

Military Families
Strength Behind
the **Uniform**



YOUR Military Family
Services Program

MILITARY FAMILY SERVICES

The services available at your local Canadian/Military Family Resource Centre (C/MFRC), online at www.familyforce.ca and by phone at the Family Information Line are uniquely designed to support you through all the ups and downs of the Canadian Forces (CF) lifestyle.

Your local C/MFRC can help you make the most out of...

YOUR COMMUNITY

Since military families are often on the move, C/MFRCs provide a variety of services to help you transition into a new posting, and enjoy your unique military community while you're there. Your local C/MFRC provides:

- A warm welcome and community information to help you get oriented
- Information and referral to community resources
- Employment and education assistance
- Second language services to help you communicate in both of Canada's official languages
- Workshops and training to help your family meet new people and learn new skills

YOUR PARENTING AND CHILD CARE EXPERIENCE

Positive parenting and child care options contribute to healthy and well-adjusted CF families and communities. To help you care for your family, your C/MFRC offers:

- Social and educational activities for children and youth
- Parent and caregiver education, resources and support
- Child care support

FAMILYFORCE.CA

The FamilyForce website connects you to your local C/MFRC through one central, easy-to-use directory. This "one-stop-shop" site also links you to national information, resources and services and provides general information about the Military Family Services Program.



FAMILY INFORMATION LINE

You can contact the Family Information Line (FIL) for any support your family may need as a result of the unique nature of military life. The FIL offers confidential, personal and bilingual assistance. FIL counsellors provide supportive counselling from Monday to Friday, 8am to midnight Eastern Standard Time (except on statutory holidays).

Connect with the Family Information Line:

North America 1-800-866-4546
Overseas collect calls 613-995-5234
www.familyforce.ca

YOUR FAMILY'S DEPLOYMENT EXPERIENCE

Throughout their careers CF personnel are often required to serve away from their families for varying lengths of time. C/MFRCs help families experiencing the emotional and practical challenges that deployments can bring. Throughout all stages of deployment and reunion, your C/MFRC provides:

- Outreach and support to families, including parents of CF personnel
- Deployment information and resources

YOUR HEALTH AND WELLNESS

Whether you're settled into a current posting or in the middle of a deployment, the well-being of you and your family is vital. C/MFRCs offer educational and preventive programs that allow families to be proactive about their wellness. In addition, there may be times when you need a little extra help — your C/MFRC is there to assist you, or help you find the support you need. Services available at your local C/MFRC include:

- Education and prevention workshops
- Self-help groups
- Assessment and referral
- Short term intervention and crisis support

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Canadian Forces Family Covenant

We recognize the important role families play in enabling the operational effectiveness of the Canadian Forces and we acknowledge the unique nature of military life. We honour the inherent resilience of families and we pay tribute to the sacrifices of families made in support of Canada. We pledge to work in partnership with the families and the communities in which they live. We commit to enhancing military life.

