



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)
SUMMER 2026

Relocation season is upon us!

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.

Ask us about Occasional & Respite Child Care during relocation!

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>

We've launched an updated registration system!

<https://www.myhalifaxmfrc.ca/calendar>

When you select a program, you'll be prompted to create a new account and password before choosing dates.

Watch for a link in your inbox to confirm your account (no @forces). Confirm your account and continue with your registration! We'd love to hear your feedback. If you run into any issues, notice anything confusing, or have suggestions email info@hrmfrc.ca

[Contact](#)[Log in](#)

CALENDAR

Calendar

The Halifax & Region MFRC invites military and veteran families to register for our programs and events. If you have any questions or need help with registration, please call us anytime at 902-427-7788 or toll-free 1-888-753-8827.

Adults | 1 event(s)

Children & Parenting | 3 event(s)

Community / Relocation | 3 event(s)

Deployment / Absences | 5 event(s)

Occasional Care | 1 event(s)

Youth | 13 event(s)

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

Bluenose Bienvenue – A Meet & Greet for Military Families

Join us for **Bluenose Bienvenue**, a free, family-friendly welcome event for Canadian Armed Forces (CAF) members, Veterans, and their families!

Hosted by the **Halifax & Region Military Family Resource Centre (H&R MFRC)**, this annual September event brings together new and returning military families from the Air Force, Army, and Navy to connect with the community and discover local supports.

Locations: Sea King Club & Shearwater Fitness, Sports & Recreation Centre

When: Saturday September 12 | 10:00 AM – 1:30 PM

Cost: Free | No registration required

Free Open Family Swim: 2:30pm to 3:30pm

What to expect:

- Live military displays, including aircraft and vehicles,
- Meet CAF members and military recruiters,
- 75+ community organizations and vendors
- Family fun: bouncy castles, games, crafts, trackless train & free swim,
- Live music by the Stadacona Band,
- Free BBQ, treats, and giveaways,
- Veteran groups, volunteer opportunities & local programs.

Whether you're new to the region or already part of the community, Bluenose Bienvenue is your opportunity to connect, explore, and feel at home. Follow our website and Facebook page for the latest event schedule, as well as updates on participating vendors and community organizations. We look forward to seeing you there!

Bluenose Bienvenue Facebook Event Page:

<https://cfmws.ca/halifax/events-activities/events/bluenose-bienvenue>

Bluenose Bienvenue Web Site Page:

https://www.facebook.com/events/2945309642486002/?rdid=0cgFPPnroSW5Rbe&share_url=https%3A%2F%2Fwww.facebook.com%2Fshare%2F1DispfxZNt%2F#



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Community Connection Day – NEW!

Saturday August 8th - Shearwater

Spend the day with us at Community Connection Day!

Community Connection Day is a free Saturday program for CAF and Veteran-connected families to come together, connect, play, and enjoy time at the H&R MFRC.

Families can register for one activity, multiple activities, or the full day. Whether your family is new to the Halifax region, navigating deployment, looking to meet other military-connected families, or wanting to spend more time at the MFRC, this is a relaxed opportunity to build connection and community.

Families can enjoy family-friendly programming, connect with MFRC staff, learn more about programs and services, and take part in activities throughout the day. Please register separately for each part of the day you plan to attend so we can plan for space, food, supplies, and staffing.

Community Connection Day activities include:

Dads & Kids Social: 9:00 AM to 10:00 AM

Open Family Play: 10:30 AM to 12:00 AM

McDonald Beach Day: 1:00PM- 4:00PM

Morale Mail Drop-Off: Available from 9:00AM – 12:00PM, registration not required.

To register, please visit the program calendar and select each activity your family plans to attend.

Note: Community Connections Day rotates between the Halifax and Shearwater MFRC sites each month.

We are excited to welcome you to our Halifax location on October 3rd. Registration is required.

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>

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BASE OUTREACH

The H&R MFRC visits the following units each month. Stop by to say hello, ask questions, and connect with one of our Military Family Navigators. We're here to provide information, support, and help connect you with programs and services available to military families.



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.

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)



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