



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR) SPRING 2025 Updates

TEAL UP FOR MILITARY KIDS!

April is recognized as “Month of the Military Child”, an initiative to recognize Canadian Military Children and their resiliency. Military children face a unique set of challenges when compared to their friends or even to their parents. To honour the sacrifices of the children of the military community, April is recognized as Month of the Military Child. MFRC’s from across the country collectively celebrate!



In CFB Halifax, there are over 5, 629 children from regular force families. This number does not include the children of reservists in HRM. It also doesn’t include CFB Greenwood, which is reported to have over 1600 children of regular force members. That is over 7,000 regular force children for the two bases.

- Of all regular force posted in Canada, 47% have children.
- Nova Scotia has the highest percentage of military family members at 2.13% of the total provincial population.



Social Media:

During April, the Month of the Military Child, local H&R MFRC staff will be wearing teal clothing on Tuesdays to show their support for military kids. Join us by sharing a selfie with [#TealUp](#) and tag us [@hrmfrc](#).

You can show your own support for military children by wearing teal coloured clothing and tagging a picture of yourself using [#TealUp](#) on Instagram ([@tealup4militarykids](#)) or Facebook ([@militarykidstealup](#)).

TEAL UP POOL & DANCE PARTY:

Saturday April 26th –Location: Shearwater Fitness & Sports Facility

**Register through H&R MFRC website:*

https://www.hrmfrc.ca/store/view_class.php?id=9403



Join us from 4:30pm to 5:30pm for a fun splash in the PSP pool with family and friends. Then, enjoy pizza from 5:30pm to 6:30pm, and cap off the evening with treats, entertainment, and dancing in the gym until 8:00pm.



We extend our heartfelt thanks to our community partners for making this event extra special. Families will enjoy delicious pizza from Domino’s and a custom cake sponsored by BMO. Plus, don’t miss out on the tasty cotton candy from Camp Maple Leaf!!

Wear teal to show your support for children of military families!

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



H&R MFRC RESOURCE LIBRARY

The Halifax & Region Military Family Resource Centre now has a lending library with items focusing on:

Emotional Regulation

Sensory Processing/Weighted Items

Focus/Concentration

Relaxation

Deep Pressure

Fine Motor

Skill Building

Oral Items

Visual Items

Auditory

Gross Motor

Weighted Items



To access the library, scan the QR code or click on the following link: <https://www.librarycat.org/lib/MFRC-Library>



- Items are available on a first come basis.
- Members are able to borrow up to 2 items for two (2) weeks.
- Pick up and drop off locations are specified at time of check out, Monday to Friday:
Shearwater site: 8:30am - 3:30pm or Halifax site: 7:30am - 5:30pm

In order to borrow items, those interested will need to register to receive a patron number and passcode. There is a 'register here' button on the page that sends you to the library email. Have questions? Contact Melissa Clark at melissa.clark@hrmfrc.ca

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>

Preparing for Relocation: Staying Organized

Have you received your posting message? Dreading it? Why not meet it head on with a solid plan and make it your best move yet! Join Cindy Wezenbeek from CW Organizing, also a veteran and military spouse, for how to stay organized, keep things flowing, and make it to the other end with confidence. Cindy will also cover self-care tips and how to help your kids with the transition.



Date: Saturday, May 10, 2025

Time: 9:00 to 11:00

Location: Shearwater MFRC 30 Provider Rd. Shearwater NS B0J3A0

Cost: FREE

Registration Deadline: Thursday, May 8, 2025



Self Care Skills for Time Apart (Week 1 of 4)

Join us for a special 4-session weekly program hosted by the Mental Health and Well-Being team. Each week, we'll explore strength-based topics to foster resilience and well-being, including:

- **Coping with Stress:** Learn practical strategies to manage stress and maintain emotional balance.
- **Healthy Boundaries:** Understand and establish boundaries that promote mutual respect and healthy communication.
- **Self-Acceptance:** Develop a deeper appreciation for yourself and your journey.
- **Empowerment and Resilience:** Build confidence and resilience to thrive during challenging times. Whether you're new to the military lifestyle or have been through multiple deployments, this program offers a supportive environment to connect with others and strengthen your well-being. Come join us to share experiences, gain new skills, and feel empowered during your loved one's absence.



Date: Monday, May 5, 2025, 12th 26th and June 2nd

Time: 6:30pm to 8:30pm

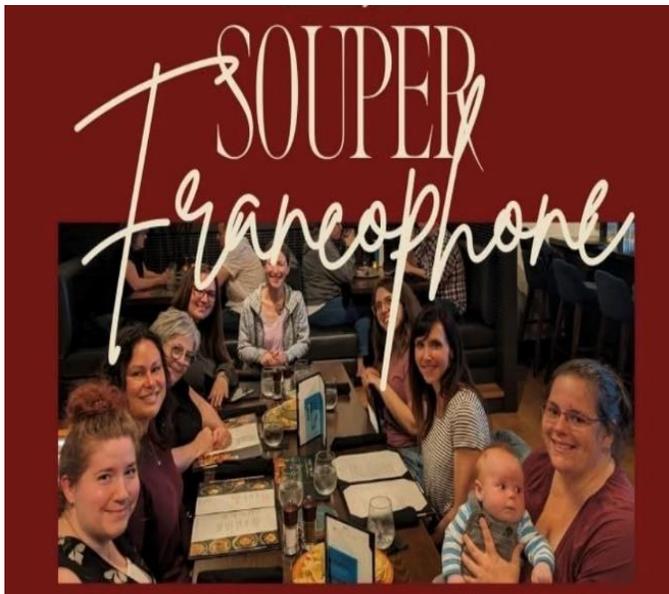
Location: MFRC, Shearwater Site

Cost: \$0

Registration Deadline: Sunday, May 4, 2025. Please register through this session for participation in all four weeks or reach out to melissa.clark@hrmfrc.ca for assistance.

Souper francophone

Every last Friday of the month, members of francophone military families are invited to join us at a restaurant in the greater HRM area to share a meal with friends.



It's a great opportunity to meet new people, chat and have fun. This program is for military family members only, and each participant pays the cost of their own meal.

Date: Friday, May 30, 2025

Time: 6:30 pm to 9:30 pm

Location: Restaurant in HRM

Cost: Participants pay for the cost of their own meal

Registration Deadline: Thursday, May 29, 2025



H&R MFRC 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.



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.

HALIFAX – Friday May 9th, 2025– 8am to 12pm

In-Person@ HFX MFRC SITE / Free Parking

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

- Visit the UFR web site to see our 2025 fall and 2026 winter training dates.

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



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Congratulations to our recent UFR's who completed their training this winter!!



L to R – MS Tanya Arial, P02 Marc Desantis, MS William Bonvie, S1 Jenna Muise, Cpl Carrie Robbins



L to R – Sgt John Scott, P02 Erik Fox

Additional Training: MCpl George Mapplebeck

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>