



MFRC and NATASHA'S WOOD® FOUNDATION ANNOUNCE CHILDREN'S ART CONTEST IN SUPPORT OF MILITARY FAMILIES

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The Military Family Resource Centre of the National Capital Region is pleased to announce a Natasha's Wood Foundation Art Contest in support of military families.

Fay Maddison, author, artist and military spouse of the Chief of the Royal Canadian Navy, Vice Admiral Paul Maddison, has written the first early reader in a series of three, called "*Twiglet's First Birthday*". Mrs. Maddison would like children of active Canadian Forces members, to illustrate this book. As such, children aged four to seven, have the opportunity to submit drawings, paintings or any other kind of art that could be reproduced and printed in a book to MFRC-NCR.

Art pieces will be selected and published, along with the name and age of each winner. All proceeds from book sales featuring the children's illustrations will go toward supporting Military Family Resource Centres across Canada.

Twiglet's Adventures is a beautiful children's series that inspires the imagination. Mrs. Maddison has spent many years in development for the main purpose of being able to raise funds to help other military families who are dealing with the aftershocks of extreme stress. "*Natasha's Wood Foundation is a project of the heart. It is my hope that funds raised through these books relieves burdens being suffered by my fellow military families*", commented Fay. "*I am very grateful to be partnering with the Military Family Resource Centre for the very first step in what I hope will be a long and exciting journey*"

For more information and the Children's Art Contest application form, please visit www.natashaswoodfoundation.com

About Natasha's Wood Foundation (NWF)

Natasha's Wood is a foundation that raises funds for charities that support the military family, particularly in the area of mental health. Through storytelling, art and performance, NWF creates awareness of some of the challenges facing dedicated servicemen, women and their loved ones, and helps to diminish the stigma associated with mental illness. Natasha's Wood Foundations has been co-founded by Fay Maddison, Dianne Schwalm and Julie Fotheringham. Charitable status is pending.

About Military Family Resource Centre, National Capital Region

The MFRC-NCR is dedicated to enhancing the quality of life for Canadian Forces families by providing unique services tailored to the Canadian Forces community. It is part of the network of Canadian Forces Military Family Resource Centres (MFRCs) across Canada and around the world.

FOR FURTHER INFORMATION PLEASE CONTACT:

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