

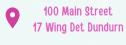
Calendar of Events MFSP MILITARY FAMILY



APRIL 2023

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

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.

Central Sask MFRC





<u>Canadian Forces Member Assistance Program:</u> 1-800-268-7708

Family Information Line: 1-800-866-4546

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
ext.4287
Cell: 639-318-3127

Military Family Program Coordinator Nadine Ingram nadine.ingram.csmfrc@gmail.com ext.TBD Cell: TBD

Military Family Program Coordinator Katherine Defosse katherine.defosse.csmfrc@gmail.com ext.TBD Cell: TBD

Veteran Family Program Coordinator
Jessica Powers
Jessica.Powers@forces.gc.ca
Cell: 306-227-1311

Childcare Centre Director Jeannette Bassendowski csmfrcchilcare@hotmail.com ext.4212 February II, 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.

Recognize Signs

Registration Deadline: January 31, 2023

For more information, or to register, contact: csmfrc.Heidigrant@gmail.com

safety planning.



Limited Spots Available





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

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

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

Second Language Training for Adults



Available through the CSMFRC



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





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;
- Visit www.cafconnection.ca/vfp for more information.