



CONTACT US



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**MONDAY-FRIDAY
0800-1630**

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VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

MFSP
MILITARY FAMILY
SERVICES PROGRAM




PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



April 2025

Newsletter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2  Autism Awareness Day	3  Teal Up Flag Raising	4	5 Saskatoon Vimy Dinner
6 	7 	8 	9 Vimy Ridge Day 	10 	11	12
13 	14 	15  Easter Treats available at the MFRC	16 	17 	18 Good Friday	19
20  HAPPY Easter	21  Kids Mental Health Workshop	22  EARTH DAY	23	24	25	26  CSMFRC "Teal Up" at the ZOO
27 	28  Teal Up Day	29	30 			

Saskatoon Vimy Dinner



*Saturday,
April 5th, 2025*

Saskatchewan's premier military formal dinner.
For more information or to register email
saskatoonvimydinner@gmail.com

Details for this event can be found at
the back of the Newsletter.

CONCORDE
GROUP CORP.

HAPPY EASTER

Pop by the MFRC
April 15-17th for
some Easter
treats!



DID YOU KNOW APRIL IS THE MONTH OF THE MILITARY CHILD?

Dandelions put down roots almost anywhere and it's almost impossible to destroy. It's an unpretentious plant, yet good looking. It's a survivor in a broad range of climates. Military children bloom everywhere the winds carry them. They are hardy and upright. Their roots are strong, , cultivated deeply in the culture of the Armed forces...planted swiftly and surely. They're ready to fly in the breezes that take them to new adventures, new lands and new friends.

Military children are well-rounded, culturally aware, tolerant and extremely resilient, they have learned from an early age that home is where their hearts are, that a good friend can be found in every corner of the world.

They learn that to survive means to adapt, that the door that closes one chapter of their life opens up to a new and exciting adventure full of new friends and new experiences.

A vibrant teal poster for a zoo event. It features various animal illustrations: a monkey hanging from a vine, a bald eagle, a snow owl, a brown bear, a zebra, and a porcupine. There are also dandelions and butterflies. The text is in white and yellow, with a QR code in the bottom right corner.

JOIN US IN
CELEBRATING OUR
LOCAL MILITARY KIDS!

**APRIL 26TH
1-4PM**

**“TEAL-UP”
AT THE ZOO!**

REGISTERED GUESTS WILL PARTICIPATE IN
UNIQUE ANIMAL INTERACTION & ACTIVITIES
INCLUDING ADMISSION TO THE ZOO!

PLEASE REGISTER VIA QR CODE OR BY EMAIL
TO: MEGAN.BOUFFORD.CSMFRC@GMAIL.COM
BY APRIL 20TH 2025

CSMFRC

SASKATOON
FORESTRY FARM
PARK & ZOO



Join us for a flag raising to celebrate the month
of the military child!

TEAL UP FLAG RAISING

APRIL 3RD | 2:45PM

AT THE FRONT GATE



Pop by the MFRC and
grab a button to show
your support!



Monday,
April 21 2025
9:30am-11:30am

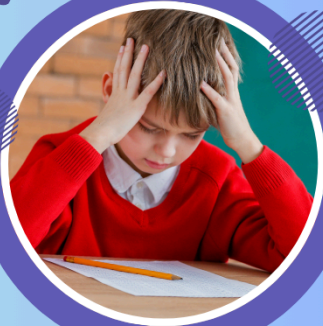
Kids Mental Health

Learn how to support kids with sadness, anxiety, and anger



THE CSMFRC INVITES CAF & VETERAN FAMILIES' ALONG WITH
COMMUNITY MEMBERS ARE INVITED TO PARTICIPATE IN THIS
SESSION FOCUSING ON EDUCATION AND INFORMATION
SURROUNDING KIDS MENTAL HEALTH

PARTICIPANTS HAVE THE CHOICE TO ATTEND IN PERSON AT THE
MFRC OR VIRTUALLY!



SESSION WILL INCLUDE:

- THE DIFFERENCE BETWEEN SADNESS AND DEPRESSION IN KIDS
- STRATEGIES FOR HELPING KIDS PROCESS SADNESS
- STRATEGIES FOR HELPING KIDS CALM ANXIETY
- THE DIFFERENCE BETWEEN ANGER AND O.D.D. IN KIDS.
- STRATEGIES FOR HELPING KIDS MANAGE ANGER

IF YOU ARE INTERESTED IN REGISTERING FOR THIS SESSION, EMAIL MEGAN BY
APRIL 16TH 2025 AT:
MEGAN.BOUFFORD.CSMFRC@GMAIL.COM



**SASKATOON CITY HALL, AS WELL AS THE PRAIRIE
WIND MONUMENT WILL BE LUMINATED IN THE
COLOUR TEAL FROM 26 APRIL - 1 MAY 2025**

**WE ARE ENCOURAGING ALL TO GO AND TAKE IN THE
BEAUTIFUL DISPLAYS!**

!!! CONTEST ALERT !!!

**ANYONE WHO SUBMITS A
PHOTO SHOWCASING TO
US HOW THEY ARE
CELEBRATING "TEAL UP"
MONTH - OR - ANYONE
WHO SNAPS A PHOTO
WITH EITHER DISPLAY
AND SUBMITS IT TO THE
MFRC AT:
CSMFRC@HOTMAIL.CA
OR VIA FACEBOOK
WILL BE ENTERED INTO
OUR TEAL UP CONTEST!**

DRAW WILL BE MAY 2ND!



#TEALUPFORMILITARYKIDS

**THANK YOU TO THE CITY OF SASKATOON FOR
THE SUPPORT & RECOGNITION**



Hold Me Tight

Hold Me Tight® Program

The MFRC is happy to offer the Hold Me Tight® program to military and veteran families. This interactive & online program makes sense of love & connections, and will consist of insightful video clips from multiple experts, teaching segments, check-in quizzes, video clips to learn from both real and animated couples, self-paced conversation and supportive text messages.

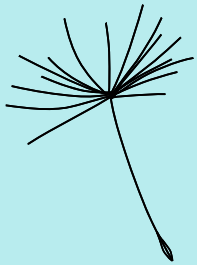
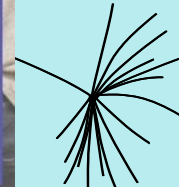
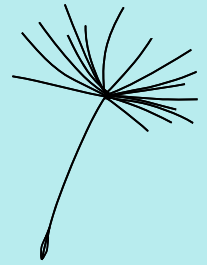
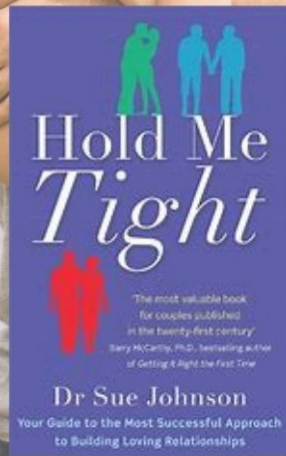
Couples will learn at their own pace right at home!

For more information, or to obtain a license, please email: megan.boufford@forces.gc.ca



(LIMITED LICENCES AVAILABLE)

For more info on the program:
<https://holdmetightonline.com/>



Oaks
MENTAL HEALTH



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**

SUICIDE AWARENESS, PREVENTION, AND INTERVENTION WORKSHOP



**SUNDAY, MAY 25
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**



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

