

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1  LABOUR DAY Office/Daycare Closed	2	3	4	5	6
7  Menonite Heritage Week--->	8  NATIONAL LITERACY DAY	9	10  World Suicide Prevention Day	11	12  Detachment Western Event	13  World Chocolate Day!
14	15  PSP Terry Fox Run/Walk	16	17	18	19	20  MFAD
21  Canadian Walk for Veterans	22	23	24	25	26	27  World Tourism Day
28  British Home Child Day	29	30  National Day for Truth and Reconciliation	 THE CSMFRC OFFICE WILL BE CLOSED 29 SEPT – 3 OCT 2025 <i>*THIS CLOSURE DOES NOT AFFECT DAYCARE*</i>			

FIND US ON:



facebook.com/CSMFRC



cfmws.ca/central-saskatchewan

NEW NEWS!

- JOIN US FOR MILITARY FAMILY APPRECIATION DAY—A SPECIAL CELEBRATION HONOURING THE STRENGTH, RESILIENCE, AND CONTRIBUTIONS OF OUR MILITARY FAMILIES.
- SASKATOON CITY HALL & PRAIRIE WIND MONUMENT WILL BE LUMINATED IN RED 15-21 SEPTEMBER -- TO RECOGNIZE MILITARY FAMILY APPRECIATION!
- THE CSMFRC OFFICE WILL BE CLOSED 29 SEPT - 3 OCT INCLUSIVE

CONTACT US

MAIN LINE 306-491-4698

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MSEN VIRTUAL CAREER FAIRS

ON-GOING

Join us for a series of tailored career fairs and networking events designed exclusively for military and veteran spouses, featuring esteemed Military Spousal Employment Network (MSEN) employer partners.

For more information or dates for upcoming virtual career fairs, scan the QR code.



**NEXT FAIR IS
SEPTEMBER
17 & 18**



**REGISTER BY
OCTOBER 1ST!**

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

CSMFRC INVITES MILITARY AND VETERAN FAMILIES TO THE 2ND 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

MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



Register via email by October 1st:
megan.boufford.csmfrc@gmail.com



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ANNUAL GENERAL MEETING 2025



**TUESDAY, SEPTEMBER 16TH 2025
7:00PM - MFRC COMMUNITY ROOM**


**DOORS OPEN AT 6:30PM FOR CASUAL CONNECTION
HOSTED AT THE MFRC - B100 DETACHMENT DUNDURN**

Sorry We Are **CLOSED**


The CSMFRC team is heading out to learn and connect with our fellow MFRCs in Calgary and Suffield!

 Our office will be closed from September 29 to October 3.

 Staff will still be available via email during this time.

 For emergencies, please call 306-491-5943

We're excited to bring back new ideas and stronger connections to better serve our community. Thank you for your understanding!

 The Childcare Centre remains open and is not affected by this closure.

MILITARY FAMILY APPRECIATION DAY



**JOIN US FOR MILITARY FAMILY APPRECIATION DAY - FILLED WITH FUN,
MEANINGFUL CONNECTION, AND HEARTFELT APPRECIATION FOR THE
INCREDIBLE STRENGTH AND SERVICE OF OUR MILITARY FAMILIES**



**SEPTEMBER 20TH 2025
1PM - 4PM**



**Sgt. Hugh Cairns VC Armoury
930 Idylwyld Dr N, Saskatoon**

**REGISTRATION
ENCOURAGED
BUT NOT
REQUIRED!**



- **INFLATABLE FUN FOR ALL AGES**
- **ART THERAPY PROJECTS**
- **VARIOUS WORKSHOPS**
- **DUNK TANK**
- **MILITARY FAMILY ENTREPRENEUR SHOWCASE**
- **BALLOON ARTIST**
- **FACE PAINTING**
- **VARIOUS ACTIVITIES FOR ALL**
- **COTTON CANDY**
- **COMMUNITY PARTNERS**

MILITARY FAMILIES - CELEBRATE, CONNECT, AND BE APPRECIATED!

MILITARY FAMILY APPRECIATION DAY

SPECIAL
DUNK BY
DONATION
DRIVE

WE WERE UNABLE TO SUCCESSFULLY
COMPLETE THIS INITIATIVE LAST YEAR,
SO WE ARE TRYING AGAIN!

3 BALLS - \$5

15 BALLS- \$20

PAYABLE BY CARD OR CASH AT EVENT

ALL PROCEEDS GOING TO
VETERANS VILLAGE - SASKATOON

LOCAL UNIT COMMAND TEAM CAF MBRS
HAVE VOLUNTEERED TO TAKE A SEAT IN
THE DUNK TANK FOR THIS GREAT CAUSE!



WILL YOU STEP UP AND TAKE THE PLUNGE AS WELL? LET US KNOW!!!

#MFAD SPECIAL THANKS:



MFSP
MILITARY FAMILY
SERVICES PROGRAM




thePersonal
Home and Auto Group Insurer

Tim Hortons

THANK YOU FOR YOUR SUPPORT!!!

TRUE PATRIOT
LOVE

CANADIAN WALK
FOR VETERANS

SCAN ME



PRINCE ALBERT, SK REGISTRATION **NOW OPEN!**

SEPTEMBER 21, 2025

Join the Fun — Starting at Noon!

Kinsmen Park

Central Ave. & 26th Street NW

All ages Welcome!!

Text me Reminders!

Never miss a workshop
or event from your local
CSMFRC



SCAN HERE



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HELP US
SUPPORT OUR
LOCAL
PARTNER!!

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

📱 Or scan the QR code to sign up instantly

SCAN ME



COMMUNITY SUPPORTS

THE CSMFRC HOURS OF OPERATION ARE:

Monday- Friday: 8:00 AM- 4:30 PM

DO NOT HESITATE TO REACH OUT TO US FOR ASSISTANCE

306-491-4698

SHOULD YOU REQUIRE ASSISTANCE OUTSIDE OF BUSINESS HOURS:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line:

1-800-866-4546 / FIL-LIF@cfmws.com

CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

Suicide Crisis Helpline: 988 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

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

VETERAN SERVICES:

Veterans Affairs Canada 1-866-522-2122

Royal Canadian Legion Sask Cmd:

1-306-525-8739

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

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

MENTAL HEALTH & ADDICTION 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