



Annual Report 2024/2025



Contact Information

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For more information,
please visit our website at cfmws.ca/esquimalt

Land Acknowledgement

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

Board of Directors' Message

It is our pleasure to report to our community on the past Fiscal Year (April 2024 to March 2025).

As Co-Chairs we have enjoyed serving together and maintaining focus on our strategic priorities to remain strong, secure and engaged.

The highlight of this past year has been the momentum for a new MFRC to be located at Work Point. This is the culmination of many years of planning, saving and dreaming. We are thrilled that families living throughout Esquimalt, Greater Victoria and beyond will now be able to receive services and support in this new Esquimalt location.



We are grateful to the dedicated team of staff and volunteers at the MFRC, their commitment to providing support to military families continues to inspire all of us on the Board. We are so fortunate to have the ongoing support of the Command team at CFB Esquimalt as well as MARPAC Fleet and Formation.

It has been such a pleasure to serve with our dedicated colleagues on the Board. Volunteers giving so generously of their time and expertise and ensuring excellence in policy development, risk management, stewardship and financial oversight.

We recognize and value the diversity of military families, and we are honoured to be included in their journey.

Co-Chairs: Megan Chong and Leta Martin



Vision Statement

Proud, resilient military families thriving in a dynamic and supportive community.

Welcome to the... Work Point MFRC!

We are very excited to announce that we are building a brand-new Military Family Resource Centre on Anson Street in Work Point! This is the culmination of many years of planning, saving and dreaming.

Our programs and services will continue to be offered at our CPAC location in Colwood. Families living throughout Esquimalt, Greater Victoria and beyond will now be able to receive services and support in this new Esquimalt location.



The Work Point MFRC will offer the following services:

- Reception, information & referral services, military family IDs, welcome services
- Counselling and support for all members of the family
- Workshops for all ages
- Community gatherings
- Creative Learning for the Early Years and Respite Child Care During Absences services
- Drop-in space (coffee/tea and seating area)
- An outdoor area for play and gatherings
- A kitchen for meals, workshops and use of the community
- This will be a fully accessible and inclusive building

**We anticipate our Grand Opening
in Summer of 2026!!**

Information & Referral

- Interacted with 2,753 individuals and families at the front desk
- Top inquiries: morale mail (399), counselling access (135), and daycare (114)
- Introduced monthly evening hours to improve access to services and morale mail
- Issued 115 Military Family ID Cards
- Sent 236 welcome emails to incoming CAF members
- Volunteers contributed 1,262.5 hours across various program areas

Family Wellness & Counselling Team

Our fully qualified and dedicated team of counsellors continue to offer counselling and wellness programs that address the unique aspects military life.

Services offered by the Wellness Team

- Information and Referral
- Community Wellness Groups
- Pre and postnatal support
- Circle of Security Parenting Support
- Counselling for Children and Youth
- Support to Veteran family members
- Support with Military Lifestyle including Absences
- Play-Based Supportive Counselling for Children
- Art-Based Counselling
- EMDR Counselling
- Nature-Based Therapy
- Individual Counselling
- Couples Counselling
- Mental Health First Aid

Community Integration

- Engagement and growth in popular programs: Early Years Programs, Supporting Children Through Absence, Wellness Wednesdays, Fast Friends and English as a Second Language (ESL)
- Launched new initiatives: Community Kitchen Program and Coffee Connections
- Hosted the Dockyard Ghost Walk for 117 participants, with tours in English and French
- Maintained strong partnerships with Books for Breakfast, Work BC, The Conservatory of Music, and The Maritime Museum of British Columbia
- Formed new partnerships with Greater Victoria Public Library and Vancouver Island Regional Library, creating Absence & Relocation Literacy Kits for children

Deployment & Work-Related Absences

- Supported two ship departures and five homecomings
- Engaged with 268 families through virtual Pre-Deployment Briefs and 127 families via Monthly Information Sessions with deployed ship's Command Teams
- Created and sent 819 care packages to deployed members aboard HMCS *Vancouver* and HMCS *Ottawa*, based on contributions from friends and family members, including 250 stockings with donations from the Cowichan District Hospital

Community Engagement

- The team and volunteers hosted and joined 19 events, including ship departures, homecomings, Buccaneer Day Parade, McHappy Day, and the new Festive Family Pancake Breakfast
- Thanks to generous donations, we provided free tickets and ran contests for military families throughout the year

Housing Support Program

- The Housing Program continues to grow, strengthening ties with CAF members, landlords, and property managers across Greater Victoria
- A new Housing Portal, designed to streamline access to resources, launched in Summer 2025

Children's Services

- Delivered 123 Music & Me classes, benefiting 39 community children and 29 daycare children
- Helped 16 children prepare for Kindergarten through Big Steps for Kinder Prep
- Provided 1,833 hours of respite child care via Creative Learning for the Early Years
- Distributed 39 Welcome Baby Bags to families
- Facilitated the mailing of 2,138 books through the Dolly Parton Imagination Library program

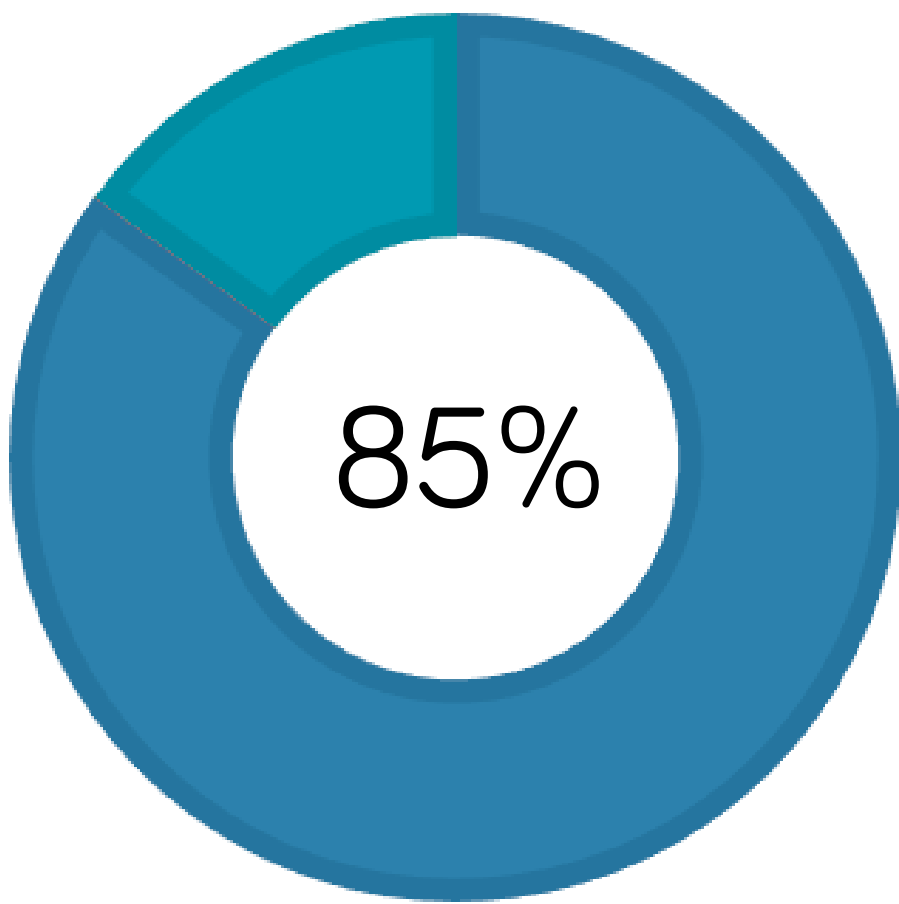
Financial Highlights

for the fiscal year
April 1, 2024 - March 31, 2025

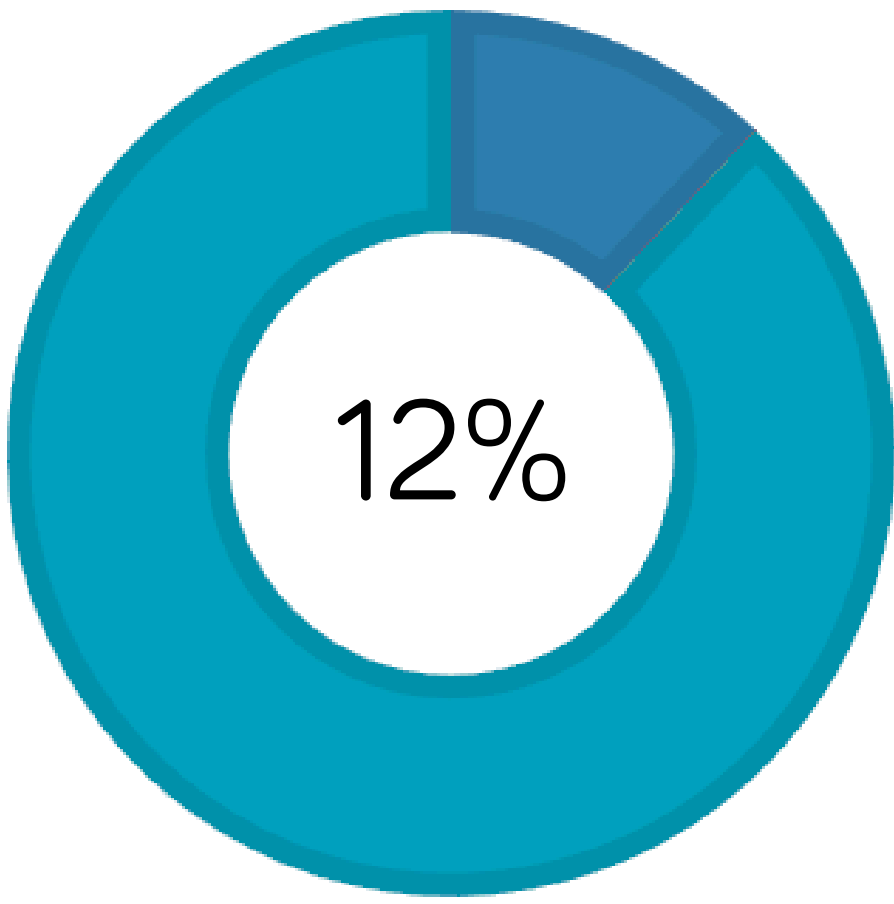
Revenues	
Military Family Services	\$1,487,333
CFB Esquimalt	\$373,807
Provincial Government	\$479,973
User Fees	\$225,748
Interest and Visa Cashback	\$237,092
Veteran Family Program Funding	\$83,640
Donations and Fundraising	\$43,234
Total Revenues	\$2,930,827
Expenses	
Community Based Program Delivery	\$2,551,210
Management & Administration	\$371,113
Amortization	\$67,217
Bank Charges	\$9,308
Fundraising	\$255
Total Expenses	\$2,999,103
Excess (Deficiency) of Revenues Over Expenses	(\$68,276)

Charitable Expenses

COMMUNITY BASED
PROGRAM DELIVERY



MANAGEMENT &
ADMINISTRATION



Our financial statements for the year ending March 31, 2025, have undergone a complete audit by Clark Trowsdale LLP Chartered Professional Accountants. They have confirmed 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 them will be presented at the Annual General Meeting on September 28, 2025.