



November 2024 Newsletter

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Remembrance Day Service at the gym 11 Nov 2024	Registration Deadline for PAINT NIGHT Nov 6th	Registration Deadline for AXE THROWING Nov 15	Registration Deadline for MOANA Nov 22nd		1	2
3	4	5	6 National Stress Awareness Day	7	8 Indigenous Veterans Day	9 POPPY PAINT NIGHT
10	11 Remembrance Day	12	13 CONNECTING THROUGH PLAY	14	15	16
17 International Students' Day	18	19	20	21 AXE THROWING	22	23 National Espresso Day
24	25	26 National Cake Day	27	28	29 Registration Deadline for Bake Exchange	30 Day of Remembrance for all Victims of Chemical Warfare

CONTACT US

MONDAY-FRIDAY
0800-1630
306-491-4698

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CAF AND VETERAN DEPENDENTS ARE
INVITED TO PICK UP A

POPPY ART



TAKE HOME KIT

CHILDREN/YOUTH WILL RECEIVE A KIT WITH SUPPLIES
TO CREATE A MASON JAR POPPY LIGHT

SHARE A PICTURE OF YOUR CREATION WITH
CSVFP@HOTMAIL.COM BY NOON NOV 8TH
TO BE ENTERED FOR A DRAW!

ONE KIT PER FAMILY, LIMITED KITS, NO FEE.
KITS AVAILAIBLE FOR PICK UP STARTING NOV 1ST.

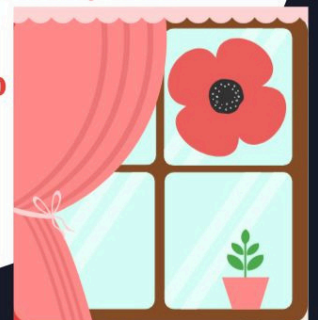
Project Poppy

Poppies have been a symbol of military sacrifice
for 100 years and are recognized worldwide

Project Poppy will provide **FREE KITS** containing
the materials needed to create your own poppy window
displays

Share a picture of your window display to
CSVFP@hotmail.com by noon November 8th to be
entered to win a poppy-themed prize!

**Kits are available for pickup
at CSMFRC (B100)
October 28th.**



REMEMBRANCE DAY SERVICE

AT DETACHMENT DUNDURN

MONDAY, NOVEMBER 11TH, 2024
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

Poppy paint night

NOVEMBER 9TH, 2024

Join us to remember and paint beautiful poppy drinkware

CAF & VETERAN FAMILIES & LEGION MEMBERS ELIGIBLE

WHERE: LEGION BRANCH 63, SASKATOON

TIME: 5PM

FEE: \$5

REGISTER BY NOV 1, 2024

EMAIL: CSVFP@HOTMAIL.COM

Legion 

VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

TRUE PATRIOT
LOVE 

The CSMFRC and Navera Community Connections invites you to a virtual workshop on:

CONNECTING WITH YOUR CHILD THROUGH PLAY

For more information
or to register, email:

megan.boufford.csmfrc@gmail.com

**November 13th
6pm**

**OPEN TO
COMMUNITY
MEMBERS!!!**



The CSMFRC invites Military & Veteran families with children under the age of 11 to a showing of

Moana 2

Sunday, December 1st/2024

Doors open at 9:30am | Landmark
\$20/ family

To register by November 22nd contact:
megan.boufford.csmfrc@gndmail.com





CHRISTMAS BAKE EXCHANGE

Join the CSMFRC in taking some ease off of your baking this year.

**Each participant is required to make 1 dozen treats for each of the other participants
!!! OPEN TO ALL !!!**

DROP OFF TREATS AT MFRC, DEC. 3RD FROM 8AM- 4:15PM

PICK UP TREATS, DEC. 4TH FROM 8AM-4:15PM

**All participants must register by
November 29th, email:
csvfp@hotmail.com**



PRESENTS OUR
4TH ANNUAL:

MY TRUE POWER

2025

- JANUARY 25TH/2025**
- 10AM-2PM**
- THE BARN AT WINDS EDGE**

**MILITARY FAMILY VIOLENCE ADVISORY TEAM INVITE
ANYONE AND EVERYONE TO ATTEND THIS
WONDERFUL EVENT FOCUSING ON SELF CARE AND
DISCOVERING YOUR OWN RESILIENCY.**

KEY NOTE SPEAKER

CHRIS BEAUDRY

CHRIS BEAUDRY IS A FATHER, HUSBAND, PUBLIC SPEAKER, AND FARMER WHO USES HIS LIVED EXPERIENCES AS GRIST FOR THE MILL FOR PERSONAL AND SPIRITUAL GROWTH.

THESE LIFE-CHANGING EXPERIENCES TAUGHT CHRIS THAT PAIN IS TO BE FELT, EMBODIED, AND INTEGRATED. THROUGH HIS SPEAKING WORK, CHRIS SHARES STORIES FROM HIS LIFE AND WISDOM HE CARRIES THROUGH SPIRITUAL PRACTICE TO HELP PEOPLE SEE THAT IT'S NOT AN AVOIDANCE OF PAIN THAT ALLOWS US TO FEEL SAFE, CONNECTED, AND LOVED BUT RATHER THE RECOGNITION AND EMBRACE OF OUR PAIN THAT SETS US FREE FROM OUR SUFFERING.

- **CHILDREN'S RESILIENCY WORKSHOP**
- **THERAPUTIC ART SESSIONS**

**TO REGISTER BY JANUARY 8TH EMAIL:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM**



COMMUNITY SUPPORTS



FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line: 1-800-866-4546 or fil-lif@cfmws.com

CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

SUICIDE CRISIS HELPLINE: CALL OR TEXT 9-8-8

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

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



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