Children’s Halloween Party

The MFRC in conjunction with Community Council will be hosting a Children’s Halloween Party!

When: Sunday, October 28th
Time: 1:00-3:00pm
Where: The Canuck Club

There will be pumpkin carving (one per family), cupcake decorating, crafts, a haunted room, loot bags, snacks, refreshments and Pizza!

Volunteers Needed!
There are many places where MFRC information will be available to you:

Facebook - “Goose Bay Military Family Resource Centre”
MFRC Email Listing - If you are not on our email list please let us know. We send all information through email.
CANEX - Bulletin board is located in the cart section where we post upcoming events and services provided.
www.CAFConnection.ca - On this website you can find all the information about our programs and services and advertisements for our upcoming events.

The MFRC will be hosting a Coffee Morning on Wednesday, October 17th at 9:30am. We will be at the Chapel Annex. Coffee Morning is a great opportunity to get together with other members of the 5 Wing Community. Children are welcome!

Kids Club
A Social Event for children ages 6-12
6-8pm/ 2nd & 4th Friday of each month
Chapel Annex
Dates: October 12 & October 26

MFRC Day Camps
Peacock Primary and Queen of Peace Middle School will be closed on October 4th & 5th. The MFRC will be hosting full day camps to help with childcare. More information to be posted soon.

The Goose Bay MFRC Board of Directors are looking for new Board Members.
Are you interested in being part of a team that is responsible for governance of your MFRC? We are currently recruiting for new members to join our Board. If you are interested please contact Catherine Durkee at gbmfrcbod@gmail.com or Janet Kean at kean.janet@yahoo.ca.
Help make a difference in your community!

The MFRC will be promoting CAF Family Violence Prevention Week as well as Mental Health Awareness Week from October 22nd to the 26th. We will have a display along with coffee and muffins available at various break rooms so that people can stop by during their morning or afternoon breaks and check out our information and resources or talk to the staff.

The MFRC will be visiting the following locations:
Monday October 22nd – HQ
Tuesday October 23rd – 444 Squadron
Wednesday October 24th – MFRC Coffee Morning and Wing Ops during the afternoon break
Thursday October 25th – MP Section
Friday October 26th – Medical Clinic

We hope to see you there!

The MFRC will be hosting an “Indigenous Awareness” presentation by Mr. Silas Bird, Community Liaison Officer.
This will take place Friday, October 5, 9:30 am at the MFRC.
Come and learn about the unique Labrador cultures and view some fabulous pictures and slides!
To register or for more information please call Holly at 896-6900 ext. 2157.

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October 22-26, 2018
Family Violence Prevention Week and Mental Health Awareness Week

Forest Shorts
Available for booking in the Chapel Annex
Dates: October 22 & October 24

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We hope to see you there!
The Family Information Line has trained counsellors who offer confidential, personal and bilingual assistance 24 hours a day, 7 days a week via phone or virtually via Webex. If you would like more information please go to www.CAFConnection.ca, call the number above or email FIL@CAFconnection.ca.

The online language training is available to Canadian Armed Forces Families. The MFRC has Rosetta Stone licenses and headsets available for Spouses. All we need is your email address if you are interested! Rosetta Stone teaches languages the same way you learned your first language, by pairing words to images, easily and naturally. Rosetta Stone mimics this process using rich visual imagery to help learners think in a new language and interactive software to perfect pronunciation. If you are interested please call Holly at 896-6900 ext. 2157.

The Veteran Family Program (VFP) is a program that supports medically released Veterans and their families, and by extension, medically-releasing Canadian Armed Forces (CAF) members and their families, to help them effectively prepare for and successfully transition into civilian life. To achieve this, the VFP provides enhanced information and referral services and transition-focused core programming. These specific transition programs, resources and services fall into five categories: Mental Health, Family Transition, Early Engagement and Outreach, Information and System Navigation and Family Support.

For more information please call Holly at 896-6900 ext. 2157.

The MFRC supports the Meals on Wheels Program. Meals on Wheels is a program to help a family when they are in need due to an illness, new baby or surgery. Meals are delivered to the family every second day for two weeks. This can help take one thing off their to-do-list and show that their community cares. If you know of a family who can benefit from Meals on Wheels please call the MFRC at 896-6900 ext. 6060.

The MFRC will be hosting a moccasin making class in the near future. These classes teach a traditional Labrador craft and you will leave with a finished product. Classes are on Mondays and Wednesdays 6:30-9:00pm and it will run for 6 classes. We do not have a start date for the classes at the moment but will advertise through Facebook and email when we do.

Do you have a special skill or talent that you would like to share? The MFRC is always looking for new and interesting courses to offer to our military families. We have offered everything from painting courses to self-defence classes. If you are interested you can contact Alison at 896-6900 ext. 2159 to discuss any ideas you may have.
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**Special Events:**

- **Family Violence Prevention Week:** October 22-26
  *See page 2 for further details*

- **Children’s Halloween Party** - 1:00-3:00pm at the Canuck Club.

**Play Stay** - 9:00-11:30 at the Chapel Annex

**Play & Stay Fit** - 9:00-11:30 at the Base Gym

**Kids Club** - 6:00-8:00pm at the Chapel Annex or the Base Gym

**Community Coffee Morning** - 9:30-11:30am at the Chapel Annex