

CSMFRC NEWSLETTER

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Registration deadline for Self Defence March 4th	Registration deadline for YXE Golf March 13th	Registration deadline for Cookie Class March 13th	1 "Teal Up" bio submissions begin today!	2 Youth Art Classes
3	4 Navera Workshop	5	6	7	8 International Women's Day	9
10 Adult Self Defence	11 Commonwealth Day	12 BMO Information Session	13	14 ---Luck of the Irish---	15	16 YXE Golf Day
17 Youth Self Defence	18	19	20 World Agriculture Day	21 World Down Syndrome Day	22	23
24 Cookie Decorating	25	26 Purple Day	27	28	29 Good Friday	30
31						

ANNOUNCEMENTS

Come in to the MFRC anytime during business hours on March 14th & 15th as we will have the PLINKO game set up for anyone interested in trying their luck of the Irish!

**100 MAIN STREET
17 WING DET DUNDURN**

**OFFICE HOURS
M-F 8AM-4:30PM**

**306-492-2135
FRONT DESK EXT. 4266**



**VETERANS & FAMILIES
FAMILLES & VÉTÉRANS**



CONTACT US



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BMO



THE OFFICIAL BANK OF THE
CANADIAN DEFENCE COMMUNITY

COME JOIN US AT THE MFRC MARCH 12 AT
1600HRS FOR AN INFORMATION SESSION
WITH BMO MORTGAGE SPECIALISTS'
PAIGE MARQUIS AND TANNIS MAINA.

COFFEE AND
SNACKS
PROVIDED

THEY 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 NADINE IF YOU PLAN TO ATTEND AT:
NADINE.INGRAM.CSMFRC@GMAIL.COM

DO YOU HAVE THE LUCK OF THE IRISH?
COME TO THE MFRC MARCH 14 & 15



TRY YOUR LUCK ON THE PLINKO GAME!

CALL FOR **BOARD MEMBERS**

The CSMFRC is looking for CAF Family Members to join our Board of Directors, as well as a Treasurer!



**SUBMISSIONS/INQUIRIES
CONTACT:**

kendra.bessey@forces.gc.ca
306-491-5943

**OPENS
JANUARY 2024**

NEW PROGRAM!

ROSETTA STONE FOR KIDS

**THE CSMFRC ALONG WITH
SUPPORT OUR TROOPS IS
OFFERING YOUTH A YEAR
MEMBERSHIP TO ROSETTA
STONE FOR KIDS**

**KIDS WILL GET THE
CHANCE TO LEARN A
SECOND LANGUAGE!**

**FOR MORE INFORMATION OR TO
REGISTER PLEASE CONTACT:
NADINE.INGRAM.CSMFRC@GMAIL.COM**

PSP & MFRC INVITE
Military, Veterans & Families
TO A **GOLF DAY**
ON THE VIRTUAL GREENS

 SATURDAY, 16 MARCH 2024 FROM 3-7 PM

 YXE GOLF LOUNGE,
100-701 CYNTHIA STREET SASKATOON

 REGISTER BY MARCH 13TH VIA EMAIL:
ANGELINA.MARCOTTE.CSMFRC@GMAIL.COM

\$5 FEE



H E L L O
SPRING



Join the CSMFRC for a tutorial lead class by **ABCDesserts_yxe**
making those picture perfect sugar cookies!

**Open to Military & dependents 18+
Veteran & dependents 18+**

March 24, 2024
CSMFRC building
1-4pm
\$5 fee

Each participant will decorate 5 spring
themed cookies to take home.

Please register by March 13 with Nadine at:
nadine.ingram.csmfrc@gmail.com

CSMFRC
Central Saskatchewan
Military Family
Resource Centre Inc.



CRFMCS
Centre de Ressources pour
les Familles des Militaires
du Centre de la Saskatchewan Inc.

DID YOU KNOW?

April is the month of the Military Child,
also known as:

Teal Up

for Military kids

Please join the CSMFRC in celebrating our local Military children who are the strength beside the uniform!

For the month of March we are inviting parents to send in a photo with a little biography of their child(ren) explaining how being a Military child has impacted their life (*both good and bad*).

Submissions will be posted on our Facebook page throughout the month of April and all participants will be entered into a draw to win KINSMEN PARK TICKETS!

Submissions should be sent to:
megan.boufford.csmfrc@gmail.com

April is the month of the Military Child
known as

Teal Up

ON APRIL 4TH/2024

Pop into the MFRC from 1-6pm to create
your own Teal Up t-shirt!

Bring your own shirt!

We'll provide the Teal Up designs and will
put it on your t-shirt.

Designs available in teal or black.

\$5/ shirt design.

Register by March 26th to:
megan.boufford.csmfrc@gmail.com

The CSMFRC Gender Based Violence Committee Invites
CAF, Veterans, and DND Community Partners to a:

SELF DEFENCE SEMINAR

March 10
11am-5pm

Presented by:



ADULT FULL DAY SEMINAR

- 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 Nadine to register: nadine.ingram.csmfrc@gmail.com
Registration Deadline: March 4, 2024



The CSMFRC Gender Based Violence Committee Invites
CAF, Veterans, and DND Community Partners to a:

SELF DEFENCE SEMINAR

March 17
1pm-4pm

Presented by:



YOUTH HALF DAY SEMINAR

- Must be 10-17 years old
- Cost: \$5 per participant
- All are welcome to register: CAF & Family, Veteran & Family, and Civilians
- Held in Saskatoon at Defence Lab's gym

Contact Megan to register: megan.boufford.csmfrc@gmail.com
Registration Deadline: March 4, 2024

SafeTALK Course

About the course:

ABK Wellness is coming to facilitate the course. Participants will be able to notice and respond to situations where suicide thoughts may be present. Recognize that invitations of suicide are often overlooked and how to apply the TALK steps to connect with a person with thoughts of suicide.

For more information please visit: <https://www.abkwellness.ca/safetalk>

Course requirements:

Open to the community!

Participants must be turning 15 by the end of the calendar year.

Course details:

Saturday, April 13th | 10am-2pm, with lunch provided.

Location: Dundurn Community Hall

\$5 fee per participant.



safeTALK

To register by April 1 email:
megan.boufford.csmfrc@gmail.com



FIRST AID SUPPORT PROGRAM

PROGRAM RUNS
April 1 '23 - March 31 '24

Parameters

- Available to CAF/Veteran dependents willing and able to find course to attend
- The CSMFRC will reimburse 75% of First Aid/CPR Course fee upon successful completion and required documentation submitted

Limited funding available

Contact **Nadine** for details:
Nadine.Ingram.csmfrc@gmail.com





Community Supports



THE CSMFRC HOURS OF OPERATION ARE MONDAY-FRIDAY 0800-1630HRS.

If you require assistance please reach out at 306-492-2135 ext 4266

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