



2022/2023
Annual Report



Proudly Supporting Military Members And Their Families For 35 Years

We gratefully acknowledge our location on the beautiful unceded traditional territory of Songhees and Esquimalt peoples. This is the place where the people of the Coast Salish Nation honour community, family and this precious land.



Chair's Message

This has been my first year as Board Chair, and I would like to acknowledge my talented colleagues on the Board for their support and dedication.

We started this year with a new chair, four new Board members, and only three members who have been on the Board for more than a year. However, despite this relatively new slate, the Board maintained focus on our strategic priorities to remain strong, secure and engaged. The Committees of the Board were reinvigorated and worked hard in policy development and enhancement, risk management, stewardship and provision of financial oversight. Recruitment and retention of Board members has been successful, and I am delighted with the slate of Directors for the upcoming year.

The staff team at the EMFRC successfully aligned programs and services with the new Military and Veterans Family Services Program priorities as mandated by Military Family Services/Canadian Forces Morale and Welfare Services (CFMWS). The staff have remained focused on providing services that support family well-being while specializing in relocation, work-related absences/deployments and mental health. Their dedication to supporting military families continues to inspire all of us on the Board.

Like all residents of BC, we continue to grapple with important quality-of-life issues such as daycare, health care, access to affordable housing and the rising cost of living. While CFMWS does not mandate these services, we do our best to provide navigation assistance to families, nurture helpful community partnerships and explore creative solutions. The Board upholds accountability to our funders, Base leadership, donors and sponsors. The support we receive from the Chain of Command at CFB Esquimalt and Maritime Forces Pacific enables our work significantly. Thank you to the Fleet, Formation and Base Chiefs for sitting as ex-officio members on our Board and for providing a vital connection to leadership teams.



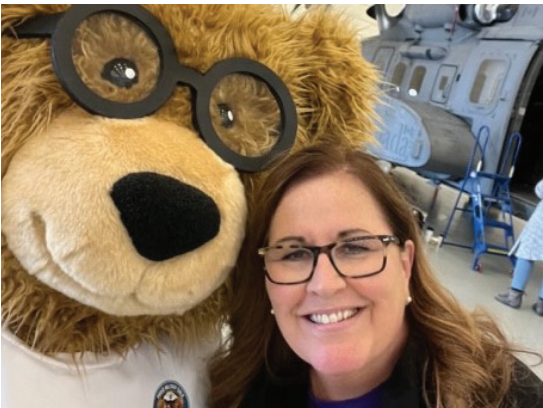
Braden Greaves - Board Chair

Vision

A proud, resilient military family thriving in a dynamic and supportive community.

Mission Statement

To enhance resilience in military families through provision of programs and services that serve, involve and advocate for the military community and their families and address the unique challenges of the military family lifestyle and will result in enhanced quality of life and enable military operations.



Program Highlights

Information & Referral post-pandemic, we have seen an increase in our overall interactions this year, totalling 2892 compared to 2174 in the previous year. The top three reasons for contacting or visiting the MFRC were morale mail, access to counselling services and Military Family IDs.

Deployment and Work-Related Absence, we provided: programs and activities, counselling, respite childcare, morale mail services, family network connections, return and reunion support, unit liaison training and information to families impacted by the work-related absence of their loved ones.

- This past year we hosted 4 ships' departures and homecomings.
- We engaged with 200 participants at pre-Deployment briefs.
- Hosted 16 deployment-related Family Network events throughout the year.
- We interacted with a total of 293 military-connected families during virtual Commanding Officer information sessions.
- Our outstanding Family Network Volunteers generously gave 240 hours of their time supporting families, organizing events and maintaining connections via social media. We indeed could not manage without them!
- Our Children's services program offered "Supporting Children through Absence" for 35 individual children who were experiencing the absence of their family member due to a deployment or work-related absence.

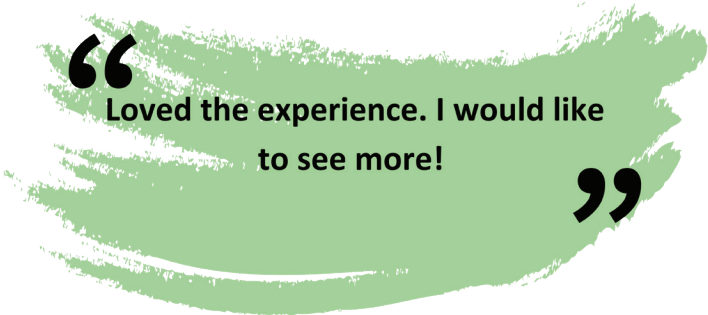


The Family Wellness and Counselling Team enhanced their capacity to offer supportive counselling to children and youth. The team continued to engage with the CFB Esquimalt Family Violence Advisory Team. They facilitated supportive programming with the Growing Parents and Wellness Wednesday programs. Our counsellors work alongside all of our programs and services to create integrated, wrap-around support.

- This year, we had 187 intakes and 180 active cases.

Our counselling clients told us the sessions were *“helpful,”* and they *“felt comfortable reaching out for support.”* They felt that they gained some insight and coping mechanisms.

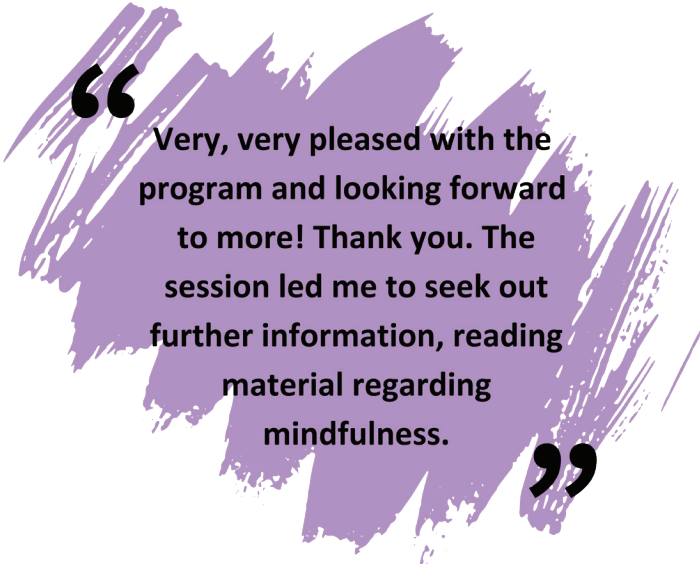
Our **Wellness Wednesdays** program relied on the varied skills and strengths of our Family Wellness and Counselling Team to offer inclusive opportunities to learn and practice wellness activities such as Mindful Movement, Painting, and Building Healthy Habits.



“
Loved the experience. I would like
to see more!
”

Participants reported connecting with their community and learning new mindfulness skills and practices in an inclusive, supportive environment.

7 sessions offered with 18 participants



“
Very, very pleased with the
program and looking forward
to more! Thank you. The
session led me to seek out
further information, reading
material regarding
mindfulness.
”

Employment, we worked closely with local and national community experts to support family members with their employment stability. Referrals to WorkBC have been very successful, and workshops on resume writing and the hidden job market were popular. We connected families with the national Military Spousal Employment Network, which offers an online hub for military spouses and partners where they can search the job bank, connect with national employer partners, and attend online career fairs customized especially for them.

Our **ESL** teacher offered personalized, small-group support and facilitated community connections within the group. We also provide an online ESL learning experience.

Rosetta Stone licenses are made available to military families. This online experience allows family members to develop their second language skills. This past year we had 11 active licenses.

Welcome/Relocation, the tempo has slowed down this past year. We continued to provide community information, a warm welcome, welcome emails and welcome bags to newcomers.



Francophone connections, events were hosted at the Gorge Pavilion with hopes to host more of these types of events in the upcoming year. A great deal of engagement occurs via the Francophone Facebook community.



The **Children's Services** team offered a variety of programs designed to provide resources and opportunities for connection.

“

This was a wonderful learning outlet for both my son and myself. Thank you for offering this service to families!

”

Stay & Play for children 18 months to 5 years provides a strong start in life through interactions with other children and building new skills through age-appropriate and military family-sensitive activities. Parents reported notable social and skill growth in their children while attending this program.

“

We love stay and play. The staff are truly wonderful, and my kids look forward to this each week.

”

- **Welcome Baby Bags** provided expecting parents and new parents with a gift of baby items and information about relevant local resources; 22 bags were distributed this year.
- **Imagination Library** is a literacy program that helps military families build connections through reading together. Each month registrants receive a free, high-quality, age-appropriate book in the mail from birth to age 5. We have 213 families enrolled.
- **123 Music & Me** runs in partnership with the Victoria Conservatory of Music. This class was offered twice a week for two different age groups. Parents reported growth in their child's skills while attending this program and feeling supported and connected with their child through this program.

- **Growing Parents**, 12 unique families were supported over 8 sessions. This was a supportive and educational group for new and expecting parents. It was an excellent opportunity to connect with other parents, share information, discuss the impact of being part of a military family, and learn about community resources in an interactive facilitated group setting.
- **Big Steps for KinderPrep**, a highly successful summer program facilitated by our Inclusion Worker, helped children prepare for kindergarten. This program supported 12 children to prepare for a successful start to kindergarten in the fall. The program is led by staff who specialize in supporting military-connected children with complex needs.
- **Casual Child Care**, we provided 499 spaces while offering care for families experiencing work-related absences of their military member, child care during counselling appointments and providing a fun and stimulating environment for children of military families.



The Community Engagement team, along with our dedicated volunteers and our beloved mascot, Radar, provided fun events to ensure our families feel connected, celebrated and valued!

Some of our community engagement highlights and celebrations:

- Month of the Military Child
- Formation Fun Day/West Coast Welcome
- Community Dinner
- Francophone Brunch
- Dockyard Ghost Walk
- Babcock Victoria Class Cup Fundraiser
- Military Family Appreciation Day
- Orange Shirt Day
- Truth & Reconciliation
- Halloween Party
- Santa Parade
- Esquimalt Celebration of Lights Parade
- Pink Shirt Day
- Pride Parade
- Buccaneer Days Parade



**Our talented volunteers gave
569 hours of their time this year!!**



Financial Highlights

FOR THE FISCAL YEAR

APRIL 1, 2022 - MARCH 31, 2023

Revenues	
Military Family Services	\$1,314,999
CFB Esquimalt	\$659,769
User Fees	\$313,403
Provincial Government	\$254,890
Interest and Visa Cashback	\$93,172
Veteran Family Program Funding	\$75,237
Donations and Fundraising	\$32,423
VIHA Funding	\$12,780
Grants and Sponsorship	\$5,000
Total	\$2,761,673

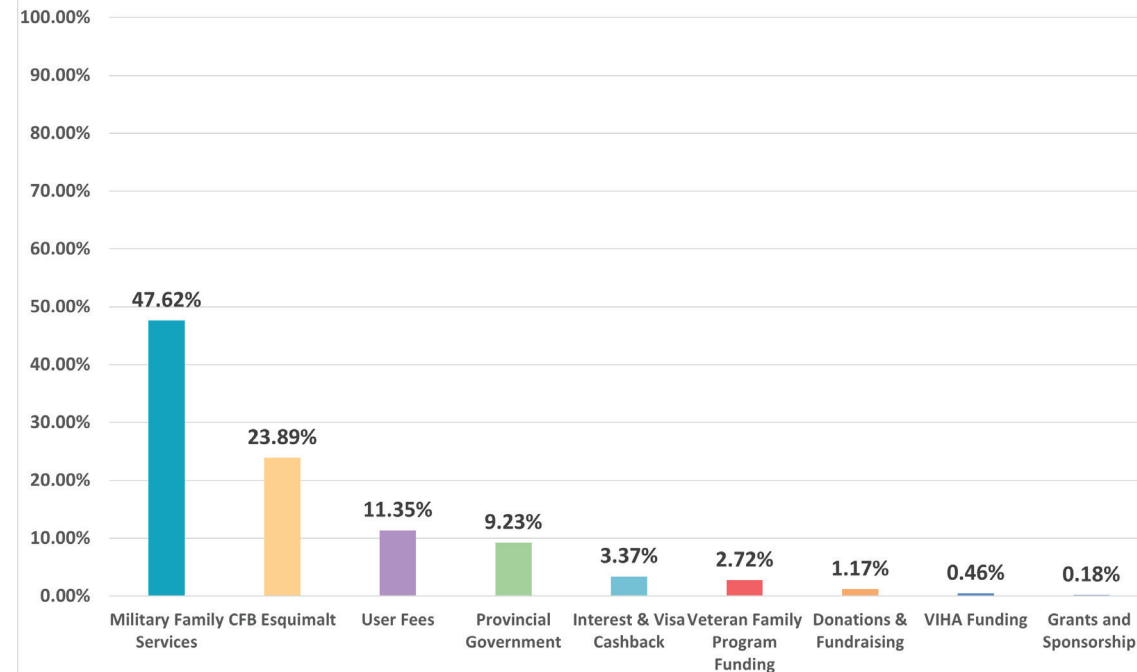
Expenses	
Community Based Program Delivery	\$2,390,654
Management & Administration	\$216,121
Amortization	\$62,846
Bank Charges	\$11,671
Fundraising	\$90
Total	\$2,681,382

Excess of Revenues Over Expenses	\$80,291
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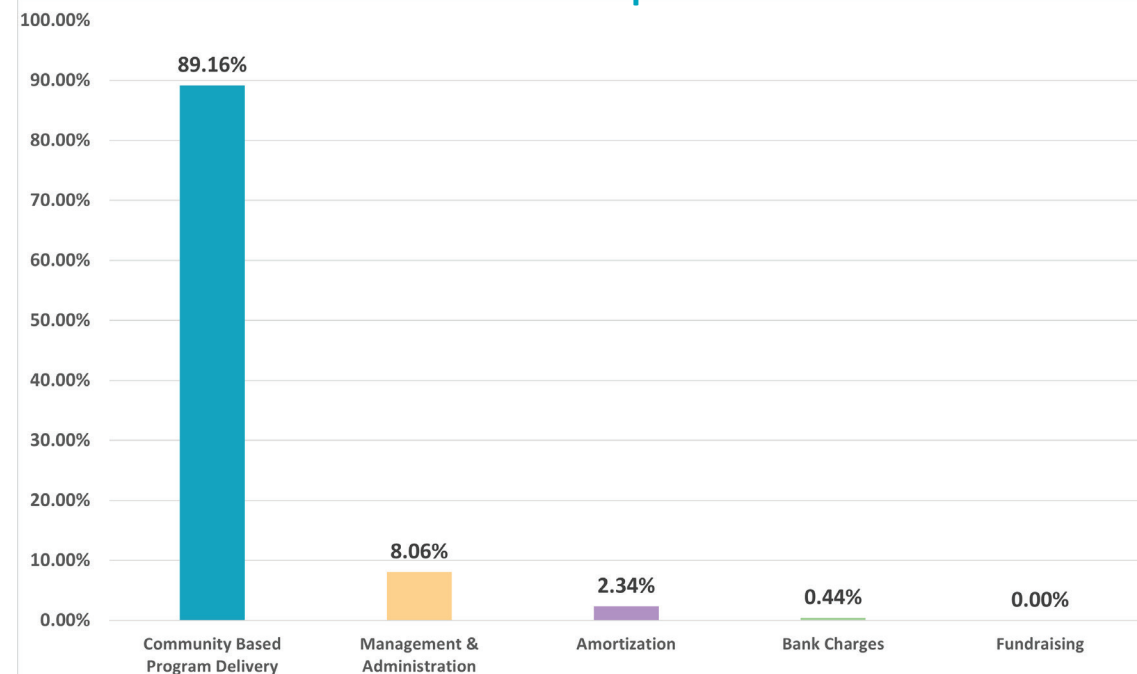
Our statements for the year ending March 31, 2023, have undergone a full audit by Clark Trowsdale LLP Chartered Professional Accountants. They have stated that our financial statements for the past fiscal year are in accordance with generally accepted accounting principles.

A copy of the financial statements is available at the MFRC and a motion to approve will be realized at the Annual General Meeting on September 23, 2023.

Revenues



Charitable Expenses



Thank you to all our Funders and Donors!

Funders

Military Family Services
CFB Esquimalt
Provincial Government
VIHA

Donations \$1,000 - \$15,000

Babcock
Canadian Online Giving Foundation
Lockheed Martin
Royal Bank
Royal Canadian Legion Poppy Trust Account

Donations up to \$1,000

Alicia Thompson	Leah Cleaver
Angela Crocker	Lia Lyon
Braden Greaves	Marc Strongman
Carol Sykes	Martha Romeo
Christine Eschman	Maureen Bull
Colleen and Jose Olague	Michell Cherneff
Darcy Wyllie	Norman Polton
David Dahlgren	Philippe Gaston
Diana Brooks	Robert Emery
Donna MacPhee	Roger Cyr
Edward Soorany	Ronald Bonar
Esquimalt 172 Seniors Group	Sam Krzywonos
Frederick Godwin	Sibylle Michel
Greg Howard	Stephen Harper
Jeff DeKergommeaux	The Vancouver Island Ex-Cadet Club
Jocelyn McIntosh	Valerie Hewlett
Ken and Penny Plumbly	

Gifts in Kind

Axe & Grind /Swingers	Quality Foods
Babcock	Quest Reality Games
Barbs Fish and Chips	The Keg
Best Buy	Victoria Kayak
Boulder House Langford	Victoria Royals
Browns the Florist	WestJet
The Butchart Gardens	Westin Bakery
CFAX Santas Anonymous Society	
Dance Victoria	
Floyds Diner	
Frito-Lay	
Horror Escape Room	
Malahat Skywalk	
Pacific FC	
Pacific Opera	
Peninsula Co-op	
Prestige Resort	

We are so grateful for your generous donation to our organization.
Your support will help us to continue our important work and make a real difference in the lives of those we serve.
Thank you for your compassion and belief in our mission. We are truly grateful for your generosity.

The MFRC is a charitable organization. Charitable tax number: 13807 0578 RR0001