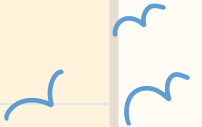
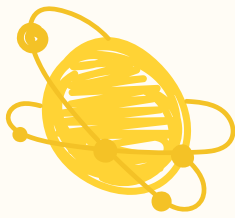
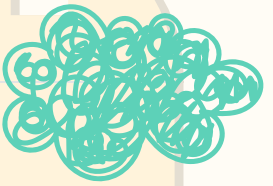
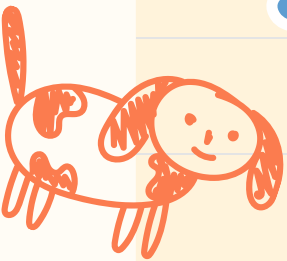
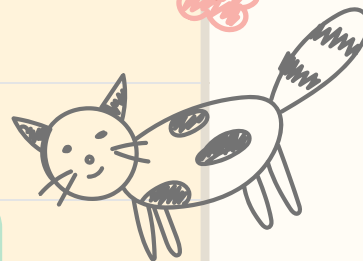


WELCOME TO SASKATCHEWAN

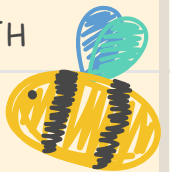
YOUR GUIDE TO ALL
THINGS CHILD RELATED
IN AND AROUND
SASKATOON!





Central Saskatchewan Military Family Resource Centre

AS YOU KNOW, BEING PART OF THE CAF MEANS RELOCATING OR MOVING MORE OFTEN THAN YOUR AVERAGE CANADIAN FAMILY. WITH THAT IN MIND, THE CSMFRC HAS WORKED HARD TO CREATE A BOOKLET THAT INCLUDES HELPFUL HINTS, TIPS AND GUIDELINES FOR OUR FAMILIES TO HELP ENSURE A SMOOTH TRANSITION INTO YOUR NEW HOME.



AT THE CSMFRC YOU CAN EXPECT TO FIND FIRSTHAND KNOWLEDGEABLE AND FRIENDLY STAFF WHO ARE ALWAYS HAPPY TO HELP YOU FIND WHAT IT IS YOU ARE LOOKING FOR. WE WILL GO ABOVE AND BEYOND TO HELP YOU WITH ANYTHING YOU MAY NEED AND ALWAYS ENJOY HAVING A COFFEE AND A CHAT.

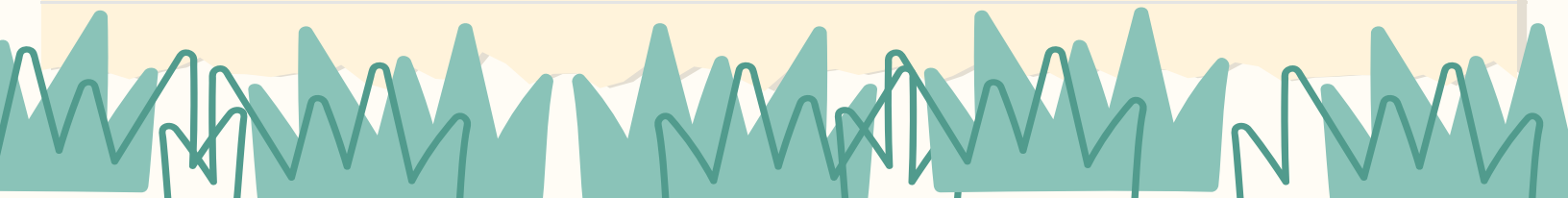
BEING A SMALLER MFRC PROVIDES US WITH A UNIQUE OPPORTUNITY TO ASSIST FAMILIES ON A MORE PERSONAL LEVEL AND HELPS TO PROVIDE SERVICES AND SUPPORTS THAT CAN BE DESIGNED TO MEET EACH FAMILY'S SPECIFIC NEEDS.

WE LOOK FORWARD TO MEETING YOUR FAMILY.

- YOUR CSMFRC TEAM



Central Saskatchewan Military Family Resource Centre
100 Main Street
17 Wing Detachment Dundurn
Office Hours Monday - Friday 0800-1630hrs
306-491-4698





Central Saskatchewan Military Family Resource Centre Childcare Centre



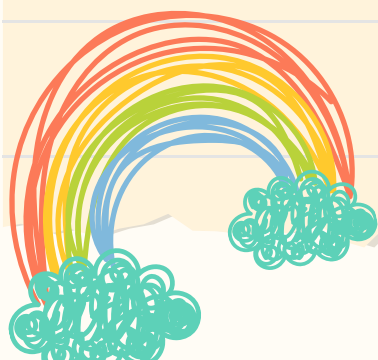
THE CSMFRC OPERATES A PROVINCIALY LICENSED CHILDCARE FACILITY CONVENIENTLY LOCATED ACROSS THE STREET FROM THE CSMFRC OFFICE ON DETACHMENT DUNDURN, MILITARY FAMILIES RECEIVE PRIORITY REGISTRATION WITH ONE MONTHS NOTICE. THIS DAYCARE PROGRAM OFFERS CHILDCARE FOR CHILDREN AGES 6 WEEKS – AGE 12 HOURS ARE 7:30AM-5PM, MONDAY TO FRIDAY.



PRAIRIE SPIRIT SCHOOL DIVISION PROVIDES BUSING TO BOTH DUNDURN ELEMENTARY SCHOOL AND HANLEY COMPOSITE SCHOOL FROM THE CHILD CARE CENTRE. THE CHILD CARE CENTRE HAS 42 SPOTS AVAILABLE FOR CHILDREN AND OFTEN OPERATES AT FULL CAPACITY. IF YOU CHOOSE TO ENROLL YOUR CHILD(REN) IN THE CSMFRC DAYCARE CENTRE, IT IS IMPORTANT FOR YOU TO DO SO AT YOUR EARLIEST CONVENIENCE SO THE DAYCARE CENTRE CAN DO THEIR BEST TO ACCOMMODATE YOUR CHILD(REN)'S REQUESTED START DATE.

*NOTE: SHOULD YOU REQUIRE CHILDCARE DURING UNLOADING AND UNPACKING DAYS, YOU MUST CALL AHEAD TO CONFIRM IF WE ARE ABLE TO ACCOMMODATE. CASUAL CHILD CARE AT THE DAY CARE MUST BE BOOKED IN ADVANCE AND IS NOT BE GUARANTEED DUE TO LIMITED SPACE.

FOR LISTINGS OF OTHER LICENSED DAY CARES AND DAY HOMES WITHIN SASKATOON AND THE SURROUNDING AREA, VISIT:
WWW.SASKATCHEWAN.CA – SELECT FAMILY AND SOCIAL SUPPORT




For more information please contact:

Jena Dombrowsky


Childcare Centre Director

csmfrcchildcare@hotmail.com


639-318-7593



Strongest Families Institute



WITH SUPPORT FROM THE MILITARY FAMILY SERVICES OTTAWA, RBC FOUNDATION, BELL LET'S TALK, TRUE PATRIOT LOVE FOUNDATION, AND VETERANS AFFAIRS CANADA; STRONGEST FAMILIES IS HONOURED TO PROVIDE SERVICES TO MILITARY AND VETERAN FAMILIES ACROSS CANADA.



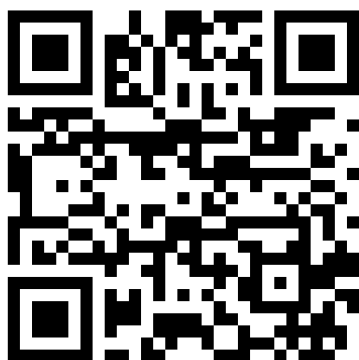
SFI COACHES ARE TRAINED TO HELP FAMILIES PREPARE FOR TRANSITIONS SUCH AS DEPLOYMENTS, POSTINGS, TRAINING COURSES, AND REINTEGRATION. THEY CAN HELP EQUIP YOUR FAMILY WITH STRATEGIES TO COPE WITH CHANGE. THEIR PROGRAMS ARE FOR FAMILIES WITH CHILDREN AGES 3-17.

SERVICES ARE CONFIDENTIAL AND DELIVERED WHEN AND WHERE YOU NEED THEM. THEIR FREE SERVICES ARE AVAILABLE AT TIMES THAT ARE CONVENIENT FOR YOUR FAMILY - NO NEED TO TRAVEL, TAKE TIME OFF FROM WORK OR MISS ANY SCHOOL.



ALL STAFF ARE TRAINED IN MILITARY CULTURAL COMPETENCIES.

IN COLLABORATION WITH MILITARY FAMILY RESOURCE CENTRES ACROSS CANADA, ACCESS TO SERVICES IS AS EASY AS A CALL TO YOUR LOCAL MFRC. YOU MAY CONTACT ANY STAFF AT ANY MFRC FOR A REFERRAL TO SFI FOR PROGRAMMING, OR YOU ALSO HAVE THE OPTION TO SELF-REFER!



FOR MORE INFORMATION ON THE
AVAILABLE PROGRAMS OFFERED BY
STRONGEST FAMILIES INSTITUTE
SCAN THE QR CODE





Kids Help Phone

KIDS HELP PHONE HAS A PROGRAM SPECIFICALLY DESIGNED FOR MILITARY CHILDREN, WITH PEOPLE WHO KNOW THE CHALLENGES OF THE MILITARY LIFESTYLE.

MILITARY CHILDREN WITH CELL PHONES CAN ACCESS THIS SERVICE BY TEXTING THE KEYWORD "CAFKIDS" TO 686868 FOR SERVICE IN ENGLISH OR THE KEYWORD "JEUNESFAC" TO 686868 FOR SUPPORT IN FRENCH.

THIS TEXTING SERVICE IS CONFIDENTIAL, FREE AND AVAILABLE 24/7 ACROSS CANADA. KIDS HELP PHONE IS CANADA'S ONLY 24/7 NATIONAL SERVICE OFFERING PROFESSIONAL COUNSELLING, INFORMATION, REFERRALS, AND VOLUNTEER-LED TEXT-BASED SUPPORT FOR YOUNG PEOPLE. KIDS HELP PHONE'S FREE SERVICES ARE AVAILABLE IN BOTH ENGLISH AND FRENCH.



Support Our Troops Scholarship Program

SUPPORT OUR TROOPS OFFERS A WIDE ARRAY OF SCHOLARSHIPS TO AID FAMILIES WITH THE TRANSITION INTO POST SECONDARY EDUCATION. FOR MORE INFORMATION PLEASE VISIT: [HTTPS://WWW.SUPPORTOURTROOPS.CA/](https://www.supportourtroops.ca/)

Support Our Troops Tutoring Reimbursement Program



PROVIDES FINANCIAL ASSISTANCE TO CAF FAMILIES TO EASE CURRICULUM CHALLENGES IN THE FIRST, SECOND AND/OR THIRD YEAR IN A NEW COMMUNITY FOR CHILDREN WITH LEARNING DISABILITIES, PHYSICAL DISABILITIES OR ILLNESS.

LEARNERS WITH AN INDIVIDUAL EDUCATION PLAN(IEP) AND FOR THOSE WHOSE CIRCUMSTANCES REQUIRE TUTORING SUPPORT AS RECOMMENDED BY THEIR SCHOOL ARE ALSO ELIGIBLE TO APPLY.

THE PROGRAM SUPPORTS DEPENDENT CHILDREN IN CAF FAMILIES, FROM KINDERGARTEN TO GRADE 12.



Education

K-12 LEARNING

THE DUNDURN AREA FALLS WITHIN THE CATCHMENT OF PRAIRIE SPIRIT SCHOOL DIVISION. IT IS A PUBLIC DIVISION WITH BUSSING OPTIONS FOR THOSE NOT LIVING WITHIN TOWN BOUNDARIES. THE CITY OF SASKATOON HAS A PUBLIC AND A SEPARATE (CATHOLIC) DIVISION WITHIN ITS BOUNDARIES. CORE FRENCH AND FRENCH IMMERSION IS AVAILABLE IN BOTH SPSPD AND GSCS. FRANCOPHONE LEARNING IS AVAILABLE IN THE CITY OF SASKATOON WITH BUSSING AVAILABLE FOR THOSE LIVING RURALLY. SECOND LANGUAGE LEARNING IN CREE, MICHIF, AND UKRAINIAN IS OFFERED THROUGH GSCS. AND IF IN PERSON LEARNING IS NOT YOUR PREFERENCE THERE ARE MANY ALTERNATE LEARNING PLATFORMS THAT CAN BE ACCESSED IN OUR AREA AS WELL. PLEASE USE THE LINKS BELOW TO FIND OUT MORE ABOUT EACH TYPE OF LEARNING AND THE REGISTRATION REQUIREMENTS.

SASKATOON PUBLIC SCHOOL DIVISION: [HTTPS://WWW.SPSD.SK.CA/](https://www.spsd.sk.ca/)

- ENGLISH, FRENCH IMMERSION, ENGLISH AS AN ALTERNATE LANGUAGE SERVICES, HOME-BASED LEARNING, ADULT EDUCATION, GIFTED EDUCATION, ONLINE LEARNING.

GREATER SASKATOON CATHOLIC SCHOOLS: [HTTPS://WWW.GSCS.CA/](https://www.gscs.ca/)

- ENGLISH, CORE FRENCH, FRENCH IMMERSION, ENGLISH AS AN ALTERNATE LANGUAGE SERVICES, DEAF AND HARD-OF-HEARING SERVICES, HOME-BASED LEARNING, ONLINE LEARNING.

FRANCOPHONE SCHOOLS: [HTTPS://ECOLEFRANCOPHONE.COM/EN/](https://ecolefrancophone.com/en/)

PRAIRIE SPIRIT SCHOOL DIVISION: [HTTPS://WWW.SPIRITSD.CA/](https://www.spiritd.ca/)

ALTERNATE LOCATION LEARNING PROGRAMS:

- DISTANCE LEARNING PROGRAM: [HTTPS://WWW.SUNWESTDLC.CA/](https://www.sunwestdlc.ca/)
- FLEXED: [HTTPS://WWW.FLEXED.CA/](https://www.flexed.ca/)

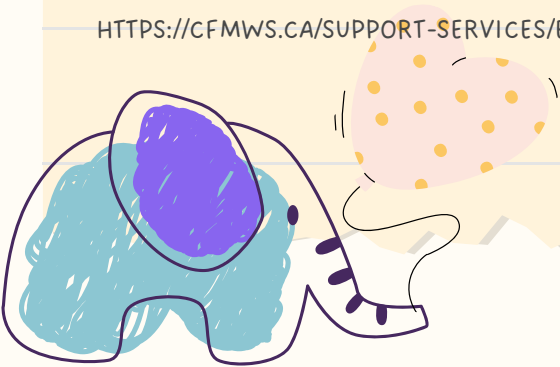
POST SECONDARY SCHOOLS



SASKATOON HAS TWO LARGE POST-SECONDARY INSTITUTIONS. THE UNIVERSITY OF SASKATCHEWAN AND SASKPOLYTECH ARE BOTH LOCATED CLOSE TO THE DOWNTOWN CORE OF SASKATOON.

- UNIVERSITY OF SASKATCHEWAN – [WWW.USASK.CA](http://www.usask.ca)
- SASKATCHEWAN POLYTECHNIC INSTITUTE – [WWW.SASKPOLYTECH.CA](http://www.saskpolytech.ca)

FOR MORE INFORMATION ON EDUCATION RESOURCES WITHIN THE AREA PLEASE VISIT:

[HTTPS://CFMWS.CA/SUPPORT-SERVICES/EDUCATION/EDUCATION-BY-PROVINCE/EDUCATION-IN-SASKATCHEWAN](https://cfmws.ca/support-services/education/education-by-province/education-in-saskatchewan)





Central Saskatchewan Military Family Resource Center Programs



**Babysitter
List**



The CSMFRC has a list of local babysitters! For the list or to join to list, visit the QR code!



**JOIN OUR
DISTRIBUTION LIST!**

SCAN THE
QR CODE
OR
EMAIL KATIE
TO BE ADDED



KATHERINE.DEFOSSE@FORCES.GC.CA

 Call Us For More Info
306-491-4698

 Visit Our Office
100 Main Street
17 Wing Detachment
Dundurn, Dundurn SK



FOR AN UP TO DATE LIST OF CSMFRC PROGRAMS
AND SERVICES, VISIT:

[HTTPS://CFMWS.CA/CENTRAL-SASKATCHEWAN](https://cfmws.ca/central-saskatchewan)





Central Saskatchewan Military Family Resource Centre Programs



**DID YOU
KNOW?**

THE CSMFRC STAFF WILL NOTIFY YOU
IF WE HEAR OF ANY HEALTHCARE
PROVIDERS / OFFICES THAT ARE
ACCEPTING NEW PATIENTS!!

SCAN THE QR CODE TO SUBMIT YOUR
INFORMATION IF YOU ARE LOOKING
FOR A DOCTOR OR HEALTHCARE
PROVIDER IN THE SASKATOON &
SURROUNDING AREAS!



OR EMAIL:
KATHERINE.DEFOSSE@FORCES.GC.CA



Central Saskatchewan Military Family Resource Centre Programs

CSMFRC

Board Games!

Games are available to families for a week loan!

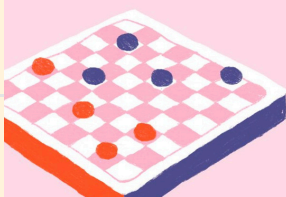


Family Games:

- Monopoly (Disney edition)
- Mouse trap
- Operation
- Twister
- Game of Life Jr.
- Tetris
- Sorry
- Floor Checkers
- Shaky Tower (Mario)
- Skee-Ball
- Ticket to Ride First Journey
- Scrabbles
- Checkers
- Blokus
- Trouble (Despicable Me edition)
- Battleship
- Jenga
- None of a Kind
- Dog-opoly
- Pie Face
- Pass the Pig
- Candyland
- Gone Fishin
- Snakes and Ladders
- Headbandz
- Catan Jr.
- Connect 4

Individual Games:

- Design and Drill
- Mindful String Games
- Tiltago
- Harry Potter Spell Magic
- Honeycombs
- Bananagrams
- Barrel of Monkeys
- Rush Hour
- Mental Brain Games



CSMFRC

Board Games!

Games are available to families for a week loan!



Card Games:

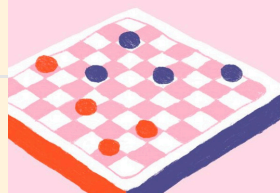
- Guess who
- Brain quest
- Uno
- Uno Quatro
- Happy Salmon
- Card Face
- Taco Cat Goat Cheese Pizza
- Family Charades
- Connect 4
- Unstable Unicorns for Kids
- Left Right Center Passplay

Educational Games

- Learning to Sequence
- Sounds at Home
- Attribute Apples
- Shape bean bags
- How do you feel? (puzzle game)

Puzzles:

- Exploding Kittens (1000 pieces)
- Space Puzzle (40 pieces)
- House (1000 pieces)
- New York Skyline (500 pieces)





Fun Things To Do Around Saskatoon!



NUTRIEN WONDERHUB IS AN INTERACTIVE CHILDREN'S MUSEUM, WHERE BOTH CHILDREN AND ADULTS ARE ENCOURAGED TO PARTICIPATE!

[HTTPS://WONDERHUB.CA/](https://wonderhub.ca/)



NUTRIEN PLAYLAND AT KINSMEN PARK

SOAR HIGH ABOVE THE CITY ON THE 20 METRE HIGH FERRIS WHEEL OR HAVE A TWIRL ON A BRIGHT AND CHEERY CAROUSEL ANIMAL. HOP ABOARD FOR A WHISTLE-STOP TOUR ON THE CANPOTEX TRAIN - A PARK FAVOURITE. THIS REPLICA MODERN-DAY FREIGHT TRAIN ROLLS ALONG A 626 METRE LOOP THROUGH THE PARK.

WANUSKEWIN

WANUSKEWIN HERITAGE PARK IS A NATIONAL HISTORIC SITE LOCATED IN THE CITY OF SASKATOON AND RM OF CORMAN PARK. TOGETHER, WE WORK TO ADVANCE THE UNDERSTANDING AND APPRECIATION OF THE EVOLVING CULTURES OF THE NORTHERN PLAINS INDIGENOUS PEOPLES.





Fun Things To Do Around Saskatoon!

**rRemai
mModern**

REMAI MODERN



SASKATOON'S MUSEUM OF MODERN AND
CONTEMPORARY ART. ADMISSION IS BY DONATION.



SASKATOON FORESTRY FARM PARK & ZOO

ZOO IS OUTDOORS AND OPEN YEAR ROUND. MEET AN IMPOSSIBLY CUTE MOB OF
MEERKATS, GRIZZLY BEARS, ARCTIC WOLVES AND MANY OTHER SPECIES AT
SASKATCHEWAN'S ONLY CAZA ACCREDITED ZOO.



WANDER'S TINY FARM

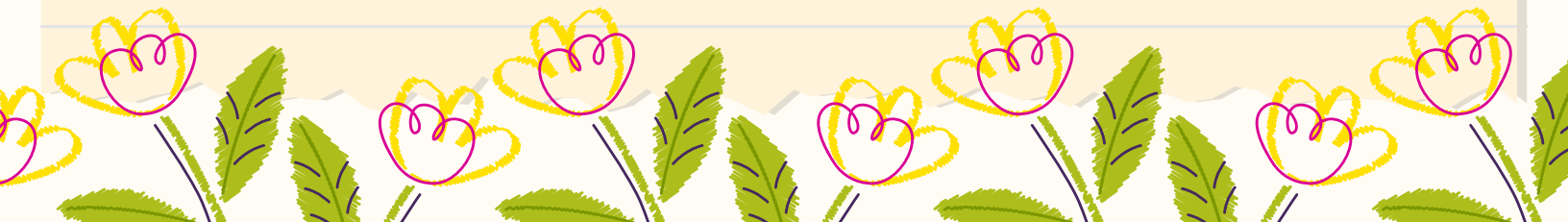
A LOCAL FARM AND PETTING ZOO WHERE KIDS CAN EXPLORE
WHILE INTERACING WITH BUNNIES, GOATS, DUCKS AND MORE!



[HTTPS://WWW.WANDERSTINYFARM.CA/](https://www.wanderstinyfarm.ca/)

BLACKSTRAP LAKE AND CAMPGROUNDS

A 35-MINUTE DRIVE SOUTH OF SASKATOON, THIS PARK IS THE PERFECT PLACE TO ENJOY
A WIDE RANGE OF SUMMER ACTIVITIES INCLUDING SWIMMING, CAMPING AND FISHING.
WITH A BOAT LAUNCH LOCATED ON THE EAST SIDE OF THE LAKE, BLACKSTRAP'S LAKE IS
IDEAL FOR WATER ACTIVITIES SUCH AS WATER-SKIING, CANOEING AND WINDSURFING. A
MAIN BEACH WITH INVITING SAND AND AMPLE GRASS AREAS MAKES A PERFECT PLACE
FOR GAMES AND SUN TANNING.





Sports Associations

Hockey

Saskatoon:
<https://smha.sk.ca/>

Dundurn:

<https://www.dundurnminorhockey.ca/>

Baseball

Saskatoon:
<https://www.baseballsaskatoon.com/>

Dundurn:

<https://leagues.teamlinkt.com/dundurndetonators>

Gymnastics

Saskatoon:
<http://canamgymnastics.ca/>

Soccer

Saskatoon:
<http://saskatoonyouthsoccer.ca/>

Football

Saskatoon:
<https://www.saskatoonminorfootball.com/>

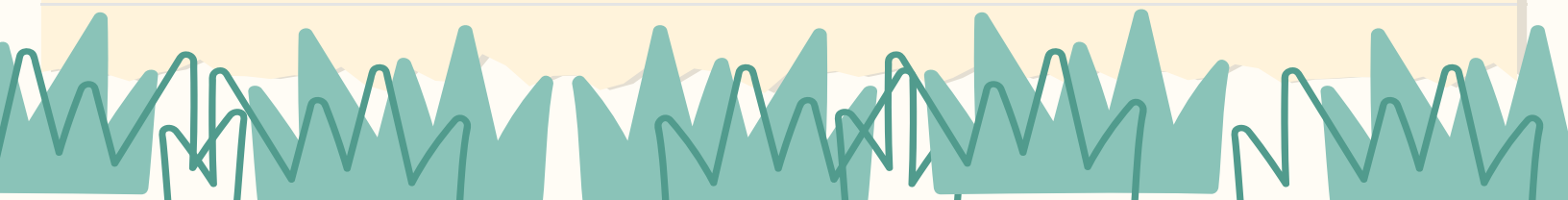


Martial Arts

Saskatoon
<https://scheersmartialarts.com/>

Basketball

Saskatoon:
<http://www.skybasketball.ca/>





Seasonal Activities

WINTER ACTIVITIES

OPTIMIST HILL

YOUR WINTER DESTINATION FOR SKIING AND TUBING RIGHT IN SASKATOON.

[HTTPS://OPTIMISTHILL.CA/](https://optimisthill.ca/)

TABLE MOUNTAIN ADVENTURE PARK

OPEN FOR SKIING, TUBING, SNOWSHOEING, KICKSLEDDING AND MORE. SUMMER ACTIVITIES ALSO AVAILABLE. LOCATED AN HOUR AND A HALF FROM SASKATOON.

[HTTPS://WWW.TABLEMOUNTAIN.CA/](https://www.tablemountain.ca/)

SUMMER ACTIVITIES

NUTRIEN CHILDREN'S FESTIVAL

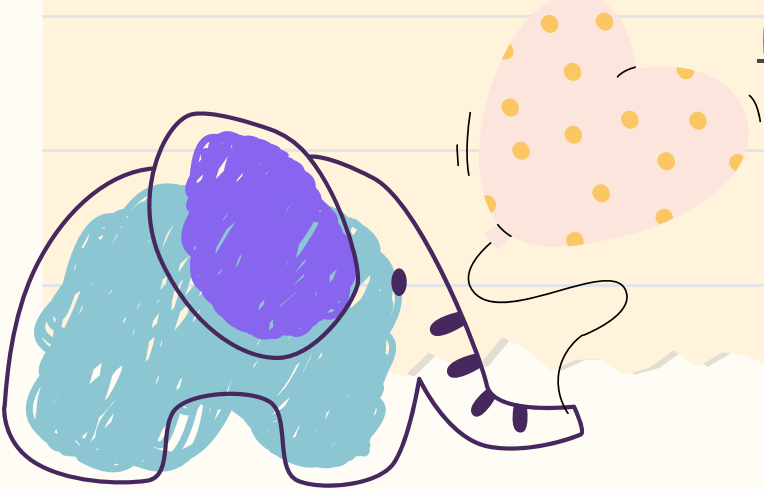
HELD EACH YEAR IN DOWNTOWN SASKATOON, CHILDREN HAVE A WEEKEND FULL OF FAMILY FUN!

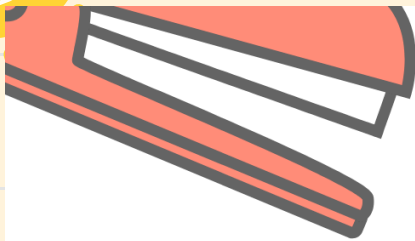
[HTTPS://WWW.NUTRIENCHILDRENSFESTIVAL.COM/](https://www.nutrienchildrensfestival.com/)

SASKATOON EX

"PLAY THE DAY AWAY" AT THE LARGEST SUMMER FESTIVAL IN SASKATCHEWAN! THE SASKATOON EX IS THE 8 BEST DAYS OF SUMMER WITH ONE-OF-A-KIND FAIR FOODS, FIRST-RATE ATTRACTIONS AND AN AMAZING CONCERT SERIES!

[HTTPS://WWW.SASKATOONEX.COM/](https://www.saskatoonex.com/)





DID YOU KNOW?

SOLARO

SPECIAL OFFER: CF One Members can now receive a 1-year license to SOLARO for only \$25.00 (retail price is \$200).

Military families benefit from an 87% discount with their CF1 card.

For more information, or to register your family, please visit

<https://www.solaro.ca/partner-products/solaro-for-cff>



CFMWS



Math, Science, ELA
Web and Mobile

Welcome to

MindKit

MindKit is a place for youth – like you! – to explore things related to mental health. It was created especially for and by young Family members of Canadian Veterans living with a posttraumatic stress injury (PTSI).

We're here to help you learn about things like mental health and the brain, what it's like to live with PTSI in your Family and different ways to handle challenges.

Select one of the topics to get started.



Explore the MindKit
comic and more



Scan me

