



**VETERANS & FAMILIES**  
**FAMILLES & VÉTÉRANS**



**MFSP**  
MILITARY FAMILY  
SERVICES PROGRAM



**PSFM**  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES



## CONTACT US



**MONDAY-FRIDAY**  
**0800-1630**

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

**Elayna Westerhof**  
*Administrative Support Staff*  
elayna.westerhof.csmfrc@gmail.com  
306-491-4698

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

**306-491-4698**

100 MAIN ST  
17 WING DETACHMENT DUNDURN  
DUNDURN SK S0K 1K0

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

**Angelina Marcotte**  
*Veteran Family Program Coordinator*  
CSVFP@hotmail.com  
306-227-1311

**Katie Defosse**  
*Financial Management Clerk*  
katherine.defosse@forces.gc.ca  
306-491-2174

# January 2025 Newsletter




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MFRC CLOSED UNTIL JAN 6</b>			 <b>1</b> New Years Day	 <b>2</b> National Science Fiction Day	<b>3</b>	<b>4</b>
 <b>5</b> National Bird Day	<b>6</b>	<b>7</b>	 <b>8</b> National Bubble Bath Day	<b>9</b>	<b>10</b>	 <b>11</b> YOUTH BOWLING
<b>12</b>	 <b>13</b> Rubber Duckie Day	<b>14</b>	<b>15</b>	 <b>16</b>	<b>17</b>	<b>18</b>
 <b>19</b> National Imagination Day	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	 <b>25</b> MY TRUE POWER
<b>26</b>	 <b>27</b> Holocaust Remembrance Day	<b>28</b>	<b>29</b>	 <b>30</b> National Croissant Day	 <b>31</b> PLAY TOON	



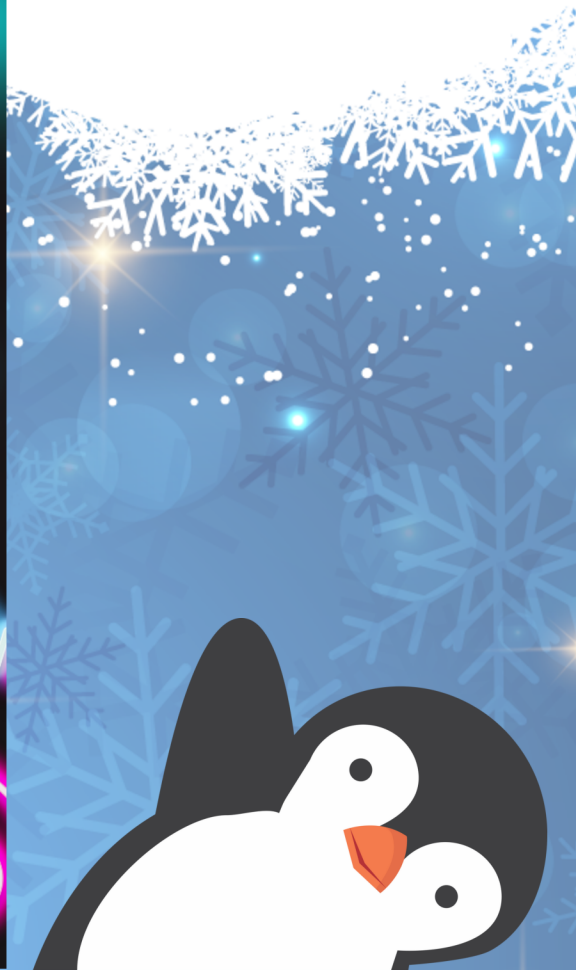
MILITARY & VETERAN DEPENDENTS AGES 10-16  
ARE INVITED TO:

# Rock & BOWL

 11 JAN 2025

 4:00-5:30PM

EMAIL:  
KATHERINE.DEFOSSE@FORCES.GC.CA  
TO REGISTER BY 7 JAN '25



**PLAY  
TOON**  
Indoor Playground

*Parent & Tot at*

## PLAY TOON

*Military and Veteran families with children under the age of 5 are welcome to join us for a morning of fun!*

*January 31/2025 10am*

*To register by January 28th, please email  
megan.boufford.csmfrc@gmail.com*





TRUE PATRIOT  
**LOVE**



**MFS**

FAMILY VIOLENCE  
ADVISORY TEAM



**Bell**  
Let's Talk

MILITARY FAMILY VIOLENCE ADVISORY TEAM INVITE ANYONE AND  
EVERYONE TO ATTEND THIS WONDERFUL EVENT FOCUSING ON SELF  
CARE AND DISCOVERING YOUR OWN RESILIENCY.

THE 4TH ANNUAL:

# MY TRUE POWER

## 2025

**SPECIAL GUESTS**  
**THERAPUTIC ART SESSIONS**

**CHILDREN'S RESILIENCY WORKSHOP**

**BRUNCH**

**SWAG BAGS**

**CHRIS BEAUDRY**

CHRIS BEAUDRY IS A FATHER, HUSBAND, PUBLIC SPEAKER, AND FARMER WHO  
USES HIS LIVED EXPERIENCES AS GRIST FOR THE MILL FOR PERSONAL AND  
SPIRITUAL GROWTH.

THESE LIFE-CHANGING EXPERIENCES TAUGHT CHRIS THAT PAIN IS TO BE FELT,  
EMBODIED, AND INTEGRATED. THROUGH HIS SPEAKING WORK, CHRIS SHARES  
STORIES FROM HIS LIFE AND WISDOM HE CARRIES THROUGH SPIRITUAL  
PRACTICE TO HELP PEOPLE SEE THAT IT'S NOT AN AVOIDANCE OF PAIN THAT  
ALLOWS US TO FEEL SAFE, CONNECTED, AND LOVED BUT RATHER THE  
RECOGNITION AND EMBRACE OF OUR PAIN THAT SETS US FREE FROM OUR  
SUFFERING.



**JANUARY 25TH/2025**



**10AM-2PM**



**THE BARN AT WINDS EDGE**

**TO REGISTER BY JANUARY 8TH EMAIL:**

**MEGAN.BOUFFORD.CSMFRC@GMAIL.COM**





**Moose Jaw MFRC is hosting a Neurodiversity Speaker Series!**

**The first speaker is Todd Rennebohm, an advocate, author, podcaster, and speaker! Todd is someone with lived experience on the impacts of receiving an ADHD diagnosis later in life and how this has helped him understand himself on a deeper level.**

**Register at: [mentalhealthsupport@moosejawmfr.ca](mailto:mentalhealthsupport@moosejawmfr.ca)**



**SESSION 1**

# **NEURODIVERSITY SPEAKER SERIES**

**SPEAKER:  
TODD RENNEBOHM**

**TUESDAY, 21 JANUARY**  
**10:30 AM CST**

 **The Hive or Zoom**

 [mentalhealthsupport@moosejawmfr.ca](mailto:mentalhealthsupport@moosejawmfr.ca)

Refreshments and snacks provided.  
Free childcare for Moose Jaw families.







MFSP  
MILITARY FAMILY  
SERVICES PROGRAM



# RESPITE PROGRAM

***Military families who are experiencing an absence of 30 days or more, please visit the CSMFRC to learn more about respite, temporary childcare options***

***Program ends March 15th, 2025***

**FOR MORE INFORMATION STOP IN OR CONTACT:  
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM  
OR CALL 639-318-3127**



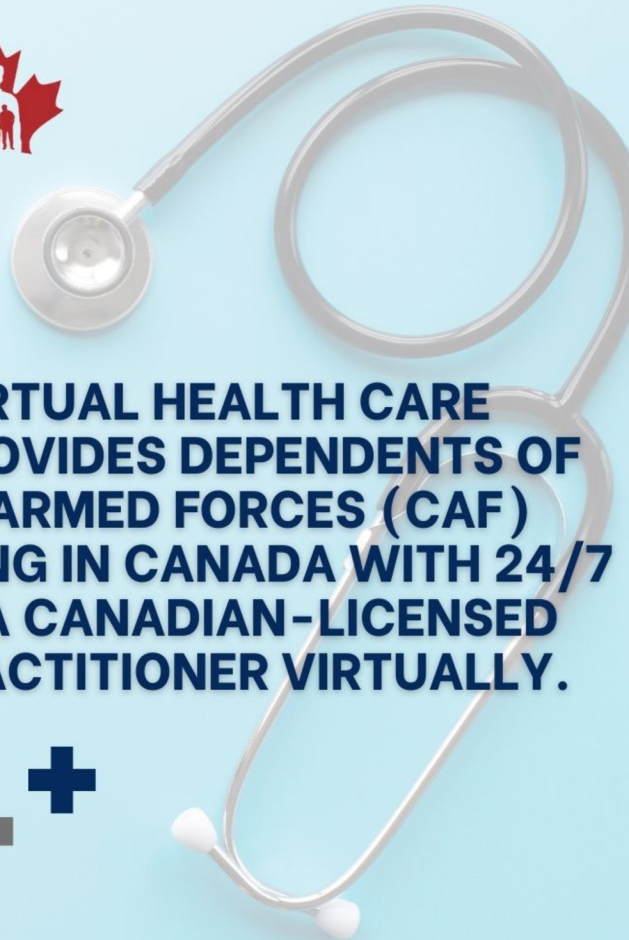
maple



**MAPLE VIRTUAL HEALTH CARE  
PROGRAM PROVIDES DEPENDENTS OF  
CANADIAN ARMED FORCES (CAF)  
MEMBERS LIVING IN CANADA WITH 24/7  
ACCESS TO A CANADIAN-LICENSED  
GENERAL PRACTITIONER VIRTUALLY.**



**[HTTPS://APP.GETMAPLE.CA/REGISTER](https://app.getmaple.ca/register)**







# COMMUNITY SUPPORTS

**FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:**

**FAMILY INFORMATION LINE: 1-800-866-4546 OR [FIL-LIF@CFMWS.COM](mailto:FIL-LIF@CFMWS.COM)**

**CFMAP: 1-800-268-7708**

## EMERGENCY AND MENTAL HEALTH SUPPORTS

**SUICIDE CRISIS HELPLINE: CALL OR TEXT 9-8-8**

**MENTAL HEALTH CRISIS/RESPONSE & MOBILE UNIT: 1-306-933-6200**

**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**

## 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**

## 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**