

# Joining Forces for a Stronger Community



**EDMONTON GARRISON MILITARY FAMILY RESOURCE CENTRE  
ANNUAL GENERAL REPORT APRIL 2015 TO MARCH 2016**



**Roza Parlin, Executive Director with Kaet Corbould, MFRC Board Chair  
2016 Yellow Ribbon Gala**

## **A MESSAGE FROM YOUR BOARD OF DIRECTORS**

One of the strategic objectives of the Board of Directors is to create strong, collaborative engagement and partnerships with a view to ensuring our military families receive the best possible service and support from the community. This ties in quite nicely with our Annual General Report theme of "Joining Forces for a Stronger Community".

The MFRC strives to create meaningful, relevant and supportive programs and services, which are flexible and where possible customized to meet the needs of military families. We worked hard to establish many new relationships this year: creating some very unique and enriching opportunities for families.

Of course, none of this would be possible without the unstinting dedication of our staff and volunteers. Our hats are off to you – thank you! A hearty thanks to my fellow board members too, your commitment amidst the competing pressures of home and work is much appreciated.

Be assured that we are all responsive to your needs and recognize that by partnering with agencies and organizations, we can build a stronger foundation for our community, which is vital to ensuring military families, remain the "Strength Behind the Uniform".

**- Kaetlyn Corbould, Board Chair**

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# ABOUT THE MFRC

## ABOUT US

The Edmonton Garrison Military Family Resource Centre (MFRC) is a non-profit society registered under the Alberta Society's Act. The agency is also registered with Revenue Canada as a charitable organization.

The MFRC is committed to enriching the lives of individuals and families in the Canadian Armed Forces (CAF) through positive action, education and support.

Absences from family support systems, difficulties during deployments, solo parenting or coping with an injury or loss are realities for military families: realities which can have a significant impact on family well-being.

For over 25 years, the MFRC has been committed to supporting military families as they navigate these unique challenges through programs and services that enhance the strength and resilience of military families.

## OUR STRUCTURE

We are governed by a volunteer Board of Directors comprised of military family members, CAF members, and ex-officio members. The MFRC depends on the talents and skills of these dedicated volunteers to make guiding decisions. At least 51% of the Board membership must be civilian family members of full-time serving CAF personnel. Qualified staff from a variety of backgrounds direct and coordinate MFRC programs and services.

## MISSION

The Edmonton Garrison Military Family Resource Centre supports military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

## CORE VALUE STATEMENT

Strong military families are the foundation of the Canadian Armed Forces.



# BOARD AND STAFF

## BOARD OF DIRECTORS

Chair..... Kaetlyn Corbould  
 Secretary/Treasurer..... Kim Earles  
 Director..... Alan Markewicz  
 Director..... Malcolm Johannesen  
 Director..... Caijsa Jackson  
 Director..... Marissa Jeffery  
 Director..... Sarah McCaffrey

### *Ex-officio members*

CWO James Doppler, 3rd Canadian Division Support  
 Base Edmonton Representative  
 CWO William Crabb, 1 Canadian Mechanized Brigade  
 Group Representative  
 CWO Mike Power, 408 Squadron Representative  
 CWO Bill Leahy, 1 Health Services Group  
 Representative  
 Roza Parlin, Executive Director MFRC



Along with the Coordinators listed below, there are a number of key staff who work towards reaching our goal of resourceful and resilient families. The MFRC currently employs a total of 58 staff; 19 Coordinators, 4 Administrators and 35 Children’s Programs staff.

Executive Director ..... Roza Parlin  
 Deputy Director..... Bob Mann  
 Business Manager..... Barb Booker  
 Child Care Coordinator ..... Lucinda Humphries  
 Children’s Programs Coordinator ..... Nancy Defer  
 Community Development Coordinator ..... Donna Woodford  
 Deployment Support Coordinator ..... Jenny Greyling  
 Mental Health Team Lead ..... Jerris Popik  
 Fund Development Coordinator ..... France Bourgeois  
 Language Services & Outreach Coordinator..... Sarah Ellis  
 Program Manager..... Brenda Davidson  
 Senior Communications Coordinator .....Angela Duckworth  
 Veteran Family Coordinator ..... Denise Kantor

# FUNDING

The MFRC is funded through four major areas, each separate but equally important. These funding sources include: Base Commander; Military Family Services (MFS); Program Fees; and Fund Development.

## BASE COMMANDER

In the 2015/2016 fiscal year, approximately 9% of the annual operating budget came from the Base Commander. This funding is directed to site-specific and enhanced mandated services.

## MILITARY FAMILY SERVICES

Approximately 42% of the annual operating budget for the 2015/2016 fiscal year came from Military Family Services to provide the Military Family Services Program (MFSP) to Canadian Armed Forces (CAF) families

This funding provides mandated services as set out in the annual funding application submitted to MFS for the provision of the MFSP.

These funds ensure that all military families may access similar programs of consistent quality on any CAF base where they may be stationed.

### Mandated services include:

- Personal Development and Community Integration
- Child and Youth Development and Parenting Support
- Mental Health and Wellness
- Family Separation and Reunion

## PROGRAM FEES AND OTHER FUNDING

Approximately 40% of the annual operating budget for the 2015/2016 fiscal year came from fees received directly from participants or organizations/agencies utilizing various user funded programs and services.

## FUND DEVELOPMENT

Funds are raised from a variety of avenues, which include general donations and regular sales of yellow ribbon merchandise. In addition, event-specific fundraising initiatives are hosted every year by the MFRC, in cooperation with various partners, sponsors and donors. We are continually inspired by the dedication and generosity of the people and organizations who support us.

Approximately 9% of the annual operating budget for the 2015/2016 fiscal year came from fund development activities.

The MFRC has had the privilege of working with several businesses and organizations to help raise funds and awareness through events. Some of our highlighted events included:

The Edmonton Eskimo Military Appreciation game, where generous fans purchased limited edition Support our Troops t-shirts. Donations were matched by Capital Power.

The Petroleum Golf and Country Club held an outstanding tournament, where sponsors and golfers filled the greens, donated monies and generously bid on auction items with all proceeds going to the MFRC.

The Edmonton Oilers Community Foundation hosted a CAF Appreciation Night. Players wore Special Edition Camouflage autographed Jerseys for warm-up and then the jerseys were put up for auction online.

## SPECIAL FUND RAISING EVENTS

Event	Amount
504 Air Cadets Walk-a-Thon	\$2,410.00
Capital Power / Edmonton Eskimos Event	\$83,189.49
Edmonton Oilers Community Foundation	\$20,000.00
Edmonton Petroleum Golf Tournament	\$37,690.30
Edmonton Salutes Golf Tournament	\$7,264.84
Frontline Charity Golf Tournament	\$4,287.33
Independent Jewellers Gift Wrap event	\$1,396.85
Landrex Golf Tournament	\$3,778.00
Loops for the Troops	\$19,746.51
Safety Expo Event	\$536.00
Servus Credit Union Charity Golf Tournament	\$15,906.91
Sobeys BBQ Event	\$665.30
Yellow Ribbon Gala	\$63,918.33

**For a complete listing of our sponsors and donors see pages 24 - 27.**

## TOTAL YELLOW RIBBON

### MERCHANDISE SALES: \$ 4,756.35

The Yellow Ribbon represents a visible show of support for military members and their families. A total of \$4,756.35 was raised from sales during the St. Albert Market Days, Loops for the Troops, Servus Credit Union Charity Golf Tournament, Sobeys BBQ, Edmonton Airshow, Petroleum Golf Tournament, Strathcona Canada Day, FC Edmonton, and through public supporters.



On Nov. 5, 2015 artist Silvia Pecota sold her "Remembering Our Fallen" book with \$5.00 from each sale to go towards the MFRC.



Edmonton Eskimos / Capital Power Armed Forces Appreciation

## CHILDREN'S PROGRAMS AT A GLANCE

MFRC Children's Programs continue to offer quality programming with qualified staff and valued partner agencies, and endeavour to meet the unique needs within the community.

Children's Programs include; Day Care, Out of School Care, Casual Care, Kindercare, Playschool, Terrific Twos, Drop-In Playgroup. Parenting workshops included the S.P.E.A.K Presentation, Books for Babies and Parents and Tots. Child and youth development programs included Lil' Picasso and Shake your Sillies Out. Lil' Einsteins and Kids Social Club were cancelled due to low registration. The dedication and kind hearted nature of our staff has contributed to the success of the programs.

The MFRC's accredited Day Care and Out-of-School Care program provides an inclusive, encouraging environment for children between the ages of 12 months and 12 years. Because of the uniqueness of the military lifestyle, our wait list is constantly changing and can be upwards of 2.5 years.

The Casual Care program offers temporary child care to the community on Tuesdays, Wednesdays, Fridays and some Saturdays. This program promotes the children's growth and development while giving parents the opportunity to have a break from the job of parenting, so they can attend appointments, take a class, or complete errands.

The MFRC can help Canadian Armed Forces (CAF) families who qualify, with unexpected and unique child care challenges by supporting with the facilitation of their short-term emergency child care requirements.

"My child has come so far since the start of the Playschool Program. I owe it all to the teachers and their dedication to the students."

- Anne Pfniseil, Playschool Parent

A Child Health Clinic is offered at the Centre through Alberta Health Services on the second and fourth Tuesday of every month.

Childcare staff attended training at the Grant MacEwan Child Care Conference, Positive Child Guidance Workshop, High Five Workshop and Menu Planning for Picky Eaters Workshop.

Many families supported and participated in field trips including; the Lord Strathcona's Horse Musical Ride, Dynamyx Gymnastics, a tour of 408 Squadron and the Base Fire Hall, a visit from Marine Life West Edmonton, as well as, trips to the Edmonton Zoo, Laser Quest, Telus World of Science and Cineplex.

Working closely with Sturgeon School Division (SSD) has strengthened our community by offering early childhood intervention support to our families. They are able to provide a developmental assessment and support in the form of funding, access to therapists, and an educational assistant for the Playschool program.

In the Fall, the MFRC hosted its second annual Scholastic Book Fair. The Fair was well attended offering a multitude of books for children, teens and parents in both English and French. This fair generated \$1,000, for the MFRC Children's Programs and Day Care in the form of books, toys, games and craft supplies.



# CHILD/YOUTH DEVELOPMENT & PARENTING SUPPORT

## MOVING FORWARD

Children's Programs, in partnership with the Mental Health Team and Alberta Health Services, will implement the Health for Two program in the Fall of 2016. The Health for Two program is designed to offer pre and post-natal information, nutrition supplements such as milk coupons and prenatal vitamins, and promote the health of mothers and babies. Health for Two will address women's individual needs and provide support and referrals if necessary.

"I am beyond grateful for the care you ladies provide. The support, guidance, love and encouragement you show each and every kidlet in your care is immeasurable and thoroughly appreciated! Thank you for everything you do!!  
- Capt Kym Williams, Parent

Parenting	
S.P.E.A.K Presentation to Parents	8
Books for Babies ( <i>parents and children</i> )	47*
Parents and Tots ( <i>parents and children</i> )	37*

Children's Activities	
Lil' Picasso	5
Playschool	54
Shake Your Sillies Out	9
Terrific Twos	32

\*The attendance for these programs and events were combined.



**144\*** CHILDREN AGES 6-8 PARTICIPATED IN ACTIVITIES AND INITIATIVES



**132\*** FAMILIES ATTENDED THE WEEKLY DROP IN PLAYGROUP PROGRAM (MONDAYS AND THURSDAYS)



**87** CHILDREN IN DAY CARE / KINDERCARE



**32** CHILDREN IN OUT OF SCHOOL CARE

**CASUAL CARE PROVIDED 5739 HOURS OF CARE TO 198 CHILDREN FROM 136 FAMILIES**

**EMERGENCY, CASUALTY SUPPORT, AND RESPITE CHILD CARE PROVIDED 1626.5 HOURS OF CARE TO 169 CHILDREN FROM 126 FAMILIES**

**THE MFRC PROVIDED 6 FLIGHTS FOR FAMILIES IN NEED OF EMERGENCY CHILD CARE**



Lil' Picasso Program

# CHILD/YOUTH DEVELOPMENT & PARENTING SUPPORT

## YOUTH PROGRAMS AT A GLANCE

The MFRC provides both structured and non-structured programs, social opportunities and leisure activities for youth aged 9 to 17 from military families. We also offer various social opportunities and leisure activities.

Youth Programs included; Babysitting Course, Home Alone Courses and the Dove Workshop. The following programs were offered, but cancelled due to low registration: Rainbows, Learning Clicks. The Christmas & Back-to-School Kingsway Mall shopping trips, as well as dances, continue to be our most attended youth programs.

Grant Shaw from the Edmonton Eskimos came to speak to youth and their families about leadership, the importance of high school and offered suggestions on ways to have future success as a young adult.

The MFRC Youth Centre received two new computers which are actively used to surf family friendly sites, play games and finish homework!

## MOVING FORWARD

The Youth Centre will see new programming including homework help during school months and the addition of a weekly *Mindful You(th)* program, which will offer an hour of fun activities that help youth enhance resiliency skills, manage emotions and build self-confidence.

Beginning in the spring, a pilot Youth program will be launched. An MFRC Youth Worker will provide guidance and support to families with youth ages 9-17 either in person, by email or over the phone. The Youth Worker will also be available to offer a listening ear.

**490\***

**PRE-TEENS AND TEENS ATTENDED 6 DANCES**



**159\*** YOUTH AGES 13-17 PARTICIPATED IN ACTIVITIES AND INITIATIVES



**108\*** YOUTH AGES 9-12 PARTICIPATED IN ACTIVITIES AND INITIATIVES

## Educational Workshops & Social Opportunities

Babysitting Course	7
Dove	4
Grant Shaw speaking presentation	35
Home Alone Course	37*
Kingsway Mall Shopping Trip	16

\* The attendance for these programs and events were combined.

## SUPPORT FOR FAMILIES WITH SPECIAL NEEDS

### YEAR AT A GLANCE

The MFRC offers confidential support, information and referrals to individuals with disabilities as well as caregivers of children, youth, and adults with disabilities.

One-on-one sessions are available with the Program Manager where families can receive a tailored list of resources as well as assistance navigating local and provincial support services to meet the unique needs of each family.

### MOVING FORWARD

The Special Needs Support Group will continue to offer parent information and networking opportunities tailored to meet their needs.



**49** FAMILIES ACCESSED INFORMATION AND REFERRAL SERVICES



**33** FAMILIES CONTINUE TO UTILIZE THE PROGRAM FOR ONGOING SUPPORT

### SPECIAL NEEDS SUPPORT GROUP

April 2015 : 7 families - *Autism Services and Support*  
The Centre for Autism spoke to families about their programs, services and summer camps.

June 2015 : 6 families - *Coalition for Inclusive Education*  
A guest speaker from Edmonton Regional Coalition (ERC) for Inclusive Education focussed on stories of inclusion from parents, an inclusion advocate, and a young man who has made inclusion a successful reality. Parents then had the opportunity to ask questions specific to their circumstance and share their successful strategies with other parents.

September 2015 : 5 families - *Learning Disabilities (LD)*  
LD Edmonton provided information on learning disabilities, advocacy and collaborative efforts.

November 2015 - *Brentwood Psychological Services*  
A guest speaker discussed specialized services for adults with symptoms of AD/HD and transforming traits into strengths.

January 2016 : 4 families - *Inclusion Alberta*  
The group attended an Inclusion Alberta luncheon for families with children and adults with developmental disabilities.

March 2016 : 6 families  
The group attended the Alberta Education Inclusive Education Policy Collaboration meeting. Parents from the Community had the opportunity to provide input into the Inclusive Education Policy Framework which was being developed.

## DEPLOYMENT SUPPORT

### AT A GLANCE

Throughout this reporting period, the program continued to focus on supporting families via educational programs and social events.

Many social events continued to be a part of the regular schedule, including Pizza/Movie Nights, monthly coffees, the annual bus trips to Prairie Gardens and the Christmas Lights Tour. New programs, included the Ice Cream Social, Comfort Box Creation and Wreath Making Workshop.

*The Road to Mental Readiness - reunion workshop was cancelled due to low registration.*

The Comfort Box Workshop was a pleasant way to think about the importance of self-care and the tools one may use when feeling stress, especially deployment-related stress. The Christmas Wreath Making Workshop was a great social activity and allowed participants to learn a new craft skill.

Staff had the opportunity to offer program briefings to various units. A decrease in operational tempo provided the opportunity to complete a thorough update and re-organization of program administration and procedural operations.

### MOVING FORWARD

An increase in operational tempo and numerous international deployments will see our program supporting an even greater number of families for the upcoming reporting period. The program looks forward to connecting with the various unit rear parties and Family Support Teams to provide cohesive service to families as they support their deployed member.

Deployment Programs	
Road to Mental Readiness: pre-deployment	10*
Bus Trip to Prairie Gardens	40
Christmas Lights Tour	45
Comfort Box Workshop	11
Dinner Out for Grown Ups	2
Drop-in coffee	13*
Pizza / Movie Night	108*
Wreath Making Workshop	9

*\*The attendance for these programs and events were combined.*



**24** FAMILIES ATTENDED  
DEPLOYMENT BRIEFINGS



**131** FAMILIES ACCESSED  
DEPLOYMENT SUPPORT



Christmas Wreath Making Workshop

## NEW TO EDMONTON

### AT A GLANCE

The MFRC Board of Directors hosted a Farm to Table Dinner, Dance and Movie on Thursday, August 27, 2015 to celebrate our 25th Anniversary! This was a memorable event for all involved. 500 military family members joined their friends and neighbours down the middle of Mons Ave creating a true family and community dining experience in the heart of our Community! The evening was topped off with an outdoor drive-in movie, in partnership with Personnel Support Programs.

"The MFRC has made my military transition very easy. They have been kind, understanding, helpful, and amazing. They also helped me find employment here on base. MFRC made me feel welcomed and I felt LOVED."

- Hannah Pavka, Military Family

 **56**

WELCOME LINE CALLS

 **31**

CENTRE TOURS TO NEW FAMILIES

THE MFRC DISTRIBUTED:



**141** FAMILY WELCOME PACKAGES



**370** SINGLE WELCOME PACKAGES



**21** FRENCH WELCOME PACKAGES



**53** WELCOME BABY PACKAGES



**51** YOUTH PACKAGES

**543** INDIVIDUALS CLEARED INTO THE MFRC

OF THOSE INDIVIDUALS:

**250** INDICATED THEY WERE SINGLE, **274** WERE COUPLES AND **19** LISTED AS OTHER

**487** LISTED ENGLISH AS THEIR FIRST LANGUAGE, **32** LISTED FRENCH AND **24** LISTED BILINGUAL

**143** INDICATED THEY HAVE CHILDREN

## COMMUNITY & OUTREACH

### AT A GLANCE

The MFRC works to enhance the quality of life for new community members by promoting and supporting individual, family and community integration.

Families are connected with necessary services, resources, professionals and other military families, helping make the transition to Edmonton a pleasant one.

Community Coffee continues to be a gathering place for families. Once a month, families come together to support each other and share interests while welcoming new friends and enjoying a cup of coffee. Coffee events are also held in our surrounding communities to extend the reach of these events.

The MFRC partnered with 3rd Canadian Division Support Group (3CDSG) Public Affairs Officers to hold a Unit Public Affairs Representative Course for **15 MFRC STAFF** from Western Canada. Centres received resources as well as guidance on crisis communications planning, media awareness training, social media strategies and a unique opportunity to practice our interview skills on camera.



CAF member receiving FIFA tickets

➤ **5,660**

### TICKETS GIVEN AWAY

Thanks to some generous donors, tickets to some fabulous local events; including, FIFA World Cup, One Republic concert, E-Ville Roller Derby games, Edmonton Oilers, K-Days, FC Edmonton, Canadian Finals Rodeo, A Christmas Carol, Tim Hicks concert, Edmonton Symphony Orchestra, Oil Kings, Brad Paisley concert, Cineplex and Black Sabbath concert were distributed through the MFRC.

10 COMMUNITY COFFEES ATTENDED BY:

**117 families**

# PERSONAL DEVELOPMENT AND COMMUNITY INTEGRATION

## MOVING FORWARD

Being posted during the fall and winter can mean a slightly more chaotic move especially with school aged children. The MFRC will offer a Community Luncheon during the “off-season” so those families can enjoy a delicious lunch with other newly posted families, hear about community programs and have a tour of the Centre. A different guest speaker from the community will be invited to each session.

MFRC and PSP websites are in the process of being converged to one site: CAFConnection.com. The MFRC Communications Team will be receiving training and adding content to the new site and are hopeful for a launch in the new year.

Our Outreach coffees will be expanded to include the Military 101 program. This will encourage non-military community members to join the conversation about support to military families.

## REACHING OUT

MFRC Staff attend various event in the communities surrounding the base. Some of the events we attended include:

- Morinville Active Living Fair
- Gibbons Meet the Community night
- Guthrie School Meet the Teacher Night
- CFMWS Reservists outreach event
- Griesbach School

MFRC staff took family photos at the Edmonton Garrison Easter and Halloween parties and also attended Community Recreation Fall Expo, the HQ & Sigs Family Easter & Christmas parties and 3PPCLI's Christmas party. Over the summer months, staff attended the 408 Squadron Family Day and 1 Service Battalion Family Day.

**5 SCRAPBOOKING WEEKENDS WERE OFFERED AND SAW AN AVERAGE OF 40 ADULTS EACH**



## Social Opportunities

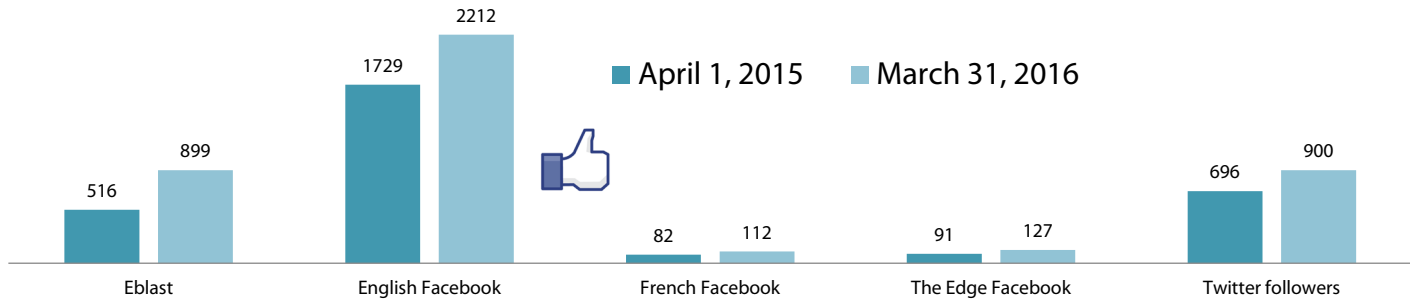
Coffee at the Kingsway Legion	0
Coffee in Bon Accord	2
Coffee in Morinville	5
Ice Cream Social	35

*\*The attendance for these programs and events were combined.*

*The following programs were offered, but cancelled due to low registration: Summer Craft Event, Social Media Security Awareness.*

# PERSONAL DEVELOPMENT AND COMMUNITY INTEGRATION

## SOCIAL MEDIA STATISTICS



[www.familyforce.ca/sites/Edmonton](http://www.familyforce.ca/sites/Edmonton) averaged over 2,623 visits per month with 71% of those from new visitors.

**500**

**INDIVIDUALS JOINED US FOR OUR  
25<sup>TH</sup> ANNIVERSARY FARM TO TABLE  
DINNER, DANCE AND MOVIE**

**> 3,934** PHONE CALLS TO FRONT RECEPTION

**> 4,596** WALK-INS

**> 535** COMPUTER LAB USE





## VOLUNTEERING

### AT A GLANCE

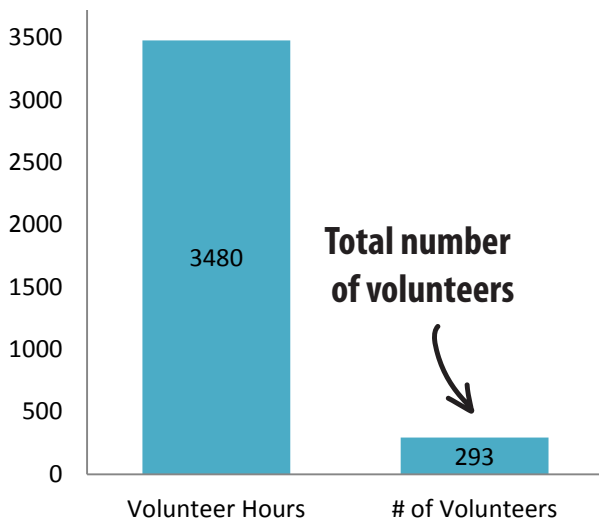
Volunteers are integral to the MFRC's success. The MFRC Volunteer Program offers many opportunities for personal and professional growth. Volunteers gain new skills, meet new people, get involved in the military community, explore career possibilities and receive the personal satisfaction of making a difference.

The MFRC was involved in the screening and processing of Guthrie School's Parent volunteers.

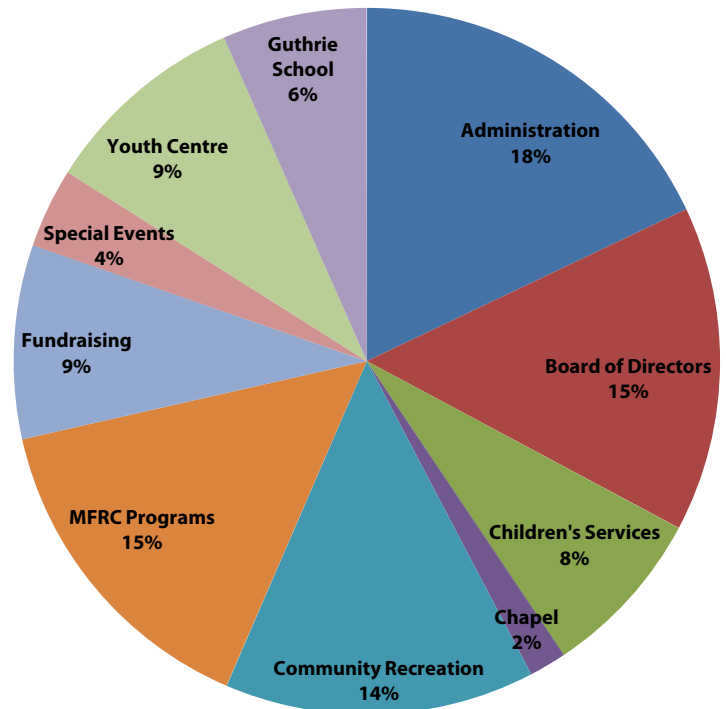


### VOLUNTEER APPRECIATION

An appreciation event generously sponsored by CANEX was held on April 18, 2015 at the Edmonton Garrison Memorial Golf & Curling Club. The night included a chicken and ribs dinner as well as entertainment by the talented hypnotist Rob Hadley. Three participants were able to be hypnotized, with one participant searching for a lost belly button in the crowd!



What areas they volunteer in



## LANGUAGE SERVICES

### AT A GLANCE

The MFRC Second Language Service helps military families improve or maintain their second language skills. Francophone families are assisted with personal, family, and community integration to enable them to function with increased comfort in English.

Language Services is proud to offer various social activities to families. French Pizza/Movie Night is one of the most popular activities providing an opportunity for Francophone families to connect. *The following programs were offered, but cancelled due to low registration: Accès emploi, French First Aid Course, French Movie Night for Adults, Francophone Supper.*

Once again, the St. Jean Baptiste Day event saw record attendance. La Poutine's Food truck served authentic Quebec poutine, McDonalds handed out apple pies and Les Mauvais Caractères performed.

Language Services partnered with l'ACFA Régionale de Centralta for the Franco-Albertan flag raising in March 2016. This year's event was held in Legal, Morinville and St-Albert.

Some distance education courses require students to take proctored exams. Language Services is able to provide supervised proctored exams at the MFRC.

### MOVING FORWARD

Language Services will offer different levels of language training to ease the transition for Francophone families posted to Edmonton Garrison.



**74** ROSETTA STONE LICENSES ISSUED



**22** STUDENTS ATTENDED  
**5** LANGUAGE CLASSES



**200+** INDIVIDUALS JOINED US TO  
CELEBRATE ST. JEAN BAPTISTE DAY



**19** EXAMS PROCTORED

Language Services Programs	
Pizza / Movie Night	110*
Sortie de Filles	1
Francophone Coffee	4
French Conversation Circle	2
French Homework Club	2

\*The attendance for these programs and events were combined.

## EMPLOYMENT AND EDUCATION

### AT A GLANCE

The MFRC can assist Defence Community families, who are looking for employment, resume tips and post-secondary education resources and scholarships.

The MFRC Educational programs included: Art-based workshops, First Aid courses, Scrapbooking, Entrepreneurial Training, Military 101, Family Law and a Unit Public Affairs Course.

Materials and resources regarding employment and adult post-secondary education in the Edmonton Area have been made available in the Computer Lab. The job board continues to be a helpful resource for job seekers.

The Telfer School of Business offered a two-day hands-on entrepreneurship program at the MFRC. Spouses and retiring military members learned about the realities of a start-up business and were able to make more informed decisions about the direction they wanted to pursue in the future.

### MOVING FORWARD

The MFRC in partnership with Prospect will offer a program for spouses and youth who are seeking employment. Prospect will offer employability assessments, service needs assessments and limited pre-employment support, career planning, case management services, skill development, direct job placement and retention supports.

Starting in the Fall, the MFRC and Prospect will run a program called Company Connectors. This program will provide opportunities for spouses and youth of military members to meet potential employers.



**26**

**INDIVIDUALS ACCESSED EDUCATION REFERRAL SERVICES**



**49**

**INDIVIDUALS ACCESSED EMPLOYMENT REFERRAL SERVICES**



**23**

**INDIVIDUALS ATTENDED STANDARD FIRST AID TRAINING**



**17**

**INDIVIDUALS ATTENDED THE TELFER ENTREPRENEURIAL TRAINING**



**13\***

**INDIVIDUALS ATTENDED THE MILITARY 101 WORKSHOP**



# MENTAL HEALTH AND WELLNESS

## AT A GLANCE

The MFRC's Family Support Workers offer free, short-term, confidential support to CAF members and their families. Military life presents unique challenges to families; the MFRC will assist in the navigation of the programs and services available.

Information and Referral service goes beyond just handing out contact information. The Mental Health Team provides support on behalf of the family to get them access to services and helping them navigate road blocks.

Assistance was provided to families with access to funds through the Military Families Fund, the Poppy Fund and the Alberta Works Flee Fund. These funds help individuals facing crisis situations and those in need of basic necessities, as well as comfort items for children after a traumatic event.

As key members of the Base Family Violence Advisory Team and the Family Violence Team, the MFRC is connected to the military community including, the Padres, Military Police, Base Psycho Social and other community agencies and policing units who can help us better support families dealing with Domestic Abuse.

Family Support Workers presented a tailored one-day Mental Health Awareness Training at the Alberta Association of Peace Officers Conference. This conference was a great way to connect with the community of first responders and law enforcement who are familiar with traumatic incidents and mental health concerns.

Programs for children and youth included; Individual Success Through Empowering Peers, Guthrie School Teamwork and Dove. Programs for adults included: OSI Caregiver, Family Law, Navigating Motherhood and Compass Caregiver Group. *The following programs were offered, but cancelled due to low registration: Mental Health Week programs, Does Money Cause You Stress, CMHA Mental Health Presentation.*

The Guthrie School Teamwork program focused on teaching children how important it can be to learn how to work together to make some tasks easier. Children took a hands-on approach to building their confidence levels on overcoming obstacles, learning that each one of us has strengths and weaknesses but when we work together we become stronger.

## MOVING FORWARD

The Mental Health and Wellness Team is excited about offering a new children's program in the upcoming year. The Competent Kids program focuses on helping children in grades 1-6 with social skills and how to problem solve with friends. This program will be offered as a pilot through the Guthrie School Grade 4 classes.



**80 CAF MEMBERS ATTENDED THE 3CD SG DOMESTIC VIOLENCE PRESENTATION**



**120 PEACE OFFICERS AND 20 FAMILIES ATTENDED MENTAL HEALTH TRAINING**

Mental Health and Wellness Programs	
Compass	7
Family Law by Valour Law	9*
Guthrie School Teamwork	82
iSTEP Program	15
iSTEP Summer Camp	18
Navigating Motherhood	3
OSI Caregiver Group	25*

\* The attendance for these programs and events were combined.



## INDIVIDUAL SUCCESS THROUGH EMPOWERING PEERS PROGRAM

This summer, the community really got excited about the first iSTEP Summer Camp: *Be the Best You Can Be!*

The iSTEP summer program was developed to enhance the experience of the Individual Success Through Empower Peers (iSTEP) 10 week program for children and youth who have a parent with an Operational Stress Injury. The camps philosophy was activity and expressive art based. Children's needs were addressed using a unique approach by giving opportunities to explore their own lives through activities designed to help them become more personally aware in a developmentally appropriate way.

A new partnership with Ardrossan Dreamcatchers Animal Therapy Association has created exciting options for children and youth enrolled in the iSTEP summer program to help them understand and manage difficult feelings.



## THE MENTAL HEALTH TEAM OBSERVED THE FOLLOWING CHALLENGES, ISSUES AND CONCERNS WITH THEIR CLIENTS:

- Anxiety
- Anger Management
- Child-Parent Relationship Issues
- Child/Youth Behavioural Issues
- Deployment Related Issues
- Depressions and/or other Mental Health
- Difficulties with Employment
- Family member with an OSI
- Family Violence
- Financial difficulties
- Grief/Loss/Bereavement
- Other
- Physical Injuries / Health Issues
- Posting Related Issues
- PTSD
- Relationship / Marriage Difficulties
- Suicidal Ideation
- Transition / Adaptation Difficulties
- Vicarious Trauma



**473** FAMILIES WERE SUPPORTED



**43** OF THOSE WERE FROM THE IPSC



**364** FAMILIES ACCESSED ASSESSMENT AND REFERRAL SERVICES



**415** REFERRALS WERE MADE TO OUTSIDE AGENCIES

# VETERAN FAMILY PILOT PROGRAM

## AT A GLANCE

The Veteran Family Pilot Program (VFP) offers resources for medically-releasing CAF members and medically released veterans and their families as they transition from the military to the civilian lifestyle.



Funded by Veterans Affairs Canada (VAC), the four-year pilot program offers services for two years from the date of release. Enhanced services offered within the VFP will be offered by seven MFRC pilot sites; the Edmonton Garrison MFRC is one of the seven sites.

The Edmonton Garrison hosted its official launch of the VFP in January 2016. 40 individuals attended and three media agencies.

In February, the MFRC hosted a Transition Workshop and community feedback forum, allowing releasing members and their partners to learn about the challenges of transition from the military to the civilian lifestyle, and to give the Veteran Family Program Coordinator feedback on their experiences as they prepare for civilian life.

The Veteran Family Program enjoys an excellent working relationship with VAC, the Royal Canadian Legion, the Base Personnel Selection Office, Joint Personnel Support Unit, Operational Stress Injury Social Support Peer Support, and Base Mental Health. Working with these agencies offers excellent networking opportunities to inform medically releasing CAF members/medically released veterans and their families as to services and resources available.



**69** REFERRALS TO MFRC SERVICES



**29** REFERRALS TO COMMUNITY SERVICES

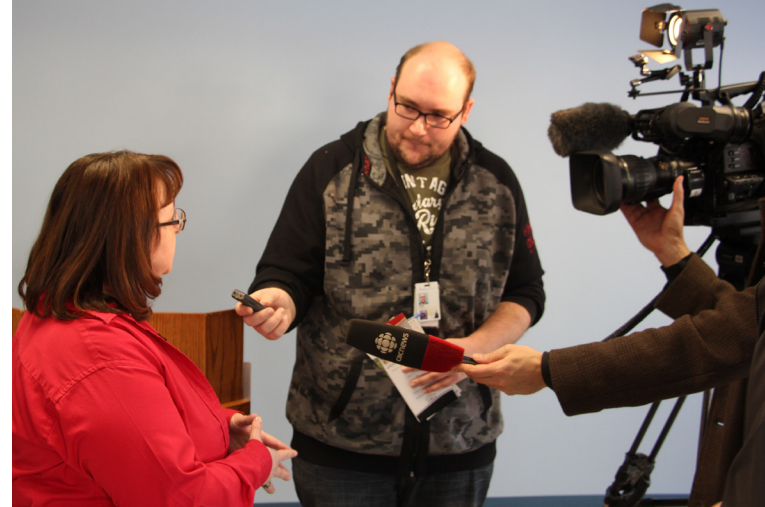


**12** VETERAN FAMILIES SUPPORTED

## MOVING FORWARD

The Veteran Family Program will offer a series of workshops and activities to allow releasing CAF members and their families to learn more about the process and challenges of transition from the military life to the civilian life. Work continues on national programs designed to address a variety of subjects related to transition. We look forward to offering those programs and many other supports to our medically released veterans and their families.

### Veteran Family Program Launch



The MFRC continues to foster a wide range of partnerships with an array of agencies that help us reach our vision of resourceful and resilient families. Please note, this is not an exhaustive list.

- Accès emploi
- ACFA Centralta
- ADHD Greater Edmonton
- Adventure Farm
- Alberta Caregivers Association
- Alberta Health Services (AHS)
- ATCO Blue Flame Kitchen
- Base Chaplains
- Base PsychoSocial Services
- Brentwood Psychological Services
- Centre for Autism
- Centre for Family Literacy
- Chrysalis
- Community Recreation
- Disabled Adult Transport System
- Dream Catcher Association
- Dynamyx Gymnastics Club
- Easter Seals Ability
- Edmonton and Area Child and Family Services
- Edmonton Garrison Community Library
- Edmonton Learning Community
- Edmonton Public School Board
- Edmonton Salutes
- Family Support for Children with Disabilities
- First Choice First Aid
- Gateway Association for Community Living
- Glengarry Child Care Society
- GRIT-Getting Ready for Inclusion Today
- Guthrie School
- Healing Trauma Centre
- Health Promotions
- Home Care Network
- Inclusion Alberta
- Infinite Resources
- Injury Prevention Public Health Nurse
- l'ACFA régionale de Centralta
- Learning Clicks
- Learning Disability Association Edmonton
- Marine Life West Edmonton Mall
- Northlands
- Persons with Development Disabilities
- Pinnacle North Benjamin Moore
- Prairie Gardens
- Presidents Choice Children's Charity
- Prospects
- Scholastic Canada
- Sexual Assault Centre of Edmonton
- St. Albert/Sturgeon Early Years
- Sturgeon Community Resource Program
- Sturgeon County
- Sturgeon School Division
- University of Alberta Nursing Faculty & Ecology Faculty
- Valour Law
- Welcome Wagon
- Winnifred Stewart Association

We maintain a close relationship with and are often supported by  
Edmonton Garrison Units and Agencies.



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of the Military Family Resource Centre during the 2015 - 2016 fiscal year!**



Loops for the Troops



Edmonton Airshow



Petroleum Club Golf Tournament



Yellow Ribbon Gala 2016



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