

CONTACT US

Want to learn more about the Calgary Military Family Resource Centre, our programs, and services, and how you can get involved? Check out our website or follow us on social media @calgarymfrfc

Pour recevoir une copie du texte en français, veuillez nous contacter.



info@calgarymfrfc.ca



(403) 618-0420



Follow us on Social Media @calgarymfrfc



www.cfmws.ca/calgarymfrfc

2024 - 2025 REPORT TO COMMUNITY

CALGARY MILITARY FAMILY RESOURCE CENTRE/
CENTRE DE RESSOURCES POUR LES FAMILLES DES MILITAIRES

Charity Number 129175667 RR0001
Address: 4225 Crowchild Trail SW, Calgary, Alberta, T3E 1T8



TABLE OF CONTENTS

Message from the Board Chair	1
Message from the Executive Director	2
Our Board of Directors	3
Executive	3
Directors	3
Our Staff	4
About the Calgary MFRC	5
Vision	6
Mission	6
Core Values	6
Year in Review/By the Numbers	7
Community Engagement: Building Community, One Connection at a Time	8
Deployment Support: Helping Families Through Deployments and Distance	9
Spotlight: Subsidized Pet Care Program	11
Family Support Services: Building Resilience Through Connection	12
Month of the Military Child and Teal Up	13
Mental Health & Wellness: Meeting the Moment with Compassion and Care	14
Veteran Support: Building Belonging Beyond Service	15
Spotlight: Veteran Coffee & Chat	16
Regional Offices	17
Red Deer	17
Lethbridge	17
Volunteer Impact	19
Fund Development	21
Stairs of Strength	21
Message from Lieutenant-Colonel Sandy Cooper	22
Royal Canadian Artillery Band Concert: A New Tradition in Calgary	23
Funding	24
Statement of Operations	25
Donors	26
Donors	26
Organizations	26
Individuals	26
Stairs of Strength	26
Sponsors	27
Gifts-In-Kind	27
Organizations	27
Individuals	27
Grants & Foundations	27
A Call to Action	28

MESSAGE FROM THE BOARD CHAIR

First Year As Chair – 2024/25

As I reflect on my first year as Board Chair of the Calgary Military Family Resource Centre, I'm filled with gratitude for the opportunity to serve an organization with such a meaningful mission. This past year has been one of connection, resilience, and renewal — not only for the MFRC but for the entire military and veteran family community we support.

From launching new initiatives like Stairs of Strength to deepening our partnerships across sectors, we have continued to find ways to elevate the voices and needs of those who serve in uniform and those who stand beside them as family members, whether as spouses, children, partners, parents, or siblings. I've been continually inspired by the vision and dynamism of our staff, the dedication of our volunteers, and the generosity of our supporters.

It's been an honour to work alongside our Executive Director, Barbara Pohl, and a committed board of directors to champion the well-being of military and veteran families. I look forward to the year ahead and the continued growth of our impact.

Sincerely,

Jonathan Perkins
Board Chair, Calgary MFRC



MESSAGE FROM THE EXECUTIVE DIRECTOR

2024/25 Report To The Community

At the Calgary MFRC, our work is rooted in the belief that no military or veteran family should ever feel unsupported, unseen, or alone. Over the past year, this belief has guided everything we do — from program delivery to advocacy, from crisis response to moments of celebration.

2024 was a defining year for us. We introduced Stairs of Strength, an event that beautifully blended community engagement with awareness-raising. We welcomed families at every stage of their journey — from enlistment to deployment, transition, and beyond.

We also launched our Pet Subsidy Program to support those being deployed — recognizing that family takes many forms, including our beloved animal companions who bring comfort and stability during times of transition.

Understanding the vital role of connection, especially for those who have served, we began our Veteran Coffee & Chat program. This informal gathering creates space for veterans to connect, share stories, and combat isolation — reinforcing the truth that community and camaraderie are powerful forms of care.

It takes a village to support those who serve, and I'm deeply proud of the village we continue to grow. I want to thank our staff, volunteers, board members, funders, and most importantly, the families who trust us with their stories, struggles, and successes. Your courage is our purpose.

With appreciation and hope,

Barbara Pohl, MBA
Executive Director, Calgary MFRC



OUR BOARD OF DIRECTORS

EXECUTIVE

- Jonathan Perkins, Board Chair
- John (JJ) Martin, Vice-Chair
- Alex Kishkovich, Treasurer

DIRECTORS

- Chinyere (Chichii) Adegboyega
- Glen Adkins
- Mark Dahlman
- Krissy Doner
- Tom O'Sullivan
- Kate Thrasher
- Lieutenant-Colonel Nick Sealy-Thompson, Ex-Officio Military Representative

OUR STAFF

- Barbara Pohl, MBA, Executive Director
- Adriel Allen, Community Engagement & Events Coordinator
- Tatiana Cheremnykh, Family Liaison Officer
- Amy Edgar, Communications Coordinator
- Grace Geatros, Veteran Family Program & Deployment Support Coordinator
- Chantel Gorrell (mat leave), Veteran Family Program & Deployment Support Coordinator
- Bradley Hancock, Bookkeeper
- Sia Jade, Executive & Administrative Coordinator
- Olena Kalapats, Community Outreach Coordinator, Lethbridge
- Megan Reviczky, Community Outreach Coordinator, Red Deer
- Lua Rout, Volunteer & Partnerships Coordinator

ABOUT THE CALGARY MFRC

The Calgary Military Family Resource Centre (Calgary MFRC) is a registered charity governed by a volunteer Board of Directors.

We support both currently serving Canadian Armed Forces (CAF) members and veterans, along with the families who support them. Because when one person wears the uniform, the whole family serves. Military and veteran families often face challenges such as frequent relocations, time apart due to training or deployments, transitions to civilian life, and the emotional pressures that come with service. We are dedicated to helping lessen the impact of these challenges and to strengthening the well-being of those who serve behind the scenes.

Military families experience frequent transitions. From recruitment and training to postings, deployments, and eventually release from service, every step requires families to adapt. At the same time, families face the everyday transitions of life, such as starting new relationships, raising children, coping with illness, managing finances, and adapting to change.

These overlapping journeys can create stress, uncertainty, and strain. But with the right support, they can also build resilience.

The Calgary MFRC is part of a national network of MFRCs established in 1991 by the Department of National Defence (DND) in conjunction with the Military Family Support Program.

What makes our centre unique is our local military community who live in both urban and rural communities. We support a diverse population that includes CAF member and veteran families that do not live on a base, veterans, reservists, young single CAF members (many of whom are also post-secondary students), and parents and siblings of those who serve.

We are proud to support military and veteran families in central and southern Alberta, with services offered through our offices in Calgary, Red Deer, and Lethbridge.



VISION

Engaged and resilient Canadian military and veteran families.



MISSION

Support and empower military and veteran families, through connection within our community.



CORE VALUES

The Calgary MFRC is committed to the following ethical values to meet the mission:

- **SERVICE.**
Our military family community is at the heart of everything we do. We listen adapt, and deliver. When we work hard, respond with urgency and act in service to others, we create a lasting and positive impact.
- **UNITY.**
Together, we are stronger. We believe that individual differences strengthen our community, and we embrace the evolving definition of family. We approach our work with a collaborative mindset and nurture relationships based on equality and inclusion.
- **IMPACT.**
We care deeply about the work we do and the people we serve. We are dedicated to building resilience and constantly seeking new ways to deepen our impact. We're empowered to make decisions that are best for the long-term health of the military family community we serve.
- **INTEGRITY.**
We act truthfully, operate honourably, and do the right thing always. We support and share responsibility with the members of our team, showing empathy and respect along the way. We build trust through transparency, confidentiality and open communication.

YEAR IN REVIEW

By The Numbers

- 1602 total registrations across all workshops and events
- Reached an estimated 1155 individuals through 463 unique registrations
- 300 community members registered for multiple events (65%)
- 4 new services this year
 1. Pet Care Subsidy
 2. Veteran Coffee & Chat
 3. Camp Your Choice
 4. Caring Cupboards
- 2 new fundraising events
 1. Stairs of Strength
 2. Royal Canadian Artillery Band Holiday Concert
- Over 432 free books distributed through our partnership with Dolly Parton Imagination Library
- 81 Morale Mail packages sent to deployed members
- 10 Wellness workshops

COMMUNITY ENGAGEMENT

Building Community, One Connection At A Time

Military and veteran families in our region often live across a wide area, which can make it harder to build community with others who understand the realities of military life. Busy schedules, long distances, and limited opportunities to gather can leave families feeling isolated. Creating space for connection, shared experience, and support is an important part of how we strengthen family wellbeing.

Calgary MFRC's Community Engagement Services are designed to make a difference. We create affordable and accessible opportunities for military-connected families to spend time together, try something new, and meet others who share similar experiences.

In 2024–25, we:

- Connected with more than 450 prospective clients through 17 Enrolment Ceremonies, 11 Parade Nights, and 8 community information booths
- Hosted three major community events: the Stampede Breakfast (400-plus attendees), the Holiday Party (250-plus attendees), and Military Family Appreciation Day BBQ (75-plus attendees, supported by the **Jewish Community Foundation of Calgary**)
- Distributed over 1,500 donated tickets and 321 discounted tickets to help families enjoy community events, concerts, hockey games, and local attractions
- Each of these moments helps build stronger ties between families and their community. Whether it's a shared meal, a first trip to the zoo, or a friendly conversation at a booth, these connections make a lasting impact on well-being and belonging.

“ TESTIMONIAL:

"I would like to give a big thank you to the MFRC and the sponsors. You made an amazing experience for the kids and ultimately for us, the parents as well. Seeing that much joy in my children's eyes, I cannot thank you enough."

DEPLOYMENT SUPPORT

Helping Families Through Deployments And Distance

When a Canadian Armed Forces member deploys, the entire family feels the impact. Spouses, children, parents, siblings, and loved ones often take on added responsibilities and face emotional challenges during this time. Feelings of isolation, stress, and uncertainty are common. The Calgary MFRC provides vital support to help families manage these pressures and stay connected throughout the deployment journey.

One of the most powerful ways we do this is through Morale Mail. This program helps families send care packages to their deployed loved ones stationed around the world. These packages contain snacks, small gifts, and reminders of home. Over the past year, we sent 81 packages to locations including Spain, Germany, Cyprus, Jordan, and more. Morale Mail reduces feelings of loneliness and reminds deployed members they are valued and remembered.

We also recognize that pets are part of the family too. Our new Subsidized Pet Care Program offers affordable, trusted care options to families when a member is away. This program provides peace of mind so military members can focus on their duties knowing their animals are safe and loved, and helps reduce the financial strain of pet boarding.

Other supports included individual guidance for families navigating deployment challenges. While our Keep in Touch calls provide valuable check-ins for some families, many access other resources tailored to their needs.

To bring families together in person, we hosted a lively karting event at Speeders. This fun evening fostered connection and community. Special guest **Calgary Flames forward Ryan Lomberg** joined to present Challenge Coins to military children, honouring their strength and sacrifice.

Supporting families through every stage of deployment remains at the heart of our work. Service impacts the whole family, and Calgary MFRC stands with them every step of the way.



**This map shows some of the destinations where Morale Mail packages have been sent by military families.*

SPOTLIGHT

Subsidized Pet Care Program

Pets are more than animals; they are family, and they feel the impact of military life too.

For Canadian Armed Forces members preparing to deploy, one of the most challenging decisions is arranging care for their pets. These animals are not just companions; they are trusted family members who offer emotional support during stressful times. Leaving them behind can create additional worry during an already challenging transition.

In response, the Calgary MFRC launched the Subsidized Pet Care Program in 2024 to help reduce that burden. This program supports both Regular Force and Reservist CAF members who are away for training, taskings, exercises, or deployments. Through a partnership with **Springbank Pet Resort**, families receive a 50 percent discount on daily boarding rates. The Calgary MFRC then reimburses an additional 50 percent of the reduced cost.

This program is practical, compassionate, and deeply meaningful. It helps ensure that pets are safe and cared for, while giving military members peace of mind as they focus on their duties.

Programs like this are possible because of the ongoing support of donors, funders, and community partners. Together, we are helping military families feel seen, supported, and understood.

“ TESTIMONIAL:

"I recently used the Calgary MFRC pet boarding subsidy program and had a great experience. My dog Bentley was boarded at their partner facility, Springbank Pet Resort. The process was easy to set up, and they were even able to accommodate him on short notice. Knowing he was in good hands gave me real peace of mind while I completed my Basic Military Officer Qualification (BMOQ). I'm very grateful for the support and would absolutely use the program again."



FAMILY SUPPORT SERVICES

Building Resilience Through Connection

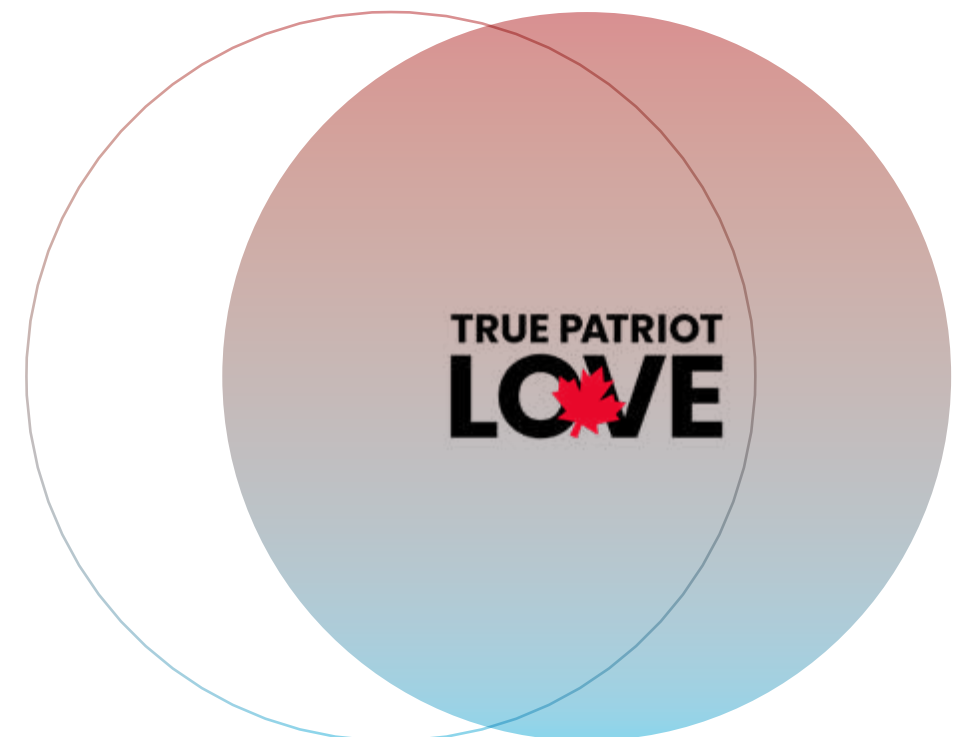
The Calgary MFRC's Family Support Services program plays a critical role in strengthening the emotional, social, and practical well-being of Canadian Armed Forces and veteran families. From summer camps to childcare support, these services are designed to meet families where they are, with programming that fosters resilience, connection, and community.

In 2024, thanks to generous support from **True Patriot Love**, we expanded our camp offerings in exciting new ways. For the first time, we introduced Camp Your Choice, Winter Camp: Polar Express, and a Camps Reunion event. These additions gave military children across southern Alberta the chance to experience joy, connection, and community. Over 90 children participated in our summer day camps alone, with even more engaging in these new offerings throughout the year.

We also supported children through overnight experiences, such as Camp Maple Leaf, helping kids connect with their peers, explore nature, and build confidence. Our Camps Reunion event brought together over 60 campers, parents, and volunteers to reconnect and celebrate shared experiences—moments that are especially meaningful for children who often face relocations and long absences from loved ones.

In addition to camps, the Calgary MFRC continued to provide critical childcare subsidies during deployments, emergencies, and times of loss. And through our partnership with Dolly Parton's Imagination Library, we helped build strong early literacy foundations—delivering free books each month to children under five in military and veteran households.

Through every program and every connection, we are building a strong, supportive community for military and veteran families.



FAMILY SUPPORT SERVICES

Month of the Military Child and Teal Up

In April, Calgary MFRC celebrates the Month of the Military Child to recognize the strength and resilience of military children. These young Canadians adapt to relocations, deployments, and change with courage and flexibility.

This includes Teal Up Day, a national movement held on the last Monday in April, where people wear teal to show their support for Military Children. Teal was chosen because it incorporates all three branches of the Canadian Armed Forces: blue for the Air Force, green for the Army, and blue and white for the Navy.

In 2024, we hosted family events across our regions: a Kids Paint Night in Calgary, Bowling Night in Red Deer, and ice cream gift cards for families in Lethbridge. We also arranged for the Calgary Tower, Red Deer City Hall, and Lethbridge City Hall to be lit teal, encouraging the public to share photos using #TealUp.

Throughout the month, we shared teal-themed content to raise awareness, celebrate military children, and invite community support.

MENTAL HEALTH & WELLNESS

Meeting the Moment with Compassion and Care

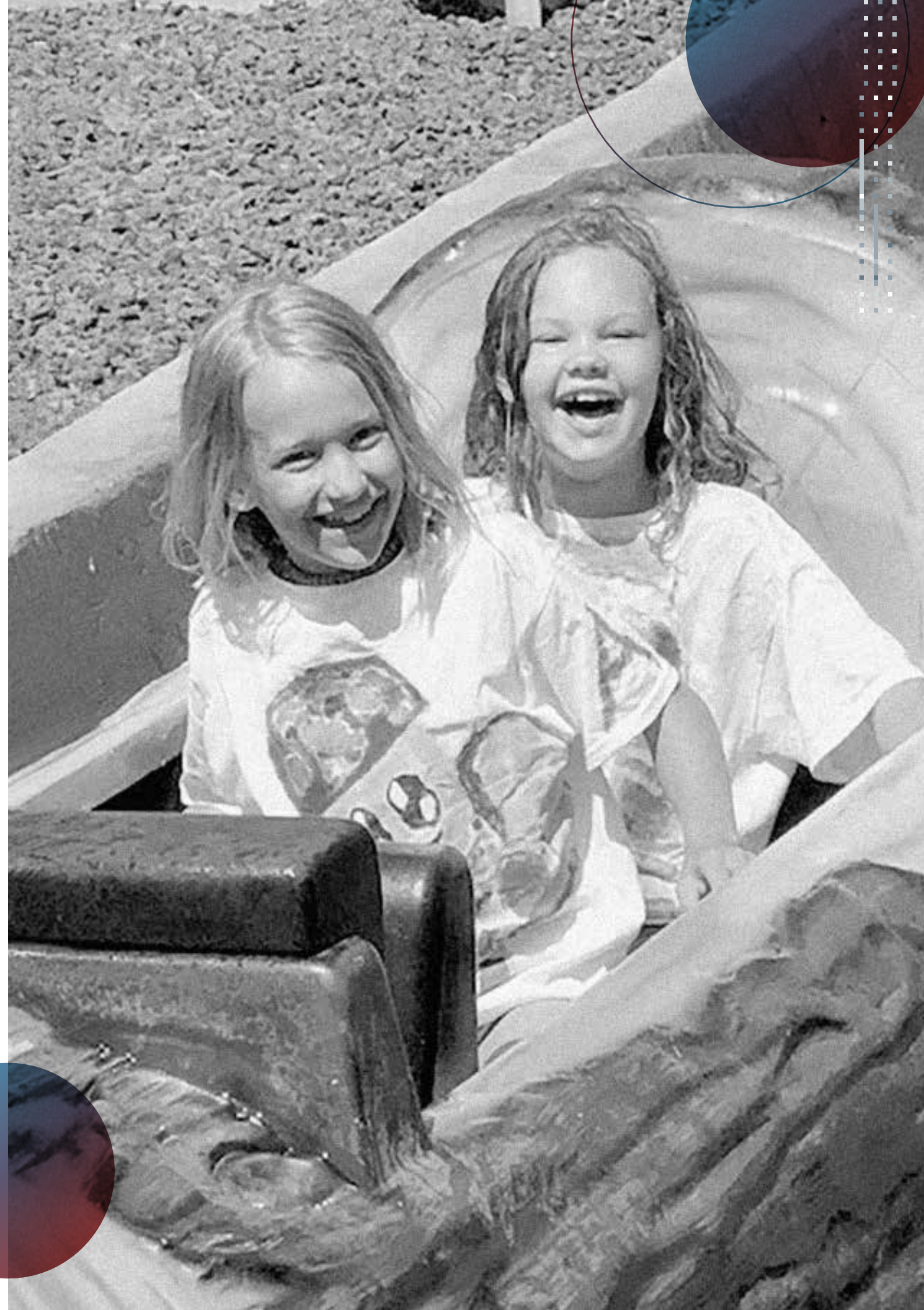
Military and veteran families face unique and complex stressors that can affect every area of their well-being. At Calgary MFRC, our approach to mental health and wellness is grounded in the belief that true wellness includes more than just mental health. It reflects the eight determinants of wellness: emotional, physical, social, spiritual, intellectual, environmental, financial, and occupational well-being.

Over the past year, 18 individuals accessed short-term counselling through the Calgary MFRC, including both reservists and their family members. Through direct support, facilitated referrals, and educational workshops, we helped families build resilience and access care when it was most needed.

Our Family Liaison Officer (FLO), a trained Social Service Worker, supports families of those who are ill, injured, or deceased. This includes informal assessments, emotional support, and help navigating military systems. Families of the Fallen continue to receive personalized care, including check-ins and guidance throughout the grief process.

Counselling subsidies, including access to virtual therapy services through MindBeacon, helped reduce financial barriers to care. We also delivered 10 wellness workshops, offering practical tools and information to support different aspects of family well-being.

When all aspects of wellness are supported, families are better equipped to face challenges and maintain balance.



VETERAN SUPPORT

Calgary MFRC is committed to supporting Veterans and their families as they navigate the transition from military to civilian life. Through both national and local initiatives, we offer services that respond to their evolving needs.

Funded by Veterans Affairs Canada, the Veteran Family Program (VFP) provides tailored support to medically releasing CAF members, medically released Veterans, and their families. Over the past year, we have delivered six events focused on information sharing, outreach, and resource navigation. Our team conducted in-person visits to our regional offices in Red Deer and Lethbridge, as well as to local Legions and Veteran Food Banks, ensuring Veterans across southern Alberta could access trusted support.

A key VFP initiative this year was **Mental Health First Aid – Veteran Community**, which equips participants to recognize signs of mental health concerns, reduce stigma, and confidently support others.

Complementing this national program, Calgary MFRC launched **Veteran Coffee & Chat**, a locally delivered, monthly gathering that offers Veterans a welcoming space to connect, share experiences, and learn about community resources. While not part of the formal VFP, this initiative aligns closely with our broader commitment to fostering connection, resilience, and well-being for Veterans and their families.



SPOTLIGHT

Veteran Coffee & Chat

The transition from military to civilian life presents unique challenges that can leave Veterans feeling isolated or disconnected. Recognizing this need, Calgary MFRC launched the Veteran Coffee & Chat, a monthly program designed to foster community, connection, and support among Veterans.

Hosted at the ATCO Blue Flame Kitchen, this initiative offers Veterans a welcoming space to connect with peers, share experiences, and access valuable information. Each gathering features guest speakers, activities, or discussions designed to foster personal and professional growth.

By creating opportunities for Veterans to connect in a relaxed and supportive environment, the program strengthens social networks and enhances overall well-being. Since its launch, Veteran Coffee & Chat has helped build meaningful relationships that contribute to a smoother transition and increased resilience.

This program exemplifies Calgary MFRC's commitment to meeting the evolving needs of Veterans and their families, ensuring no one faces transition alone.

REGIONAL OFFICES

At Calgary MFRC, we’re proud to support military families not just in Calgary, but across southern Alberta—including Red Deer and Lethbridge.

This year, we launched Camp Your Choice, a new program giving military-connected youth aged 6–16 the chance to attend a summer camp of their choosing within their local community. Whether they’re into sports, science, music, or the outdoors, this initiative gave kids the freedom to follow their interests and enjoy a summer experience that felt truly their own.

We also introduced the Caring Cupboard in both regional offices—a new initiative designed to help families facing rising food costs. Stocked with non-perishable items and located just inside the MFRC offices, the cupboards are open every Wednesday for military members and their families to access as needed, in a private and welcoming setting.

These programs reflect our commitment to meeting families where they are, with meaningful support that strengthens well-being and community connection.

Red Deer

This year, our Red Deer team worked to strengthen community ties and create meaningful moments of connection for military and veteran families.

One of the highlights was supporting a special open house celebrating the 50th anniversary of 41 Signal Regiment 2 Squadron. More than 250 people attended the event, which brought together current and former service members, families, and community members for a day of food, games, and celebration. It was a powerful reminder of the pride, history, and connection that lives within this military community.

We also welcomed families to seasonal events like bowling, tubing, and a festive holiday party. At the Holiday Party, 46 attendees came together to share laughter, creativity, and new memories. As one veteran shared, “It was very nice and simple as an attendee with kids... they really enjoyed seeing Santa too.”

Throughout the year, we increased local visibility through outreach at the Rebels Military Appreciation Game, the Central Alberta Children’s Festival, and the Westerner Days Parade. These efforts helped raise awareness of the support available and reminded Red Deer that military and veteran families are an essential part of the community.

We’re proud to continue building local connections and offering support where it’s needed most.

Lethbridge

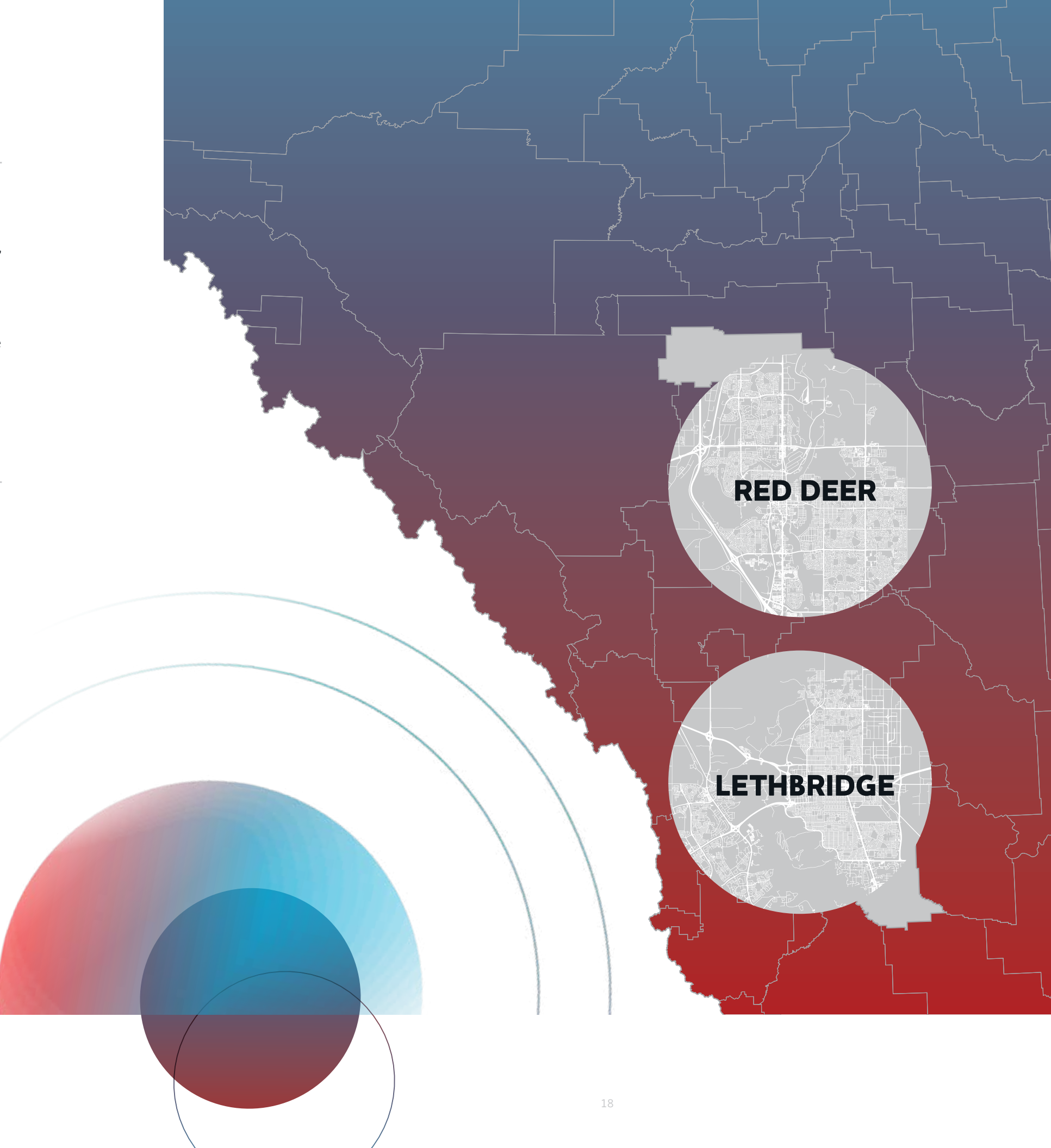
Calgary MFRC continued to support military and veteran families in Lethbridge through events, outreach, and individualized assistance.

This year, local families accessed support through wellness referrals, deployment services, and our Caring Cupboard, which provides food and essentials in a discreet and accessible way. Its location just outside the office door makes it easier for families to access what they need, when they need it.

Our Holiday Party brought together 23 people from across the military community for a festive evening of connection. Free tickets to events like a comedy show and a local hockey game created opportunities for families to spend quality time together and engage with their community.

Six morale mail packages were sent overseas to support members on deployment, and we stayed connected to local units through regular parade night attendance. Lethbridge families also benefited from our Family Support Subsidy and free wellness programming, which helped reduce barriers to care and provided practical, meaningful support.

From everyday assistance to special seasonal moments, Calgary MFRC remains committed to meeting the evolving needs of the military community in Lethbridge with care, flexibility, and respect.



VOLUNTEER IMPACT

Our Volunteers Are The Backbone Of What We Do

Between April 1, 2024, and March 31, 2025, 131 volunteers contributed 2,364 hours to the Calgary Military Family Resource Centre. At a modest estimated value of \$25 per hour, this represents a cost savings of \$59,100 to the organization. Volunteer contributions grew significantly, doubling the impact seen in the previous fiscal year.

Their efforts supported our mission, from behind-the-scenes operations to front-line community engagement and fundraising. Thanks to their generosity, we were able to expand our reach and deepen our impact.

Volunteer-supported activities included:

Community Engagement and Public Awareness

- Military Family Appreciation Day
- Stampede Breakfast
- Teal Up
- Holiday Party
- Westerner Days Parade
- 50th Anniversary of 41 Signal Regiment 2 Squadron Red Deer
- Information booths at:
 - Honour Ride
 - Militaria Show
 - Raytheon BBQ
 - Central Alberta Children's Festival
 - General community outreach

Fundraising and Special Events

- Stairs of Strength
- Royal Canadian Artillery Band Holiday Concert
- Casino

Operational Support

- Summer Camps
- Board meetings and committee work
- Office administration, maintenance, and storage support

Our volunteers play a vital role in helping military and veteran families feel connected, supported, and valued. We could not do this work without them.



FUND DEVELOPMENT

Stairs of Strength: Connecting Community and Mission

In 2024, the Calgary Military Family Resource Centre launched a bold new initiative — *Stairs of Strength: Stepping Up for Military and Veteran Families*. Held on Military Family Appreciation Day, this inaugural stair-climbing challenge at McHugh Bluff not only tested physical endurance but brought the heart of our mission to life: supporting and celebrating the strength of military and veteran families.

Participants from all walks of life — civilians, veterans, military personnel, families, and first responders — gathered to climb, connect, and contribute. From spirited individual climbs to team-led pledge drives, the event created a powerful space for conversation, awareness, and community-building. The public was invited to walk (or climb) in the boots of military families, gaining insight into their resilience and daily challenges.

One of the most impactful moments of the day was watching Lieutenant-Colonel Cooper, our Canadian Armed Forces Ambassador for the event, climb 1,000 stairs in full uniform and gear — a powerful visual that left a lasting impression.



MESSAGE FROM LIEUTENANT-COLONEL SANDY COOPER

"I chose to be part of Stairs of Strength because it's not just a physical challenge — it's a symbol of what military families climb every day. It's an honour to represent the CAF and help bridge the gap between service and civilian life."

— LCol Cooper,
Canadian Armed Forces Ambassador,
Stairs of Strength



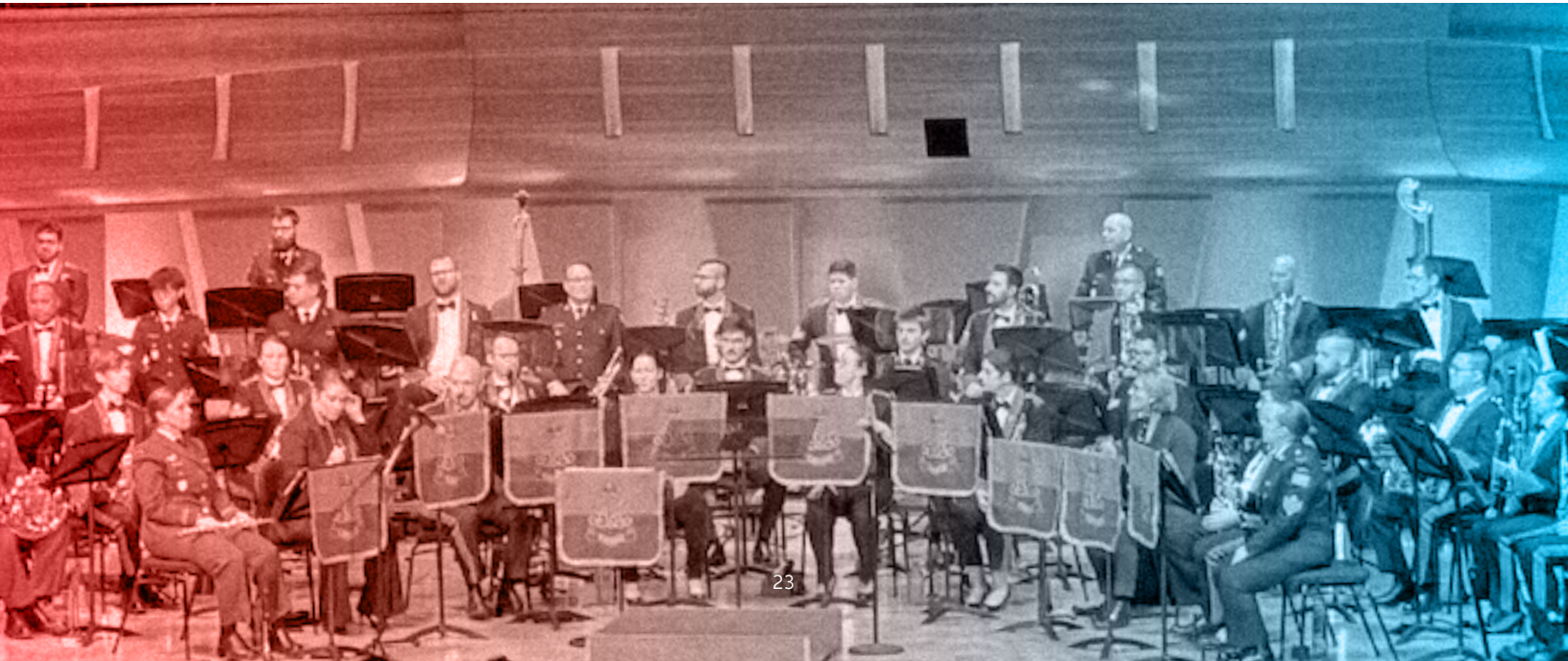
Royal Canadian Artillery Band Concert: A New Tradition in Calgary

In 2024, the Royal Canadian Artillery (RCA) Band brought their beloved annual holiday concert tradition from Edmonton to Calgary, with the Calgary Military Family Resource Centre as the benefiting charity. This free public event provided a wonderful opportunity to raise funds, build awareness, and engage the Calgary community in support of military families.

While the RCA Band led the production, Calgary MFRC played a key role behind the scenes. Our team worked closely with the band's organizers to coordinate event logistics, including selecting and liaising with the Master of Ceremonies, Kathy Sendall, Honorary Colonel (41 Combat Engineer Regiment), arranging speeches by Canadian Armed Forces Leadership and the Calgary MFRC Executive Director, and managing invitations to key military units and community stakeholders.

We also supported fundraising efforts by procuring Calgary MFRC-branded holiday ornaments, which were sold by staff and volunteers in the concert lobby. Promotion of the event was carried out across social media, newsletters, press releases, and community calendars to maximize reach and engagement.

The concert successfully elevated Calgary MFRC's profile while raising important funds for our programs. This collaboration marked an exciting new chapter in Calgary's military community events, and we look forward to partnering with the RCA Band again in future seasons.



FUNDING

The MFRC is primarily funded through three separate but equally important sources: The Base Commander, Military Family Services (MFS), and fund development.

Base
Commander

For the 2024/5 fiscal year, approximately 6% of the annual operating budget came from the Base Commander. This funding is directed to site-specific and enhanced mandated services.

Military Family
Services

For the 2024/5 fiscal year, approximately 57% of the annual operating budget came from Military Family Services (MFS) to provide the Military Family Services Program (MFSP) to Canadian Armed Forces (CAF) and Veteran families.

This funding is provided for mandated services set out in the annual funding application submitted to MFS. This process ensures that all military families may access similar programs of consistent quality at any MFRC.

MFSP

MILITARY FAMILY
SERVICES PROGRAM

PSFM

PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

Fund
Development

For the 2024/5 fiscal year, approximately 23% of the annual operating budget came from funds raised through a variety of sources, including donations, proceeds from the sale of yellow ribbon merchandise, and grants.

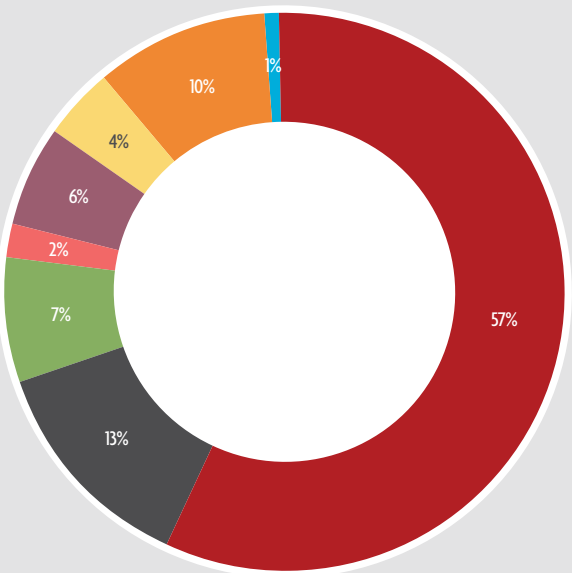


Statement of Operations

At the Calgary Military Family Resource Centre, transparency and accountability are at the heart of everything we do.

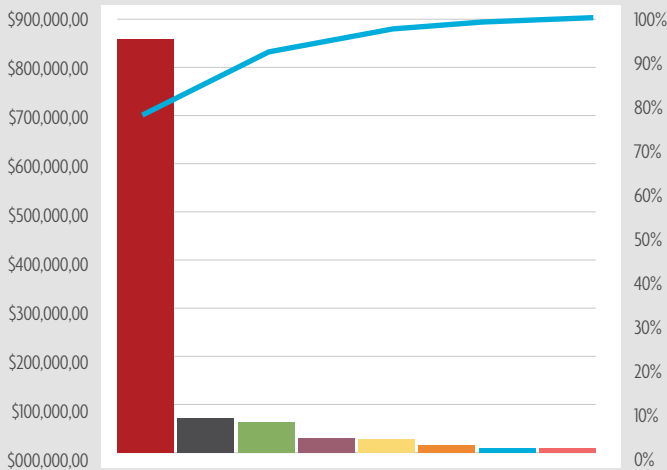
Every dollar entrusted to us is thoughtfully allocated to maximize impact and support the military and veteran families we serve.

Revenue



■ Military Family Services ■ Activities
■ Donations ■ Grants
■ Donations in Kind ■ Casino
■ General
■ Merchandise Sales

Expenses



■ Program Delivery ■ Other
■ Donations in Kind ■ Professional Services
■ Administration ■ Inventory
■ Travel
■ Amortization

NOTES:

Program Delivery includes all employee salaries as well as costs incurred to set up and run our activities and engagements, such as rentals, food, speakers, etc.

Other includes expenses for volunteer management, insurance, bank charges, workshops, fundraising, childcare, and the benevolence fund.

DONORS

Together, we are making a meaningful difference in the lives of military families.

Our critical work in the Calgary, Red Deer, and Lethbridge communities would simply not be possible without our community partners, sponsors, donors, and volunteers. Thank you so much for your support.

Donors

ORGANIZATIONS

- Annapolis Capital Limited
- ATCO
- Barbara McNeil & Associates
- BMO Bank Of Montreal
- Burwood Distillery
- Calgary Flames Foundation
- Calgary Sports and Entertainment Corporation
- Canadian Association of Veterans In United Nations in Peacekeeping
- Centron Group of Companies
- Connect First Credit Union
- Cruisin' Auto Repair
- Medi Pharm Labs - Harvest Medicine
- Raytheon Canada Limited
- Rogers Charity Classic
- Subsonic Soulmates
- West Jet
- Wildrose
- Work Place Matters
- Ypres Unit 3 Canadian Army Veterans Motorcycle Group

INDIVIDUALS

- Chinyere Adegboyega
- Manish Adiani
- Glen Adkins
- Gary Agnew
- Jeffrey Anderson
- Demicia Barduagni
- Roland Beisswenger

- Renette Bertholet
- Janyyn Bertram
- Scott Bratt
- Horace Cheung
- Laura Chitwood
- David & Joyce Clemens
- Stephen Cole
- Andrea Collins
- Denise & Rick Coutts
- Heather Cowitz
- Mark Dahlman
- David H. Dial
- Eliz Ee
- Perry Englot
- Shona Gillis
- Charles Hamel
- Wayne Han
- JoAnne Handcock
- Cassandra Harvey
- Keith Hemke
- Turk Hendekci
- Allen Jenkins
- Gordon Kerr
- Kerry Kilburn
- Alex Kishkovich
- Brian Klatzel
- Thomas Landra
- Sarah MacDougald
- JJ Martin
- Shirley McClary
- Fiona McLean
- Barbara McNeil
- Robert Millar
- Fatima Mubeen
- Terrence Mullane
- Trudy Niggli

- Thomas O'Sullivan
- Jonathan Perkins
- Roger Pierce
- Barbara & Wes Pohl
- Curtis Poss
- Roger Prior
- Kera Redlack
- Elaine Reitmeier
- David & Joanne Richardson
- Stan Riddell
- Jared Ross
- Margaret Southern
- Paula Stitt
- Kate Thrasher
- Darlene Ulmer
- Megan Van Horne
- Jenna Weeda
- Lou & Irene Zaganelli

STAIRS OF STRENGTH

- Michelle Berry
- Justin Clark
- Lieutenant Colonel Sandy Cooper
- Daniel Deluce
- Mark Ellwood
- Anto Jelavic
- Cody Littlefield
- Skyler Marano
- JJ Marin
- Barbara Pohl
- Wendy Poirier
- Lydia Robson
- Cassandra Stone
- Lorena Stone



Sponsors

- McLennan Ross LLP
- Burwood Distillery
- Segue Systems

Gifts-In-Kind

ORGANIZATIONS

- All Beef Catering & Smoke House Ltd.
- Bullbustin' Inc
- Calgary Sports and Entertainment Corporation
- Carrol's Caramels Corp
- Coca-Cola
- Cody & Sioux Inglewood
- Duty Calls Coffee Company
- Foothills Creamery
- Garrison Safeway
- Grey Eagle Resort & Casino
- Kakes & Kanvas
- Kensington Wine Market
- London Drugs
- Mackay's Ice Cream
- Marko's Kitchen Restaurant
- Maxim Power Corp.
- McLennan Ross LLP

- MidStream Energy
- Rude & Rustic
- Saje Wellness
- Spolumbos Fine Foods & Deli
- Team Fund - Fill Your Freezer
- The Donut Mill
- The Nash
- Tim Hortons
- West Jet
- Wholesale Club
- Work Place Matters
- Stampede Entertainment
- Royal Canadian Legion #285 Centennial

INDIVIDUALS

- Wanda Bellfountain
- Chantel Gorrell
- Richard Hannah
- The McLarty's
- Sandra Schultz
- Garry Smith
- Geoff Whitehouse

Grants & Foundations

- Allardyce Bower Foundation
- Cal Wenzel Family Foundation
- CANEX
- Costco Calgary
- Grayson and Dorothy Morrison Flow Through Fund at Calgary Foundation
- James and Patricia Burns Flow Through Account at Calgary Foundation
- Jewish Community Foundation of Calgary
- Lohn Foundation
- RCL Poppy Fund
- Royal Canadian Legion #46 Poppy Fund
- Stampeders Foundation
- The Alberta Knights of Columbus Charitable Foundation
- The Calgary Foundation
- Together We Stand
- True Patriot Love
- Walmart Canada Corp

A CALL TO ACTION

How You Can Help

The Calgary Military Family Resource Centre relies on the support of generous people to continue to provide services in our communities. Below are a few examples of how you can get involved:

- Volunteer
- Donate gifts-in-kind
- Become a sponsor
- Planned giving
- Make a one-time donation
- Be a monthly donor
- Stay informed with our newsletter

“

“The heart of a community is found in how it cares for those who carry the heaviest burdens.”

-Anonymous

When you give to the Calgary MFRC, you are standing beside military and veteran families—offering strength, support, and hope when it's needed.

