



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR) JAN/FEB 2024 Updates

H&R MFRC COMMUNITY PANTRY



The Community Pantry offers pantry staples and nutritious food items to military and veteran families facing financial challenges.

Walk-ins are welcome at the H&R MFRC Halifax site (6393 Homefire Crescent, Halifax) between 8:00 am to 4:00 pm.

This is an anonymous service, simply follow the signage in our main hallway that will direct you to the Community Pantry.

If you have questions or would like more information, please contact us at our 24/7 info line at 902-427-7788 and ask to speak to someone about the Community Pantry or email info@hrmfrc.ca



VETERANS & FAMILIES **FAMILLES & VÉTÉRANS**

MENTAL HEALTH FIRST AID FOR VETERANS

This course is tailored to address the needs of Veterans and the people who care for, and about, them. There is no cost for these members of the Veteran Community.

This course is a 10-hour virtual program facilitated in 3 module formats.

- Module 1 (self-directed component) must be completed prior to March 26, 2024.
- Modules 2/3 (facilitated) are on March 26, 2024 (9am-5:30pm ADT).

Date: Tuesday March 26, 2024

Time: 9:00am to 5:30pm

Delivered virtually: You can complete this certification from the comfort of your own home in one day, with a package to be completed in advance of the course.

Early registration: No later than Monday, January 22, 2024.

Secure your spot today and contact our Veteran Family Navigator, Nancy Belanger at Nancy.Belanger@hrmfrc.ca or call 902-427-7209.



The H&R MFRC supports regular and reserve force CAF members and their families and medically releasing and recently medically released members and their families within Halifax and region, Shearwater, and Central and Northern Nova Scotia, including Cape Breton. H&R MFRC IS A REGISTERED CHARITY #870705829 RR0001
CONTACT NUMBER: (902) 427-7788 OR TOLL FREE 1-888-753-8827

NEXT UFR TRAINING DATE

Training is 3.5 hours in duration with presentations from a variety of key service delivery employees here at the H&R MFRC (Deployment, Mental Health & Well Being, Veteran Family Services, Inclusion and more). We also offer a module on Establishing Yourself as a UFR focusing on healthy boundaries and how to offer support in the role.

1. **HALIFAX** – Tuesday March 19th – 8:30am to 12pm

In-Person @ HFX MFRC SITE / Free Parking

**More dates will be announced in the coming month for April to December.*

To register, contact Jill Clarke, Community Liaison at ufr@hrmfr.ca or by phone at (902) 427-7205.



BASE OUTREACH

H&R MFRC visits the following units each month. Drop by to say hello, ask questions, and meet with one of our Military Family Navigators.

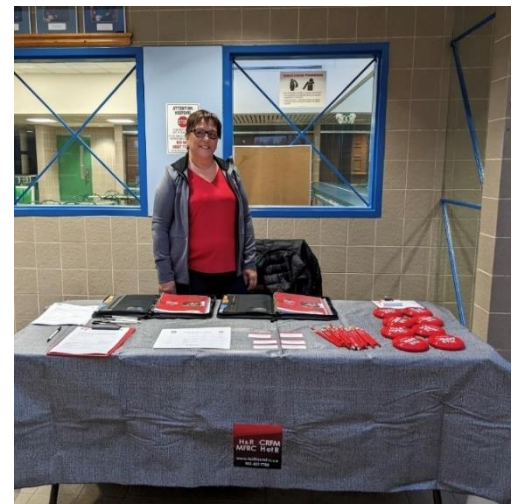
423 SQN - 4th Tuesday of the month at the Canteen from 11:15am-1:00pm.

12 AMS - 4th Wednesday of the month at the Canteen from 11:15am-1:00pm.

406 SQN - 4th Thursday of the month at the Canteen from 11:15am-1:00pm.

Tribute Tower- last Wednesday of the month in the main hallway 11:15am-1:00pm.

S90 -2nd Tuesday of the month – 2nd floor by the elevators/Base Admin/just down the hall from the parking pass counter from 9:00am-11:00am.



Supporting Inclusion



We believe that all individuals deserve an environment and experiences that promote growth in all areas of their development.

Get in touch with a Military Family Navigator:

902-427-7788

militaryfamilynavigator@hrmfr.ca

**H&R
MFRC**

SUPPORTING INCLUSION

We believe that all individuals deserve an environment and experience that promote growth in all areas of their development. Our Military Family Navigator, Melissa Clark, uses a collaborative approach to support families with diverse needs.

Melissa has supported over 100 military families with funding options, finding community resources, and helping them create a positive program experience. If your family is new to the area and looking for support and resources, or is newly diagnosed and unsure what is available, reach us by phone at (902) 427-7788 or email at melissa.clark@hrmfr.ca for assistance.

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