



## JULY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Ice Cream Social Registration Deadline 6 July	Circle Sign Workshop Registration Deadline 7 July	Kinsmen Park Registration Deadline 26 July			1 <i>happy Canada day</i>
2	3 CSMFRC Closed	4 <i>HAPPY 4th of July</i>	5	6	7 Global Forgiveness Day	8
9 ICE CREAM SOCIAL	10	11 World Population Day	12	13	14	15 National Give Something Away Day
16 SIGN WORKSHOP	17	18	19	20	21 CHANGE OF COMMAND	22
23	24	25	26	27 RELOCATIONS Q&A	28	29 KINSMEN PARK FUN DAY
30 International Friendship Day	31	 Central Sask MFRC  @CSMFRC  www.cfmws.com			Canadian Forces Member Assistance Program: 1-800-268-7708  Family Information Line: 1-800-866-4546	

### PROGRAMS/EVENTS:

- July 9th - Ice Cream Social
- July 16th - Decor Sign Workshop
- July 27th - Relocation Q&A
- July 29th - Kinsmen Park Fun Day

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



## CONTACT US

**Katherine Defosse**  
Community Integration Coordinator  
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**Kendra Bessey**  
Executive Director  
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**Megan Boufford**  
Child & Youth Program Coordinator  
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**Nadine Ingram**  
Family Services Coordinator  
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**Angelina Marcotte**  
Veteran Family Program Coordinator  
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**Childcare Centre Director**  
Jeannette Bassendowski  
csmfrcchilcare@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



CSMFRC invites Military families for an

# ICE CREAM SOCIAL!

Join us for a special summer treat and some splash pad fun!

*Each registered guest will be able to select a treat from a special menu when you arrive!*

Sunday July 9th 2023 from 1-2pm  
@ River Landing Park in the city

Please RSVP by July 7th to  
[Megan.boufford.csmfrc@gmail.com](mailto:Megan.boufford.csmfrc@gmail.com)



# HELLO SUMMER!



CSMFRC Invites you to

# KINSMEN PARK

Military and veteran families are invited to Kinsmen park for an afternoon of family fun! Each family will receive a 12 pack of tickets for the attractions! There is also a splash park available!

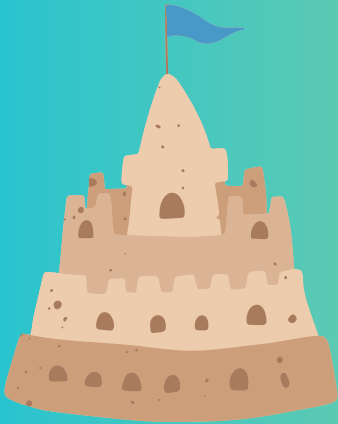
SATURDAY  
29 JULY 2023

 945 Spadina Crescent E  
at 2pm

To register your family please email:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)

\$10 PER FAMILY





# SECOND LANGUAGE TRAINING FOR ADULTS



**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:

Katherine Defosse

[katherine.defosse.csmfrc@gmail.com](mailto:katherine.defosse.csmfrc@gmail.com)



PROGRAM RUNS  
APRIL 1 2023 - MARCH 31 2024

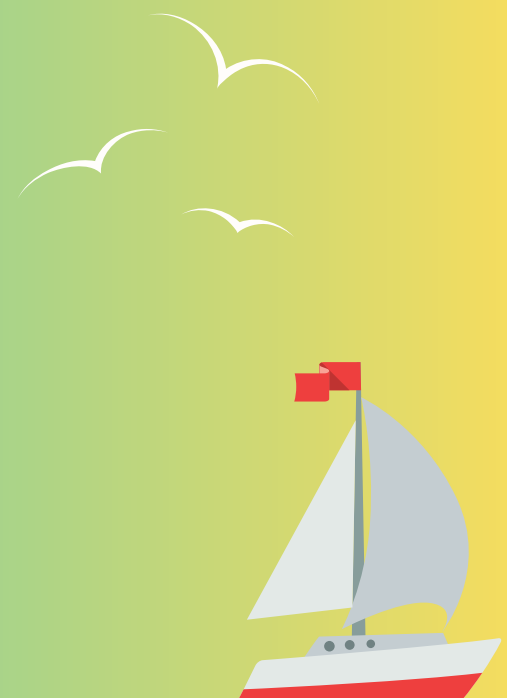
## School Backpack Program

### PARAMETERS:

- CAF SCHOOL AGE CHILD DEPENDENTS (PRE-K TO GRADE 12)
- 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 MEGAN FOR DETAILS:  
[MEGAN.BOUFFORD.CSMFRC@GMAIL.COM](mailto:MEGAN.BOUFFORD.CSMFRC@GMAIL.COM)





# DOOR HANGER

Sunday, July, 16th

7 p.m. to 9 p.m.

At the CSMFRC building

COME MAKE A BEAUTIFUL ROUND SIGN FOR  
YOUR DOOR.

FOR CAF AND VETERAN FAMILIES 18+ EVENT.

For more information or to register contact Nadine at:

[Nadine.ingram@forces.gc.ca](mailto:Nadine.ingram@forces.gc.ca) or  
[nadine.ingram.csmfrc@gmail.com](mailto:nadine.ingram.csmfrc@gmail.com)

Registration deadline July 6

Limited spots available

Fee is \$10





# ACTIVITY SUPPORT Program



## PARAMETERS:

- NEWLY POSTED (POSTED BETWEEN APRIL 1 2023 TO MARCH 31 2024) CAF FAMILIES ARE ELIGIBLE
- MILITARY DEPENDENT YOUTH UP TO THE AGE OF 18 ARE ELIGIBLE
- 100% OF REGISTRATION FEE UP TO A MAX OF \$300 PER YOUTH DEPENDANT
- MULTIPLE ACTIVITIES CAN BE BUNDLED TO UTILIZE THE FULL \$300; HOWEVER ONLY ONE APPLICATION PER FISCAL YEAR WILL BE PROCESSED

LIMITED FUNDING AVAILABLE

Contact Megan for  
details:

[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)

