



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR) FALL 2024 Updates



Happy Fall Everyone!

It's a busy time of year for everyone, and it just seems we were finishing summer not that long ago. In this edition of the UFR Newsletter, we're focusing on some up-and-coming programming that may be of interest to CAF members and families in your unit as well as providing reminders about the Community Pantry and the annual Op Dasher holiday program. Plus, don't forget to invite the MFRC to offer an information briefing at your unit. And lastly, we're hosting a UFR Social & Lunch and hope to see you there!

Best regards,

Jill Clarke

Community Liaison, H&R MFRC

REMEMBRANCE DAY

Remembrance Day Light Projection Show

You can also see the Remembrance Day light projection show taking place on the old Halifax Memorial Library Building at Grafton Park from November 8-11, from 5:30 - 11 pm.



Remembrance Day Ceremony, Grand Parade

The Remembrance Day Ceremony will take place in Grand Parade (1841 Argyle Street) at 11 am. The general public is invited to attend this service to honour and remember all of Canada's Veterans.

Remembrance Day Commemoration, Halifax Citadel National Historic Site

Starting at 11 am, the 1st Field Artillery Regiment will fire a 21-gun salute at the front entrance of the Halifax Citadel followed by the firing of the noon gun. The Halifax Citadel will be open on November 11 from 9 am - 5 pm, and the Army Museum will be open from 10 am - 2 pm. Admission is free.

For more information about Remembrance Day activities in HRM, visit:

<https://downtownhalifax.ca/november>



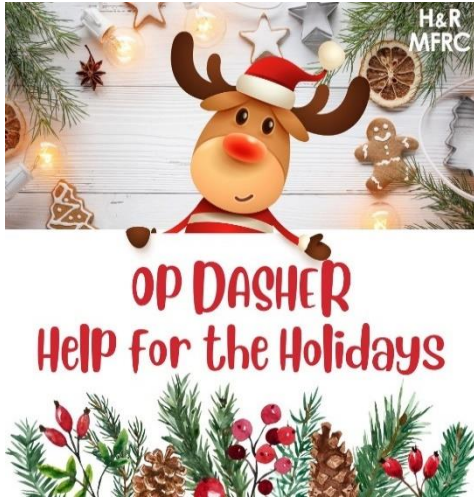
For more information about Remembrance Day activities in Nova Scotia, visit:

<https://www.legion.ca/remembrance/remembrance-day/remembrance-day-ceremonies>

Thank you all for your service.

OP DASHER

The Halifax & Region Military Family Resource Centre offers support and resources to military and veteran families. There may be times when families are faced with personal financial challenges, especially during the holiday season. Some families can find themselves experiencing additional financial stress or hardship due to any number of factors, including the rate of inflation.



If your family is facing some of these challenges, our Mental Health & Well-Being Team will work with you to provide one-on-one support tailored to your family. This support may be offered through resources in the community, short-term counselling, or financial assistance.

In addition to these services, the MFRC is launching our **OP DASHER** program - a confidential holiday assistance program for families experiencing hardships. OP DASHER is made possible thanks to generous donations from Support our Troops, unit support and local sponsors.

Contact the MFRC Intake Coordinator at 902-427-7788 for details and support.

UFR SOCIAL & LUNCH

Join us for an informal social and lunch. Tour your MFRC, visit the Community Pantry, and meet other UFRs! You'll have a chance to connect with other MFRC staff who will be setting up information displays and will be on site to answer your questions. We'll also be offering Informal games and activities including axe throwing, trivia, washer toss along with prizes!

Date: Wednesday December 4th, 2024

Time: 11:00am to 1:00pm

Location: Halifax MFRC Site – WP 106 -Large Multi Purpose Room.

Registration Required: RSVP by Wednesday November 27th, 2024, to: UFR@hrmfrc.ca

Lunch: Build Your Own Sandwich Bar along with sides and Cookie Charcuterie in celebration of National Cookie Day!

Cost: No cost to attend.

Parking: Free.

Dress of the Day: Casual.

Note: Please advise of any food allergies at time of registration.





H&R MFRC PROGRAMS OF INTEREST:

Here are some programs that CAF members and families may be interested in attending. You can register to attend and view all our programming details on our calendar. Be sure to pre-register.

<https://www.hrmfrc.ca/store/calendar>

Women's Self-Defence

Saturday November 30th from 9am to 1pm /Halifax MFRC, Cost: \$10

All Deployed Build A Bear

Sunday December 1st from 10am to 12pm/Dartmouth, Cost: Visit on-line for special MFRC packages.

CAF Parent Social

Thursday December 5th from 7pm to 8pm / Virtual, Cost: Free

Skate with Santa

Wednesday December 11th from 6pm to 8pm/ Shearwater Flyers Arena, Cost: Free

Preparing for Reunion

Tuesday November 26th from 7pm to 8pm / Virtual, Cost: Free



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



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** – Thursday January 16, 2025– 8am to 12pm
In-Person @ HFX MFRC SITE / Free Parking
2. **HALIFAX** – Tuesday February 25, 2025– 8am to 12pm
In-Person @ HFX MFRC SITE / Free Parking

**There will be no training session in November 2024.*

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



Congratulations to our recent UFR's who completed their training in September 2024!!



S1 Connor Walsh, Lt(N) Danielle St Aubin, Maj Rick Comeau, MCpl Jason Babcock, Cpl Chelsea Rochette.



This year's campaign runs September 12 to December 31, 2024, with a mix of in-person and virtual events. NDWCC's goals are to be 100% canvassed and to raise \$2 million dollars for charities across Canada that support:

- those less fortunate;
- diversity groups;
- mental health and medical research; and
- organizations with strong ties to Canada's military.

Make a Donation Today!



The Halifax & Region Military Family Resource Centre (H&R MFRC) offers tailored services to support military members, Veterans, and their families who live the military lifestyle.

Although we receive funding from Military Family & Veteran Services, we rely on support from the community to provide additional services specific to the needs of local military members, Veterans, and their families.

Registered Charity # 870705829 RR0001

Charitable tax receipts will be provided for donations \$10 and above.

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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)
- Cape Breton site (4 Garrison Road): Families can access a comparable service upon request.

Community Feedback:

-We cannot thank you enough for this service.
-It helped me 100%.

-Trying to feed my kids but its hard. Thank you!
-Absolutely helped us-lifesaver.

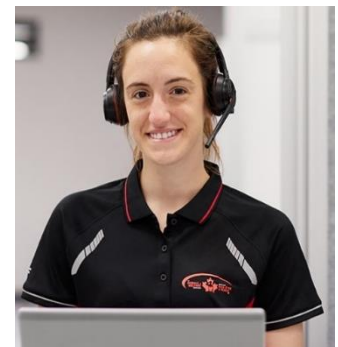
H&R MFRC REQUEST A BRIEFING

The H&R MFRC is always looking for opportunities to visit units directly and provide briefings. Consider inviting us to be a part of your units training day. We will provide details of the H&R MFRC, the types of programs and services offered and more importantly, share with you who and how people can benefit from these services.



We know first-hand that everyone can benefit from a briefing, be it new recruits, COs in leadership positions supporting their members, unit members supporting each other, etc.

Briefings typically last 30 minutes followed by a Q&A session. We can tailor briefings to accommodate a unit/organization's schedule and timelines.



To access the Briefing Request Form on-line, visit our web site or scan the QR code. Web Site:

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

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