 100 Main Street
17 Wing Det Dundurn

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

CSMFRC NEWSLETTER




SEPTEMBER 2024

NEW NEWS!

Welcome to all our new members and their families to Central Saskatchewan!

We hope to see you at our annual Military Family Appreciation Day Event September 20, 2024.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 	3	4	5	6  Golf Day	7
8  Prairie Lily Tour	9	10  World Suicide Prevention Day	11	12  Parenting Neurodiverse Kids	13	14
15	16	17	18	19	20  #MFAD EVENT	21  International Day of Peace
22  TRUE PATRIOT LOVE Canadian Walk For Veterans	23	24	25  National One Hit Wonder Day!	26  World Tourism Day	27	28
29	30  National Day for Truth and Reconciliation		Registration Deadline for Friendsgiving Oct 4th 	Registration Deadline for Pumpkin Party Oct 10th 	 SAVE THE DATE FRIDAY OCT 4TH	

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

Jena Dombrowsky
Childcare Centre Director
csmfrcchildcare@hotmail.com
639-318-7593

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

Megan Boufford
Child & Youth Program Coordinator
megan.boufford.csmfrc@gmail.com
639-318-3127

Katherine Defosse
Admin & Finance Clerk
katherine.defosse@forces.gc.ca
306-491-2174



JOIN US FOR OUR

#MFAD CARNIVAL

MILITARY FAMILY APPRECIATION DAY

FRIDAY
SEPTEMBER 20TH
4:00-6:30PM

ALL
WELCOME!!!

17 WING
DETACHMENT
DUNDURN

EMAIL [KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:katherine.defosse@forces.gc.ca)
FOR MORE INFO

NO RSVP NEEDED BUT YOU MUST SHOW VALID ID TO ENTER THE DETACHMENT

INFLATABLES FUN!



ARCHERY DEMO



CARNIVAL GAMES




- DUNK TANK
- PRIZES
- FREE BBQ
- FACE PAINTING
- BALLOON ARTIST & MORE!!!

Join us at #MFAD where our 17 Wing Detachment Dundurn Commanding Officer, Major Nadine Dale and the Canadian Forces Ammunition Depot Commanding Officer, Major Michael Muir are first up in the dunk tank starting at 3pm!


All proceeds are going to Veteran's Village Saskatoon!

On Military Family Appreciation Day, we share our gratitude for the strength beside the uniform. To the spouses, siblings, children, and loved ones who support Canadian Armed Forces members every single day - thank you!




We encourage you to share a little love with these pillars of support for CAF members on this day, and everyday!

In recognition of Military Family Appreciation Day, the Prairie Wind Monument located at the entrance of the Rемаi Modern public art museum in Saskatoon will be lit up red from 20-27 September 2024.



If you have the chance to see it, please share photos with the MFRC.

Thank You 



Happy THANKSGIVING

Please join the CSMFRC for a Friendsgiving Brunch.

Military, Veterans and their families are invited to join us at Wanuskewin for a waffle brunch. There will be a speaker on the Importance of Connection, followed by a bison walk and Indigenous games, hosted by Wanuskewin.

October 12th | 10am-1pm

For more information or to register by October 4th contact:
megan.boufford.csmfrc@gmail.com



CSMFRC & NAVERA INVITE
PARENTS TO A VIRTUAL SEMINAR
ON
**PARENTING
NEURODIVERSE
KIDS**

THIS PROGRAM FOCUSES ON THE CHALLENGES AND JOYS OF PARENTING NEURODIVERGENT CHILDREN/YOUTH. YOUR CHILD DOES NOT NEED A FORMAL DIAGNOSIS FOR YOU TO PARTICIPATE IN THIS GROUP.

THIS GROUP WILL PROVIDE PARENTS WITH A SAFE PLACE TO CONNECT WITH OTHERS FACING SIMILAR ISSUES.

September 12th 6:30-8pm

TO REGISTER PLEASE EMAIL:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



The CSMFRC and Navera Community Connections invites you to a zoom session on:

Connecting With Your Child Through Play

This workshop for parents focuses on the importance of playing with your children and how it can affect future development!

October 16th | 6pm-7:30pm

Open to the community!

For more information or to register contact:
megan.boufford.csmfrc@gmail.com



 Free

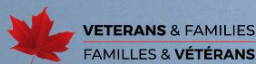
MENTAL HEALTH FIRST AID COURSE

October 27, 2024
0900 - 1700
Virtual via Zoom

To register please contact:
Angelina Marcotte
1-306-227-1311 or
angelina.marcotte.csmfrc@gmail.com

"It takes a community to support our service members. Just because you haven't serviced personally, doesn't mean you cannot offer support. When you know better, you do better."

-Kerri Tadeu, Highway of Heroes



The Central Saskatchewan Family Violence
Advisory Team invites Military and Veteran
families to register for

Taming Worry

A course for children and parents to help with
anxiety and worries!

Thursday's from
October 10th, 2024- November 28th, 2024
Children (aged 7-9) 6-7pm
Pre-teens (ages 10-13) 7:30-8:30pm
Parents/guardians attend a concurrent group

Cost is \$25 for the 8 week course.

For more information on the program please visit:
<https://navera.org/child-youth-programs/taming-worry/>

To register please email:
megan.boufford.csmfrc@gmail.com



MFS

**FAMILY VIOLENCE
ADVISORY TEAM**



JOIN THE MFRC AT

WONDERHUB

Military & Veteran families
are welcome to join the
CSMFRC at Wonderhub!

**OCT 5TH
9AM**

**\$10/
FAMILY**

FOR MORE INFORMATION
OR TO REGISTER BY OCTOBER 1ST
CONTACT:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



CSMFRC's Annual

PUMPKIN PARTY!

Military and Veterans families are invited to join us for an
afternoon of pumpkin carving, snacks and activities for the kids!

Mark the Date!

OCTOBER 20TH

1-3PM | \$5/ FAMILY

Held at the Flightline Mess on
Detachment Dundurn!

To register by October 10th contact:
megan.boufford.csmfrc@gmail.com





**Seventh Annual
Septième Annuelle**

**Canadian Walk For Veterans
March Canadienne Pour Les
Vétérans**

**Join the walk on location in Prince Albert,
do a Virtual walk or consider donating.**

**WALK
WITH
US**

Hosted By



To register visit: canadianwalkforveterans.com/prince-albert/



COMMUNITY SUPPORTS



THE CSMFRC HOURS OF OPERATION
ARE MONDAY-FRIDAY 0800-1630HRS.

If you require assistance please reach out at 306-492-2135 ext 4266

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:
Family Information Line: 1-800-866-4546 or fil-lif@cfmws.com
CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

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
Mental Health & Addictions 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

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

VETERANS SERVICES:

Veterans Affairs Canada 1-866-522-2122
Royal Canadian Legion Sask Command: 1-306-525-8739
VETS Canada: 1-888-228-3871
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