



MAY 2025



NEWSLETTER



SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2 Astronomy Day 	3
4 STAR WARS DAY	5	6	7 BMO BMO Lunch & Learn	8 World Red Cross Day	9	10
11 Happy Mother's Day	12 Maternal Mental Health	13	14	15 International Day of Families 	16	17
18	19 Victoria Day (Office Closed)	20	21	22	23	24
25 Suicide Awareness Workshop	26	27	28	29 National Golf Day 	30	31

NEW NEWS!

May is Mental Health Month!

Contact any staff or pop by the CSMFRC for local resources available for Military & Veteran families!



CONTACT US



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Lunch 'n' Learn focusing on

MATERNAL MENTAL HEALTH

- Perinatal mental health statistics
- Anger, anxiety, sadness, and apathy in motherhood
- Postpartum mental health conditions
- Resources for wellness

PARTICIPANTS CAN ATTEND IN
PERSON OR VIRTUALLY

REGISTER WITH MEGAN AT
MEGAN.BOUFFORD@FORCES.GC.CA



MAY 12TH
12PM-1PM
AT THE MFRC
OR ON ZOOM

CALL FOR **BOARD MEMBERS**



DID YOU KNOW THAT THE CSMFRC IS GOVERNED BY DEDICATED VOLUNTEERS WHO REPRESENT THE UNIQUE NEEDS OF MILITARY FAMILIES AT 17 WING DETACHMENT DUNDURN?

SITTING ON OUR BOARD OF DIRECTORS GIVES YOU THE PERFECT OPPORTUNITY TO SHARE YOUR IDEAS WITH US AND YOUR VALUED INSIGHT HELPS US SHAPE OUR DAILY ACTIVITIES TO BEST SERVE THE NEEDS OF OUR MILITARY COMMUNITY.



**SUBMISSIONS/INQUIRIES
CONTACT:**

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SUICIDE AWARENESS, PREVENTION, AND INTERVENTION WORKSHOP



**SUNDAY, MAY 25TH
10:30AM-2:30PM
REMAI MODERN
\$10 REGISTRATION FEE**

- Understand the reverberating impact of suicide
- Gain skills to recognize the signs, symptoms, risk factors, and warning signs of suicide
- Learn how talk about suicide without shame, urgency, or judgement
- Identify the value of hope and how to support a person who is suicidal
- Identify resources when dealing with a person who may be suicidal



Informed by The Mental Health Commission of Canada and other national sources, this workshop shifts participants in the direction of safety for self and meaningful input towards safety for family members, friends, or colleagues.

**TO REGISTER, SCAN THE QR CODE
OR EMAIL:
KATHERINE.DEFOSSE@FORCES.GC.CA
BY 20 MAY 2025**



BMO



**THE OFFICIAL BANK OF THE
CANADIAN DEFENCE COMMUNITY**

**COME JOIN US AT THE MFRC MAY 7TH
AT 1200HRS FOR AN INFORMATION
SESSION WITH BMO**

**COFFEE AND
SNACKS
PROVIDED**

WE WILL BE COVERING TOPICS LIKE:

- NO MONTHLY FEE PERFORMANCE CHEQUING ACCOUNT
- FLEXIBILITY TO BREAK YOUR MORTGAGE WITHOUT PENALTY WHEN YOU'RE POSTED THROUGH THE CANADIAN ARMED FORCES OR RCMP RELOCATION DIRECTIVE
- NO ANNUAL FEE CREDIT CARD OPTIONS AND A CHOICE OF THREE REWARD PROGRAMS
- 50% DISCOUNT ON SELECT BUSINESS BANKING ACCOUNT PLAN FEES



**PLEASE INFORM KATIE IF YOU PLAN TO ATTEND AT:
KATHERINE.DEFOSSE@FORCES.GC.CA**

SECOND LANGUAGE TRAINING



**LANGUAGE RESEARCH DEVELOPMENT GROUP (LRDG)
SECOND LANGUAGE TRAINING FOR ENGLISH AND
FRENCH IS AN ACCESSIBLE, SELF-DIRECTED PROGRAM
TAILORED TO HELP YOU ACHIEVE YOUR LANGUAGE
LEARNING GOALS EFFECTIVELY**



**BEGIN YOUR LANGUAGE JOURNEY
TODAY TO BOOST YOUR SKILLS AND
BROADEN YOUR OPPORTUNITIES.
OUR LANGUAGE PROGRAM CAN HELP
YOU:**

- **INTEGRATE INTO YOUR NEW COMMUNITY**
- **ADD A NEW LANGUAGE SKILL TO YOUR RESUME**
- **PREPARE FOR A POSTING OUTSIDE OF CANADA**

**SCAN TO
LEARN MORE**



Does your unit want to learn more about the programming and services being offered to CAF & Veteran Families?

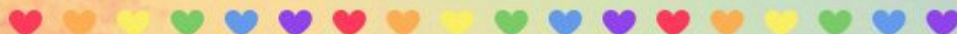
The MFRC staff will bring coffee and information.

To book your briefing scan the QR code or contact any CSMFRC staff!



CSMFRC IS HOSTING A WORKSHOP ON

“Navigating Inclusive Language & Creating Safer Spaces”



JOIN US AS WE PARTAKE IN THIS INTERACTIVE WORKSHOP FACILITATED BY “OUT SASKATOON” FOCUSING ON HOW TO EFFECTIVELY USE AFFIRMING AND INCLUSIVE LANGUAGE, SUCH AS PRONOUNS AND GENDER-NEUTRAL LANGUAGE, AND THE NEED FOR SAFER SPACES.

OUT
SASKATOON



JUNE 18TH
12-1PM

PARTICIPANTS MAY JOIN US AT THE MFRC COMMUNITY ROOM OR ON THEIR OWN VIA ZOOM!



IF YOU ARE INTERESTED IN JOINING, PLEASE EMAIL:
MEGAN.BOUFFORD@FORCES.GC.CA
TO REGISTER!



COMMUNITY SUPPORTS



THE CSMFRC HOURS OF OPERATION ARE:

MONDAY-FRIDAY 8AM-4:30PM

DON'T HESITATE TO REACH OUT TO US FOR ASSISTANCE

306-491-4698

SHOULD YOU REQUIRE ASSISTANCE OUTSIDE OF BUSINESS HOURS:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

FAMILY INFORMATION LINE: 1-800-866-4546

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