

# February 2025 Newsletter

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Groundhog Day 	3	4  Neurodiversity Speaker Series	5	6	7	8 Volunteer Appreciation 
9	10	11	12  Valentines Treats at MFRC ->	13 	14  Valentines Day	15  National Flag of Canada Day
16	17 Family Day 	18	19	20	21	22  Snow Tubing
23	24	25	26  Pink Shirt Day	27	28	1  The Weight We Carry



**CONTACT US**  
MONDAY-FRIDAY  
0800-1630



**306-491-4698**

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THE CSMFRC STAFF INVITE MILITARY AND VETERAN  
FAMILIES TO ENJOY SOME WINTER FUN!

# SNOW TUBING

FEBRUARY 22ND, 2025

OPTIMIST HILL

2-4PM

\$20/FAMILY

EMAIL:

CSVFP@HOTMAIL.COM

TO REGISTER

BY FEBRUARY 13TH, 2025



SESSION 2



## NEURODIVERSITY SPEAKER SERIES

SPEAKER:  
ROBYN REES

TUESDAY, 4 FEBRUARY

10:30 AM CST

📍 The Hive or Zoom



mentalhealthsupport@moosejawmfrf.ca

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

MFSP  
MILITARY FAMILY  
SERVICES PROGRAM



PSFM  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES

JOIN US AT THE CSMFRC FOR SNACKS AND REFRESHMENTS WHILE WE STREAM THE  
NEURODIVERSITY SPEAKER SERIES HOSTED BY MOOSE JAW MFRC.

REGISTER AT: [MENTALHEALTHSUPPORT@MOOSEJAWMFRF.CA](mailto:mentalhealthsupport@moosejawmfrf.ca)



# Kids Valentines Day take home kits

CAF/ Veteran children ages 5-15 are  
welcome to take home a Valentines Day  
Card making kit

Available at the CSMFRC from  
Feb 10th-14th



HAPPY  
*Valentines*  
DAY

**STOP BY THE MFRC  
ANYTIME DURING THE DAY  
ON FEB 12TH, 13TH & 14TH TO  
ENJOY A SWEET TREAT!**

#COFFEECONNECTIONS






Thank  
you

THE CSMFRC would like to take this time to thank their volunteers for their hard work and dedication to the organization over the past year!

Check your email for an invitation to our volunteer appreciation event!



OPEN TO COMMUNITY MEMBERS!

JOIN US FOR A WORKSHOP ON

# THE WEIGHT WE CARRY

THROUGH INTERACTIVE ACTIVITIES AND LEARNING, THIS WORKSHOP EQUIPS YOU WITH PRACTICAL KNOWLEDGE AND TOOLS TO IMPROVE BODY-IMAGE & WELL-BEING.

AGES 16+

MARCH 1ST | 10AM-2:30PM | \$5/PERSON

HOSTED AT THE BROADWAY COLLECTIVE

COFFEE & DONUTS PROVIDED



FOR MORE INFORMATION OR TO REGISTER

BY FEB 28TH:

MEGAN.BOUFFORD.CSMFRC@GMAIL.COM





CELEBRATE INTERNATIONAL

# WOMEN'S DAY

CAF MEMBERS & DEPENDENTS ALONG WITH COMMUNITY MEMBERS ARE INVITED TO JOIN THE CSMFRC AS WE PROVIDE TRANSPORTATION TO 15 WING MOOSE JAW FOR THEIR **INTERNATIONAL WOMEN'S DAY** EVENT.

PLEASE CONFIRM WITH YOUR COC IF YOU WISH TO ATTEND WHILE ON DUTY.

**BUS WILL LEAVE MFRC AT 7:40AM AND RETURN AT 2:30PM**

Moose Jaw MFRC CRFM

2025 International  
*Women's Day*  
with keynote speaker Teara Fraser!

Friday March 7th, 10:00AM-12:30PM  
Atrium, O.B. Philp's Building

Speakers, brunch, photobooth, and meaningful discussions  
on accelerating action!

Register before  
March 4th here:

Or email  
mentalhealthsupport  
@moosejawmfrc.ca

MFSP MILITARY FAMILY SERVICES PROGRAM PSFM PROGRAMME DES SERVICES AUX FAMILLES DES MILITAIRES

**TO REGISTER FOR THE BUS AND EVENT EMAIL:**

**MEGAN.BOUFFORD.CSMFRC@GMAIL.COM PRIOR TO MARCH 1ST**



THE CSMFRC GENDER BASED VIOLENCE COMMITTEE INVITES  
CAF, VETERANS, AND DND COMMUNITY PARTNERS TO A:

# SELF DEFENCE WORKSHOP



MARCH 9TH 2025  
11 AM - 3 PM  
\$5 PER PERSON



YOUTH  
HALF-DAY  
WORKSHOP

PRESENTED BY:

**DEFENCE LAB**  
THE SCIENCE OF DEFENCE



- MUST BE 10-17 YEARS OLD
- COST: \$5 PER PARTICIPANT
- ALL ARE WELCOME TO REGISTER: CAF & FAMILY, VETERAN & FAMILY, AND COMMUNITY MEMBERS
- HELD IN SASKATOON AT DEFENCE LAB'S GYM



CONTACT KATIE TO REGISTER: [KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:katherine.defosse@forces.gc.ca)  
REGISTRATION DEADLINE: MARCH 1, 2025



THE CSMFRC GENDER BASED VIOLENCE COMMITTEE INVITES  
CAF, VETERANS, AND DND COMMUNITY PARTNERS TO A:

# SELF DEFENCE WORKSHOP



MARCH 16TH 2025  
11AM-5PM  
\$5 PER PERSON



ADULT  
FULL  
DAY  
SEMINAR

PRESENTED BY:

**DEFENCE LAB**  
THE SCIENCE OF DEFENCE



- MUST BE 18+
- COST: \$5 PER PARTICIPANT
- ALL ARE WELCOME TO REGISTER: CAF & FAMILY, VETERAN & FAMILY, AND CIVILIANS
- HELD IN SASKATOON AT DEFENCE LAB'S GYM



CONTACT KATIE TO REGISTER: [KATHERINE.DEFOSSE@FORCES.GC.CA](mailto:katherine.defosse@forces.gc.ca)  
REGISTRATION DEADLINE: MARCH 1, 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