



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)
MARCH 2026

Spring Is Around the Corner — and So Are Some New MFRC Programs!

As we soon welcome the change of season, the Halifax & Region Military Family Resource Centre is excited to share a lineup of new programs designed to support our military families this spring.

With another posting season underway, we want to remind you that our **Relocation Military Family Navigator** is here to help. Whether you're arriving in Nova Scotia or preparing for a move elsewhere, our team can connect you with MFRC staff across the country to ensure a smooth and supported transition. If you or someone you know could benefit from relocation support, please don't hesitate to reach out. We're here to help every step of the way. Appointments can be made by phone, in person, and online. Call: 902-427-7788 or Email: militaryfamilynavigator@hrmfrc.ca
Web Site: <https://cfmws.ca/halifax/relocating-to-halifax>

NEW -Coffee Catch Up! Social

Friday March 20th –6:00pm to 8:00pm - Shearwater MFRC Site

Pre-registration Required:

https://www.hrmfrc.ca/store/view_class.php?id=9850

Take a break from the routine and join us for a cozy evening gathering. Enjoy meaningful conversations, new connections, and a warm cup of coffee in a supportive, stress-free space.

**NEW –
COFFEE CATCH-UP!
SOCIAL**



NEW -Military Fathers & Kids Social Group

Saturday's starting April 18th - 10am to 12pm – Shearwater MFRC Site

Pe-registration Required: <https://www.hrmfrc.ca/store/calendar.php?m=4&y=2026&id=>

**NEW –
MILITARY FATHERS
& KIDS
SOCIAL GROUP**



HALIFAX & REGION MFRC

This Military Fathers & Kids Social Group is a relaxed, welcoming space for military-connected fathers, father figures and their children of all ages to connect, play, and build community together. The group is designed to support both dads and kids by creating opportunities for connection with others who understand the unique experiences of military family life.

Whether you're attending with a baby, toddler, school-aged child, or teen, this group offers a casual environment where children can engage at their own pace and fathers can connect through shared experiences and conversation. There's no pressure and no expectations — just a chance to spend quality time with your kids while building meaningful connections with other military families. Come as you are, bring your kids, and enjoy a space that values connection, understanding, and community.

NEW – Craft and Chat:

Last Sunday of the Month –

March 29th - Shearwater MFRC Site- 2pm to 4pm

Pre-registration:

<https://www.hrmfrc.ca/store/calendar.php?m=3&y=2026&id=>

Looking for a time away to unleash your creativity? Perhaps you're not into crafting but would love to meet other military families and engage in adult conversation? Join us for Creative Connections! Crafters can bring their projects while we provide workstations, cozy chatting spaces, background music, and refreshments for a relaxing afternoon. Unsure about your project? Explore these local craft kits for inspiration! Projects | Urban Rustic DIY / Halifax NS - All About Grab & Go Kits | Halifax Public Libraries - Craft Kits (madeinthemaritimes.com)

CRAFT & CHAT SOCIAL GROUP



MORALE MAIL



MORALE MAIL DROP OFF

We understand that morale mail plays a significant role during deployments, and dropping off packages within our regular business hours may pose challenges for some families.

To provide additional support, we will have extended hours on the following dates for families to drop off their Morale Mail Packages:

- Monday March 9th from 5:00pm to 7:00pm – Halifax MFRC Site
- Friday March 20th from 6:00pm to 8:00pm – Shearwater MFRC Site

HMCS CHARLOTTETOWN PARENTS OF CANADIAN ARMED FORCES MEMBERS VIRTUAL SOCIAL:

Wednesday March 18th -7:30pm to 8:30pm, AST

Is your child deployed with HMCS Charlottetown? Join us for a virtual gathering where you can connect with other parents who understand the unique journey of supporting a CAF member. This is a chance to share your experiences, exchange tips, and find support in a friendly and welcoming environment. Let's come together to build a supportive community and share our stories

Register here:

<https://us02web.zoom.us/meeting/register/CdhzPVVwRHGLIFURq7LRMQ>

PARENTS OF CANADIAN ARMED FORCES MEMBERS VIRTUAL SOCIAL



TEAL UP – APRIL IS MONTH OF THE MILITARY CHILD

April is the Month of the Military Child, established to recognize and thank children from military families for the sacrifices they make living the military lifestyle.



Why the colour teal?

The colour teal was chosen to represent children from military families because it incorporates the colours of the three branches of the Canadian Armed Forces: blue for the Air Force, green for the Army and navy/white for the Navy.

Why is the dandelion used as a symbol?

"Dandelions are a unique flower. They have the ability to grant wishes, are able to grow wherever the wind takes them. Just like these resilient flowers, military children are also unique, which makes the dandelion the official flower of the military child." - Canadian Military Family Magazine

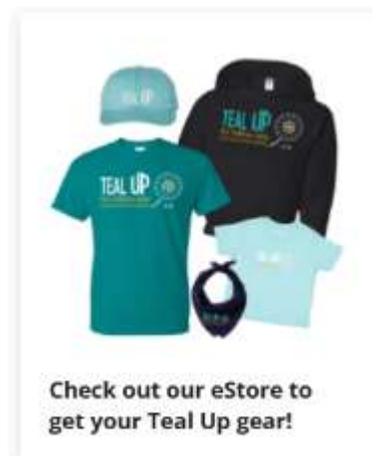
Join us!

Our H&R MFRC staff will be participating in "Teal UP Tuesdays" for the month of April, wearing our teal t-shirts each Tuesday during the Month of the Military Child. Share a photo of yourself wearing teal on social media and let others know that you support children from military families! Be sure to tag us (@hrmfrc) in the post and use #TealUp.

Want to get Teal Up clothing for you and your family? Check out our eStore!

https://mfr.fundytextile.com/halifax_region_military_family_shop/home

**Orders placed before March 12th will be available at the April 1st Kick-off event.*



Check out our eStore to get your Teal Up gear!

FRANCOPHONE



Souper francophone pour adultes

Friday March 27th – 6:30pm to 9:30pm

Register in advance: https://www.hrmfrc.ca/store/view_class.php?id=9893

Every last Friday of the month, francophone military families are invited to join us at a local restaurant in the Greater Halifax area to share a meal in a warm and friendly atmosphere.

It's a great opportunity to meet other francophone families, enjoy relaxed conversations, and build connections while having fun!

VETERAN FAMILY TELEMEDICINE SERVICE

Update: In 2026, the Veteran Family Telemedicine Service was extended to **provide an additional year of access** to Maple for currently registered users. Eligibility was also expanded to include all eligible Veterans, their families, and survivors, not just those who were medically released.



The Veteran Family Telemedicine Service connects qualifying Veterans of the Canadian Armed Forces, their families and survivors to [Maple](#), a national virtual care network of licensed physicians, nurse practitioners and healthcare providers. It provides Veterans and their families who do not have a primary healthcare provider with access to virtual health care. This service helps ensure timely access to a primary care provider, particularly during the transition to life after service.

Eligible Veterans of the Canadian Armed Forces, their families and surviving family members of deceased Canadian Armed Forces members who released on or after 1 April 2025.

<https://veterans.gc.ca/en/families-and-caregivers/health-programs-and-services/telemedicine-service>

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.

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



2026 UFR TRAINING DATES:

Training is 4 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** – Friday March 06, 2026– 8am to 12pm
In-Person @ HFX MFRC SITE / Free Parking
2. **HALIFAX** – Wednesday April 22, 2026– 8am to 12pm
In-Person @ HFX MFRC SITE / Free Parking
3. **HALIFAX** – Thursday November 26, 2026 – 8am to 12pm

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



H&R MFRC COMMUNITY PANTRY

All military and Veteran families can access the community pantry anonymously.



The Community Pantry offers pantry staples and nutritious food items to those facing financial challenges from the high cost of living. The service is aimed at supporting families who are experiencing financial stress or hardship, as well as extreme weather events, family breakdowns, and other unplanned emergencies.

The Community Pantry is filled with non-perishable food items such as cereals, soups, snacks, and other staple items. We will stock the pantry based on ongoing solicited feedback to ensure this service is tailored based on what we hear from families. Walk-ins are

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

- Halifax site (6393 Homefire Crescent, Halifax)
- Shearwater site (30 Provider Road, Shearwater)

Community Feedback:

- We cannot thank you enough for this service.
- Trying to feed my kids but its hard. Thank you!
- It helped me 100%.
- Absolutely helped us-lifesaver.

