



Annual Report

APRIL 1, 2025 – MARCH 31, 2026



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Edmonton MFRC Board Members as of August 1, 2026

Our Path Forward

Our mission at the MFRC is simple: to make sure military families have the support, connections, and resources they need to meet every challenge with confidence. Serving in the Canadian Armed Forces is a commitment that touches the whole family. Behind every member is a family navigating a unique path—one that often includes long periods apart during deployments, frequent moves to new communities, solo parenting, injury, loss, and all the everyday uncertainties of military life.

The transition from 3 Canadian Division to 1 Canadian Division right here at CFB Edmonton will bring an influx of additional soldiers and families to our area. A growing military footprint means greater needs, but we are up for the challenge. We are ready to welcome these new families and ensure they have a strong support system from day one.

Looking ahead, our goal remains unchanged—to create a community where military and Veteran families truly feel supported, valued, and empowered to thrive. In the coming year, we will keep building on this momentum by expanding our reach, deepening local partnerships, and continually improving the care and programs we deliver.

Everything we do is possible thanks to the community around us. To our donors, supporters, and partners: thank you. Your belief in our mission and your generous support keeps us moving forward, finding new and better ways to build stronger military families.

Just as we depend on the support of our community, so too do we rely on the dedication of our Board of Directors, our volunteers, and the outstanding work of our Executive Director, Roza Parlin, and her staff. Thank you all for your unwavering dedication and hard work in supporting the military families.

With gratitude,

Kaetlyn Corbould

Board Chair, Edmonton MFRC

The MFRC at a Glance

ABOUT US

The Edmonton Military Family Resource Centre (MFRC) is a not-for-profit, charitable organization committed to enriching the lives of individuals and families in the Canadian Armed Forces (CAF) through positive action, education and support.

The Edmonton MFRC is the only local non-profit organization nationally mandated as the frontline service provider to Canadian military families.

Absences from family support systems, difficulties during deployments, solo parenting or coping with an injury or loss are realities for military families; realities which can have a significant impact on family well-being.

For over 35 years the MFRC has been committed to supporting military families as they navigate these unique challenges through programs and services in the areas of mental health and wellness, deployment support, community integration and outreach, relocation support to families as they move from one location to another, child and youth programs and support services, and preventative workshops and programs.

OUR STRUCTURE

The MFRC is governed by a volunteer Board of Directors comprised of military family members, CAF members, and ex-officio members. The MFRC depends on the talents and skills of these dedicated volunteers to make guiding decisions. At least 51% of the Board membership must be family members of full-time serving CAF personnel. 43 qualified staff from a variety of backgrounds direct and coordinate MFRC programs and services.

MISSION

The Edmonton Military Family Resource Centre supports military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

CORE VALUE STATEMENT

Strong military families are the foundation of the Canadian Armed Forces.





RELOCATIONS

Postings can be a difficult and emotional time. Information and referral services are available for military families who are moving and settling into their new community.



ABSENCES

Deployments and work-related absences can be difficult, not only for the person deploying, but for those who are left behind. Military families can access support through essential programs and services before, during and after an absence.



TRANSITIONS

Moving to civilian life and releasing from the military can be challenging for not only the member but also for the family, and even more so when the release is the result of an illness or injury. Support is provided to help ease that transition for both the releasing member and the Veteran family through enhanced information and referral services, and specialized transition programs.

Relocations

COMMUNITY INTEGRATION

Military members move often to get a wide range of training and experience. The faster a military family gets settled into and connected with their new community, the better they fare.

The Relocation Team distributed pre-posting packages, information on the Edmonton area and welcome packages for singles or families that are customized for new baby, youth and/or pets to 947 individuals. In addition, our Relocation team provided referral and navigational support to newly posted in members by reaching out to their families with welcome calls and emails.

In 2025/26 the MFRC held its first Holiday Maker's Market, a craft market open exclusively to CAF affiliated entrepreneurs. The program showcases the creativity of the military community while helping vendors grow their clientele and raise awareness of military community-owned businesses.

In addition, the Community Meet Ups program and annual events such as Fall Fest, Teal Up Day and Holly Jolly continue to be well-attended by individuals looking to connect with others in the military community.

OUTREACH

Raising awareness of the MFRC and ensuring we are a part of our community is crucial to helping families know how we are there to support them.

The MFRC's e-newsletter and social media channels continue to be an effective way to reach families, as well as briefings with military and community groups. The MFRC e-newsletter was distributed to 15,783 individuals, and MFRC social media channels reached 340,630 people with 8,300 engagements and 1,234,400 views.

Our MFRC staff delivered 51 briefings and presentations, as well as attended 25 community outreach activities to connect with military and Veteran families throughout the fiscal year.

Event organizers and community partners generously donated 956 tickets to entertainment events which helped families explore their community.

SUPPORT FOR FAMILIES WITH DISABILITIES

From the point a family is posted to Edmonton to well after they've moved in, the MFRC provides assistance for families as supports for persons with disabilities differs greatly between provinces.

The MFRC helps families navigate what programs, services and financial support are available, and connects families with local support systems to suit their needs. In 2025/26, 35 families received one-one-one support through persons with disabilities services. In addition, the MFRC collaborated with Inclusion Alberta to send families to the Inclusion Alberta Family Conference to help deepen their knowledge and commitment to assisting their children with intellectual disabilities to live fully inclusive lives in the community.

EDUCATION AND EMPLOYMENT

Military families relocating to a new community may need support for education, employment or entrepreneurship.

The MFRC helped individuals with resume updates, job search strategies, employment agency referrals, and entrepreneurial resources to those interested in owning a business.

In 2025/26, the MFRC once again offered in-person Practicum Students through partnerships with CDI, MacEwan University, University of Alberta and VanGuard College. 7 practicum students completed nearly 367 hours in the areas of Child Care, Child & Youth and Human Ecology.

FRENCH SERVICES

Relocating to a new community where the language is unfamiliar to you can be challenging. The MFRC provides information and resources to connect military families to the local Francophone community and offers self-directed online English/French language training.

To help our Francophone community feel at home, the MFRC hosted and attended events in celebration of French heritage and culture such as Saint-Jean Baptiste and Sugar Shack.

In 2025/26, French Services introduced Conversation Franco Fun, a new weekly conversation group to help clients improve their French language skills, become more confident, navigate social interactions more easily and make connections with others in the community. In total, 65 individuals accessed and attended French language programs and classes.



The MFRC Conversation Franco Fun is an excellent program which provides an inclusive, relaxed and free environment to French lovers. It is an opportunity both to practice French and make new friends. I lived in Montreal for a while a long time ago and learned to speak some French, however I didn't have a chance to practice it after I left Montreal. Franco Fun gave me the opportunity to recall and practice French. I benefited from the program and I had fun."

- Anonymous

Absences

Military families face frequent postings across the country, exercises and deployments. On average, military members spend one quarter of their service time away from home on duties which include training, courses, military exercises, and deployments.

During deployment, families and loved ones may face challenges of being separated. Returning home from deployment can also be challenging in a variety of ways - not only adjusting to a new routine, but also from experiences while deployed.

In the 2025/26, the MFRC Deployment Team once again supported families through a high volume of deployments by providing check-ins, meetings, briefings, workshops, referrals, and resources such as Deployment Readiness binders.

In addition, the high operational tempo increased the need for more frequent and meaningful interaction with the units. This was essential to ensure that families continued to feel supported, connected, and reassured throughout periods of separation and uncertainty. Maintaining regular communication and engagement helped reinforce a sense of stability and assure families that they were not facing these challenges alone. It also allowed for a greater understanding of the unique concerns and needs of each unit, enabling support to be provided in a timelier and more responsive manner.

Connecting more frequently with the units also allowed the Team to tailor its absences programs to meet the needs of the families. OP Coffee and Canvas and Connection Paint Nights continued to help families build their support system amongst peers within the military community, access valuable resources and information, and develop skills to support their well-being.

New this fiscal year, the team helped families stay connected with loved ones overseas by introducing a partnership with Base Mail for Morale Mail. The MFRC now offers mailing guidance, packing supplies, and a convenient drop-off location at the MFRC for families wanting to send care packages to deployed members free of charge.

2,317

**individuals accessed
deployment and
absences services**

1,183

**hours of direct client care
to families before, during
and after deployment**

735

**deploying or returning
personnel and their
families were supported
at departures
and arrivals**

372

**individuals visited the
MFRC prior to their
absence or deployment**

Child and Youth

CHILD CARE

The MFRC's licensed Daycare, Playschool and Terrific Twos and Threes programs provide an inclusive, encouraging environment for children ages 12 months to six years to learn through play. All the programs are eligible for child care grants and fee subsidies that can reduce the amount families pay per month. Programming includes art, music, story time, field trips and physical activity.

CHILD CARE NAVIGATION

With frequent moves to new locations and family members often away for work, military families face unique challenges when it comes to accessing child care services.

The MFRC provides navigational support to military families who are experiencing child care related challenges by sharing tools, resources and information to assist them in their search for child care options in the community. This includes child care and teen babysitter registry lists to assist families who were looking for private and licensed child care and/or babysitting services in the Edmonton area.

CHILD AND YOUTH PROGRAMMING

The MFRC offers a variety of activities and programs to promote healthy child and youth development as well as parenting support programs.

In 2025/26, the MFRC welcomed 118 new clients to our child and youth programs for ages 0-17. The MFRC child, youth and parented programs continued to see consistent attendance throughout the fiscal year. The child age group 6-8 even saw an increase in attendance, and the youth in the 12-15 age group expressed their enjoyment to have a regular, safe space to come to and just be themselves.

New in 2025/26, the MFRC introduced Child Care Programming to assist parents/guardians and remove barriers to being able to access and attend MFRC adult programs.

In addition, the MFRC saw the return of parent/caregiver workshops and offered a program facilitated by the YMCA of Northern Alberta called The Whole Brain Child. The program facilitated connections and conversations between families who attended, as well as helped MFRC staff gain perspective on future workshop topics of interest.

432

individuals
accessed child,
youth and
parented
programs and
services

1,182

children, youth
and teens visted
the MFRC youth
centre for our
Youth Drop-In
program

1,673

families attended
community
intergration and
engagement
events at
the MFRC

9,108

requests
for support,
information and
assistance were
received from
military families

Mental Health and Wellness

Military and Veteran families face unique barriers and due to the nature of the military lifestyle, navigating some of these challenges can be isolating.

The MFRC Mental Health and Wellness Team offers confidential, short-term counselling and crisis support for military family members, with immediate intake and no waitlist.

In 2025/26, the Mental Health Team once again offered its Pregnancy Support Group program with the addition of a six-part series component focusing on the domains of wellness for pregnancy and post-partum. The program was successful both in numbers and participant satisfaction.

An increase in counselling services over the fiscal year was noted, particularly with clients seeking counselling services in French. Between the four team members, 50% of their time was dedicated just to direct client contact on average each month.

Each year, the MFRC and other base partners worked to raise awareness of the national Healthy Relationships Campaign which provides resources to CAF members and their families on how to navigate their everyday relationships.

EMERGENCY FAMILY CARE ASSISTANCE (EFCA)

Military families are encouraged to have a Family Care Plan (FCP) to support their child care needs when the member is required to be at work. Even with a plan in place, families may sometimes face situations where conditions of service in the CAF prove too challenging for the FCP to accommodate. When this happens, additional child care support may be available through the MFRC by way of subsidizing a child care request through direct child care services, expense reimbursement or through the coordination of independent care services on a short-term basis.

TRANSITIONS

The transition from military to civilian life can be complex, and the MFRC helps medically releasing members, Veterans and their families through this time.

FAMILY LIASON OFFICER

Family members who are coping with a military member's illness, injury or death can work with the MFRC Family Liaison Officer (FLO) for free short-term assistance throughout a members' recovery, rehabilitation, reintegration or transition.

The MFRC FLO is located within the MFRC and the Transition Centre (TC) to support the TC team in delivering standardized yet tailored, consistent care, service, and support.

VETERAN FAMILY PROGRAM

The MFRC supports medically releasing CAF members, medically releasing Veterans, and their families by helping to ease the transition and provide enhanced information and referral services, specialized transition programs, access to community-based education and prevention programs, supports and services.

Through community partnerships, the VFPC attended several community engagement and outreach activities in support of Veteran families.

In addition, the Mental Health First Aid (MHFA) program was well-attended in-person and certified 25 new Mental Health First Aiders.

142

new adult
and youth
counselling
clients

311

individuals
accessed mental
health programs
and services

408

hours of care
through the EFCA
program for
10 families

2,615

hours of direct
client care to
military and
Veteran families



“As parents of a fallen soldier, we have the deepest gratitude for the unwavering support, compassion and kindness that the MFRC has shown our family. Because of the support we have received, we feel a deep responsibility to give back through volunteering and donating. This is our way of helping to ensure that other military families continue to receive the same care and encouragement that has meant so much to us.”

- Armande and Robin McCormack

Funding Our Vision

The MFRC is funded through four separate but equally important sources: the CFB Edmonton Base Commander; Military Family Services (MFS); program fees/other; and fund development.

BASE COMMANDER

10% of the annual operating budget came from the Base Commander. This funding is directed to site-specific and enhanced mandated services.

MILITARY AND FAMILY SERVICES (MFS)

Military and Veteran Family Services (MFSVP), a division of Canadian Forces Morale and Welfare Services (CFMWS), provides 48% of the annual operating budget to enable the MFRC to implement the Military and Veteran Family Services Program and support Canadian Armed Forces (CAF) and Veteran families.

Funding is provided for mandated services set out in the annual funding application submitted to MFS. This process ensures that all military families may access similar programs of consistent quality at any CAF base. These mandated services for 2025/26 included support in the areas of:

- Absences and deployment
- Relocations
- Mental health and wellness
- Child and youth development
- Veteran family program

PROGRAM FEES AND OTHER FUNDING

27% of the annual operating budget came from provincial funding and fees collected directly from families enrolled in user-funded programs and services.

FUNDRAISING

15% of the annual operating budget came from funds raised through a variety of sources including donations, proceeds from the sale of yellow ribbon merchandise, and special events.

FUND DEVELOPMENT

2025/26 was a successful year for our annual fundraising events and third-party activities which allows the MFRC to continue to provide programs and services our military families rely upon. The 19th Annual Yellow Ribbon Gala and Silent Auction was held in October to bring public awareness about the importance of supporting military families.

The MFRC extends its gratitude to the individuals within our community who consistently purchase Yellow Ribbon merchandise and ornaments, demonstrating unwavering support for military families.

48%

**Military Family
Services**

27%

Provincial Funding

15%

Fundraising

10%

Base Commander



\$62,153

Yellow Ribbon Gala Dinner



\$9,610

RCA Band Holiday
Ornament Sales



\$19,260

Third-Party
Golf Tournaments



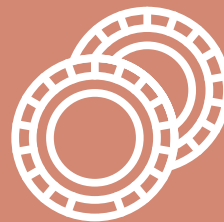
\$5,250

Other Fundraising
Initiatives



\$2,000

Fountain Head
Tattoo Fundraiser



\$11,535

Gaming
Funds



\$9,530

Boston Pizza
Albany Fundraiser



\$18,829

Base Commander's
Golf Tournament

Our Giving Community

The support of our sponsors and donors is critical to the MFRC's ability to maintain the existing quality of essential programs and services. Thank you to the individuals and corporate sponsors for their generous support of the MFRC during the 2025/2026 fiscal year!

Every effort has been made to ensure recognition for all sponsors and donors who contributed this fiscal year. If any errors or omissions have occurred; please contact MFRC Fund Development at 780-973-4011 ext. 528-6324.

\$15,000+

Edmonton Salutes

\$5,000 - \$14,999

Army, Navy, Air Force Veterans
Assoc. Sir Winston Churchill Unit #3
Boston Pizza Foundation
Canadian Corps of Commissionaires
Northern Alberta Division
Cox Charitable Foundation
Edmonton Regional Search
& Rescue Association
First in the Field Board
The South Alberta Light Horse
Regiment Foundation

\$1,000 - \$4,999

Alan Markewicz
Arbour Memorial-Evergreen Funeral
Associated Engineering AB. Ltd
Bart Hunter
Boston Pizza Foundation
Canada Lands Company
City of Fort Saskatchewan
Doug & Joanne Edgar
Edmonton Institution Officer Relief Fund
Hark Strategic Insight
Kal Tire
Kim Petrin
Kristel Best
Memories Funeral Home
Re/Max Melville Real Estate
Robin & Armande McCormack
Ron Hodgson GMC Chevrolet
Royal Canadian Legion Branch #37
The Fountainhead Tattoo St. Albert
The Toronto Dominion Bank
Wolfe GMC Buick Edmonton

\$100 - \$999

2028089 Alberta Ltd.
Alisa Laliberte
Andrew Lions Club
Bank of Montreal
Bob McKerrarcher
Cathy Maniego
Charities Aid Foundation of Canada
Cheryl Fuhrer
Cindy Rae Tanguay
Connie Wyman
Conrad Bodnar
Darcia Arndt
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Deanna Strang
Deborah Bronnum
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His Honourable Zaheerali Lakhani
Integrated Strategic Partnership
Janice Petrich
Jay Baraniecki
Jean Tredget
Jean Tredget
Jean-Pierre Buisson
Jodi Mypuik
John & Sandra Hulleman
Kevin Carson
Ladies Auxiliary to the Royal Canadian
Legion #86
LCol John Southen
LGen Paul Wynnyk (Ret'd)
Mark Comerford
Mayor Alanna Hnatiw
Melissa Flaherty
Michael Killick
Nancy Moore

Natasha Martin
Nicole Chapdelaine
Patty & Bob Peel
Robert & Carol Synder
Robert Dunn
Robert Holowenko
Robyn Henwood
Sharlene Kumar
Shawn Stevens
Sherry Clark
Stephen Parker
Susan Hokanson
Thomas & Pamela Acheson
Tom Taylor
United Way Capital Region
United Way Winnipeg
Warren Driechel
William Patton



Supporting the Edmonton Military Family Resource Centre is an investment in the strength, resilience and well-being of the military and Veteran families who are foundation of the Canadian Armed Forces and important members of our communities. Commissionaires' mandate is closely aligned with serving those who have served Canada and we are proud to contribute to an organization that provides such meaningful resources, connections and support to military families when they need it most."

- Nick Grimshaw, CEO Commissionaires Northern Alberta Division

Military Families. Strength Behind the Uniform.