Cell: 306-491-5943

#### Integration & Relocation Coordinator

Katherine Defosse  
katherine.defosse.csmfrc@gmail.com  
ext. 4287

#### Family Services Coordinator

Nadine Ingram  
Nadine.Ingram@forces.gc.ca  
ext. 4266  
Cell: 639-318-3127

#### Child & Youth Program Coordinator

Megan Boufford  
megan.boufford.csmfrc@gmail.com  
ext. 4391

#### Childcare Centre Director

Jeannette Bassendowski  
csmfrcchilcare@hotmail.com  
ext. 4212

DROP-IN ANYTIME FOR A VISIT! ENJOY A COMPLEMENTARY BEVERAGE AND LEARN MORE ABOUT OUR PROGRAMS AND EVENTS!



100 Main Street  
17 Wing Det. Dundurn

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

306-492-2135  
Front Desk Ext. 4266



Central Sask  
MFRC



@CSMFRC



www.cfmws.com

Canadian Forces Member Assistance  
Program: 1-800-268-7708

Family Information Line: 1-800-866-4546



# INTERNATIONAL **DAY OF FAMILIES** IS MAY 15TH, 2023

**CELEBRATE FAMILY WITH THE CSMFRC  
FOR YOUR CHANCE TO WIN A \$25 GIFT  
CARD TO FUDDRUCKERS!**

**SEND A FAMILY PHOTO TO  
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM TO  
BE ENTERED INTO THE DRAW THAT WILL  
TAKE PLACE MAY 24TH. WINNER WILL BE  
CONTACTED VIA EMAIL.**





Join us for a

# Mother's Day

## Potted Plant Event

Families are invited to make a potted planter.

\*Parents and kids of all ages\*

SUNDAY, 28TH MAY 2023 12PM

@ Holland Greenhouse  
Barr road off hwy 11. Near,  
Hanley, SK

\$10 per  
family

RSVP

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

Registration is limited,

RSVP by May 24th



# Succulent Bowl Workshop



When: May 25th 2023  
Time: 6:30 pm till 8:00 pm  
Where: "Treats" in the Lawson  
Heights Mall

For CAF and Veteran  
Families  
18+ event  
\$ 15 per person  
Limited availability

**To register please contact Nadine:  
[Nadine.Ingram@forces.gc.ca](mailto:Nadine.Ingram@forces.gc.ca)  
Deadline May 22nd 2023**



# ACTIVITY SUPPORT PROGRAM

Program Runs  
April 1st 2023 through  
to March 31 2024

## Parameters:

- Newly Posted (posted between April 1 2023 to March 31 2024) CAF families are eligible
- Military dependent youth up to the age of 18 are eligible
- 100% of registration fee to a maximum of \$300 per youth dependent
- Multiple activities can be bundled to utilize the full \$300; however only one application per fiscal year will be processed

*Limited funding available*

**CONTACT MEGAN FOR DETAILS:**

**MEGAN.BOUFFORD.CSMFRC@GMAIL.COM**



# 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](mailto:katherine.defosse.csmfrc@gmail.com)





VETERANS & FAMILIES  
FAMILLES & VÉTÉRANS



## VETERAN FAMILY PROGRAM COORDINATOR who are they and how can they assist?

supports medically releasing CAF members, medically released CAF Veterans, and their families as they transition into post-service life

aids in the navigation of, and access to, relevant programs & services



facilitates referrals to appropriate agencies & organizations as needed

on-going support to families as required

### TO LEARN MORE:

- Visit any Canadian Military Family Resource Centre and speak with the onsite Veteran Family Program Coordinator;
- Call the Family Information Line at 1-800-866-4546 or email [FIL@CAFconnections.ca](mailto:FIL@CAFconnections.ca);
- Visit [www.cafconnection.ca/vfp](http://www.cafconnection.ca/vfp) for more information.