

Foundations for Growth



EDMONTON GARRISON MILITARY FAMILY RESOURCE CENTRE
ANNUAL GENERAL REPORT APRIL 2017 TO MARCH 2018

A Word or Two from Your Board of Directors



Over the past twenty-five years successive Boards of Directors have sought to create a sound foundation for military families through strong, collaborative engagement with families and the community and the establishment of partnerships with organizations who are consistently able to offer innovative, and enduring programs.

Mindful of the needs of families the board with assistance from the dedicated staff and volunteers at the MFRC continues to seek new opportunities and meaningful programs and services for families. One such program was the recently announced Provincial Government's Pilot \$25.00 a day Daycare Initiative. The MFRC was successful in our application to this program and was named one of the 100 new Early Learning Child Care Centres in Alberta. We are delighted to be a part of this initiative and happy with the benefits it provides families.

Through the development of achievable strategic goals designed to ensure an innovative and dynamic centre responsive to the changing needs of families the board and staff continue to build on the legacy of previous boards.

We are committed to the prevailing foundational principle of "by families for families".

- Kaetlyn Corbould, Board Chair

Message from the Executive Director



The 2017/2018 year was one of opportunity for the MFRC. The Government of Canada, as part of the Defence Policy - Strong, Secure, Engaged (SSE), allocated funds to the Edmonton MFRC for initiatives to increase military literacy, support Families of the Fallen, bring awareness to schools, offer a special needs parent workshop and a youth expansion project. Details of these special initiatives are described in the pages within this Annual General Report.

The MFRC is tremendously proud of Kaetlyn Corbould, MFRC Board Chair who was presented on Thursday, January 18, 2018 Senator Grant Mitchell presented with a special Senate 150 medal. Kaetlyn Corbould has been honoured for her exceptional commitment to the well-being of military families in Canada. As a military spouse for over 21 years with 2 children, she has experienced all the unique challenges military families face many times over. Congratulations, Kaet!

- Roza Parlin, Executive Director

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Board of Directors

Chair	Kaetlyn Corbould
Vice Chair	Alan Markewicz
Secretary/Treasurer	Kim Earles
Director	Malcolm Johannesen
Director	Sarah McCaffrey
Director	Mireille Chamberland
Director	Melanie Morrison
Director	David Benaine
Director	Robynn McColl

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.

Ex-officio members

CWO Wayne Bantock, 3 CDSB Edmonton Rep
CWO Darren Hessel, 1 CMBG Rep
CWO Dwayne Turtle, 408 Sqn Rep
CPO1 Joe Robert
Roza Parlin, Executive Director MFRC



2017 Annual General Meeting

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.

Staff

Along with the Coordinators listed below, there are a number of key staff who work towards supporting military families on their journey. The MFRC currently employs a total of 61 staff; 21 Coordinators, 3 Administrators and 37 Children's Programs staff.

Executive Director	Roza Parlin
Deputy Director.....	Bob Mann
Business Manager.....	Barb Booker
Child Care Coordinator	Lucinda Humphries
Child and Youth Coordinator	Nancy Defer
Community Development Coordinator	Donna Woodford
Deployment Support Coordinator	Jenny Greyling
Mental Health Team Lead	Jerris Popik
Fund Development Coordinator	Amanda Race
Language Services & Outreach Coordinator.....	Geneviève Labonté
Program Manager.....	Brenda Davidson
Senior Communications Coordinator	Angela Duckworth
Veteran Family Coordinator	Denise Kantor



MFRC Staff during the 2017 Donor Appreciation event

Fund Development

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 2017/2018 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 **44%** of the annual operating budget for the 2017/2018 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 & Parenting Support
- Mental Health and Wellness
- Family Separation and Reunion
- Veteran Family Support

PROGRAM FEES AND OTHER FUNDING

Approximately **32%** of the annual operating budget for the 2017/2018 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.

Approximately **15%** of the annual operating budget for the 2017/2018 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 were as follows:

The *9th Annual Loops for the Troops Fun Run & Walk* which offered a Military Mile, 5 km, 10 km & Half Marathon. This year Servus Credit Union signed on as the event sponsor boosting the event with not only a \$5,000 donation, but also volunteers for the event as well.

Fund Development

For the first time, EPCOR Utilities worked with the Edmonton Eskimos in order to sponsor the Military Appreciation Night. Eskimo fans purchased customized t-shirts from EPCOR and MFRC volunteers outside the gates of the Commonwealth Stadium with proceeds going to the MFRC. The event was a huge success selling out before kick-off!

The *Eve of Victory Gala Dinner* on April 8, 2017, which commemorated the 100th Anniversary of the Battle for Vimy Ridge, was a tremendous success and generated over \$65,000 for the MFRC. The informative and enlightening keynote speakers included: Her Honour, the Honourable Lois Mitchell, CM, AOE, LLD Lieutenant Governor of Alberta, as well as, Brigadier-General S.C. Hetherington, OMM, MSC, CD, Commander, 3rd Canadian Division.

The MFRC partnered with the Princess Patricia's Canadian Light Infantry Foundation to bring the 2017 *Heroes Hockey Challenge* (HHC) Yellow Ribbon Gala Dinner and Hockey Game to Edmonton on December 2nd and 3rd.

The Yellow Ribbon Gala Dinner was held at the Edmonton Marriott at River Cree Resort and featured guest speakers MGen Wayne Eyre, Deputy Chief Military Personnel, as well as Armande McCormack, Mother of Cpl Zack McCormack (KIA Dec 2009).

The December 3rd hockey game at the Servus Credit Union Arena saw attendees cheer on their favorites in the face-off between the Edmonton Oilers Alumni and the Canadian Armed Forces. Key celebrities were Hayley Wickenheiser, Ryan Smyth, Glenn Anderson, Craig McTavish and Gord Bamford!

For a complete listing of our sponsors and donors see pages 22 and 23.

SPECIAL FUND RAISING EVENTS

Event	Amount
Vimy Commemoration Yellow Ribbon Gala	\$68,459.51
Edmonton Eskimos Military Appreciation	\$60,998.45
Military Cup	\$45,000.00
Loops for the Troops	\$24,268.60
Yellow Ribbon Gala & Heroes Hockey Game	\$19,417.44
Petroleum Golf	\$11,738.32
Fountain Head Tattoo	\$4,648.00
Edmonton Airshow	\$4,116.94
504 Air Cadets	\$3,633.00
Frontline Celebrity Charity Golf Tournament	\$2,631.12
RCA Band Christmas Concert	\$2,580.20
St. Albert Farmers Market	\$473.00
Safety Expo	\$452.75

Child/Youth Development & Parenting Support

The MFRC continues to offer activities and programs to promote healthy child development, support positive child/adult interactions and enhance parenting skills.

Quality programming for both children, youth, and families has been an essential part of the MFRC this past year. The child/parent focused programs were able to concentrate on increasing opportunities for families to connect with other members within their community; these connections were vital to families as many were new to the community and several were experiencing long deployments.

Supporting families as they integrate into their new communities and establish new support systems is very rewarding. Watching a community of people come together to support each other is both heart-warming and inspiring.

The Alberta Health Services (AHS) Health for Two program is a new prenatal program offered at the MFRC. There has been an increase in interest for expectant mothers to connect with each other and build a support network. It is exciting to welcome some of our youngest military family members to the MFRC community.

Childcare staff participated in the following training and professional development opportunities: Loose Parts Play Workshop, Beautiful Oopsies: Exploring the Creativity of Open Ended, Process

Oriented Art Experiences, Making Connections for Learning: Providing Quality Interactions, Rocks and Sticks and Wonderful Things!, Creative Outdoor Play Experiences for Young Children, AHS - What's Real & What's Not? Let's Talk About Nutrition Myths, AHS - Are They Getting Enough? Making the Most of Preschool Portions, and AHS - What's the Scoop on Veggies and Fruit?

Field Trips for children included: Aboriginal Day at CFB Edmonton, Munch-O-Rama (theatre show), LdSH Musical Ride, A Squealy Moo Christmas, A Royal Canadian Moose Birthday Party, Prairie Gardens, Telus World of Science, 4 Cats Art Studio and Laser Quest.

The MFRC Day Care has been named one of the 100 new Early Learning Child Care Centres (ELCC). The MFRC is excited about being selected for this program and pleased about the benefit it will have for our day care families. Starting June 1, 2018, the MFRC offered capped parent fees at \$25/day and began to implement the early learning and child care curriculum framework. The MFRC will also begin to offer inclusive supports for children with diverse needs.

The MFRC is excited to be offering several new parenting education and information sessions next year including: Kids Have Stress Too, Bedtime Battles, Circle of Security and Triple P Parenting.

Child/Youth Development & Parenting Support



2017/2018 morning Playschool Class

“I absolutely love this program! Jackson has grown and thrived in this environment and you guys are so welcoming and accommodating! Thank you for everything.”

- Lindsay, Playschool Parent

“Our little one had the pleasure of attending the Terrific Two’s and Playschool program at the MFRC under the incredible instruction of Ms. Britta. As an educator myself, I have high expectations for my child’s programming and I am pleased to say all programs, especially Terrific Two’s, Playschool, Casual Care and full-time daycare consistently met or exceeded my expectations. My family will greatly miss the Edmonton MFRC and its amazing and competent child programming staff.”

- Heather, Playschool Parent

144 families attended weekly drop-in playgroup programs *this program was offered on a recurring basis and therefore attendance has been combined.

85 children in the Day Care programs

18 children in the Out of School Care program

2023 hours of emergency, respite and casualty-support childcare were provided to 187 children from 105 families. 3 flights were also paid for to support families through emergency situations.

4196 hours of Casual Childcare was provided to 181 children from 120 families.

Parenting Program Attendance

Books for Babies (parents and children)	10
Health for Two	5
Parents and Tots (parents and children)	44
Rhymes that Bind (parents and children)	52
S.P.E.A.K Presentation to Parents	5

Activities, Program & Workshop Attendance

Babysitting Course	42
Home Alone Course	23
Youth Art Program	6
Terrific Twos	16
Playschool	30

Support for Families with Special Needs

The MFRC continues to offer confidential support, information and referral to individuals with disabilities as well as caregivers of children, youth, and adults with disabilities.

Strong, Secure, Engaged funding, allowed the MFRC to host “Strength of Families – Inclusion and Advocacy for Parents”. This workshop informed parents of their rights and provided them with information on how to advocate for their child to ensure they receive the best education possible.

Barb Reid from GRIT (Getting Ready for Inclusion Today) addressed factors which positively impacted how an inclusive life for individuals with developmental disabilities is created and sustained. Building on a human rights lens, participants reflected on strengthening their understanding of how inclusion is experienced.

The first session entitled “Listening Carefully For Inclusion: An Educator’s Awakening” with Dr. Heather Raymond focused on a parents awareness of their child’s needs.

The second session entitled “You are the Key: Effective Advocacy for Your Child’s Education” with Mr. Paul Kohl assisted parents in creating a vision for their child. Kohl gave important tips for the do’s and don’ts when advocating for your children and stressed the importance of remaining calm during difficult conversations.

Childcare for the workshop was provided by Infinite Resources, who were able to provide the one-to-one support needed for children with developmental disabilities.

Moving forward, the MFRC will be working with Autism Speaks on building a section for military families on their website in collaboration with Military Families Services. Ongoing information sessions will be offered on the topics of anxiety, challenging behaviours and building speech.



Brenda Davidson, MFRC Program Manager with Mr. Paul Koleh speak to the *Strength of Families* attendees.

27 family members and **9** professionals attended the *Strength of Families* workshop.

54 families accessed information and referral services

Deployment Support

The MFRC Deployment Support Team assists families by providing resources, programs, information and referral before, during and after a deployment or work-related absence.

This was another whirlwind of a year connecting with families whose loved ones were deployed around the world. Families were happy with our decision to change our monthly Pizza/Movie Night program from a Thursday to a Saturday evening.

The message that Deployment Support can be accessed even during short-term courses and training is one that the MFRC is continuing to promote. Short spurts away from home come with its own set of challenges, which is why offering support without time-constraints is a priority for the Centre.



An excited family happy to have their loved one home!

Deployment Program Attendance

Christmas Lights Tour	82
Drop-in coffee	29*
Father's Day event	14
Know Before They Go	17
Mother's Day Event	4
Operation Care Package	41
Pizza / Movie Night	80*
Road to Mental Readiness	34
Trip to Prairie Gardens	38

* These programs were offered on a recurring basis and therefore attendance for these programs and events were combined.

307 families (regular and reserve force) accessed Deployment Services

409 check-in calls were made

89 Build-a-Bear gift cards handed out

“During my husband's recent deployment to Latvia Jenny and the deployment team at the MFRC Edmonton were an amazing support for me and my 2 children. They were always there with a listening understanding ear and a supportive hug. The programs and events they provided gave us the chance to be around other families that “just got it”!”

- Chantel, Military Spouse

Personal Development and Community Integration

EMPLOYMENT AND EDUCATION

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

The Prince's Operation Entrepreneur program provided transitioning Canadian Armed Forces members with education, tools, resources, and networks needed to successfully start and grow their own business.

New funding opportunities for the upcoming fiscal year from Support Our Troops will aim to increase the success of finding employment for military dependants.

- 58 adults accessed education referral services
- 5 youth accessed education referral services
- 84 adults accessed employment referral services
- 3 youth accessed employment referral services
- 33 individuals attended Standard First Aid training
- 36 individuals attended the Prince's Operation Entrepreneur workshop
- 6 individuals attended a Military 101 workshop



Prince's Operation Entrepreneur attendees

LANGUAGE SERVICES

The MFRC's Language Services department encourages francophone military families integrate into their new community by offering them opportunities to learn or practice English, information about the variety of activities and services offered within the francophone community of Alberta, social opportunities, assistance with employment and education as well as, a variety of referral services.

MFRC Language Services plays a vital role in helping families new to the area develop a sense of connection here. It is our hope that every military family feels welcome, supported, and encouraged within this community.

A wide range of activities and programs are offered in French to meet the needs of Francophone military families. Throughout the year, long-standing activities such as Francophone Movie Nights and French Coffee continued. For the 7th consecutive year, the Saint Jean Baptiste celebration was a great success, highlighting French-Canadian culture and language.

Language Services will be implementing an English language training pilot project, as well as several new programs, including: a walking club, social and educational conferences and various workshops and fun activities for the whole family.



2017 St. Jean Baptiste Celebration

300+ individuals joined us to celebrate St. Jean Baptiste Day

102 Rosetta Stone Licenses were issued

20 Students attended language classes

178 families accessed second language services

5 exams were proctored

Francophone Movie Night saw a combined attendance of **94**

Francophone Coffee saw a combined attendance of **40**

Personal Development and Community Integration

WELCOME SERVICES

The MFRC offers bilingual services to assist families as they are posted to Edmonton to help them integrate into their new community.

The MFRC co-facilitated a webex on the topic of Welcome Services with the Petawawa MFRC to offer guidance to other MFRC's across the country.

SCHOOL OUTREACH

Starting in January 2018, the MFRC was able to fund a new position with Strong, Secure, Engaged funding. The School Liaison and Outreach Coordinator, whose role is to liaise with surrounding schools and communities will offer increased visibility and awareness of military families and the MFRC.

Thirty seven school packages were delivered or mailed to local schools. The packages contained a letter from the MFRC, agency information, Friends and Neighbours Club Handout, Community Guide, Voila Learning – French Immersion resources, and the School Counsellors Working With Military and Veteran Families Handbook.

The Coordinator also attended the North Central Teachers' Convention and the Greater Edmonton Teachers' Conference to connect with teachers in the area.

148 Family Welcome Packages distributed

518 Single Welcome Packages distributed

15 Pre-posting Packages mailed

7 French Welcome Packages distributed

25 Welcome Baby Packages distributed

11 Youth Welcome Packages distributed

37 individuals received a Welcome Line Call

493 individuals joined us for our Fall Expo and Community Picnic



MFRC School Liaison Coordinator attends the North Central Teachers' Convention to connect with local teachers.

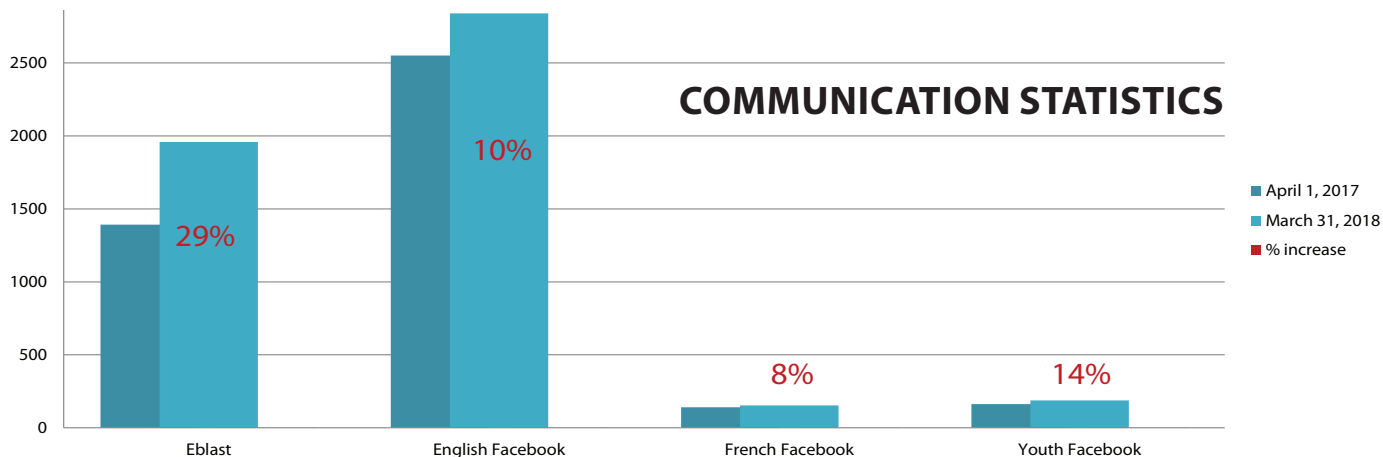
INFORMATION, REFERRAL AND OUTREACH

The MFRC attended the following outreach events: PSP Halloween Party & Family Day events, Guthrie School Welcome Event, Redwater event, St. Albert Volunteer Fair and the Queen Elizabeth Resource Fair. Staff also attended many Unit family outreach functions including: 1 Field Ambulance, 408 Squadron, HMCS Nonsuch, Lord Strathcona's Horse, 3rd Battalion, Princess Patricia's Canadian Light Infantry, 1 Combat Engineer Regiment and the 3rd Canadian Division Wellness Convention.

Thanks to some generous donors, the MFRC was able to distribute tickets to some amazing local events including: Tim and Faith, Edmonton Eskimos, Kdays, Bob Dylan, Cold Creek County, Uncle Kracker, Corb Lund, OneRepublic, Lionel Ritchie, Edmonton Oilers, Canadian Finals Rodeo, Arcade Fire, Roger Waters, The Tenors, A Christmas Carol, and Santana.

5,665 phone calls for info & referral
 28 social media requests for info & referral
 1,329 emails for info & referral
 342 times the computer lab was accessed
 28 families went on a guided tour of the Centre
 3,612 donated tickets were distributed

Activities & Program Numbers	
Community Coffee events	26 individuals
Community Luncheon	3 families
Winter Welcome	6 families



Mental Health and Wellness

The MFRC Mental Health & Wellness (MH&W) program offers confidential parenting, relationship, personal and communication support to individuals, couples, families, and children of Canadian Armed Forces members as well as veterans.

The MH&W team partnered with Kids4Cameras, to offer an 8-week photography workshop for youth. This program worked to engage youth through the power and creativity of photography. Eleven youth completed the program who learned to foster relationships and social media education in a fun and hands-on way.

The third iSTEP Summer Program had 18 children and youth. This year's theme "Invictus Games" saw the largest enrolment for our 13-16 year old age group.

The Mental Health Team observed the following challenges, issues and concerns with their clients:



iSTEP Summer Program at the Dreamcatcher Nature-Assisted Therapy Association

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, and Vicarious Trauma.

As the need increases for mental health services within Alberta and Canada, so does the need for families and children from the Defence Community to access specialized mental health support. This growing need is highlighted by a high number of individuals requesting to be connected to supports for mental health concerns, operational stress injuries, marriage and relationship challenges, and posting difficulties.

Matching the best mental health support to a family can be challenging, especially for families who are facing unpredictable schedules and long periods of time away from home. Finding the appropriate specialized mental health supports for children are especially difficult as the wait lists for community services are months long.

Ensuring the whole family is supported when one individual is facing a mental health concern is a challenge. It is important to recognize the overall impact of one member's illness or injury will have on all members of the family, especially for the children.

Mental Health and Wellness

The focus for the upcoming year is to maximize time spent one-on-one with individuals and families. Building relationships with the families that we support is important; whether they are reaching out for a simple referral to a legal resource or for a larger concern, we want to ensure that each person feels connected and heard.

Support to the youth in the military community remains a priority. This population can be hard to reach, which is why the Yak and Gobble program will be offered on Professional Development School days. This program will allow youth to connect, learn, and gain powerful emotional tools to help them become resilient adults.

\$1,000.00 in financial support was distributed from the MFRC contingency fund

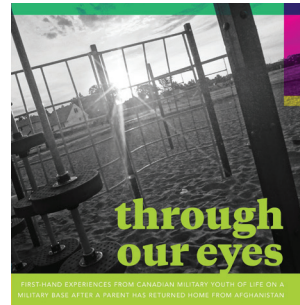
The MFRC assisted families in applying for **\$2000.00** from Support Our Troops

The MFRC assisted families in applying for **\$700** from the Poppy Fund

92 Adult Client files

54 Youth Client files

353 families accessed information and referral services



Military literacy is a term used to describe the process of creating awareness and education to service providers who offer support and care to Canadian military families. Through Strong, Secure, Engaged funding the MFRC was

able to publish a book on military literacy entitled "Through Our Eyes". This book is an educational resource showcasing images and stories derived from a study with nine military youth, 12–16 years of age, from the Canadian Forces Base Edmonton (CFB) who have experienced a parental deployment to Afghanistan. Copies of the book are available through the Mental Health team.

Mental Health and Wellness Programs	
Caregiver Support Program	10
Dove self-esteem project	23
iSTEP Program	20*
iSTEP Summer Camp	18
Kids 4 Cameras	11
OSI Caregiver Group	9
Take it Easy	26*
Yak and Gobble	32*

* The attendance for these programs and events were combined.

Strength and Healing Conference

Sixty four Families of the Fallen from across Canada attended a *Strength and Healing Conference* held in Edmonton from March 16 to 18 at the Edmonton Inn and Conference Centre.

The MFRC assembled a small Conference Planning Committee comprised of local Families of the Fallen, to ensure the Conference was meaningful and valuable; “For Families by Families”. The Planning Committee took great consideration when choosing the sessions and speakers.

The MFRC secured Strong, Secure, Engaged funding for the conference, which enabled the MFRC to offer the conference, hotel accommodation, meals, and travel at no cost to attendees.

Workshops included: *Men and Grief* with Joanne Steen, *Grief Monster* with Carol Brody Fleet, *When Two Become One: The Widowed Parent* with Carol Brody Fleet, *Are you Thriving or Just Surviving?* with

MFRC Family Support Workers, *Military Loss has a Long Shelf Life* with Joanne Steen and *The Five Most Common Myths About Widowhood* with Carol Brody Fleet.

Speaker topics included *Turning Your Tragedy into Triumph* with Carol Brody Fleet, *Happiness Expert* Neil Pasricha, *Post-Traumatic Growth* with Mary Fetchet, *iREST* with Dr. Richard Miller.

“*The speakers were wonderful. Very thankful to the MFRC for all the work they have done to put this together in a short period of time. All were very respectful, helpful and kind to us. It meant a lot to me and my husband.*”

- Family of the Fallen

“*The calibre of speakers brought in for the conference was top shelf. Thank you, you’ve worked hard and succeeded in creating a top shelf conference – amazing!*”

- Family of the Fallen



Attendees, Organizers and Speakers from the Strength and Healing Conference

Veteran Family Program (VFP)

The Veteran Family Program supports medically-releasing Canadian Armed Forces (CAF) members and medically-released Veterans and their families.

During the course of the year, information was requested regarding education supports for spouses, programs and services offered by Veterans Affairs Canada and the Royal Canadian Legion, employment resources, financial supports, local community programs and healthcare resources, as well as opportunities to connect with others experiencing a medical release.

A number of programs were offered, including: VFP Information Night; Care for the Caregiver Workshop, Living Life to the Full, and a Transition Workshop with guest speaker Suzanne Nault.

There was great attendance at each of these events; the participants were enthusiastic in their appreciation for the opportunity to acquire skills in support of their family's transition to the civilian life.

The program continues to experience challenges in connecting with the Veteran Family Program population, especially medically released veterans and their families who may have moved away from the immediate service area.



VETERAN FAMILY PROGRAM

For Medically Releasing CAF Members,
Medically Released Veterans and their Families

PROGRAMME POUR LES FAMILLES DES VÉTÉRANS

Pour les membres des FAC en voie de libération pour des raisons médicales,
les vétérans libérés pour des raisons médicales et leur famille

These challenges are mitigated by the continued partnerships we currently enjoy, including upcoming presentations to Royal Canadian Legion branches, JPSU PD days, and SCAN seminars, and by the exploration of other networking opportunities.

As of April 1, 2018, the Veteran Family Program will become a permanent program and offered at all 32 MFRCs across Canada. With this program expansion, medically releasing CAF members, medically released veterans, and their families will be able to access the resources provided by the Veteran Family Program at their local MFRC. These resources include information and referral services, access to intervention supports, and a suite of transition programs which provide tools and resources to navigate the transition from the military to the civilian life.

This coming year we look forward to offering: Mental Health First Aid for the Veteran Community, Living Life to the Full, the online Caregiver Resource, and SISIP financial planning workshops.

48 individuals from medically-released or medically-releasing CAF families were supported.

Volunteering

Volunteers are an essential part of the Edmonton Garrison community. Without the support of dedicated volunteers, events, programs and clubs would not be as successful. Thank you for assisting with community and fundraising events including: Loops for the Troops, Youth Dances, Edmonton Eskimos Military Appreciation shirt sales, the Community Picnic and so much more. Thank you to those who work closely with us on our Board of Directors and to the volunteers who work side-by-side with MFRC employees on a regular basis helping out whenever possible.

The MFRC Volunteer Program offers many opportunities for personal and professional growth within the military community.

The MFRC implemented the Royal Canadian Air Force (RCAF) Family Sponsor Program. The intent of the program is to enhance a sense of community and create a family-centric, unit-specific volunteer organization at each RCAF unit. Sponsors are to reach out to their assigned families to provide peer-to-peer support in the form of information and resources; they provide families with a personal connection to the unit and the larger military community.

The MFRC provided orientation and training for five selected sponsor volunteers. Those volunteers made five connections through the Airforce Welcome Program.



Volunteers stop traffic during the 2017 Loops for the Troops Fun Run

80 active volunteers attended our Volunteer Appreciation Event on March 10, 2017.



Volunteers help out during the 2017 PSP Halloween event

Community Partners

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

- Access Emplo
- ADHD Greater Edmonton
- Alberta Aids to Daily Living
- Alberta Health Services
- Bredin Centre for Learning
- Canadian Blood Services
- Careers Under Construction
- Centre for Autism
- Centre for Family Literacy
- Community Recreation
- Disabled Adult Transport System
- Easter Seals Ability
- Edmonton Garrison Community Library
- Edmonton Public School Board
- Edmonton Salutes
- Employabilities
- Family Support for Children with Disabilities
- Families First Society
- Forces@Work
- Glengarry Child Care Society
- GRIT-Getting Ready for Inclusion Today
- Guthrie School
- Home Care Network
- Inclusion Alberta
- Infinite Resources
- Injury Prevention Public Health Nurse
- Kids 4 Cameras
- Learning Disability Association Edmonton
- Operational Stress Injury Social Support (OSISS)
- Persons with Development Disabilities
- Princes Operation Entrepreneur
- Royal Canadian Legion
- Scholastic Canada
- Sexual Assault Centre of Edmonton

- St. Albert/Sturgeon Early Years
- Strongest Families Institute
- Sturgeon Community Resource Program
- Sturgeon County
- Sturgeon School Division
- The Poppy Fund
- University of Alberta
- Valour Law
- Veterans Affairs Canada
- Winnifred Stewart Association

Placement Students

The MFRC hosted students from the MacEwan University Social Work Program and Child and Youth Program as well as the University of Alberta Nursing and Human Ecology Programs.



Students from the University of Alberta Faculty of Nursing developed a resource for military families. After speaking with MFRC staff and with families, they developed a brochure with tips on creating a school portfolio. The portfolio can consist of school history, personal achievements and other accomplishments.

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In Memory of...

Corporal Bryce Keller
Corporal Zachery McCormack
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Thank you to the individuals and corporate sponsors for their generous support of the Military Family Resource Centre during the 2017 - 2018 fiscal year!

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Edmonton Garrison

Military Family Resource Centre

Military Families: Strength Behind the Uniform

La famille : la force conjointe

Centre de ressources pour les familles militaires

de la garnison d'Edmonton

Military Families: Strength Behind the Uniform

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