

Frequently Asked Questions – For H&R MFRC Unit Family Representatives

Question:

Why do we have H&R MFRC UFRs?

Answer:

We know through research that there is a gap in communication to families outlining the multitude of CAF services. To ensure that when families need assistance to be more resilient, they need to know where to access those supports and that their resilience is not hindered by a lack of knowledge of where help is available.

Question:

Is the UFR program new? I haven't heard of it before.

Answer:

The H&R MFRC UFR Program has been in operation for close to 15 years within CFB Halifax. This program has been initiated by the H&R MFRC and is specific to CFB Halifax.

Question:

What is my role as the H&R MFRC UFR?

Answer:

Your primary role is to support your unit through the distribution and promotion of H&R MFRC information and resources. The H&R MFRC 'UFR Handbook' will outline your specific role and provide you with some ideas and suggestions on how to connect with others in your unit. The UFR role is quite flexible and can be done on your own time within your unit. UFRs can expect to spend anywhere from 1 to 3 hours monthly fulfilling these responsibilities depending upon the size of the unit and time of year (posting season).

Question:

How do I become a UFR for my unit?

Answer:

Connect with your leadership team to inquire if there is an assigned UFR within your unit. Chain of Command will appoint a UFRs for their unit, although, there can be upwards of 3 UFRs per unit depending upon the unit size. We welcome anyone who is interested to become a UFR. Reach out to the H&R MFRC if you have questions.

Question:

What type of training is provided for UFRs?

Answer:

All UFRs attend a 3-hour training session and receive a resource handbook. Throughout the year, there are opportunities to connect both with the H&R MFRC and the network of UFRs throughout CFB Halifax.

Question:

Do I need to be married or have a family to become a UFR?

Answer:

We hear this a lot. In the traditional sense, some people are in a relationship or perhaps are married with children, but family is considered 'anyone' who is important to you in

your life as a CAF member. This may be a friend, co-worker or a relative. It's these 'family members' who can access programs and services at your local H&R MFRC.

Question:

How does the H&R MFRC support CAF members and their families?

Answer:

The H&R MFRC has several programs to support family readiness and assist units to keep both service members and their families well-prepared. The Canadian Forces Morale and Welfare Services (CFMWS) was tasked with the implementation of STRONG SECURE ENGAGED Initiative 24- to develop a Comprehensive Military Family Plan, of which Relocation, Absences and Transition are key identifying factors. UFRs play an integral part in sharing information within their unit and connecting with CAF members.

Question:

As a UFR how do I connect with members within my unit?

Answer:

One of the best ways to connect is to meet informally with some of your unit members. The conversations you have may be a perfect opportunity to share and promote H&R MFRC programs and services to benefit a CAF member and/or their family. This is especially true if the serving member is new to the CAF, or if they are newly posted to the area.

We also provide you with a great resource document included in your UFR training handbook: "Establishing Yourself as a Unit Family Representative," and you will learn tips and strategies to support you in your role.

Question:

What are the benefits to becoming a UFR?

Answer:

There are so many ways in which you can develop skill-sets, give back to others and make a difference to your unit and their families.

Additional Questions?

We can help! Contact the H&R MFRC Unit Family Representative Coordinator: Jill Clarke, ufr@hrmfrc.ca or by phone, 902-427-7205.