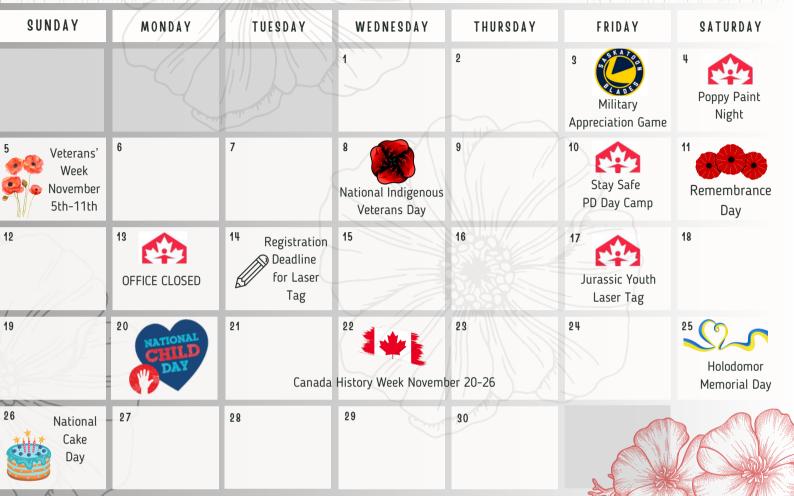


CSMFRC Calendar of Events

NOVEMBER 2023



DROP-IN ANYTIME FOR A COMPLIMENTARY **BEVERAGE AND** LEARN MORE ABOUT **OUR PROGRAMS AND EVENTS!**



The CSMFRC staff would like to thank Jeannette for all her years of service with the childcare centre and wish her all the best in her future endeavours. We will all miss you!!!



CONTACT US



100 MAIN STREET 17 WING DET DUNDURN OFFICE HOURS

M-F 8AM-4:30PM

306-492-2135 FRONT DESK EXT. 4266

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

ANGELINA MARCOTTE VETERAN FAMILY PROGRAM COORDINATOR ANGELINA.MARCOTTE.CSMFRC@GMAIL.COM CELL: 306-227-1311

KATHERINE DEFOSSE COMMUNITY INTEGRATION & RELOCATIONS FINANCIAL MANAGEMENT CLERK KATHERINE.DEFOSSE@FORCES.GC.CA







MEGAN BOUFFORD CHILD & YOUTH PROGRAM COORDINATOR MEGAN.BOUFFORD.CSMFRC@GMAIL.COM

CSMFRCCHILCARE@HOTMAIL.COM EXT.4212

CHILDCARE CENTRE



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

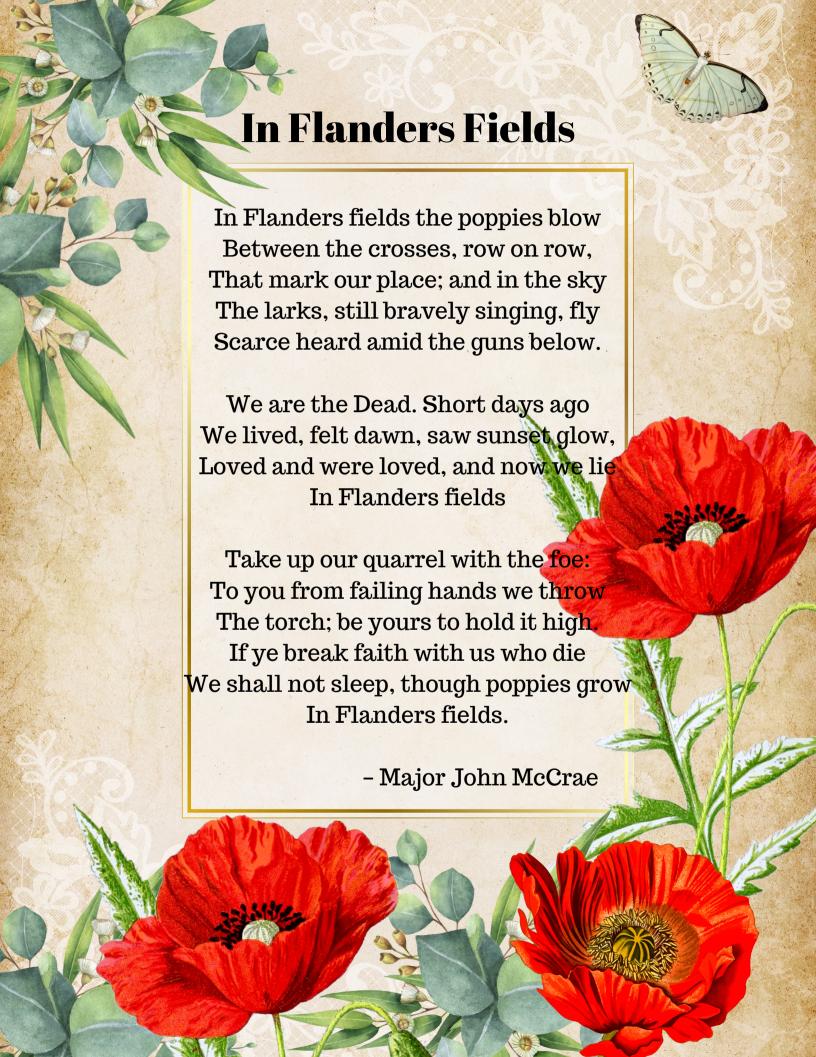
Wounded Warriors Canada: 1-888-706-4808

Support Our Troops: 1-877-445-6444

VAC Death and Bereavement Counselling 1-800-268-7708

Last Post Fund: 1-800-465-7113





Attention members of the Veteran Community

If I sprain my ankle, chances are you will know what to do.



If I have a panic attack, chances are you won't.

Become certified in Mental Health First Aid

In support of the Veteran Community and in partnership with Veterans Affairs Canada, a customized version of the Mental Health First Aid for members of the Veteran Community is being offered in your area.



For more information or to register please contact:
Angelina Marcotte
Veteran Family Program Coordinator
1-306-227-1311
angelina.marcotte.csmfrc@gmail.com

VETERAN FAMILY PROGRAM
Aunded by Veterans Affairs Canada
PROGRAMME POUR LES FAMILLES DES VETERANS
Financé por Anciens Combatta nis Canada

Join us to become certified in Mental Health First Aid Veteran Community. Members of the Veteran Community will receive this training at **no cost**. Seats are limited and registration will be on a first come first serve basis.

Date: February 10 & 11, 2024

Registration

deadline:

December 20, 2023

Time: 9:00 am to 1:00 pm CT

Location:

Virtual via MS Teams

*Note

Military attire is not required.

Transportation, lodging and meals are not included.

not includ

Mental Health (Commission I of Canada (

Commission de la santé mentale du Canada

