



Goose Bay Military Family Resource Centre

COMMUNITY NEWS



Fall: A Season of Connection

Fall is in the air, bringing cool breezes, colorful leaves, and cozy evenings. For military families, this season can be a special time to enjoy simple moments together, especially when loved ones may be away serving. Whether gathering for a warm meal, taking a walk through the autumn leaves, or staying connected from afar, military families find ways to make the most of the season and cherish their time together.

Stay Connected with the MFRC

If you are interested in participating in MFRC programs, workshops, or other activities, please send your personal email address to Jessica Crane @ Jessica.crane@forces.gc.ca

By sharing your email, you will receive updates about upcoming opportunities, including Lunch & Learns, coffee morning, workshops and other services offered by the MFRC. Staying on our email list ensures you receive announcements and registration information as soon as they become available, helping you secure a spot in popular workshops and programs.

INSIDE:

- Child & Youth Programs
- Workshops
- Healthy Relationship Week
- Career Transition Services

Out of the Blue Packages

Do you know someone who could use a little pick-me-up?

We all need a bit of extra support from time to time—and you might know someone who could use a smile today. The MFRC would like to help brighten their day by boosting their energy, improving their mood, and lifting their spirits.

To support our community, we're putting together special "Out of the Blue" packages for those who may need a little extra care and encouragement.

Nominate Someone

We're asking for your help to nominate a:

Military member

Military spouse

Military child

All nominations will be kept confidential.

Email: jessica.crane@forces.gc.ca

Call: 709-896-6900 ext. 555-2155



Mental Health Services

Where to Access Support:

For counselling services, Canadian Armed Forces members and their families can connect with the MIR for professional care. The MIR team can also assist with referrals for children's mental health services when needed.

In addition, your Canada Life benefits plan may provide coverage for a range of mental health services, including counselling and therapy.

Community Resources Available to You:

There are many trusted local and national resources available to support you and your family:

Labrador-Grenfell Health – Mental Health & Addictions

709-897-2343

Confidential assessment, counselling, crisis intervention, and referrals

27 CF Health Services Centre (Goose Bay)

709-896-6900 ext. 555 7222

Primary medical care and health services for CAF members

Libra House

709-896-8251

Emergency shelter, safety planning, and support for women and children experiencing family violence

Mokami Status of Women Council

709-896-3484

Advocacy, programming, and support for women's safety and well-being

Labrador Friendship Centre / Food Bank

709-896-8302

Community support, cultural programming, and food assistance

Family Justice Services

709-896-7941

Mediation, parenting support, and services related to separation and custody

NL HealthLine

811 or 1-888-709-2929

Free, confidential health advice from registered nurses

5 Wing Chaplain

709-896-7474

Confidential counselling and spiritual care for all, regardless of faith

The Journey Project

1-709-217-6824

Free, trauma-informed legal support and system navigation for survivors of sexual or intimate partner violence

Public Legal Information Association of Newfoundland and Labrador

709-896-5235

Free legal information, resources, and public education

24/7 Crisis & Support Lines

Kids' Help Phone

1-800-668-6868 | Text 686868

Crisis Text Line for Military Children

Text CAFKIDS to 686868

NL Sexual Assault Crisis Line

1-800-726-2743

Mental Health Crisis Line (NL)

1-888-737-4668

CHANNAL Peer Support

1-855-753-2560

Family Information Line

1-800-866-4546

Canadian Forces Member Assistance Program

1-800-268-7708

You're Not Alone

We understand that changes in support systems or transitions can feel overwhelming. Please remember—help remains available, and we are here to guide you.

If you have questions or need assistance connecting with services, please contact the MFRC at 709-896-6900 ext. 555 6060, and we will ensure you are directed to the right support.

Your well-being continues to matter to us.



Strengthen Your Connection—From the Comfort of Home

Looking to deepen your relationship and build a stronger emotional connection with your partner? The MFRC is pleased to offer virtual access to the “Hold Me Tight” program—a proven, research-based experience designed to help couples reconnect and grow together.

Through this online program, you and your partner can:

- Strengthen your emotional bond
- Learn practical tools for resolving conflict
- Reduce stress, anxiety, and feelings of disconnection
- Build confidence and enhance self-awareness

With its flexible virtual format, you can move through the program at your own pace, in the comfort and privacy of your home. This makes it an excellent option for those with busy schedules or for individuals in remote or isolated locations, such as Goose Bay, as well as anyone unable to attend in-person sessions.

Bonus Opportunity

We also have a limited number of “Hold Me Tight” books available to give away. Whether you prefer a physical resource or want to supplement the online program, simply let us know if you're interested.

To learn more, visit: <https://holdmetightonline.com>

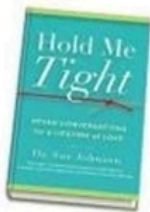
Please note: the virtual program is currently available in English only.

If you'd like to participate or have any questions, we'd love to hear from you. Contact Jessica at jessica.crane@forces.gc.ca or 709-896-6900 ext. 555-2155.

The Hold Me *Tight*® PROGRAM

CONVERSATIONS for CONNECTION

A Relationship Education Group for Couples

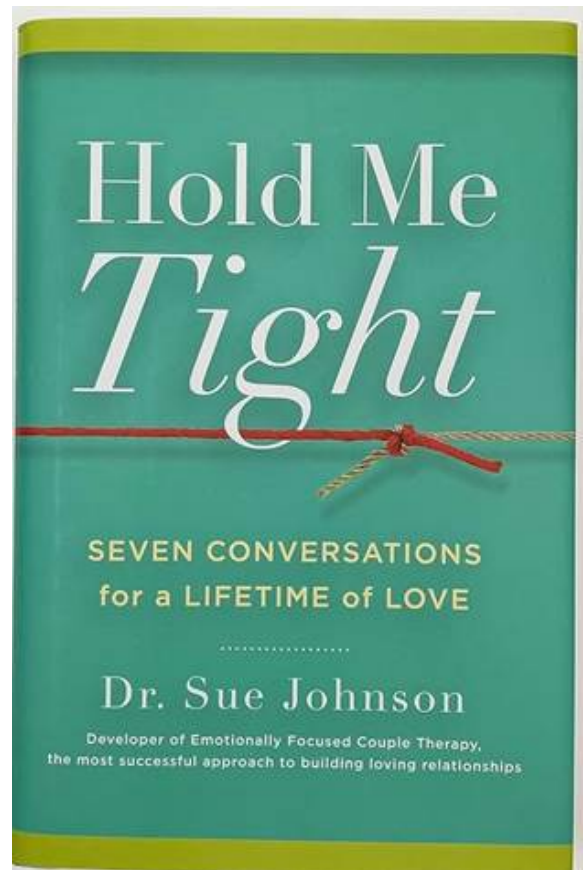


Based on the book

*Hold Me Tight: Seven Conversations
for a Lifetime of Love*

By: Dr. Sue Johnson

www.drsuejohnson.com



October Spotlight: Healthy Relationships Week

This October, we're shining a spotlight on Healthy Relationships Week, with this year's theme focusing on Relationships & Emotional Wellbeing.

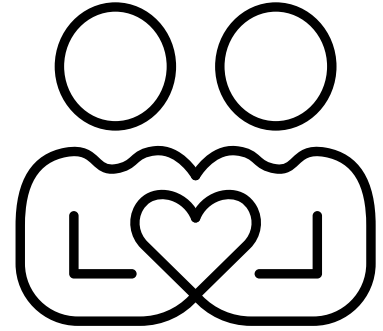
Healthy relationships are an important part of our overall wellbeing. Whether it's our relationships with partners, family, friends, coworkers, or our community, positive and supportive connections can make a meaningful difference in how we feel, cope, and navigate day-to-day life.

From October 13–16, I'll be visiting each section to connect with members and promote this month's theme. I'll be bringing along coffee, tea, snacks, information, resources, and a few other goodies.

This is simply an opportunity to stop by, say hello, grab a coffee or snack, and take a look at some of the resources available to you and your family.

You may find information on:

- Healthy relationships and communication
- Boundaries and respect
- Emotional wellbeing
- Family and community support
- Mental health and wellness resources
- Where to reach out when you or someone you know needs support



No presentation, no appointment, and no pressure — just a chance to connect, grab a snack, and learn about the resources available to you.

I look forward to seeing everyone throughout the week of October 13–16! If any questions email Jessica.crane@forces.gc.ca

Got a Lunch & Learn Idea?

We're always planning our next Lunch & Learn and would love your input! What would you like to learn about? Whether it's a practical life skill, a wellness topic, community resources, or something completely different, we're open to suggestions.

Send your ideas to Jessica Crane at jessica.crane@forces.gc.ca and help us make future Lunch & Learns topics that matter to you!



Parent/Child Evening Out: Stuff a Bear

Looking for a fun evening to spend together?

Join us for a special Parent/Child Evening Out — Stuff a Bear!

October 1st 6:00–7:00 p.m.

This is a great opportunity for parents and children to enjoy some quality time together while creating their very own stuffed bear.

Registration is required. To register, please email Jessica.crane@forces.gc.ca.



Respite Care

Respite Care The MFRC will provide respite care for families when a Military Member is deployed or away for any reason. This provides an opportunity for those families to have a break if they feel the need. Families must pre- register for respite care, due to limited space in Robin's Nest Childcare Centre. The MFRC will also fund up to \$9 an hour for nine hours a week for a babysitter during the daytime or evening if there is no space in daycare. For more information please contact Jennifer at 896-6900 ext. 555-2157

MFS Education Services

Discover education resources tailored to your military family relocation, whether you're changing provinces or preparing to return from an OUTCAN posting. Get support as you and your children change schools or need education assistance to adapt to your new school location. Find second-language training courses and get information for Canadian Armed Forces families on how to apply for universities, plan a gap year, access scholarship and tuition information, and access tutoring and at-home learning supports.

To learn more please visit: www.cfmws.ca

Looking to start a career after your service in the military? Get career counselling, help with resume writing, and interview preparation to help you find a new career.



Career Transition Services

Career Transition Services can help you find a career that is best suited for you.

During your service, you developed skills and knowledge that can help you in a new career. You will work with qualified counsellors who understand the transition you are making – from military to post-military life.

Whenever you have career transition needs, this service provides the following:

- one-on-one career counselling
- help with resume writing
- interview preparation
- job-searching

To learn more please visit: <https://veterans.gc.ca/en/education-and-jobs/find-new-job/career-transition-services>

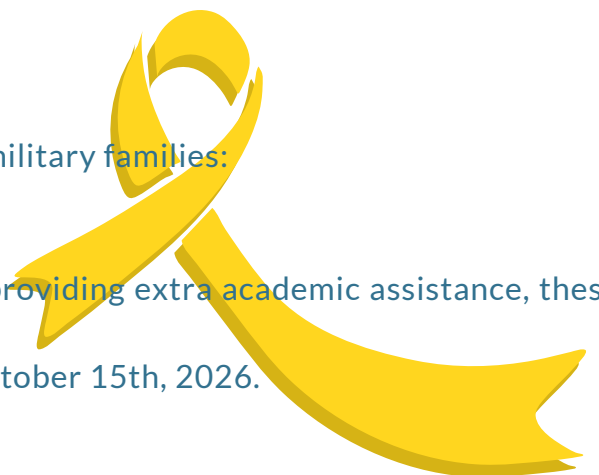
Support Our Troops Program Applications

Applications will open for two valuable programs supporting military families:

- Child and Youth Disability Reimbursement Program
- National Tutoring Reimbursement Program

Whether it's helping children access specialized supports or providing extra academic assistance, these programs are designed to help families thrive.

Application windows open at www.supportourtroops.ca on October 15th, 2026.



The Veteran Family Program

The Veteran Family Program is funded through Veterans Affairs Canada and in partnership with Canadian Forces Morale and Welfare Services. Military Family Services (a division of Canadian Forces Morale and Welfare Services) partners with Military Family Resource Centres to deliver services to medically releasing Canadian Armed Forces members, medically released Veterans and their families from across Canada. A Veteran Family Program Coordinator is available to support the transition of medically releasing Canadian Armed Forces members, medically released Veterans and their families into post-service life. Releasing from the Canadian Armed Forces can be challenging for members and families, but even more so when the release is the result of a medical situation. When a Canadian Armed Forces member makes the transition from active service to veteran status, their family does too. The Veteran Family Program is here to help ease that transition by providing enhanced information and referral services, specialized transition programs and some of the traditional programs offered through Military Family Resource Centres. The Veteran Family Program benefits the medically releasing Canadian Armed Forces members, medically released Veterans and their families by helping them navigate the complex process of releasing, the challenges that may arise, and the sometimes unexpected impact on the social, emotional, and financial wellbeing. Programs and services are always aimed to meet individual needs, and work towards finding solutions and support. The Veteran Family Program can enhance other services provided through the Canadian Armed Forces Transition Group, Veterans Affairs Canada and other organizations in the local community. Please contact Jennifer at 896-6900 ext. 555-2157 if you are looking for information or if you have any questions about the Veteran Family Program.

Emergency Childcare Plan

A strong backup plan can make busy military life less overwhelming. If your regular child care falls through, who's your Plan B?

Introduce children to emergency caregivers before the plan is needed, and give each caregiver a copy.

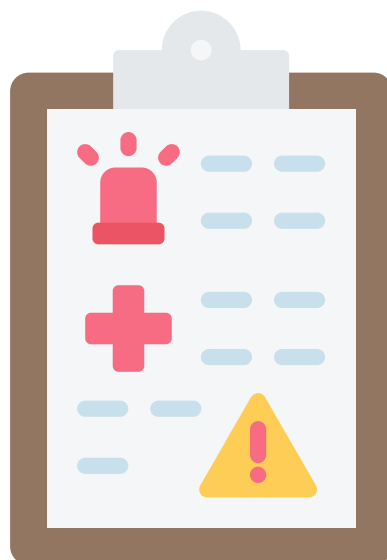
Emergency child care planning is less about 'what if' and more about peace of mind.

If you prepared beforehand, you can reduce the anxiety associate with any routine shift.

Would your plan work tonight?

Build or refresh your emergency child care plan this week to make sure the rest of the year can run smoothly.

To learn more about an Emergency Childcare Plan please visit: <https://cfmws.ca/support-services/families/family-child-care-plans/tip-sheets/emergency-child-care-a-guide-to-being-prepared>



Child & Youth

Upcoming Programs & Events:

- Community Connections: Tuesdays & Thursdays, 9:30–11:00 AM
- Kids Club/ Youth Night: October 2nd, and October 30th, 5:00–7:00 PM
- PD Day Camp: October 5th
- PD Day Camp: October 23rd



Workshops

The MFRC offers a variety of workshops for adults and is always eager to introduce new skills and ideas to the community.

If you have a talent or skill you'd like to share as an instructor, we'd love to hear from you! We're also open to suggestions for new workshops or classes you'd like to see offered.

To get involved or share your ideas, contact Jessica at extension 2155 or email jessica.crane@forces.gc.ca.

Slipper Making Workshop:

October 21, 22, 28 & 29

6:00–9:00 p.m.



New to 5 Wing Goose Bay?

If you've recently arrived at 5 Wing Goose Bay, have you had a chance to visit the MFRC yet?

If not, we invite you to drop by for a welcome tour, meet our staff, and receive your welcome package. You can find us at:

MFRC

564 Rivers Road

Monday to Friday

8:00 a.m. – 4:30 p.m.

We look forward to meeting you and welcoming you to the community!



Community Highlight

With hunting season opening, this month's Community Highlight is a fitting one. We are pleased to highlight the Labrador Hunting and Fishing Association (LHAFA).

The LHAFA is a not-for-profit organization created to be a voice for outdoor enthusiasts across Labrador on issues related to wildlife conservation and resource management.

The LHAFA is involved in several community projects, including the boat launch, trail grooming on snowmobile trails, and the shooting range located on North West River Road.

The association also has a Facebook page where they share pictures, information, and opening times for the shooting range. Search for "Labrador Hunting and Fishing Association" on Facebook to learn more.

For more information about the LHAFA and membership opportunities, please visit www.lhafa.org.



Second Language Training

LRDG Pour l'amour du français MD / For the Love of English™ is an online program designed to enhance your proficiency in French or English.

This comprehensive curriculum consists of 16 modules aligned with the Government of Canada's A, B, and C linguistic levels. Accessible 24/7 via computer or tablet, our interactive approach provides targeted learning to help you achieve your language-learning goals.

With flexibility at its core, you can personalize your learning experience to suit your schedule, location, and pace.

Ready to begin your language-learning journey? Email jessica.crane@forces.gc.ca to sign up for LRDG today!



Coffee Morning

Don't forget to mark your calendar for our monthly Coffee Mornings at the MFRC!

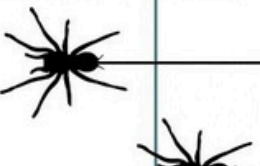
It's a great opportunity to connect with neighbours, meet new people, and learn more about our community. Kids are welcome to join us, too!

Our next Coffee Morning is Wednesday, October 21.

We hope to see you there!



OCTOBER 2026

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				1 STUFF A BEAR WORKSHOP	2 KIDS CLUB/YOUTH NIGHT	3
4	5 PD CAMP	6 COMMUNITY CONNECTIONS	7	8 COMMUNITY CONNECTIONS	9	10
11	12  MFRC CLOSED	13 COMMUNITY CONNECTIONS	14	15 COMMUNITY CONNECTIONS	16	17 
18	19	20 COMMUNITY CONNECTIONS	21 COFFEE MORNING 	22 COMMUNITY CONNECTIONS SLIPPER MAKING WORKSHOP	23 PD CAMP	24 CHILDRENS HALLOWEEN PARTY CANUCK CLUB 10AM-12PM
25 	26	27 COMMUNITY CONNECTIONS	28 SLIPPER MAKING WORKSHOP	29 COMMUNITY CONNECTIONS SLIPPER MAKING WORKSHOP	30 KIDS CLUB/YOUTH NIGHT	31 

Kid's Club 5-7 pm. Ages 5-11. MFRC Community Centre.

\$5 Admission

Community Connections Tues & Thurs. 9:30-11am. MFRC Community Centre

Youth Night 6:30-8:30pm. Ages 11-18. MFRC Community

Centre.

Coffee Morning 9:30-11am. MFRC

\$5 Admission

OCTOBER 2026