



December 2024 Newsletter



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 NATIONAL COOKIE CUTTER DAY	2	3 BAKE EXCHANGE DROP OFF	4 BAKE EXCHANGE PICK UP	5	6 NATIONAL DAY OF REMEMBRANCE AND ACTION ON VIOLENCE AGAINST WOMEN	7 DETACHMENT CHRISTMAS PARTY
8	9 NATIONAL LLAMA DAY 	10 HUMAN RIGHTS DAY	11	12	13 CHRISTMAS CARD MAKING	14
15	16	17 MAPLE SYRUP DAY	18	19 OATMEAL MUFFIN DAY	20	21 FIRST DAY OF WINTER
22 NATIONAL MATHEMATICS DAY 	23	24 Christmas Eve	25 MERRY CHRISTMAS	26 BOXING DAY	27	28
29	30	31 NEW YEARS EVE			 REGISTRATION DEADLINE FOR CARD MAKING IS DEC 10	 REGISTRATION DEADLINE FOR BOWLING IS JAN 7

!NEW NEWS!

- STOP BY THE MFRC FOR A "HUG IN A MUG" SPECIALTY HOLIDAY DRINK ANYTIME IN DECEMBER!
- WE WANT TO GIVE A WARM WELCOME TO OUR NEWEST TEAM MEMBER; ELAYNA WESTERHOF!
- FOR EMERGENCIES OVER THE HOLIDAYS, PLEASE CONTACT KENDRA AT 306-491-5943

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



CONTACT US



306-491-4698

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MONDAY-FRIDAY
0800-1630

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Megan Boufford
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639-318-3127



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS





International Day of Persons with Disabilities

3 DECEMBER



National Day of Remembrance and Action to End Violence Against Women

December 6



HUG IN A MUG

Pop into the MFRC any time in December for some festive holiday drinks!



Christmas Card Making

Join us December 13th at the MFRC to make your own unique Christmas or holiday card for Family and Friends!

REGISTER BY DEC 10TH

CSVFP@HOTMAIL.COM

Open to Military/Veterans and Families age 15+
All supplies provided.



THE CSMFRC DAY CAMP REIMBURSEMENT
PROGRAM IS AVAILABLE TO SUPPLEMENT
KIDS CAMPS DURING

Christmas Break

CHECK OUT THESE CAMPS AVAILABLE IN SASKATOON:

CLIP & CLIMB

WE MOVE SK

YWCA SASKATOON

WONDERHUB

SASKATOON ZOO

ART ROOM INK

FOR MORE INFORMATION OR ASSISTANCE
CONTACT MEGAN AT THE MFRC



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

Rock & BOWL



11 JAN 2025



4:00-5:30PM

EMAIL:

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

TO REGISTER BY 7 JAN '25



HUNTER'S
BOWLING CENTRES



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



FOOD & NUTRITION PROGRAM

CAF Families may be eligible to receive support in assisting with ensuring there is healthy food in their fridge & cupboards during difficult or insecure times during their military journey.

For more information or to apply email:
megan.boufford.csmfrc@gmail.com

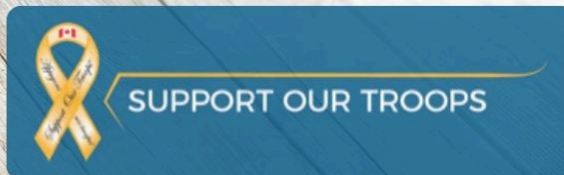


HMCS Unicorn
 children's
CHRISTMAS
 party

Sunday, December 15th | Wardroom @ HMCS UNICORN | 11:00am - 1:00pm | Come & Go
 All military units, MFRC, and families are welcome - Bring your nieces/nephews
Santa will be there! Light refreshments will be provided.

RSVP to S1 Lisa Gessell @ lisa.gessell@forces.gc.ca by December 10th

**Please bring a small wrapped gift ahead of time or without the child seeing it. Santa will give the gift to the kids when they meet him.



SUPPORT OUR TROOPS HAS A VARIETY OF FINANCIAL SUPPORT OPTIONS AVAILABLE

CERTAIN CIRCUMSTANCES MAY RESULT IN IMMEDIATE RELIEF (24-72HRS)

ASSISTANCE IS AVAILABLE TO
 HELP YOU AND YOUR FAMILY
 COPE WITH CHALLENGES ARISING
 FROM YOUR MILITARY SERVICE.
 FIND RELIEF THROUGH PROGRAMS
 SPECIFICALLY DESIGNED TO HELP
 SOLDIERS AND VETERANS LIKE YOU.



FOR MORE INFORMATION VISIT:

[HTTPS://WWW.SUPPORTOURTROOPS.CA/GET-SUPPORT/EMERGENCY-FINANCIAL-ASSISTANCE](https://www.supportourtroops.ca/get-support/emergency-financial-assistance)

FOR ASSISTANCE OR QUESTIONS CONTACT:
 KATHERINE.DEFOSSE.CSMFRC@GMAIL.COM





COMMUNITY SUPPORTS



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

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

SASKATCHEWAN OPERATIONAL STRESS INJURY CLINIC: 1-306-844-4100

OSISS (OPERATIONAL STRESS INJURY SUPPORT SERVICES): 1-800-883-6094

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



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

