



SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Registration Deadline for PD Day Camp Sept 8th	Registration Deadline for Wanuskewin Sept 6th	Batting Cages Event Sept 30 Register by Sept 22nd	1	² World Beard Day
3	4	5	6 Read a Book Day 	7	8 Registration Deadline for PD Day Camp	9 Wanuskewin Event
10 World Suicide Prevention Day	11	12	13 International Chocolate Day	14	15 Military Family Appreciation Event	16
17	18	19 Batman Day	20	21 World Gratitude Day	22 Registration Deadline for Batting Cages	23 <i>hello</i> FALL
24 Canadian Walk for Veterans	25	26	27 World Tourism Day	28 British Home Child Day	29 PD Day Barbie Camp	30 National Day for Truth & Reconciliation

PROGRAMS/EVENTS:

- Wanuskewin Event - 9 Sept
- MFAD Event - 15 Sept
- Walk for Veterans - 24 Sept
- PD Day Camp - 29 Sept
- Batting Cages - 30 Sept

ANNOUNCEMENTS:

The CSMFRC is looking for CAF Family Members to join our Board of Directors, as well as a Treasurer.
Please contact Kendra if you are interested

DROP-IN ANYTIME FOR A COMPLIMENTARY BEVERAGE AND LEARN MORE ABOUT OUR PROGRAMS AND EVENTS!

100 Main Street
17 Wing Det Dundurn

Office Hours
M-F 8am-4:30pm

306-492-2135
Front Desk Ext. 4266

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

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



CONTACT US



Kendra Bessey
Executive Director
Kendra.Bessey@forces.gc.ca
Cell: 306-491-5943

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

Katherine Defosse
Community Integration Coordinator
Financial Management Clerk
katherine.defosse.csmfrc@gmail.com
ext.4287

Megan Boufford
Child & Youth Program Coordinator
megan.boufford.csmfrc@gmail.com
ext. 4391

Angelina Marcotte
Veteran Family Program Coordinator
angelina.marcotte.csmfrc@gmail.com
Cell: 306-227-1311

Nadine Ingram
Family Services & Supports
Coordinator
nadine.ingram@forces.gc.ca
Cell: 639-318-3127



Central Sask
MFRC



@CSMFRC



www.cfmws.com



Wanuskewin

CSMFRC AND SASKTEL INVITES MILITARY
AND VETERAN YOUTH & FAMILIES TO

WANUSKEWIN



Families will be provided with a guided tour of Wanuskewin. Including programming like Tipi Teachings and Archeology Walk.

SEPTEMBER 9TH, 2023

FROM 10AM-2PM

To register, email by September 6th
Megan.boufford.csmfrc@gmail.com

LUNCH NOT
PROVIDED

SaskTel



SASKATOON SASKATCHEWAN



Sunday September 24, 2023

10:00 am - 12:00 noon

Registration at 9:00 am

Rotary Park, Meewasin Trail

Saskatchewan Crescent East, Saskatoon

Enter parking lot between McPherson Ave. & Victoria Ave.

Registration Fee \$25

Register at canadianwalkforveterans.com

Sixth Annual
Sixième Année

**CANADIAN WALK
FOR VETERANS**

**MARCHE CANADIENNE
POUR LES VÉTÉRANS**

**Each participant will receive
a challenge coin.**



To register please visit: canadianwalkforveterans.com





CSMFRC PRESENTS:



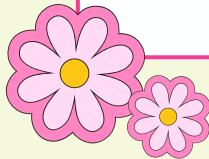
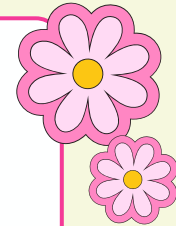
PD Day Barbie Camp

CAMP BY: SASK EXPRESS

CAMP RUNS FROM 9AM-5PM.
MFRC CHILDCARE FROM 7:45AM-5:30PM.

MFRC PROVIDING A DAY OF CAMP,
TRANSPORTATION TO AND FROM & BEFORE
AND AFTER CARE.

FAMILIES ARE ABLE TO DROP OFF AT CAMP OR
UTILIZE MFRC CHILDCARE.



SEPTEMBER
29/2023

CAMP INFORMATION: MILITARY CHILDREN AGED 5-13 ARE WELCOME.
MUSICAL THEATRE AND BARBIE.... WHAT ELSE COULD MAKE THE DAY BETTER! SING AND
DANCE THE DAY AWAY AT THIS BARBIE THEMED DAY CAMP. SHOW US YOUR BEST BARBIE &
KEN IMPERSONATIONS!

[HTTPS://SASKEXPRESS.COM/SASKATOON-STUDIO/SUMMER-CAMPS](https://saskexpress.com/saskatoon-studio/summer-camps)

FOR MORE INFORMATION OR TO REGISTER BY SEPTEMBER 8TH PLEASE EMAIL:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM

MILITARY FAMILY APPRECIATION DAY

Friday, September 15th

430-630pm @ Dundurn Lions Grounds

SUPPER, ENTERTAINMENT, AND MORE!

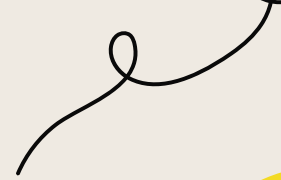
An open community event to celebrate our Military Families and welcome those newly posted. Clubs, schools, and other community organizations will be in attendance to welcome and showcase what our area has to offer.

**NO RSVP NEEDED,
RAIN OR SHINE EVENT.**

**For more information contact
Kendra: kendra.bessey@forces.gc.ca**

Brought
to you by:





MFRC PRESENTS

PD DAY CAMP

October 6/2023

**Kids will be attending the Wonderhub
"All things Fall" camp.**

**Camp runs 9am-4:30pm
MFRC camp running 7:45am- 5pm**

**MFRC offering before and after care, along with
transportation.**

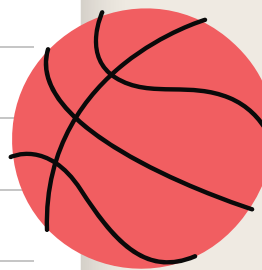
**Parents can pick children up from Wonderhub or
MFRC.**

Register as soon as possible.

For more information or to register email:

megan.boufford.csmfrc@gmail.com

**Availability based off camp availability
at Wonderhub.**





CSMFRC INVITES MILITARY YOUTH 9-17



Batting Cages

KIDS GET 120 PITCHES

\$10/
CHILD



SATURDAY, SEPTEMBER, 30TH 11AM

AT FUDDRUCKERS

2910 8 ST E | SASKATOON

PLEASE REGISTER BY SEPTEMBER 22 TO:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM

Informed Trauma Care

Open to Military, Veterans, Civilians and families

October 15th
0830-1630
Flight Line

Course fee
\$ 10

Trauma-informed care shifts the focus from “What’s wrong with you?” to “What happened to you?”. It emphasises physical, psychological, and emotional safety for everyone, and creates opportunities for survivors to rebuild a sense of control and empowerment.

**Please register by September 27th to
nadine.ingram.csmfrc@gmail.com**

or

nadine.ingram@forces.gc.ca

Lunch and beverages provided



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



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

