






## APRIL 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1  3:30-4:45pm Afterschool Program	2	OFFICE CLOSED FOR HOLIDAYS	OFFICE CLOSED FOR HOLIDAYS
OFFICE CLOSED FOR HOLIDAYS	6	7	8  3:30-4:45pm Afterschool Program	9	10	11
12	13	14	15  3:30-4:45pm Afterschool Program	16	17	18
19	20	21	22	23	24	25
26	OFFICE CLOSED FOR HOLIDAYS	28	29	30	1	2

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



### PROGRAMS/EVENTS:



- Feb 11th, 8:30am-4:30pm: A.S.K. Workshop
- Feb 16th, 6:30-8:30pm: Youth Sign Making Workshop
- Ongoing: Backpack Program
- Ongoing: Activity Support Program
- Ongoing: Second Language Training
- Ongoing: Emergency Funding and Resources

### ANNOUNCEMENTS:



Please join us in welcoming TWO new members to the CSMFRC team: Nadine Ingram, and Katherine Defosse!

The CSMFRC is seeking members for our Board of Directors. For more information or to apply, please contact Heidi Grant.

### CONTACT US:

Executive Director (Interim)  
Heidi Grant  
csmfrc.heidigrant@gmail.com  
Cell: 306-717-4932

Military Family Program Coordinator  
Kendra Bessey  
Kendra.Bessey@forces.gc.ca  
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Military Family Program Coordinator  
Nadine Ingram  
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Military Family Program Coordinator  
Katherine Defosse  
katherine.defosse.csmfrc@gmail.com  
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Veteran Family Program Coordinator  
Jessica Powers  
Jessica.Powers@forces.gc.ca  
Cell: 306-227-1311

Childcare Centre Director  
Jeannette Bassendowski  
csmfrcchildcare@hotmail.com  
ext.4212



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.ca

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

Family Information Line:  
1-800-866-4546

February 11, 2023, 8:30am-4:30pm

# "ASK" WORKSHOP

Assessing Suicide in Kids

Join us at the Sheraton for a Full Day  
workshop

(Lunch Provided!)

This workshop challenges commonly held notions about childrens' capacity to consider suicide. It facilitates awareness of the signs that a young child may be at risk and what is needed to help.

\$ 15 per person

Open to Adult CAF members, Veterans,  
families, and civilians

Participants typically are in contact  
with children age 5-14.

safety planning.

Recognize Signs

Registration Deadline: January 31, 2023

For more information, or to  
register, contact:  
[csmfrc.Heidigrant@gmail.com](mailto:csmfrc.Heidigrant@gmail.com)



Limited Spots  
Available





TRUE PATRIOT  
LOVE




# SIGN MAKING CLASS FOR YOUTH

Peer Support Event with Sue!  
Registration Opens Feb 1st + Closes Feb 13th

 Thursday, Feb 16th  
6:30-8:30

 Paint B'Dazzle - Saskatoon

 Contact Nadine to register:  
[nadine.ingram.csmfrc@gmail.com](mailto:nadine.ingram.csmfrc@gmail.com)

**\$5 PER  
YOUTH  
(AGE 12-17)**

**OPEN TO CAF AND  
VETERAN DEPENDENTS**



Program runs April 1, 2022 to March 31, 2023

# SCHOOL BACKPACK PROGRAM



## PARAMETERS:

- CAF School Age Child Dependents (Grades Pre-kindergarten to grade 12) are eligible.
- 100% of school supply fees covered up to a maximum of \$50.
- One application per Fiscal Year
- Program approval is at the discretion of the Program Coordinator and the Executive Director.



Contact Katherine  
for details:

[Katherine.Defosse.csmfrc@gmail.com](mailto:Katherine.Defosse.csmfrc@gmail.com)



# 2022-2023 Activity Support Program for Newly Posted Families

Program runs from April 1st, 2022 through to March 31, 2023

## Parameters:

- Newly Posted (posted between April 1, 2022 to March 31, 2023) 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 dependant.
- Multiple activities can be bundled to utilize the full \$300.00; however only one application per fiscal year will be processed.
- Limited funding is available.

Support Programs include, but are not limited to sport leagues, educational programming, art programming, etc.

Contact Katherine for details:  
[katherine.defosse.csmfrc@gmail.com](mailto:katherine.defosse.csmfrc@gmail.com)

\*\* Program approval is at the discretion of the Program Coordinator and the Executive Director \*\*

# Second Language Training for Adults



Available through the CSMFRC



## 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:

Kendra Bessey

[kendra.bessey@forces.gc.ca](mailto:kendra.bessey@forces.gc.ca)





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.