



Connecting with Our Community

Program Overview:

'Connecting with Our Community' is a virtual workshop series offered on a quarterly basis coordinated by the H&R MFRC, with the focus of delivering special interest, skill-based and educational workshops for our military families, Veteran's and CAF members.

Program Goals:

- Creating engagement opportunities with military families, Veterans and CAF members to not only connect with each other, but build upon their local community connections,
- Grow and build upon the H&R MFRC brand,
- Providing personal development opportunities for presenters in workshop design and delivery, as well as the virtual-facilitation platform,
- Enhanced connection with external partners and community agencies,
- Connecting with our military community not only within the Halifax Regional Municipality (HRM), but outlying areas in Nova Scotia to which the H&R MFRC serves,
- Workshops will be an excellent way to assist families who are newly relocated to the area to learn more about their community.

Program Objectives:

- The program will be offered on a quarterly basis, when possible,
- Workshops are delivered by members in our military community and in some instances, local volunteers or not-for-profits agencies will be invited to present,
- Workshops are offered on a one-time basis; anywhere from one to one and a half hours in length,
- Workshops are typically offered weekday evenings between 7:00pm and 9:00pm,
- Workshops are delivered on the Zoom platform,
- Participants will have an opportunity to provide feedback via evaluation after each workshop,
- Workshops are free of charge to attend,
- The community at-large, as well as workshop participants, will have an opportunity to offer suggestions for future workshops via evaluation and connections during the workshop.

What it's not:

Although the H&R MFRC would like to help promote local and small-based businesses, we cannot make any official endorsement of products or services therefore, the Connecting with Our Community workshops are not the means to do so. The H&R MFRC and CFMWS has established service providers (insurance,

mortgage brokers, etc.) and we do not offer workshops that would be in direct conflict to these services. We do not offer any counselling, legal or medical advice during these workshops.

Connecting with Our Community - FAQs:

Frequency of Program:

Quarterly

Duration of the Workshop:

One-time. Anywhere from one to one and a half hours in length.

When are the Workshops Offered:

Typically, weekday evenings between; 7:00pm and 9:00pm

What Platform is the Workshop Delivered?

Zoom. Anyone who is interested in presenting must have a computer with a video camera, and reliable Internet access. *There may be need for a headset.*

Are the Workshops Free to Attend?

The H&R MFRC does not charge any fee to sign up to attend workshops with the Connecting with Our Community series.

Who Facilitates the Workshops?

Volunteers and community members and, in some instances, workshops may be facilitated by a local community group.

Are Workshop Facilitators Paid?

Workshop presenters volunteer their time.

Can I Still Facilitate if I've Never Presented a Workshop Before?

Reach out to us to tell us more about your idea and concept. We will work together to assess your skills and comfort level moving ahead. There is an opportunity for skill development and on-line practice sessions for presenters.

How are Presenters Supported in the Delivery of the Workshop:

The H&R MFRC will have a staff member support you on-line during the delivery of your workshop. All registration and virtual logistics are managed by a Producer, therefore allowing you to concentrate on the delivery of the workshop.

How can Interested People Apply to Facilitate?

Contact our Community Liaison by email: Jill.Clarke@hrmfrc.ca

Other Helpful & Good-to-Know Information when submitting you email:

- Provide a general outline of your proposed workshop idea.
- There will be a follow up meeting set up to discuss your proposal and outline, as well as the overall suitability for the workshop theme within our community.
- Presenters will be provided with a timeline of deliverables, of which they must agree prior to being approved.
- From application to practice sessions to workshop delivery, presenters can expect that the process will take anywhere from 7 to 10 hours of commitment to the project.

Notes:

- In some instances, not all workshop ideas/topics will be approved.
- Although we promote workshops, if registration is low, we would regrettably have to cancel the workshop.

Overview of the Process:

Step #1: Time: 20 to 30 minutes -Introductory conversation outlining the proposed workshop.

Step #2: Time: 30 minutes -On-line Consultation reviewing DRAFT outline of presentation.

Step #3: Time: 20 minutes -Program details including workshop promotional material are provided by presenter.

Step #4: Time: 30 to 60 minutes -On-line practice session approving full presentation.

**Presenters are provided with a list of helpful tips to ensure successful delivery.*

Step #5: Time: 10 minutes- Confirmation of registration numbers.

Step #6: Time: 60 to 90 minutes -Workshop delivery.