



MFSP
MILITARY FAMILY
SERVICES PROGRAM

PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



Welcome to 15 Wing Moose Jaw!

from the Moose Jaw Military Family Resource Centre (MFRC)

Last revised: April 2024



Moose Jaw Military Family Resource Centre

15 Wing Moose Jaw
Box 5000
Moose Jaw, SK
S6H 7Z8

Phone: 306-694-2273

Fax: 306-694-2845

Email: registrations@moosejawmfrfc.ca

Web Site: www.cfmws.ca/moose-jaw

Facebook: www.facebook.com/mfrfc.moosejaw

Early Learning Centre: 306-694-2222 ext. 5318

To contact a member of MFRC staff, please call 15 Wing switchboard 306-694-2222 and choose one of the extensions below:

Executive Director – ext. 2274

Senior Operations Manager – ext. 5315

Office Manager – ext. 5320

Community Liaison / Front Desk – 306-694-2273

Military Lifestyle Coach / Social Worker – ext. 2892

Family Navigator – ext. 5316

Family Support Services / Veteran Family Program (VFP) Coordinator – ext. 5324

Community Support Specialist – ext. 2694

The Moose Jaw MFRC strictly adheres to the Privacy Code for Military Family Resource Centres. All personal information shall not be used or disclosed for purposes other than those for which it was collected, except with the consent of the individual or as required by law.

Note: A full copy of the Privacy Code for Military Family Resource Centres is available at the Moose Jaw MFRC office or on our website: www.cfmws.ca/moose-jaw

Icons sourced from www.flaticon.com

We have made every effort to ensure that the information provided in this package is accurate; however, we do not assume any liability for any errors and/or omissions.

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15 Wing

Welcome to 15 Wing Moose Jaw! 15 Wing, headquartered in Moose Jaw, is the centre of RCAF aircrew training and is comprised of 2 Canadian Forces Flying Training School (CFFTS) and 431 Air Demonstration Squadron (CF Snowbirds) both located in Moose Jaw, SK, and 3 CFFTS located in Portage la Prairie, MB. The Wing is the principal site of the NATO Flying Training in Canada (NFTC) and Contracted Flight Training and Support (CFTS) programs.

15 Wing is responsible for seven different aircraft platforms that include: CT-156 Harvard II, CT-155 Hawk, CT-114 Tutor, CH-139 Jet Ranger, Bell 412 CF, Grob 120A and C90B King Air.

Services at 15 Wing Moose Jaw include:

- CANEX
- Post office
- Chapel
- Red Knight Arena
- Swimming pool
- Training centre
- Fitness centre
- Two playgrounds
- Splash park
- Outdoor skating rink
- 175 RHUs
- 130-unit single living quarters
- Military Family Resource Centre
 - Early Learning Centre



About Saskatchewan

- Saskatchewan is Canada's "sunniest" province, averaging from 2000 to 2500 hours of sunshine annually.
- Saskatchewan is on Central Standard Time year round. This means that we never change our clocks.
- The provincial tax rate in Saskatchewan is 6%.
- The name Saskatchewan derives from the Plains Indian word "kisiskatchewan" which means swiftly flowing river. More than half of Saskatchewan is covered by forest.

Vehicle Information

Saskatchewan Vehicle Registration

Saskatchewan operates a mandatory vehicle registration and insurance program. When a vehicle owner purchases licence plates, they also purchase a basic package of insurance, which includes coverage for damage to their own vehicle subject to a \$700 deductible. Check out www.sgi.sk.ca for more info.

Saskatchewan Driver's Licence

New residents wishing to drive in Saskatchewan must obtain a Saskatchewan driver's licence within 90 days of moving to the province, or upon expiry of their out-of-province licence — whichever comes first. Check with your previous jurisdiction as they may have some restrictions that supersede this requirement.

Saskatchewan Government Insurance (SGI) is the principal vehicle insurer in Saskatchewan. All vehicles previously licensed in another jurisdiction must pass a mandatory vehicle inspection. Please see www.sgi.sk.ca for more info.

SGI services are located at 105 4th Avenue N.W. For more information regarding hours of operation etc., please contact them directly at 1-844-855-2744.



Traffic Laws

Please be aware that each province has different restrictions and traffic laws. For example, radar-detecting systems are permitted in some provinces (such as Saskatchewan), but not in others. As well, Saskatchewan has restrictions regarding non-factory tinted windows on your vehicles. Please see www.iwfa.com for clarification. Should you have any questions or concerns regarding vehicle restrictions and traffic laws, please contact your provincial police department.

Contact Information for Utility Connections

Utilities Connection/Disconnection (Water & Sewer)	306-694-4400	
SaskEnergy Natural Gas	1-800-567-8899	www.saskenergy.com
SaskPower (electricity)	1-888-757-6937	www.saskpower.com
Property Tax & Assessment	306-694-4400	
SaskTel	1-800-727-5835	www.sasktel.com
Shaw Cable	1-888-472-2222	www.shaw.ca
Bell	1-866-778-5529	www.bell.ca
SARCAN Recycling	306-692-4285	

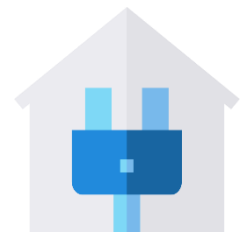
Express Address @ www.expressaddress.com offers residential customers a convenient way to notify multiple Saskatchewan organizations of your move. You can register for telephone, electricity, gas, water/sewer, drivers licensing, pet license, and vehicle registration all at once.

Recycling

The City of Moose Jaw provide a recycling collection service. Please visit www.moosejaw.ca for all details.

SARCAN Recycling, located on 50 Manitoba St. E, also accept a range of recyclable items and provide a refund of the deposit that was initially paid at the time of purchase. Please visit www.sarcana.ca for hours and a list of accepted items.

Please note that as of January 2024 SARCAN will move to a new location at 52 Highland Rd.



Medical and Dental Information

How do I look up information about a doctor?

You can find information about a doctor's office address, education, qualifications, language, specialty, licensing and discipline history by using the Physician Search box found on the top left of the following website:

College of Physicians and Surgeons of Saskatchewan (CPSS) <https://www.cps.sk.ca/imis>

To find a dentist accepting new patients, visit www.saskdentists.com.

Hospital

Dr. F.H Wigmore Regional Hospital
55 Diefenbaker Drive
306-694-0200

Walk-in Medical Clinics

Alliance Health Medical Clinic
890-A Lillooet Street W
306-691-0030

Crescent View Urgent Care Clinic
131 1st Avenue NE
306-691-2040

Saskatchewan HealthLine

HealthLine: Dial 811

HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care.

Saskatchewan Health Card

All Saskatchewan residents must register themselves and their dependents for a Saskatchewan Health Card in order to receive health benefits. Call 1-800-667-7551 or visit www.ehealthsask.ca.

Public Health Nurse

Public Health Nurses are available for services that your doctor may not provide e.g., children's vaccinations and baby checks.

Moose Jaw Public Health
1000B Albert Street, Moose Jaw
306-691-2300



Calian Military Family Doctor Network

Calian Health, in partnership with Military Family Services (MFS), offers the Calian Military Family Doctor Network as part of its corporate citizenship efforts. The goals of the program are to improve access to quality health care for Canadian Armed Forces families by expediting the process of obtaining a physician and reducing the number of military spouses and children without a family physician.

The program, which is provided at no cost to families, Military Family Services or the Canadian Armed Forces, is now available in Moose Jaw. Calian staff have also started to extend their reach and appeal to family physicians who are not practicing at Primacy Clinics to make room in their practices for military family members.

Who is eligible for the program?

Canadian military families who are not eligible for medical services from the Department of National Defence and live in one of the participating locations.

How Do I Sign Up for the Program?

Go to the Calian Health [website](#) and download the form for your location or contact Calian's Primacy team at 1-877-633-7722 ext. 3507.

What should I expect?

A representative from Calian's Primacy team will contact you to review your application.



Moose Jaw Family Child Care Homes and Centres

The list below has been provided by the Ministry of Education. For the most up-to-date list of licensed child care homes and centres, visit www.saskatchewan.ca and follow the links.

HOMES		CENTRES	
Kathy Ansell	306-631-0373 1169 Meier Drive	Building Blocks Child Development Centre Inc. * □	306-693-8955 812 Fairford Street East
Dawn Boyle	306-692-1531 1337 Princess Crescent	Centre Educatif Pomme d'Api Inc. ✂ □	306-691-0307 340 Ominica Street West
Lynette Schultz +	306-631-8895 1047 Corman Crescent	MJCD Infant Toddler Centre □	306-694-5975 214 Fairford Street West
Kristi Forbes	306-630-4335 1635 11th Avenue NW	Moose Jaw College Daycare	306-694-5955 204 Fairford Street West
Gloria Klemenz	306-631-9873 12 Dahlia Crescent	Moose Jaw Multicultural Council Inc. Daycare	306-693-4677 60 Athabasca Street East
Roberta Passmore	306-692-0025 1342 Spadina Street	Northwest Child Development Centre Inc. □	306-693-4330 679 Hall Street West
Debra Sears 🕒	306-693-6111 5 Flax Road	Southwest Day Care and Early Learning Centre Inc.	306-693-6688 504 4th Avenue SW
Diane Shaw + 🕒	306-692-1478 940 Ominica Street East	YMCA Create N Learn	306-691-0535 1100 Currie Crescent
Deborah Thronberg +	306-690-7513 1082 4th Avenue NE	YMCA Discover N Learn	306-693-0567 1224 13th Avenue NW
+ * ** 🕒 ✂ □ ◆	Group Family Child Care Homes Extended Hours Teen Parent Infant Home 24 Hours Francophone Accepts Infants 6 weeks to 18 months Child Care Subsidy Not Available	YMCA Explore N Learn YMCA Grow N Learn ** YMCA Play N Learn	306-693-0456 510 4th Avenue SW 306-630-6242 145 Ross Street East 306-693-0511 965 Montgomery Street West

List updated: Oct 2023

Note: All family child care homes, licensed or unlicensed, are permitted to care for up to 8 children including the provider's own children under 10 years of age.

- Up to 5 of the 8 children may be infants, toddlers, and preschoolers; and
- Only 2 of the 5 children may be infants or toddlers (under 30 months); or
- There can be 3 infants or toddlers if all the other children are school aged.

Group Family Child Care Homes must be licensed by Early Years Branch and are permitted, with an assistant, to care for up to 12 children including the provider's own children under 10 years of age.

All facilities licensed by Ministry of Education, Early Years Branch will have a Ministry of Education licence posted. Family Child Care Homes will also have a family child care home sign posted in a window.

If you require licensed daycare, please be proactive in securing a waitlist spot in advance with either the Moose Jaw School Boards and /or the YMCA. (<https://www.prairiesouth.ca/parents/early-learning/>) Should any of the above organizations require you to provide a local physical address, please feel free to use the following: 80 Nato Drive, Bushell Park, SK, S0H 0N0

School Information

If you are living on base at 15 Wing Moose Jaw, bus pick-up is available for schools marked with an asterisk (*).

School Boards

Holy Trinity Catholic School Division	www.htcsd.ca	306-694-5333
Prairie South School Division No. 210	www.prairiesouth.ca	306-694-1200

Public Schools

Grade PreK-8 (English)

*Empire School	500 Coteau St. W	306-692-3903
King George School	1150 5 Ave. NW	306-692-3908
Lindale Elementary School (rural areas only)	1322 11 Ave. NW	306-692-4926
*Palliser Heights School	1140 Simpson Ave.	306-693-4669
Prince Arthur School	645 Athabasca St. E	306-692-3904
Sunningdale School	530 Wood Lily Dr.	306-693-9433
Westmount School	1100 Currie Cres.	306-694-5999
William Grayson School	823 Caribou St. W	306-692-4659

Grade PreK-8 (French Immersion)

*École Ducharme	340 Ominica W	306-691-0068
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Grade PreK-8 (English/French Immersion)

*Palliser Heights School	1140 Simpson Ave.	306-693-4669
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Grade 9-12 (English)

Peacock (A.E.) Collegiate	145 Ross St. E	306-693-4626
*Riverview Collegiate	650 Coteau St. W	306-693-1331

Grade 9-12 (French Immersion)

*École Ducharme	340 Ominica W	306-691-0068
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Grade 9-12 (English/French Immersion)

Central Collegiate	149 Oxford St. W	306-693-4691
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Catholic Schools**Grade PreK-8 (English)**

Sacred Heart School	1020 12 Ave. SW	306-694-1622
St. Agnes School	330 Oxford St. W	306-694-1767
St. Mary School	720 5 Ave. SW	306-694-0066
*St. Michael School	1111 Brown St.	306-693-7693

Grade PreK-8 (French Immersion)

*École St. Margaret School	495 5 Ave. NE	306-694-4044
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Grade 9-12 (English/French Immersion)

*Vanier Collegiate	324 McDonald St. W	306-693-6744
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Other Schools

Briercrest Christian Academy	Grade 9 – 12	510 College Drive, Caronport	306-756-3303
Cornerstone Christian School	Preschool – Grade 12	43 Iroquois St. E	306-693-2937
Phoenix Academy	Grade 9 – 12	278 4 Ave. NE	306-694-1289


Moose Jaw Military Family Resource Centre (MFRC)

The Moose Jaw Military Family Resource Centre is committed to enriching the lives of individuals, families and community through positive action, education and support. We understand the many unique stressors placed on military members and their families. Therefore, we strive to help make everyone feel at home. We sincerely hope that throughout your time here, you will look to your MFRC as a means of improving your quality of life. We encourage you to participate in the wide variety of programs and services we have to offer.

Stay connected to your MFRC!




Stop by the MFRC...
We're a friendly bunch and always have time to chat with our community members





Visit our website...
www.cfmws.ca/moose-jaw


Follow us on Facebook...
Check out our Facebook page for all the latest information and photos of our events



Keep an eye on our electronic sign...
The BIG sign opposite the Canex. You can't miss it!




Sign up to receive the e:Connect...
Want to be added to our email list? Email us at registrations@moosejawmfr.ca




Give us a call...
We'd love to hear from you! Call us 306-694-2273

Check out the TVs...
There are various TVs located around the base



Come along to one of our events...
Find out what's happening from MFRC staff at one of our community integration events



Community Integration

Family Navigator
306-694-2222 ext. 5316



Events

The MFRC hosts a number of fun events throughout the year from our monthly Welcome Wednesdays to our big, seasonal family events.

Stay up to date with all our events! Visit our website www.cfmws.ca/moose-jaw or sign up to receive our e-newsletter. To be added to our distribution list, email registrations@moosejawmfr.ca.

Volunteer Opportunities

The MFRC needs you! If you want to have fun, meet new people, learn new skills, or add to your resume, we have opportunities for you.

We believe that it should never cost a person to volunteer. When you donate your valuable time to our Centre, your children age 5 and under can spend time at our Early Learning Centre for **FREE!**

Volunteer opportunities are always available in the following areas:

Board of Directors

The Board of Directors is the legal authority for the MFRC and is responsible to the military community. As a member of this volunteer Board, a Director is a trustee for the community and is responsible for the effective governance of the organization. Members of the Board provide guidance, support and direction to the Executive Director to set overall policy and establish the long-term goals of the MFRC.

The Board of Directors is comprised of 51% military spouses, and the balance is to be from the military and civilian community. In addition, several ex-officio positions (non-voting) are appointed for their expertise. Volunteers who wish to be part of the Board of Directors just need to have an interest in the work of the MFRC and be willing to participate in monthly meetings to discuss current and ongoing issues relating to the MFRC.

Special Events Committee

The MFRC plans many special events throughout the year organized by a fantastic and dynamic group of individuals who are all volunteers! The primary focus of this committee is to plan, organize, deliver and evaluate special events for the MFRC.

RCAF Family Connection Program

We need military spouses for an important opportunity to build a stronger RCAF! Help ease the transition for military families moving to your community and offer support during deployments. If you are looking to make a difference, there is no better chance.



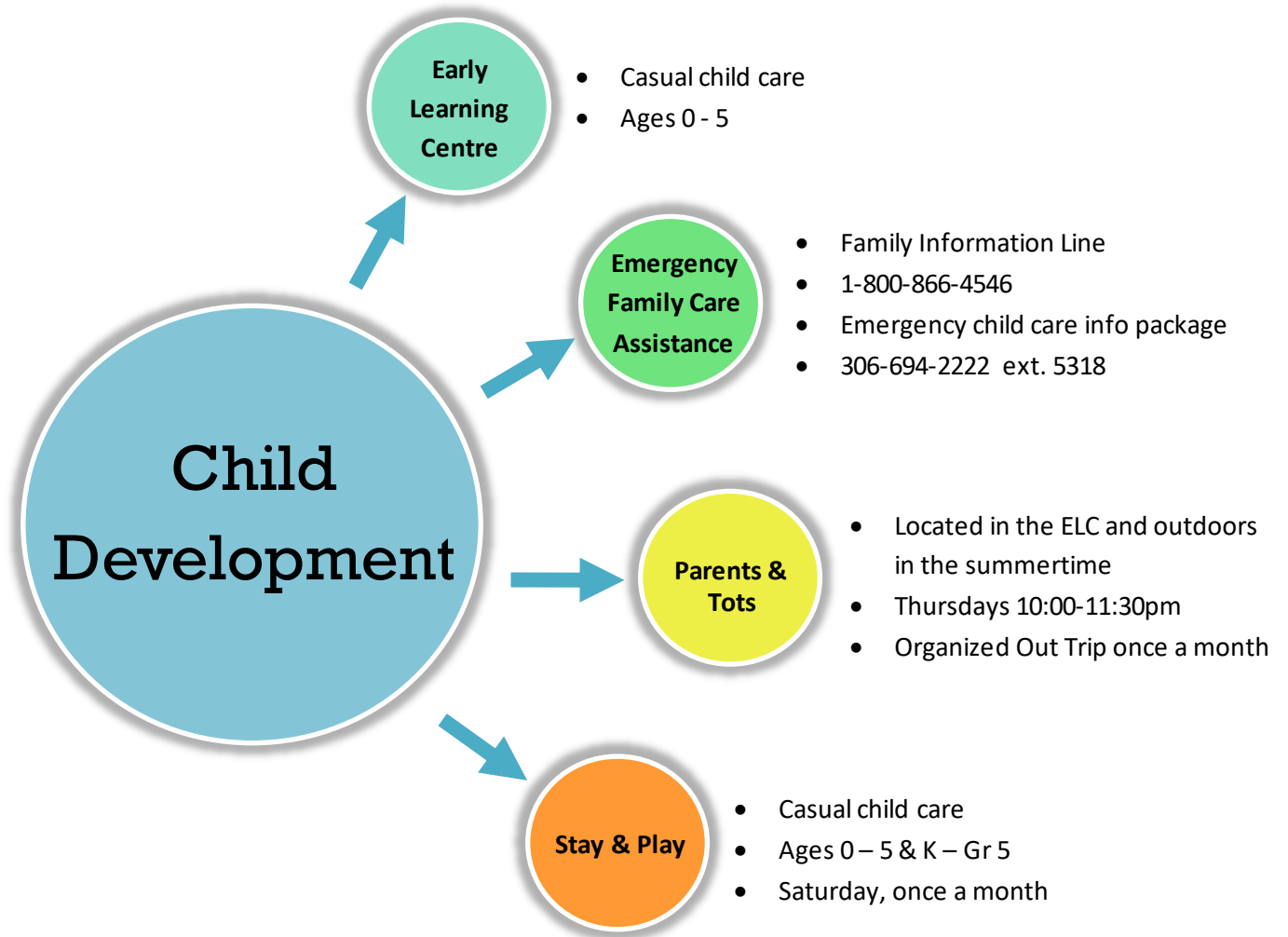
For further details on volunteering and becoming part of the team, call the Family Navigator at 306-694-2222 ext. 5316 or email registrations@moosejawmfr.ca.



Child Development

Early Learning Centre Primary Caregiver
306-694-2222 ext. 5318

Early Learning Centre registration
306-694-2222 ext. 5318



Early Learning Centre

The Moose Jaw MFRC operates an Early Learning Centre offering casual child care, Monday to Friday.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-12:00pm	9:00am-12:00pm	9:00am-12:00pm		9:00am-12:00pm
			1:00-4:00pm	

ELC Rates (as of Oct 2023):

Military/Associate Members:

Infants ages 0-18 months: \$15.00 per 3 hour block

Children ages 18 months and over: \$12.00 per 3 hour block

*\$6.00 per additional child in the same family, regardless of age.

*Please note: The regular rate will be applied to the youngest child, if more than one child is registered.

To register your child for child care, please call the ELC at 306-694-2222 ext. 5318.



Family Care Plan

A Family Care Plan is a mandatory Department of National Defence form that prepares families of Canadian Armed Forces members to be taken care of in case of unforeseen events, emergency callouts and planned deployment. By identifying primary and secondary caregivers who should be contacted in the event of an emergency or military tasking, your Family Care Plan supports your family in your absence.

Essentially, the Family Care Plan is a regularly updated exchange of information between your family and a Commanding Officer. A completed Family Care Plan is designed to support individual and unit operational readiness.

All Canadian Armed Forces personnel must complete the Family Care Plan (FCP) Declaration DND Form 2886. It isn't a legally binding document, but it is kept on the military member's file. Family Care Plans are protected under the Privacy Act.

For a copy of the "Form DND 2886, Family Care Plan (FCP) Declaration", please contact your orderly room.

Emergency Child Care

In times of crisis, normal levels of support may not be enough. As part of the Emergency Family Care Assistance (EFCA) Policy, Canadian Forces Morale and Welfare Services can provide military families with financial assistance to help offset costs associated with care of a family member.

Depending on the situation, you may need to cover the cost of services up front but you will be reimbursed. Reimbursements will be issued by either Military Family Services or the MFRC, but not by both. There is no cost to military families for using these services.

If you are in an emergency situation and you need more support, you can contact either:

Family Information Line – available 24/7

Call: 1-800-866-4546 (in Canada)

Call: 00-800-771-17722 (International)

Email: FIL@CAFconnection.ca

You will be guided through a series of questions to assess your eligibility for support under the EFCA policy. If you qualify for support, you will be provided with more information as well as a local service provider. If you do not qualify, they will redirect you to other possible support services.

During regular working hours, you may also contact the MFRC at 306-694-2273.

Parents & Tots

Come to the ELC and meet new people, enjoy refreshments and snacks for the children, sing songs, do crafts, and play with your child/children. This drop-in group is geared around toddlers, but all children ages 0-5 are welcome to attend and participate. During the warmer months, these sessions may be held outside at one of the parks in Bushell Park.

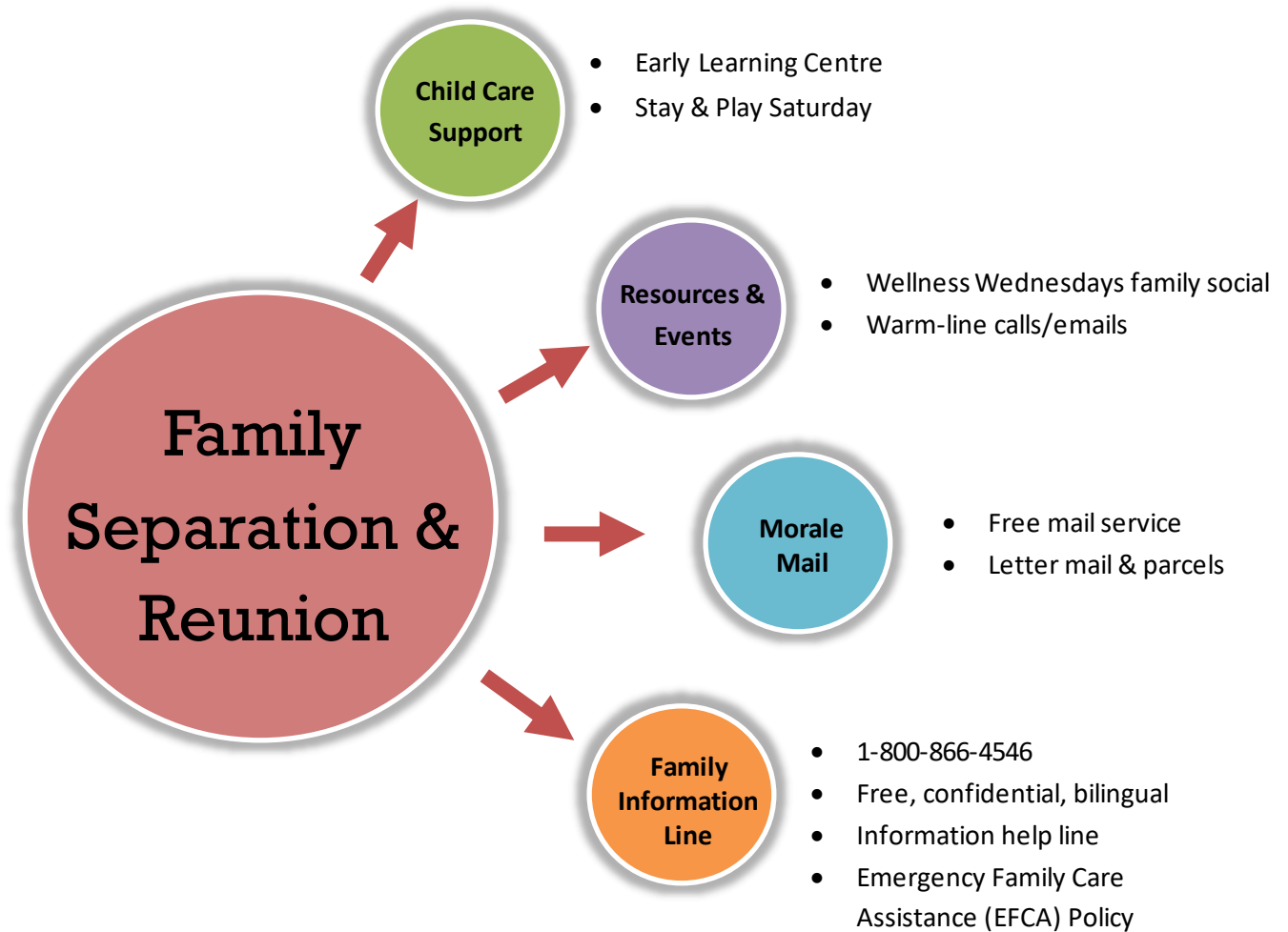
Time: Thursday 10:00-11:30am



For further details on Child Services, call the Front Desk at 306-694-2273 or email registrations@moosejawmfr.ca.

Family Separation & Reunion

Family Support Services Coordinator
306-694-2222 ext. 5324



Child Care Support

Single parenting for long periods of time can be a little overwhelming and sometimes a break might be necessary. When the CAF member is away, families can access a variety of services. All families experiencing an absence due to training or a deployment qualify for these programs.

Early Learning Centre (ELC) Program

Families of deployed members are eligible to receive a *3 hour block of free child care per week* at the ELC (ages 0 to kindergarten) in addition to a *3 hour block of half price child care per week*. Please call 306-694-2222 ext. 5318 to book your child in at the ELC and let the staff know that you would like to use the respite discount.

Stay and Play Saturday

This respite child care program is offered one Saturday a month at the ELC. The program is free for children of deployed CAF members. Pre-registration is required by calling the ELC at 306-694-2222 ext. 5318.

Emergency Family Care Assistance Policy

If you are in an emergency situation and you need more support, you can contact either:

Family Information Line – available 24/7

Call: 1-800-866-4546 (in Canada)

Call: 00-800-771-17722 (International)

Email: FIL@CAFconnection.ca

You will be guided through a series of questions to assess your eligibility for support under the EFCA policy. If you qualify for support, you will be provided with more information as well as a local service provider. If you do not qualify, they will redirect you to other possible support services.



During regular working hours, you may also contact the MFRC at 306-694-2273.

Resources & Events

Wellness Wednesdays/Deployed Family Social

Once a month, the MFRC gives spouses of deployed members a night off and a chance to relax and socialize with other military spouses in their community. This program is normally offered on a Wednesday evening at the MFRC. Child care is provided for deployed families. Please visit www.cfmws.ca/moose-jaw for the date of the next Wellness Wednesday family social.

Warm-Line Calls/Emails

Families experiencing a deployment may sign up for friendly check-in phone calls or emails from the Family Support Services Coordinator. If you would like us to maintain regular phone contact with you during the training or deployment, just let us know!

Morale Mail

Canadian Forces family members and friends are able to send letter mail and parcels to deployed CAF members free of charge. You can drop off your packages at the MFRC. Specific information, including requirements and restrictions, can be found at www.forces.gc.ca/en/write-to-the-troops/mailing-instructions.page.



Family Information Line

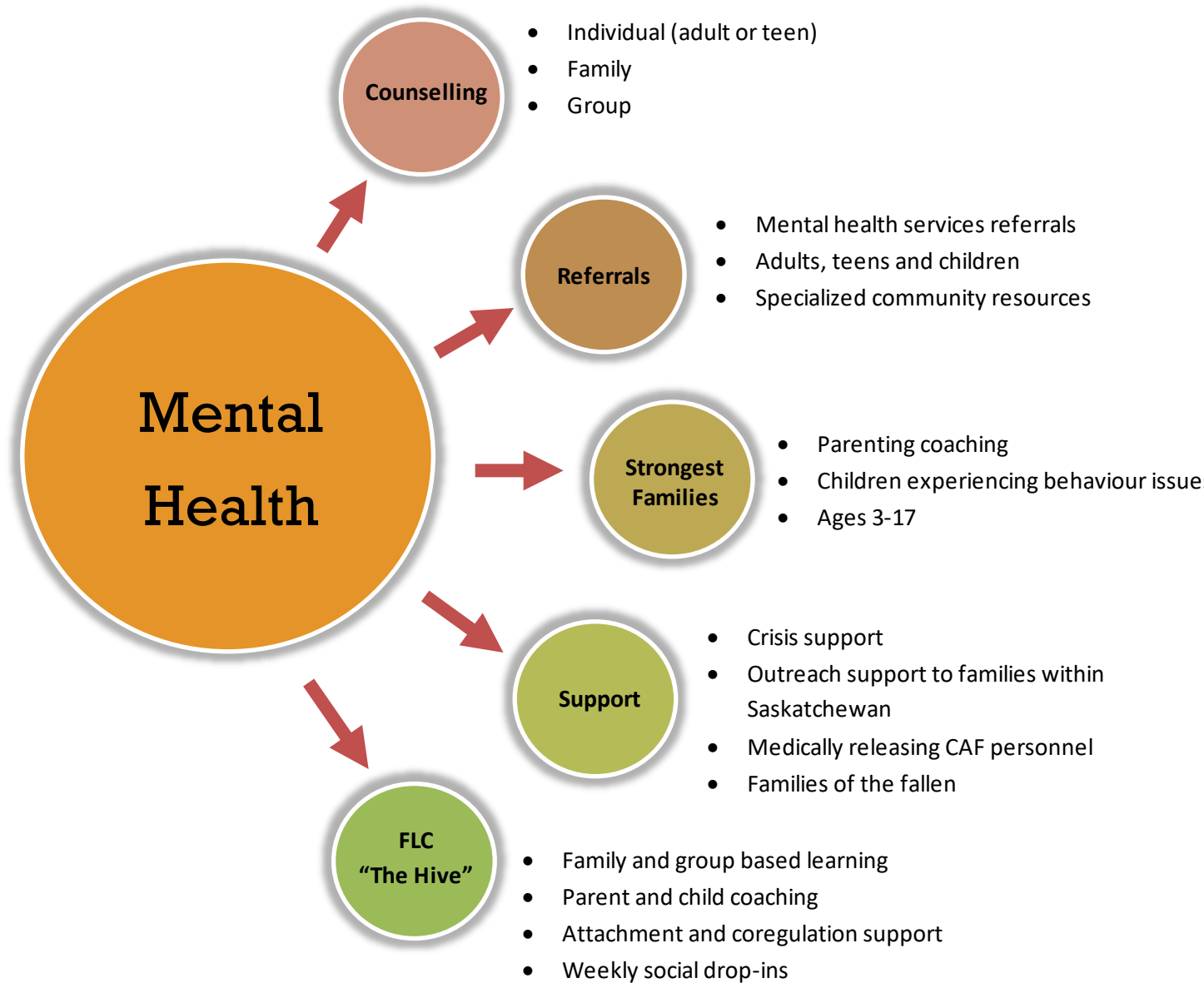
The Family Information (FIL) is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Why call or email the Family Information Line? Because they understand your military lifestyle. They have resources and want to support you. Their help is always free. They are there for you when it's tough and you just need to talk it out. They are also there to help you find answers to the questions that come up as a result of your military life. Call **1-800-866-4546** 24 hours a day, 7 days a week.



For further details on Family Support Services, call the Family Support Services Coordinator at 306-694-2222 ext. 5324 or email registrations@moosejawmfr.ca.

Mental Health Services

MFRC Social Worker
306-694-2222 ext. 2892



The Family Liaison Officer (FLO) is part of your local CAF Transition Centre. The FLO connects the two centres to ensure the widest variety of support is offered to military personnel and their families. The FLO provides a variety of free support including:

- Confidential individual and family counselling covering a wide range of areas – trauma; addictions; relationship matters; parental child conflict; adapting to change; personal growth; grief & loss; work-life balance.
- Referrals to mental health services for adults and children and community based programs
- Access to educational and preventative-based programs
- Outreach support to families within Saskatchewan
- Crisis Support
- Assistance in applying for emergency funding
- Support for caregivers and families coping with injuries, illness and loss (such as Operational Stress Injuries)
- Support to families of medically releasing CAF personnel
- Support to families of deceased CAF personnel

Strongest Families

Is your child or youth between the ages of 3-17? Are they experiencing behaviour issues or anxiety? Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. They provide timely care to families by teaching skills through their unique distance coaching approach – supporting families over the phone and internet in the comfort and privacy of their own home. Strongest Families provides family-centered care that is customized to their needs.



They can help with feelings like anxiety or anger that may arise due to the challenges of military life, particularly during deployment and training separations.



For further details on mental health services, please call the MFRC Office at 306-694-2273 or email registrations@moosejawmfr.ca.

Family Learning Centre “The Hive”

The FLC is available to military and veteran families and provides educational opportunities, counselling services, advocacy, referral and connection services to community supports. It is a space dedicated to providing wellness opportunities and fostering connection within yourself, family and community. It is a space built upon trust and safety for **ALL** with a passion towards diversity in all forms, accessibility and inclusion.

Examples of previous and future programming:

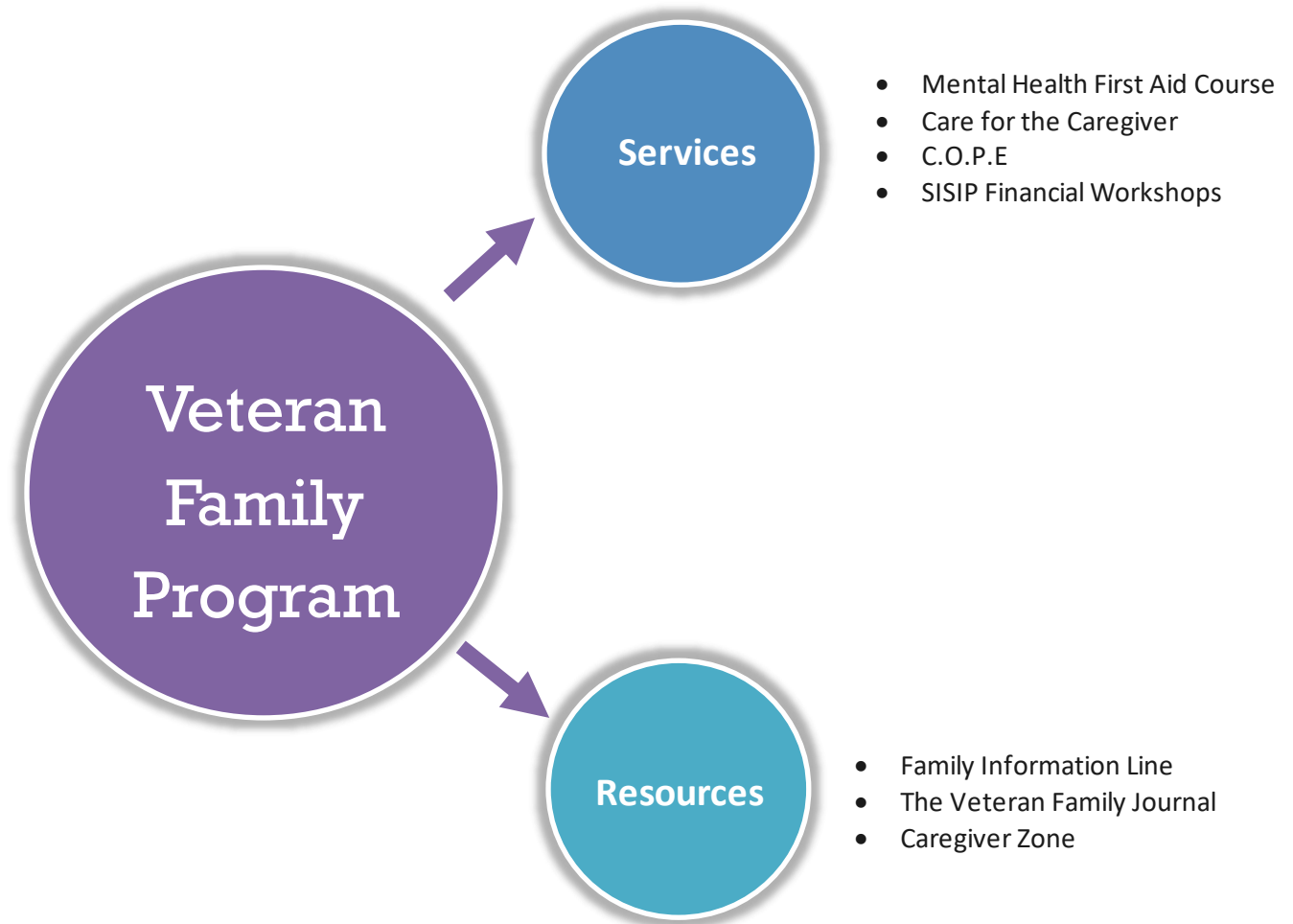
- Wellness workshops for the whole family (anxiety, self-esteem, grief and loss)
- Focus groups for adults (ANR, attachment and coregulation)
- Focus groups for children (Tame Your Worry Dragon and Insight Sprites: Neurodiversity Group)
- Support groups for deployed families
- Social drop in with organized programs (music and motion, joint curiosity, and attachment through movement)



For further details on mental health services, please call the MFRC Social Worker at 306-694-2222 ext. 2892 or email mentalhealthsupport@moosejawmfr.ca

Veteran Family Program

Veteran Family Program Coordinator
306-694-2222 ext. 5324



The Veteran Family Program

The Veteran Family Program (VFP) is a joint initiative between Veterans Affairs Canada and Military Family Services. The VFP is a bilingual service that provides support to medically-released Veterans and their families to effectively prepare for and transition to civilian life.

Services



Mental Health First Aid Course - an evidenced-based course that teaches participants to identify, understand, and respond to signs of mental illness and substance abuse disorders.

Care for the Caregiver - an online course which provides information about Operational Stress Injuries (OSI) as well as self-care tools to support individuals who are in a caregiver role to someone living with an OSI.



C.O.P.E. - a group-based, psycho-educational and counselling program for veterans of the CAF and their spouse/partner who are struggling with the effects of Post-Traumatic Stress Disorder (PTSD).

SISIP Financial Workshops - financial briefings to assist VFP audiences with their financial matters as they approach release and transition out of the CAF.



Resources



Family Information Line - trained [Family Information Line](#) counsellors offer confidential, bilingual information, referral and crisis support 24 hours a day, 7 days a week, and can help connect serving members, released Veterans and their families to resources. To speak with someone directly for any inquiries about the VFP, the Family Information Line can be reached at 1-800-866-4546.

The Veteran Family Journal - [The Veteran Family Journal](#) is a tool designed to assist medically releasing CAF members, medically released Veterans and their families in making a successful transition from military to civilian life. The Journal is unique to each family as it serves as a source of information and a reference for materials you can rely on as you transition from CAF member to Veteran status.



Caregiver Zone - developed by Veterans Affairs Canada, the [Caregiver Zone](#) features a suite of tools available to the caregiver, including a library, a community of sharing, caregiver coach support, and a list of services and resources.



For further details on veteran services, please call the Veteran Family Program Coordinator at 306-694-2222 ext. 5324 or email registrations@moosejawmfr.ca.

MFRC Community Resources

Second Language Training

The MFRC offers an online learning language program to provide extra assistance for those interested in learning a second language. The national curriculum for learning French is LRDG's "Pour l'amour du français" and "For the love of English" for learning English.

<https://cfmws.ca/support-services/education/second-language-training>



Career Assistance

CareerCOACH+ provides virtual and confidential career coaching, connecting military spouses/partners directly to a professional career coach for tailored support with career transition, development, and employment pursuits.

<https://cfmws.ca/support-services/employment/career-development/careercoach>

The Military Spousal Employment Network (MSEN) is an online hub that connects employer partners with a pan- Canadian presence to military partners/spouses seeking employment opportunities.

<https://cfmws.ca/support-services/employment/find-a-job>



For more information about the above resources, please call 306-694-2273.

