

# JUNE 2025



# NEWSLETTER



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SUN	MON	TUES	WED	THURS	FRI	SAT
1 Canadian Armed Forces Day	2	3	4	5	6 National Donut Day	7
8	9	10	11 Social Media Literacy Workshop	12	13	14
15 HAPPY Father's day	16	17	18 Navigating Inclusive Language	19 Farewell Golf Events	20	21 National Indigenous Peoples Day
22	23 National Day of Remembrance for Victims of Terrorism	24 Saint-Jean-Baptiste Day	25	26	27 National PTSD Awareness Day	28
29 National Camera Day	30					

**NEW NEWS!**

THE CSMFRC WOULD LIKE TO WELCOME OUR NEWEST TEAM MEMBER SARAH GUTEK!



OPEN TO COMMUNITY MEMBERS

# SOCIAL MEDIA LITERACY

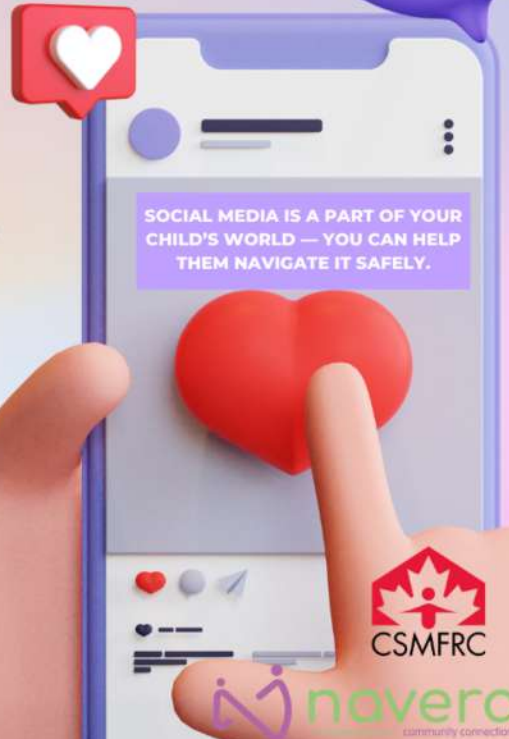
SUPPORTING YOUR CHILD

Join us for a workshop on:

- ✓ Learn what social media really is and how it impacts your child's mental health
- ✓ Understand how to ask the right questions without judgment
- ✓ Get tips on reducing digital risks and managing screen time
- ✓ Discover how to start weekly check-ins with your teen
- ✓ Learn how to respond if your child says something concerning

**WEDNESDAY JUNE 11TH  
7PM TO 8PM  
ON ZOOM**

To register please email:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)



## CSMFRC IS HIRING

THE CSMFRC  
CHILDCARE CENTRE  
IS LOOKING FOR  
CASUAL STAFF

639-318-7593

[CSMFRCCHILDCARE@HOTMAIL.COM](mailto:CSMFRCCHILDCARE@HOTMAIL.COM)

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# FAREWELL GOLF EVENTS!

## Detachment Dundurn's Golf Tournament

Join them for a round of golf at the Shield Golf course at 8am! Open to Detachment CAF members and civilians (\$30 payable to PSP for non CAF members)

## Farewell BBQ

All CAF members, DND civilian employees and families are welcome to join us for a Farewell BBQ at the Flightline.

To register for both the tournament and Farewell BBQ, prior to June 13<sup>th</sup> email: [David.hennings@forces.gc.ca](mailto:David.hennings@forces.gc.ca)



# Farewell Mini Golf

*CAF members and their families are welcome to join us for a fun round of mini golf!*

**June 19<sup>th</sup> / 2025 | 4:30-6:30pm**

**Mar's Mini Golf (609 1st Ave N,  
Saskatoon)**

To register by June 13<sup>th</sup> email:  
[megan.boufford.csmfrc@gmail.com](mailto:megan.boufford.csmfrc@gmail.com)



**Open to all  
CSMFRC  
clients!**



# Wills & Estate Planning

JUNE 23, 2025

FROM 6PM-7PM

SPONSORED BY **Fidelity Investments®**



FINANCIÈRE  
**SISIP**  
FINANCIAL



**Investia**  
Financial Services Inc.

LEARN HOW YOU CAN KEEP YOUR FAMILY SAFE DURING DEPLOYMENT/TRAINING ABSENCES, DISCOVER HELPFUL TIPS ON MINIMIZING TAXES ON ESTATE AND GAIN EXPERT ADVICE ON CREATING A WILL AND SETTING UP A POWER OF ATTORNEY



REGISTER HERE

or email

[angelina.marcotte@forces.gc.ca](mailto:angelina.marcotte@forces.gc.ca)

by June 19, 2025



You have the option to utilize a private space at the MFRC or participate from the comfort of your own home.

**BUILD A FINANCIALLY RESILIENT RELATIONSHIP WITH SISIP FINANCIAL!**



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.



**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