

# OCTOBER 2025

## Newsletter



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>THE OFFICE WILL BE CLOSED</b> <b>29 SEPT – 3 OCT 2025</b> <i>*THIS CLOSURE DOES NOT AFFECT DAYCARE*</i>			<b>1</b>  <b>National Seniors Day</b>	<b>2</b>	<b>3</b>	<b>4</b>  <b>National Day of Action for Missing and Murdered Indigenous Women and Girls</b>
<b>5</b>	<b>6</b>  <b>REGULAR OFFICE HOURS RESUME</b>	<b>7</b>	<b>8</b>  <b>Christmas without Credit</b>	<b>9</b>	<b>10</b>  <b>World Mental Health Day</b>	<b>11</b>  <b>Friendsgiving</b>
<b>12</b>  <b>happy Thanksgiving</b>	<b>13</b>  <b>OFFICE + DAYCARE CLOSED</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
<i>Healthy Relationships Campaign Resource Package Pick up ----&gt;</i>						
<b>26</b>  <b>Pumpkin Party</b>	<b>27</b> <i>Healthy Relationships Resource Package Pick up</i>					
		<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>  <b>HAPPY HALLOWEEN</b>	

**FIND US ON:**



FACEBOOK.COM/CSMFRC



CFMWS.CA/CENTRAL-SASKATCHEWAN

### WOMEN'S HISTORY MONTH

WOMEN HAVE AND CONTINUE TO BLAZE A TRAIL TO  
CREATE A BETTER, MORE EQUAL WORLD FOR EVERYONE.  
TAKE A LOOK AT THIS TIMELINE TO DISCOVER NOTABLE  
EVENTS IN CANADIAN WOMEN'S HISTORY



## CONTACT US

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LET'S CELEBRATE THE BONDS THAT HOLD US TOGETHER—  
FRIENDSGIVING FOR OUR MILITARY & VETERAN COMMUNITY

CSMFRC INVITES MILITARY AND VETERAN FAMILIES TO THE 2<sup>ND</sup> ANNUAL

# FRIENDSGIVING

AT WANUSKEWIN HERITAGE PARK

OCTOBER 11TH 2025 | 10AM-2PM

TO INCLUDE:

- BRUNCH
- "NAVIGATING CHANGE TO SUCCESSFUL TRANSITION" WORKSHOP
- TRADITIONAL INDIGENOUS GAMES
- NATURE WALK

MFSF  
MILITARY FAMILY  
SERVICES PROGRAM



PSFM  
PROGRAMME DES SERVICES  
MILITAIRES



REGISTER  
WITH  
MEGAN

## TRICK OR TREAT

SAFETY FIRST

BE SEEN

ADD GLOW STICKS OR REFLECTIVE  
TAPE TO COSTUMES AND TREAT  
BAGS

STICK TOGETHER

TRICK-OR-TREAT WITH AN ADULT  
OR IN A GROUP

CHOOSE SAFE COSTUMES

MAKE SURE COSTUMES FIT WELL  
AND DON'T BLOCK VISION

CAF MBRS, VETERANS' & FAMILIES ARE  
INVITED TO THE CSMFRC'S ANNUAL

## PUMPKIN PARTY

CELEBRATE THE  
SEASON WITH  
CARVING, CREATIVITY,  
AND COMMUNITY!

OCTOBER 26TH  
\$5 PER FAMILY  
HMCS UNICORN

SIGN UP →

YOU PICK YOUR TIME!

10AM-12PM OR 12:30PM-2:30PM

EACH PARTICIPANT WILL GET A PUMPKIN TO CARVE!

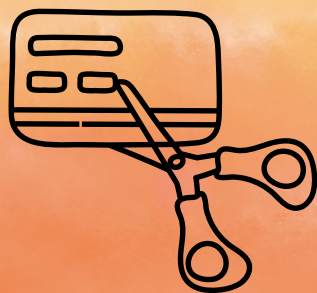


SCAN QR OR EMAIL  
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM  
TO REGISTER BY OCTOBER 20TH





KNOWLEDGE



How to have a

# DEBT-FREE

*Christmas*

"Christmas comes each time this year..." Sound familiar? Get ahead of holiday spending and skip the January debt hangover. Learn smart budgeting tips to celebrate stress-free!

🎄 Save the Date: October 8th; 6:30–7:30 PM (Zoom)

Join us for a festive and informative session!

✉ Register by emailing [csvfp@hotmail.com](mailto:csvfp@hotmail.com)

📱 Or scan the QR code to sign up instantly



SCAN ME



 Credit  
Counselling  
Society

 MFS  
SFM  
Member of the Financial Services Institute of Canada (FSIC)



# Healthy Relationship Campaign

Curious about what makes a relationship truly healthy—at any age? Swing by the CSMFRC and grab your free Healthy Relationships Resource Package—packed with books, guides, and practical tools to help you build strong, respectful connections that last.

Pick up October 20th–31<sup>st</sup> :

The ABC's of Consent -Children

Teens' Guide to Dating - Youth

Relationship Matter - Adult

Resources focus on developing healthy behaviors in the early stages of dating and new relationships

For more information on Military Family Services National Healthy Relationship campaign, visit the QR code!



## WORKING WEDNESDAYS!

EACH WEDNESDAY CHECK OUT OUR FACEBOOK PAGE FOR A NEW EMPLOYMENT RESOURCE!

HAVE A SUGGESTION? WE WANT TO HEAR FROM YOU!  
SCAN THE QR CODE AND COMPLETE THE SURVEY!



# Poppy Doormat

Create Your Own Remembrance Day Poppy Doormat!

Drop in and craft a beautiful tribute to honour our heroes — perfect for your doorstep this November.

 All supplies provided

 Sunday, November 2

 12:00 PM – 4:00 PM

 CSMFRC, Building 100

No experience needed—just bring your creativity and community spirit.

 To register, email [CSVFP@hotmail.com](mailto:CSVFP@hotmail.com)

Open to CAF and Veteran Families

LEST  
WE

FORGET



## POPPY PROJECT

*Let your poppies bloom with pride!*

*Free Craft Kits available at CSMFRC starting Oct 27!*

*Create a stunning poppy display and send a photo to [CSVFP@hotmail.com](mailto:CSVFP@hotmail.com) by Nov 9 for a chance to win a poppy-themed prize!*

*Open to ALL*

LEST WE FORGET



# YOUR WELLNESS HUB:

RESOURCES FOR EVERY MIND AND EVERY JOURNEY

FAMILY INFORMATION LINE: 1-800-866-4546 / FIL-LIF@CFMWS.COM  
CFMAP: 1-800-268-7708

KIDS HELP PHONE: TEXT CAFKIDS TO 686868 OR PHONE 1-800-668-6868  
OSISS (OPERATIONAL STRESS INJURY SUPPORT SERVICES): 1-800-883-6094

OSI-CAN SASKATCHEWAN: 1-306-552-3801 OR 1-888-495-6068

VETERANS AFFAIRS CANADA 1-866-522-2122

RCL SASK CMD: 1-306-525-8739

VETS CANADA: 1-888-228-3871 (24/7)

SUPPORT OUR TROOPS: 1-877-445-6444

WOUNDED WARRIORS CANADA: 1-888-706-4808

VETERANS HOTLINE: 1-800-268-7708

LAST POST FUND: 1-800-465-7113

ROYAL UNIVERSITY HOSPITAL: 306-655-1362

ST PAUL EMERGENCY SERVICES: 306-655-5113

CITY HOSPITAL: 306-933-5069

MOBILE CRISIS: 306-933-6200

SASK SEXUAL ASSAULT AND INFO LINE : 306-244-2224

OUT SASKATOON (LGBTQ+ SUPPORT): 1-800-358-1833

CENTRALIZED INTAKE (306) 655-7777

811 - HEALTHLINE

988 SUICIDE CRISIS HELPLINE (TALK & TEXT)

211 SASKATCHEWAN

CRISIS SERVICES CANADA: 1-833-456-4566 (TEXT OPTION)

PROBLEM GAMBLING HELPLINE 1-800-306-6789

DRUGS AND ALCOHOL HELPLINE: 1-800-565-8603

SASKATCHEWAN FARM STRESS LINE 1-800-667-4442

CANADIAN HUMAN TRAFFICKING HOTLINE - 1-833-900-101