



# HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)  
**MAY 2024 Updates**

## SUPPORT OUR TROOPS – NATIONAL SCHOLARSHIP PROGRAM:



Due to the unique circumstances of military life, funds for pursuing post-secondary education are a significant barrier for many Canadian Armed Forces (CAF) families. The National Scholarship Program works to remove some of those barriers.

The application portal for the Support Our Troops National Scholarship Program will open on **May 1, 2024**, at 8 a.m. and close on **July 18, 2024**, at 5 p.m. EST.

### Scholarships:

A minimum of seventy-five (75) scholarships are available, ranging between \$500 and \$5000 in value. Information and application forms can be found at:

<https://www.supportourtroops.ca/Get-Support/Education/Scholarships>

## VIRTUAL WORKSHOP: MILITARY 101

### Virtual Workshop: Military 101



**DATE:** TUESDAY MAY 7, 2024

**TIME:** 6:30PM to 8:00PM

**COST:** FREE

**LOCATION:** VIRTUAL/ONLINE

**REGISTRATION DEADLINE:**

TUESDAY MAY 7, 2024

When a member of your family joins the military, it can sometimes be a confusing new world to understand. This fun and interactive workshop offers an introduction to the military and the military lifestyle.

**Topics will include:** an overview of the Canadian Armed Forces, rank structure, acronyms, and abbreviations and much more! This is an adult program for ages 19yrs+.

Parents of members, partners/spouses of members, adult children, and friends of members are welcome to attend. **Register by following this link or call (902)427-7788 for information:**

<https://us02web.zoom.us/meeting/register/tZUqdemvqTotHN36gFsAA2v55Q2qtwCFPsN2>

## UFR TRAINING:



### CONGRATULATIONS TO THE FOLLOWING CAF MEMBERS WHO SUCCESSFULLY COMPLETED THE MARCH TRAINING!

Cpl Joy Geizer, Lt(N) Graeme Carruth, Lt(N) Graham Stark, Sgt John Houlahan, Pte Sandara Dixon, MCpl Glen Whiston, MCpl Marie Leblanc, WO Jim Haste, Sgt Jonathan Gunn, Sgt Joanne Henneberry, MCpl Amanda Shain, MS Matthew Buist, S3 Lisa Jewers, PO2 Scott Hickman, Cpl Molly Hoppers, CP01 Brent Williamson, CP01 Steve Clark.

### NEXT UFR TRAINING DATES:

- Thursday May 23, 8:30am to 12pm - HFX MFRC
- Wednesday September 25, 8:30am to 12pm - HFX MFRC
- Thursday November 14, 8:30am to 12pm - SHW MFRC

If you have yet to receive your half-day UFR training, please contact Jill to register at [ufr@hrmfrc.ca](mailto:ufr@hrmfrc.ca)

Visit the UFR Portal on our website for an active list of UFR contacts, FAQ's and terms of reference.

<https://cfmws.ca/halifax/halifax-region-military-family-resource-centre/h-r-mfrc-about-us/ufr>

## H&R MFRC ABOUT US

The H&R MFRC has supported military families in our region for over 30 years. We are a community organization, governed by military family members, that works in partnership with military families, the Canadian Armed Forces (CAF), and Military Family Services (MFS) to deliver programs and services to children, youth, adults and families.



<a href="#">H&amp;R MFRC JOIN OUR TEAM!</a> →	<a href="#">H&amp;R MFRC FAMILY CENTRED APPROACH</a> →
<a href="#">H&amp;R MFRC BOARD OF DIRECTORS</a> →	<a href="#">H&amp;R MFRC REQUEST A BRIEFING</a> →
<a href="#">H&amp;R MFRC STAFF DIRECTORY</a> →	<a href="#">H&amp;R MFRC UNIT FAMILY REPRESENTATIVE (UFR)</a> →
<a href="#">SUPPORT THE H&amp;R MFRC</a> →	



CLICK HERE

Email: [info@hrmfrc.ca](mailto:info@hrmfrc.ca)

Phone: 902-427-7788  
Toll free: 1-888-753-8827

H&R MFRC General Enquiries:  
Monday - Friday: 7am - 5pm

After hours URGENT calls only:  
Monday - Friday: 5pm - 7am,  
weekends and holidays

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

## MFRC HENDERSON SWEETMAN YOUTH CENTRE

Ideal for ages 8 to 18, youth programs provide a safe and structured environment to learn valuable skills, discover new interests, and connect with other youth from military families. Staff who express care, challenge growth, support, share power and expand possibilities is integral to the support we provide youth.

The Henderson Sweetman Youth Centre, also known as the YC, is located at the Shearwater site, H&R MFRC. It is a supervised youth centre with a variety of drop-in times and scheduled programming.

There is an annual membership fee for youth, which is \$50\*. This fee is to offset costs at the YC; it allows youth to have access to over 280 hours of Open Drop-In times and programs, such as Trivia, Nerf Night, Dungeons & Dragons, Teen Nights, field trips, youth committee, holiday themed activities like pumpkin carving for Halloween, etc. Specific programs like Cooking Class, may have a nominal fee to offset the cost of supplies/materials.

*\*We don't want the fee to be a barrier for youth to join the YC, so reach out to our Youth Coordinator for more information.*



Check Out the Youth Centre



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Visit the Youth Centre 'virtually' via this introductory video on YouTube:

<https://youtu.be/-961zVAzuFc?si=cMP-LDeuWku3gP-Y>




**Open Drop-In:** Looking to kick back and relax? What better way to do so than to come out to the YC for Open Drop-in. This is a safe space for youth to hang out with friends to play with our sports equipment, football, video games, board games, and it's a creative space with paint and craft supplies. All this and more is available during our drop-in times. Respecting the COVID-19 protocols, we ask that you register for drop-ins.  
**Dates:** Fridays 4-6pm and Sundays 3-6pm  
**Price:** Free for members

**Trivia Night | KAHOOT!** Who created Fortnite? What is Superman's weakness? Consider yourself a knowledgeable youth? Then come join us at the YC for Trivia Night: testing your general knowledge of popular youth topics – fun guaranteed! Register online today! This is a tech, friendly program requiring youth to bring their own devices. Please reach out to Hannah for more information.  
**Date:** Thursday, May 9th | 6-8pm | In-person or Online (Discord)

**Park Adventure Time:** Join the YC staff as we take our program outdoors and explore our local community spaces! Bring your walking shoes as we take an afternoon to enjoy a stroll through Cole Harbour Heritage Park. Try your hand at Geocache or just appreciate what nature has to offer! For more information, reach out to [Hannah](#)! Register online today!  
**Date:** Saturday, May 11th | 3-5pm  
**Location:** Cole Harbour Heritage Park

**Popcorn & PJs:** Hang out and relax with your peers in your cozy clothes or pajamas. We'll put some fresh kettle corn on and spend time connecting! Registration Required. For more information, please reach out to Hannah  
**Date:** Saturday, May 25th | 6-8pm



**YOUTH VOLUNTEER AWARD**

Congratulations to Fred H. for receiving the H&R MFRC Youth Volunteer of the Year Award 2023-2024

H&R MFRC CRFM H&R

Payments can be made online at <https://www.halifaxmfrcc.ca/store> or through the main offices. Programs may be changed or cancelled due to low registration or inclement weather.

Monthly program calendar, membership form, parent handbook and more can be found on our website:

<https://halifaxmfrcc.ca/index.php/en/children-and-parents/youth>

Current calendar scan the QR code



Scan for info & to register

For more information, please contact Hannah Purcell, Youth Centre Coordinator, at (902) 720-1776 or by email: [hannah.purcell@hrmfrc.ca](mailto:hannah.purcell@hrmfrc.ca)

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