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Office Hours:
M-Th 8am-4:30pm
F 8am-3:30pm

Dates to Remember

Registration Deadlines:

- 7- Parenting Course
- 8- Financial Course and Afterschool Program
- 17-Planter Workshop
- 24- Farewell Brunch Events:
- 3- Grand Opening BBQ
- 6-10- Wellness Week
- 8- Financial Course
- 14- Parenting Course
- 15- Afterschool Program
- 24- Planter Workshop
- 28-29- MHFA

Family Farewell Brunch

On Saturday, June 1st the CSMFRC will be hosting a Family Farewell Brunch at the Western Development Museum. Come and enjoy a great meal on the balcony. Registration is mandatory by May 24th. This event is free for CAF families and VFP families. Contact Kary for more information or to register a CAF Family. Contact Hailey to register a VFP family.

Child and Youth Events

Afterschool Program is back! Wednesdays from 3:30-4:45 Lisa will have programming at the MFRC. Starts May 15 and runs until June 19.

Friendship Inn: Youth ages 10 and up have the opportunity to volunteer to help the less fortunate on May 26th from 11:30-1:30. Register by May 21.

Afternoon at the Movies: On May 25th ages 6-10 are invited to join us for a movie at the Landmark Cinemas. Cost is \$5. Register by May 18. Limited spots available.

Parent and Tot Beaver Creek Outing: Come walk one of the beautiful trails and have the chance to feed the chickadees straight from your hand. May 28 from 10:00-11:30am. Register by May 21. Transportation can be provided.

Contact Lisa to register for all C&Y Events.

Wellness Week

The CSMFRC is partnering with PSP to bring you a week full of Health, Wellness, and FUN! May 6-10 from 12-1pm daily join us for a different event each day of the week. Monday is Circuit Training, Tuesday is a Family Nature Walk, Wednesday features a Spin class with a Fascia Ball cool down, Restorative Yoga is Thursdays event, and on Friday there will be a Nutritional Family Lunch at the MFRC Building. Child care can be provided. Contact Kary for details or to register.

Flower Planter Workshop

Bloom where you are planted! Learn how to make a flower planter that will flourish in the Saskatchewan summer climate at Holland Greenhouse on May 24th from 7-9pm. Cost for this event is \$10 and appetizers will be served at the greenhouse. There are limited spots available. Contact Kary to register.

CFS Financial Course

May 8th at the MFRC from 6-8pm join us to learn how your finances can work for you. Contact Kary to register.

Mental Health First Aid

The MFRC will be offering the Mental Health First Aid course for Veterans in Saskatoon on May 28 and 29th. Contact Hailey to register by May 22.

Pergola and BBQ Grand Opening

The MFRC will be hosting a Grand Opening on May 24th from 3-5pm for the newest addition to the park on the Detachment. Come and enjoy a free burger or hot dog and potato salad. The Flightline Bar will be located on site at this event for TGIF.

The Military Police Fund for Blind Children will be hosting their annual fundraiser at this event. Games are participation by donation and there will be great prizes to win!

Parenting Course

This month's parenting course will focus on Communicating With Your Children. It will be hosted at the MFRC on May 14th from 6-8pm. Contact Lisa to register. Registration Deadline is May 7th.



VETERAN FAMILY PROGRAM
For Medically Injured, CAF Members,
Medically Released Veterans and their Families

PROGRAMME POUR LES FAMILLES DES VÉTÉRANS
Pour les membres des FAC, ex-vos de libération pour des raisons médicales,
les vétérans libérés pour des raisons médicales et leur famille

Veteran Family Program customers can contact Hailey to register for any of the CSMFRC events being advertised in this newsletter.



PRESENTS:

ADVENTURE CAMP 2019:
Kids 5-12 are invited to join us for these exciting new camps that run Aug 5-9 and 12-16 from 7:30-4:30. Whether it's scaling the obstacle course, competing in nature challenges or spending the afternoons at the pool...our camps have something for everyone. Registration opens May 15. Contact Kalista at kalista.senter@forces.gc.ca

POOL SEASON: For more information about the pool schedule, lessons, and more please check out the Facebook page (www.facebook.com/detdundurnrecreation) or call extension 4102. Lesson Registration begins May 1st.



**PROGRAM SPOTLIGHT:
EDUCATION SUPPORT BURSARY**

The Central Saskatchewan Military Family Resource Centre recognizes that military life can present unique challenges to the education of military families. Constrained educational opportunities may place unnecessary hardship on our families by limiting personal and career growth. In an effort to support the education of our military families, the CSMFRC institutes an Education Support Program.

The bursary will be provided annually in the form of a payment towards tuition for courses successfully completed, to a maximum of \$2500.

Applications must be submitted a minimum of 30 days prior to the completion of the course. Evidence of payment and successful completion must be submitted no later than 30 June.

Eligibility: All dependents (non-military) of CF members supported by the CSMFRC catchment area are eligible to apply. The education or training program must be recognized by the Central Saskatchewan MFRC. All provincially accredited programs will be accepted. Non-accredited programs must be submitted to Central Saskatchewan MFRC for approval.

Military Discounts and Corporate Supporters:

The Central Saskatchewan Military Family Resource Inc. (CSMFRC) thanks all Corporate Sponsors, and supporters of the Military Discount Program. The CSMFRC, partners, staff, and Board of Directors, while appreciative of all donations and support, can only confirm the above listed businesses as providing sponsorship and/or a discount program (subject to change without notice). To use the services and products of the above noted programs have military identification present at time of purchase.

CF One card members can also access discounts through: <https://cfappreciation.ca/>

