














CSMFRC Calendar of Events

NOVEMBER 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|----------|---|--|
| | | | 1 | 2 | 3  Military Appreciation Game | 4  Poppy Paint Night |
| 5  Veterans' Week November 5th-11th | 6 | 7 | 8  National Indigenous Veterans Day | 9 | 10  Stay Safe PD Day Camp | 11  Remembrance Day |
| 12 | 13  OFFICE CLOSED | 14  Registration Deadline for Laser Tag | 15 | 16 | 17  Jurassic Youth Laser Tag | 18 |
| 19 | 20  NATIONAL CHILD DAY | 21 | 22  Canada History Week November 20-26 | 23 | 24 | 25  Holodomor Memorial Day |
| 26  National Cake Day | 27 | 28 | 29 | 30 | | |

ANNOUNCEMENTS

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!!!

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



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
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NADINE INGRAM
FAMILY SERVICES & SUPPORTS
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MEGAN BOUFFORD
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CHILDCARE CENTRE
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EXT.4212





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



REMEMBRANCE DAY SERVICE

AT DETACHMENT DUNDURN

SATURDAY NOVEMBER 11TH, 2023
10:45-11:15AM AT THE BASE GYM
RECEPTION TO FOLLOW
AT THE FLIGHTLINE MESS (B82)

MILITARY DRESS REGS: 1A'S

COMMUNITY WELCOME TO ATTEND

ALL ATTENDEES MUST SHOW ID TO ENTER
THE DETACHMENT (EXCLUDING MINORS).
PLEASE ARRIVE EARLY IN ORDER TO
ACCOUNT FOR LINE UPS OR DELAYS AT THE
GATE.

LEST WE FORGET

The page is framed by a decorative border. On the left, there are green leaves and small white flowers. On the right, a white lace pattern is visible, with a light green butterfly with black markings on its wings. At the bottom, there are large, vibrant red poppies with black centers and green leaves.

In Flanders Fields

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie
In Flanders fields

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

- Major John McCrae

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

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.



VETERAN FAMILY PROGRAM

Funded by Veterans Affairs Canada

PROGRAMME POUR LES FAMILLES DES VETERANS

Financé par Anciens Combattants Canada



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada

Mental Health
First Aid Canada

