



2025/26

Annual Report



KMFRC
Kingston Military
Family Resource Centre

CRFMK

Centre de ressources pour les
familles des militaires de Kingston



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KMFRC
Kingston Military
Family Resource Centre

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MISSION

Deliver services and resources that enhance military family resilience and stabilization in the face of unique military challenges.

VISION

To create a supported and connected community of military families.

VALUES

Our services and activities are measured by the standards set out in our values. They are also the principles that shape our behaviours and actions as we strive to best support our military families.



Trust

We build relationships based on mutual respect by listening to our clients, employees, volunteers, partners, and community members. We keep our word and provide reliable services and accurate, timely information.



Integrity

We are honest with each other, our volunteers, our clients and our community. We are dedicated to being reliable and transparent in all that we do.



Quality

We pursue excellence in everything we do to achieve the highest level of service for the needs of our military families and our community.



Respect

We value people, diversity, and equality. We treat all those we partner with, employ and serve with dignity and integrity.



Empowerment

We invest in staff and volunteers who take the initiative to support our clients and communities in enhancing their resilience and quality of life.

Message from the Executive Director

At the KMFRC, we have always understood the power of connection. It was encouraging to see this long-held belief reinforced by research presented at the 2025 Canadian Institute for Military and Veteran Health Research (CIMVHR) Forum in Ottawa.

We recognize that meaningful connection is a vital source of support for military and Veteran families. It serves as an important buffer against the challenges of frequent relocations, deployments, separations, and the transition to civilian life. For this reason, fostering connection remained a key area of focus throughout the year.

Keeping the importance of connection at the forefront of our work, we introduced several initiatives designed to strengthen social and family bonds, enhance mental well-being, build resilience, and foster a sense of belonging. These connections not only contribute to stronger military families but also support the operational readiness of Canadian Armed Forces members, allowing them to focus on their duties with confidence and peace of mind.

Alongside our long-standing activities and services—including Absence Support, Baby on Board, Coffee Connections, Veterans Coffee Connections at the Legion 560, Kids Matter Workshops and YOUTH Matter—we introduced the Stronger Together: Military Community Dinner. This initiative created opportunities for military and Veteran families to come together, build meaningful support networks, and reduce social isolation. Collectively, these programs strengthened the sense of belonging and community that is so essential to the well-being and resilience of military and Veteran families.



We also launched After the Arch: Light Lunch & Family Welcome, providing new families with a warm, informative, and community-building experience as they supported their loved ones beginning their journey at Royal Military College (RMC) Kingston.

Building on the success of our annual Connect-a-Thon, we expanded opportunities to connect families with community resources. To better understand emerging needs, we hosted a series of virtual and in-person Community Forums, providing families with opportunities to share their experiences, amplify their voices, and strengthen connections across the community.

Bringing together the benefits of connecting with one another as well as with community resources, we started development on the Bulletin Board, which we envisioned as an exciting new virtual platform created by the CAF community for the CAF community.

As Eddie Smith observed, “I believe people underestimate the power of connecting with like-minded individuals. One good connection, conversation, or moment can change your entire life.”

This sentiment reflects our commitment to ensuring that military and Veteran families have opportunities to connect, support one another, and thrive. We look forward to continuing to create and strengthen these opportunities in the years ahead.

None of this would be possible without the unwavering dedication of our staff, volunteers, Board of Directors, community partners, and funders. Together, we continue to grow, evolve, and respond to the changing needs of military and Veteran families.

As you read through this report, I hope you feel a sense of pride in all that we have accomplished together. Your continued trust, support, and collaboration are essential to our work and to the families we serve. Together, we are helping to ensure that no military or Veteran family ever feels alone or unsupported.

Thank you for being part of our mission and for helping us realize our vision of creating a supported and connected community of military families.

Together, we are building a stronger, more connected military community—one relationship, one conversation, and one family at a time.

Colleen Fairholme

EXECUTIVE DIRECTOR



Message from the President

Over the past year, the KMFRC Board of Directors has remained committed to providing strong governance and thoughtful leadership in support of our organization's mission. While our dedicated staff continued to deliver essential programs and services to military families, the Board focused on ensuring the organization remained well-positioned to meet both current and future needs.

Throughout the year, the Board maintained its commitment to sound governance by reviewing organizational policies, approving necessary updates, and providing oversight to ensure accountability, transparency, and responsible decision-making. These efforts help strengthen the foundation of our organization and support the high standards expected by our members and stakeholders.

The organization continues to be in a healthy financial position thanks to the ongoing support of our funders, donors, community partners, and the prudent financial management of both staff and the Board. Careful oversight has ensured that resources continue to be directed toward the services that have the greatest impact on military families.

The positive impact of KMFRC is made possible through the dedication of many people. On behalf of the Board of Directors, I extend my sincere appreciation to our staff, volunteers, community partners, supporters, and fellow Board members for their ongoing commitment to serving military families. Together, we continue to build a strong organization that is responsive, resilient, and prepared to support our community for years to come.

Catherine (Beth) MacLean

PRESIDENT



Board of Directors

Elected at AGM Sept 2025

Catherine (Beth) MacLean

PRESIDENT

Anna Downe

VICE-PRESIDENT

Yevgenia (Jennifer) Mykolenko

TREASURER/SECRETARY

Maj. Stéfanie Renaud

BASE COMMANDER'S REPRESENTATIVE
(EX-OFFICIO)

Caroline Poulin

BOARD MEMBER

Robert Hamilton

BOARD MEMBER

Tanya Dion

BOARD MEMBER

Colleen Fairholme

EXECUTIVE DIRECTOR
(EX-OFFICIO)

Jessy Marr

BOARD MEMBER

Heather Pay

BOARD MEMBER

332

Volunteer Hours





Les Petits Amis

Childcare Centre

This year, LPA proudly hosted an Open House during the Connect-a-Thon, where each classroom prepared welcoming activities and displays to invite families into our centre. The event had a wonderful turnout, and the children were delighted to see their educators in a setting outside of the regular program, making the experience especially meaningful for them.

Our Summer Camp was filled with adventure, exploration, and learning. Campers visited Lang Pioneer Village, where they stepped back in time to discover how pioneers lived, worked, and played. Another highlight was an interactive trip to the Train Museum of Ontario in Smiths Falls, where children climbed aboard exhibits and explored the fascinating world of locomotives. Frequent visits to local parks and splash pads added to the excitement, with children returning energized and full of stories about their summer fun.

We were also thrilled to welcome Sandy Pines Wildlife Centre into our preschool classroom. The children learned about rescued animals and their unique stories, an engaging experience that nurtured both curiosity and compassion.

Another memorable milestone was our 3rd Annual Preschool Graduation. Families, educators, and peers gathered to celebrate the accomplishments of our graduates as they prepared to take the next step in their educational journeys. It was a joyful and meaningful celebration for everyone involved.

In support of increasing parent engagement, Halloween looked a little different this year. Rather than traditional trick or treating, we hosted a spooktacular family celebration complete with games, activities, prize draws, and a photo booth. Families joined in the fun, making it a truly memorable and inclusive event.

Professional learning has also remained a strong focus for our team. Many educators attended the Nothing Without Early Learning Conference hosted by the City of Kingston, returning inspired and re energized with new ideas to bring into their classrooms. Additionally, staff regularly participate in the City of Kingston's monthly Professional Learning Opportunities, which offer valuable chances to connect with peers, share best practices, and continue professional growth.



"It was perfect. I appreciate that I got to share this fun time in the gym with him and that the kids whose parents couldn't make it got to enjoy the party too."



We were especially excited to purchase and implement the Jolly Phonics program in one of our preschool classrooms this year. The program has been met with great enthusiasm from both educators and children. Through engaging stories, songs, games, and hands on activities, Jolly Phonics has significantly strengthened phonological awareness in a fun and meaningful way. We are very encouraged by its success and look forward to expanding the program into additional classrooms as our confidence and experience with the program continue to grow.

“I wanted to send a huge thank you to the team at LPA for the lovely graduation yesterday. The decorations, snacks, gifts, the video, the poems - it was all phenomenal and so beautifully done. Thank you for doing this for our kiddos. It made for some special memories! Much appreciation”

Level 1: Information & Awareness

Providing timely, accurate, and relevant information remains a cornerstone of the KMFRC's commitment to supporting military and Veteran families. Over the past year, the KMFRC continued to evolve its approach to information sharing, focusing on accessibility, consistency, and meaningful connection, ensuring families feel informed, supported, and empowered at every stage of their military journey. We enhanced our approach to create a more relational experience rather than one that is simply informational. Connection remains key, with a strong emphasis on building rapport, fostering trust, and creating opportunities for a meaningful engagement between families and the KMFRC team.

This is reflected in both our people and the continued evolution of our spaces. The Information Services Team expanded from three to four staff members, strengthening our ability to provide timely, responsive, and relationship-focused support. Alongside this growth, the front counter was formally renamed the **Community Support Counter**, a title that more accurately reflects its role as the primary point of welcome, orientation, and support. Here, Information Services Assistants (ISA) provide not only information, but also active listening, guidance, and relational support in a safe and welcoming environment, ensuring each individual feels acknowledged and connected from their very first interaction.

538

Visits

376

Coffee Break
Attendees





Welcome Packages also continue to play an important role in creating a positive first impression. In the summer of 2025, the KMFRC partnered with Downtown Kingston to introduce a co-branded welcome cooler bag, designed and funded by Downtown Kingston. These bags provide a meaningful and practical resource for families while also highlighting this valued relationship and connecting families to the downtown core and its offerings. Distribution began in October 2025, enhancing the overall welcome experience for newly arriving families.

Building on these initial connections, the KMFRC Community Hub has become a vibrant and well-used gathering space for individuals and families seeking both information and connection. The Hub features dedicated areas including the *Information Corner*, *Kids' Corner*, and *Connection Corner*, while the *Coffee Bar* supports both social and independent use of the space. The community space continues to grow and evolve to meet the needs of military families. This year, we introduced a new designated workstation equipped with office and school supplies, creating a comfortable and functional environment for a variety of users.



The workstation provides a dedicated space for adults to complete professional tasks, such as paperwork, planning, or work-related projects, while also offering youth a supportive area for homework, studying, and other school-related activities. The workstation also supports individuals who bring their own laptops or devices, providing a quiet, organized, and welcoming space to work, study, or connect. By accommodating a range of ages and purposes, this enhanced workstation promotes accessibility, productivity, and inclusion, further strengthening the community space as a valuable, shared resource. Weekly **Coffee Breaks** remain a valued initiative, offering a consistent and welcoming opportunity for clients to build relationships, share experiences, and access support in an informal environment.

573

Clear-Ins

496

Welcome Packages
Handed Out

410

Outreach Calls



12

Hosted Sessions

177

Attendees

17

Average Participants
Per Gathering

The **Veterans Coffee Connections** continued to grow throughout the 2025–2026 fiscal year, reinforcing the KMFRC’s commitment to supporting Veterans and their families. Through 12 monthly gatherings, including two generously hosted by the Royal Canadian Legion, Limestone City Branch 560 during KMFRC closures, participants were provided with a trusted space for peer connection, storytelling, and resource sharing.

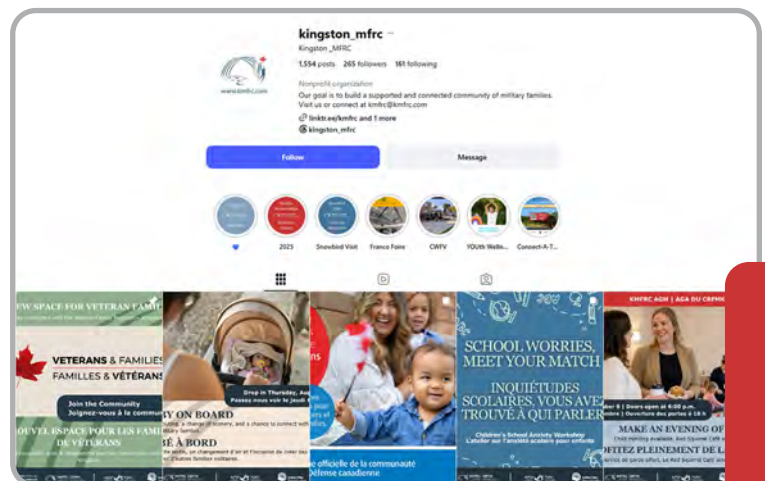
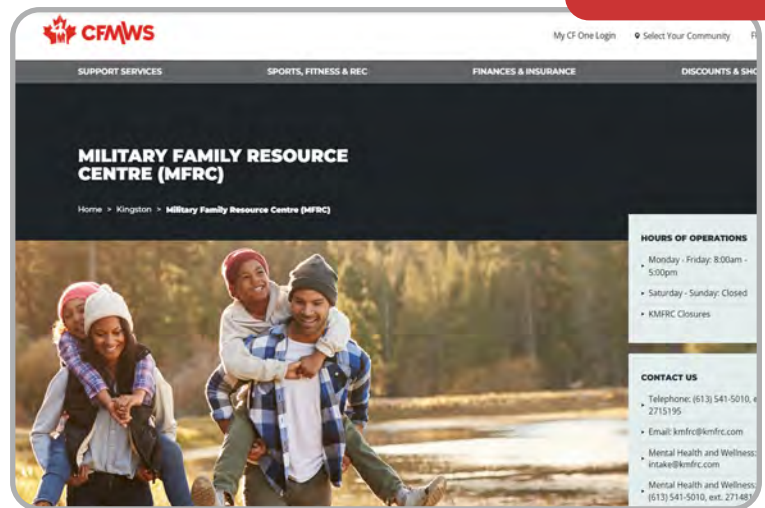
The initiative welcomed 177 attendees across the 10 KMFRC-hosted sessions, averaging 17 participants per gathering. Highlights included a complimentary hearing clinic offered in collaboration with HearCanada and meaningful conversations between Veterans and currently serving CAF members, strengthening connections across generations of service.

649 Insider Subscribers

The KMFRC's digital and physical information channels continue to support and extend these in-person connections. The website, kmfrc.com, integrated with cfmws.com, remains a central hub for information, complemented by social media, printed materials, and direct service through phone, email, and personal interactions. Following a full year of the KMFRC Insider, e-newsletter, this platform has become a key tool for sharing programs, services, and updates, with growing engagement from subscribers.

Toward the end of this fiscal year, it became clear that our social media presence would benefit from a more focused and intentional structure. Research and engagement insights informed the development of a strategy designed to expand into three dedicated pages, including the main *Kingston Military Family Resource (KMFRC)* page, as well as separate spaces for *Youth Matter* and the *Veteran Family Program (VFP)*.

While these pages will highlight specific program areas, they will also continue to share information, supports, and resources relevant to the broader youth and Veteran communities. This structure will help ensure that communications reach the most relevant audiences more effectively, improving visibility, engagement, and access to information across each service area, while also creating opportunities to amplify messaging and expand reach through cross-promotion between channels.



Facebook Stats

KINGSTON MILITARY RESOURCE CENTRE



VETERAN FAMILY PROGRAM (VFP)



YOUTH MATTER



Instagram Stats

KINGSTON MILITARY RESOURCE CENTRE



VETERAN FAMILY PROGRAM (VFP)



YOUTH MATTER



Events

In addition to these ongoing efforts, the KMFRC hosted several large-scale events that created valuable opportunities to share information, strengthen collaborations, and build awareness.

The 2025 **CFB Kingston Connect-A-Thon** once again brought together military families, community organizations, and local service providers in a welcoming and family-friendly environment. Welcoming more than **450 attendees**, the event featured **54 information kiosks** representing military, Veteran, community, educational, health, and recreational organizations, creating valuable opportunities for families to discover supports, services, and resources available throughout the region.

Highlights included Les Petits Amis Childcare Centre's first Connect-A-Thon Open House, activities at Arrowhead Beach hosted by PSP Kingston, and the introduction of a complimentary shuttle service in collaboration with Kingston Trolley Tours, helping improve accessibility between overflow parking and the event site. Generous support from Stephanie Burke, Northstone Real Estate Group and Coca-Cola Canada Bottling Limited helped provide a complimentary community BBQ, further fostering connection and engagement throughout the day.



"I am a recently retired Army Officer (36 yrs) and attended <the Connect-A-Thon> with my two grand children. As a former Dep Base Comd, I can tell you this event was well-run and highlights the CFB Kingston's genuine care and kindness for its Military members and community at large. Things were well-organized, engaging, and professional. KMFRC "did" the Base proud!"

The 2025 **Canadian Walk for Veterans – Kingston** brought together 90 Veterans, serving CAF members, families, and community supporters in recognition of service, sacrifice, and the importance of community connection. Participants were welcomed by remarks from Colonel John Scott, Member of Parliament Mark Gerretsen, and Deputy Mayor Paul Chaves, while the Canadian Military Wives Choir performed the national anthem and Music Healing Veterans provided live music throughout the event.

Highlights included the display of the Portraits of Honour replica, generously presented by the Military Communications and Electronics Museum, support from Echelon Wellness, who donated water for participants and staffed a water station along the route, and an early bird registration incentive generously provided by DoubleTree/Home2 Suites by Hilton Kingston. Together, these contributions helped create a meaningful and memorable event that strengthened connections across the military and Veteran community.





The KMFRC also hosted its first **Stronger Together: Military Community Dinner** in February 2026 at the Vimy Officers' Mess. Generously funded by LiUNA Local 183, this welcoming evening was designed for adult members of the Canadian Armed Forces community, including serving members, Veterans, and their adult family members, to connect over a shared meal. The event created a space for participants to share experiences, exchange strategies, and build meaningful relationships with others who understand the realities of military life.

Feedback from attendees highlighted the strong sense of connection and belonging fostered throughout the evening, with many noting how easy it was to engage in conversation, meet new people, and discover common ground across different experiences and stages of life. Interactive elements helped create a relaxed, inclusive, and relationship-focused environment that encouraged authentic connection. The success of this event reinforced the ongoing need for intentional, adult-focused opportunities that strengthen social connection and peer support within the military community.



In August 2025, the KMFRC hosted its first **After the Arch: Light Lunch & Family Welcome** at the Warrant Officers' & Sergeants' Mess, creating a welcoming space for families following the Royal Military College's March Through the Arch ceremony. Prior to the event, Military Family Navigators attended March Through the Arch to connect with families and share information about the KMFRC and the upcoming welcome event.

Families were invited to enjoy a light lunch while learning about resources available through organizations such as Military Family Services, CANEX, and the Royal Military College. Through meaningful conversations and resource sharing, the event helped reassure families during a significant life transition, transforming uncertainty into confidence, connection, and excitement for the experiences ahead.

"My mom went to one of your events after the March through the Arch, and now she's really excited about being part of a military family. She's wanted me to stop by and get more information for her! I've only been in for two months, but she's already very invested."

The 2025 **Garrison Kids' Holiday Party** welcomed 702 attendees for a festive celebration filled with holiday cheer, community connection, and family fun. Attendees enjoyed visits with Santa, horse and wagon rides, hot chocolate, live music, face painting, balloon artists, and Kingston Trolley Tours' decorated Christmas Trolley and mascot, generously provided at no cost.

In response to community feedback, a dedicated youth space was introduced for participants aged 12–18, creating opportunities for older youth to connect and engage. The event also featured the Winter Wonderland Giveaway, with 100 prizes awarded, including 32 generously donated by community organizations, helping make the holiday season a little brighter for military families across the Kingston community.

Beyond the festivities, the event provided an opportunity for families to connect with others who understand the unique realities of military life, offering a sense of belonging and support during a season when some may be experiencing the absence of a loved one.

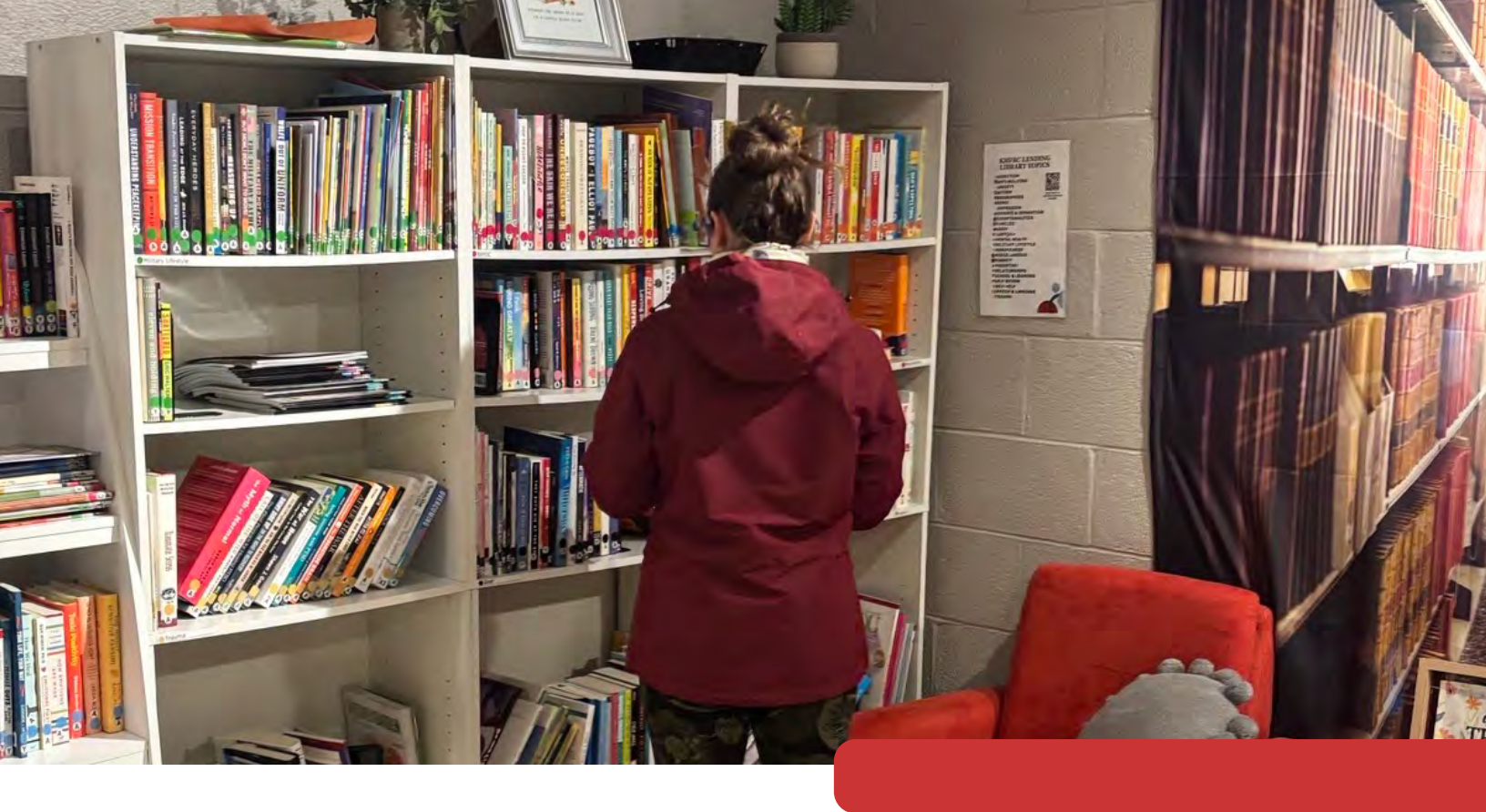




Our recognition of the **Month of the Military Child** included continued efforts to promote awareness and engagement across the greater Kingston community. Promotion through our social media pages (KMFRC and YOUTH Matter), YourTV (Kingston's community channel on Cogeco Cable), and press releases helped further educate the public about the campaign. Key community collaborators also supported several visible initiatives, including the City of Kingston illuminating City Hall in teal and the Teal Up flag raising at Base Headquarters.

A 50/50 fundraiser was also held in support of the Month of the Military Child, with a winning pot of \$915.00. The prize was won by David Sutton, a member of the Order of St. George, who generously donated his winnings on behalf of the Order back to the KMFRC to further support our resilient youth.

In addition, we provided Teal Up information and shared resources with schools to help extend the reach and impact of the campaign. The KMFRC also hosted a well-attended Teal Up Celebration, welcoming many military families and resilient children for an afternoon of meaningful connection and activities. The event featured opportunities for youth to engage in creative and interactive experiences, including a photo booth which many participants enjoyed, a children's craft activity that families took part in together, and a vibrant space filled with music and laughter that fostered connection among attendees. In total, the event welcomed both returning and new families from the community.



Lending Library

The KMFRC Lending Library continued to grow this year, providing valuable information, resources, and support to CAF families. Our carefully curated collection includes books that address the three primary challenges associated with military life (absences, relocations and transitions), helping families better understand, navigate, and adapt to the unique experiences of military service. It also now includes nearly 80 French-language titles, as part of our ongoing commitment to expanding francophone resources.

The Lending Library collection is informed by recommendations from professionals in the helping field, Military Family Resource Centres across Canada, and CAF families themselves, ensuring that resources remain

relevant, practical, and responsive to the needs of the military community. The Lending Library continues to be regularly accessed by children attending Les Petits Amis Childcare Centre. Through stories that reflect the realities of military life, including moves, deployments, reunifications, and other family transitions, children are provided with opportunities to see their experiences represented, which fosters a sense of belonging, validates their feelings, and builds resilience.

By making relevant resources readily available, the Lending Library helps military families develop the knowledge, coping skills, and connections needed to navigate the challenges of military life.

Families have access to nearly 170 books, specifically curated to address the unique experiences of military life (including absences, relocations, and transitions).

More CAF families turned to the Lending Library for support this year, increasing borrowing activity by 527%.



Second Language Training

During the 2025–2026 fiscal year, Second Language Training transitioned from a Level 2 program to a Level 1 service and is now monitored by the Information Services Team. The team provides information, referrals, and navigation support to military families seeking second language learning opportunities for both personal and professional development.

Throughout the reporting period, 41 individuals registered for Second Language Training support. Of those registrants, 37 were seeking French language training and 5 were seeking English language training.

In addition to providing information on available programs, the Information Services Team continues to share local and national language-learning resources with Canadian Armed Forces families. These opportunities help families access language training that supports successful integration, employment, education, and community engagement.

Level 2: Navigational Support

ABSENCE SUPPORT

Services and Highlights



Anytime a CAF member was away from home for a work-related reason, the Military Family Navigator team was there to support their family. By way of social interaction, skill-based workshops, and one-to-one connections, military families were supported through all stages of work-related absences.

Virtual Absence Support continued to be offered bi-weekly on Tuesday evenings, facilitated by the Military Community Support Manager and/or Military Family Navigators. These sessions offered an opportunity for social connection and peer support through open conversation, as well as discussions about nurturing resilience, staying virtually connected, and making memories while experiencing an absence. An average of five people registered for each virtual session; however, only 26.6% of those ultimately attended.

After its successful launch in February 2025, Seasons of Absence continued to run quarterly throughout the 2025-26 fiscal year. Collectively, Seasons of Absence saw 36 registrations and 15 attendees. During the most popular event, in July, adults and children learned about journaling through an absence, then enjoyed fun in the sun at the splash pad next to the KMFRC.

One-to-One Absence Support

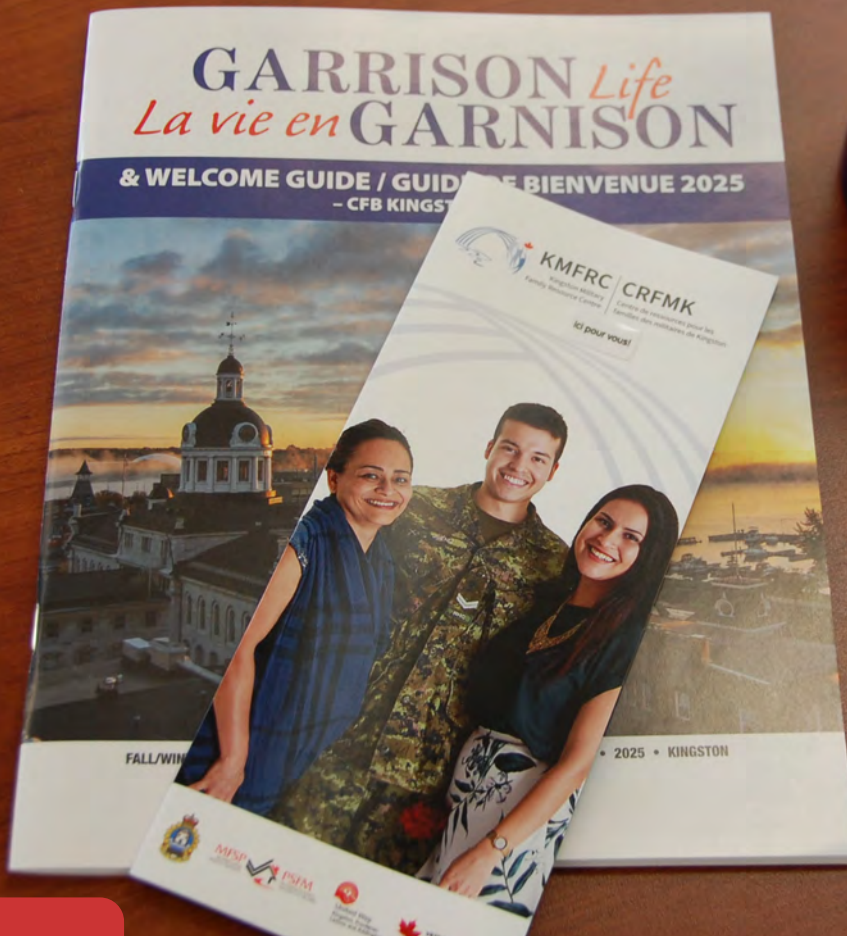
CAF families engaged with Military Family Navigators throughout the 2025-26 fiscal year to prepare for and navigate the three phases of absence: pre-deployment, deployment, and reintegration. This support helped strengthen families' ability to adjust and cope with the realities of military life. During periods of absence, families received ongoing, individualized support through warmline calls and one-to-one meetings. Additionally, families were able to access supportive resources such as journals, developmentally appropriate workbooks, and storybooks designed to help children and families process and express their experiences. The KMFRC also continued its valued tradition of providing deployment bears to families experiencing extended or repeated absences, offering a meaningful source of comfort and connection.

The KMFRC received 401 requests for absence support in the 2025-26 fiscal year.

337 absences were supported by the KMFRC directly, with some CAF members and their families experiencing more than one absence in the calendar year.

32 families were supported through imposed restriction or unaccompanied postings.

64 absence support requests were forwarded to MFRCs that were closer to CAF members' loved ones; however, KMFRC was the initial point of contact for these families.



EMPLOYMENT & EDUCATION SUPPORT

Employment Support

The Military Family Navigator team proudly supported nearly 40 CAF spouses in pursuing employment and educational goals, by providing individualized guidance and connections to local and national resources. Referrals to employment agencies, the Military Spouse Employment Initiative and Military Spousal Employment Network, CareerCOACH+, LinkedIn Learning, and virtual career fairs helped spouses access opportunities, build professional networks, and navigate employment challenges associated with military life.

Binder Workshops

The Military Family Navigator Team offered three variations of the binder workshop in the 2025-26 fiscal year: relocation; medical/educational; and absence. All workshops were offered at least once in a group setting; however, multiple families accessed one-to-one support in creating a binder.

New this fiscal year was the Absence Binder Workshop, which was created by CFMWS' virtual MFRC by compiling resources from various Military Family Resource Centres. Intended to help families prepare for the unpredictable nature of a CAF member's work-related absence, the absence binder

is a tool to house a variety of important information about a family. For instance, an absence binder can include details about the CAF member and primary caregiver, a copy of the Family Care Plan, family passwords, maintenance contacts, etc.

All binder workshops offered families a way to organize essential information related to their unique needs. In total, eight binders were created by military families in the 2025-26 fiscal year. Half were created in a group setting, and the rest through one-to-one interaction with a Military Family Navigator.



Relocation

During the 2025-26 fiscal year, many families were supported through navigating their relocation process. Whether just arriving in Kingston or saying farewell to the city, military families could connect with the Navigational Support team to receive relevant information, resources, and emotional support throughout their journey. Most often, families sought guidance about healthcare, school registration, and childcare.

At Home Alone

During the 2025-26 fiscal year, the navigational support team delivered four sessions of the Home Alone program, including two sessions with French-language support. Each session was well attended with a total of 31 participants this year, reflecting the value of this program among military families. By equipping military youth with practical skills and increased confidence, the program supports families in navigating the three military challenges of absences, relocations, and transitions.

Read for Fun

During the 2025-26 school year, the KMFRC partnered once again with United for Literacy and the Queen's Read for Fun tutoring program. The KMFRC hosted volunteer student tutors from Queen's University, who provided support to military youth with reading, writing and comprehension. For families experiencing frequent relocations and caregiver absences, Read for Fun fills a gap in education support, with no additional expense for helping children reach their learning potential.





PARENT SUPPORT

We acknowledge the unique challenge of navigating pregnancy and early parenthood while also managing service-related absences, relocation, and other aspects of military family life. During the 2025-26 fiscal year, eleven families received a **Baby Shower in a Bag**, which welcomes and supports all CAF community members who access perinatal support at our centre. This resource includes details about parenting services and activities, wellness information, a book for parents to read to their infants, and a onesie that was specially designed to honour children in local military families.

We also invite expectant and new parents to visit our monthly **Baby on Board** drop-in group, to discuss relevant resources and strategies while connecting with peers from the military

community. This year, Baby on Board featured visits from a Public Health nurse, as well as the Healthy Babies, Healthy Children Coordinator from Métis Nation of Ontario. Seven unique individuals visited Baby on Board at least once in 2025-26.

During the 2025-26 fiscal year, staff from the Military Family Navigation team made quarterly visits to **A Great Start for Families (Kahwà:tsire Ronwatiyenawá:se) Centre**. This ongoing collaboration has provided an opportunity to connect with families from the CAF community, and with partner agencies who support families with children from birth to 6 years old. This is an especially useful resource for military families who have recently relocated, or are experiencing an absence.

“I just wanted to take a moment to thank you for taking the time to share information about the programs for expecting parents with me and my husband. We really appreciate your kindness and the helpful details you provided — it’s great to know what resources and support are available. It truly makes a difference for families like ours.”



SPECIAL NEEDS SUPPORT

The Sensory Room saw 151 visits from CAF children and families, as well as LPA and KMFRC staff, in 2025–2026. New sensory wall panels and other enhancements were added throughout the year, enriching opportunities for sensory exploration and development. The space continues to foster learning, discovery, and self-regulation in a supportive environment.

Veteran Family Program

The 2025-2026 fiscal year was one of change and adaptation for the Veteran Family Program. In alignment with the Transition Centre's (TC) Harmonization efforts, MVFSP solidified new layers of support to our medically releasing families through the Family Transition Advisor (FTA) role. In response, the VFP slowly began the shift away from those still in the release process, to supporting those that are on the other side of the uniform.

"I very much enjoyed the open discussions and that it was nice to be around people going through the same situation. I enjoyed all the hands on activities and learning that it is ok not to be ok sometimes but to know there is always help and where to find it."



We ensured that no family fell through the cracks, working closely with the FTA, and the TC to provide a seamless referral process, with the hopes we will continue to capture more families and support their Military to Civilian (MTC) transition. As with any change, systems take time to solidify, and referrals were down with this new referral process, so a shift in focus to outreach and program development began, primarily in the veteran sphere.

Strengthening existing relationships and reaching out to new Stakeholders was a priority. Meetings with the VAC Management team to investigate opportunities for the VFP to be onsite and have office hours, to more regularly attend Staff Meetings, or the possibility of jointly offering both on- and off-site Information Sessions for VAC clients and community members were discussed. Endeavouring to connect with Veterans in our broader catchment area, through local Legions and other outreach efforts, began.

After identifying that veterans were lacking support in exploring identity and purpose after the CAF, the VFPCs applied for approval to pursue the creation of a workshop. Our proposal was approved, and many hours were spent digging through research, and pulling content and exercises together, to begin facilitation in the 2026-2027 fiscal year.

Due to a growing demand, the Navigating Healing and Finding Centre program increased attendance limits to double (20 participants), purchasing well needed and utilized props to support those facing chronic pain, physical injuries and illnesses, and to support an overall positive experience.

A monthly NHFC Graduate Group was also introduced for past participants to reconnect with each other, as well as the tools learned throughout the program. New styles of nervous system regulation practices were also introduced to invite ongoing growth and experience and to expand participants' "tool-kits".

The VFP attended the Respect Forum with briefs from the Veteran's Ombud and the Commissionaires, the Minister of Veterans Affairs address at the Homes for Heroes Village, many Communications & Electronics Museum, Legion and St. Mark's Veteran's Coffees, other Legion events, to name a few.

Professional Development training included the FLO and VFPC joining the TC's Fall PD training, attendance at CIMVHRs annual Forum, Trauma Informed Care training, and the Atlas Summit, among other informative engagements. Valuable knowledge was gained, making and strengthening essential relationships with stakeholders and community partners was fostered, and the team was inspired to continue to grow and expand supports for our Veteran Families.

VFP saw **315 individuals this fiscal**; with a total of **680 total client interactions**. Over 230 past and active clients appreciate the regular emails our VFPCs send out to promote relevant events, workshops, services and more. Mental Health First Aid certified 25 new "helpers" in our community. 31 participants joined the VFP Walk. And Accessing Our Potential by Dan de Luis inspired over 30 staff and clients in how to play an active role in their health and well-being.

"Recognizing a lot of support that is available and that others are struggling with similar things. Such a great program that has helped me to better understand stress/OSI/trauma and the body. I now use a lot of the breathwork techniques in the car or to transition from work to home. I feel a better sense of belonging having done this program."

Mental Health & Wellness

CHILDREN'S SCHOOL ANXIETY- STRATEGIES FOR SUPPORT AND GROWTH

The Children's School Anxiety – Strategies for Support and Growth workshop was facilitated by the Mental Health Team and attended by seven children aged 6–11 years. The workshop aimed to help children recognize and manage school-related anxiety while promoting confidence and emotional well-being at the start of the school year. While providing parents with practical tools to support their children's emotional well-being during the transition back to school.

Through interactive discussions, children explored the meaning of anxiety, common causes of school-related stress, and healthy coping strategies. Activities focused on building self-awareness, identifying personal strengths and support systems, practicing mindfulness through sensory-based exercises, and learning constructive ways to manage worries using the My Worries Jar activity. The session concluded with a guided yoga and relaxation activity, which was well received by participants and promoted emotional regulation and stress reduction.

Parents received take-home resources outlining evidence-based strategies and coping techniques to help their children navigate anxiety and adapt successfully to the school environment. Overall, the workshop provided children and families with practical skills to enhance resilience, confidence, and emotional well-being at the start of the school year.





JUNIOR, YOUTH AND ADULT WELLNESS DAY

This year we combined all three days into one to offer a full day of enrichment events aimed at fostering mental, physical, and emotional wellness among children, youth and adults while introducing them to the mental health supports available at the KMFRC and in the community. Although attendance was not as high as we would have hoped, the day was a success including Zumba, yoga, art therapy, and a Sound Bath experience—participants explored healthy coping strategies, emotional expression, and mindfulness in a safe and supportive environment. The program emphasized key wellness goals: reducing anxiety, building confidence and peer connections, increasing awareness of available services, and supporting the military community facing common military lifestyle challenges such as mobility, separation, and operational stress.



MILITARY DADS

In collaboration with the CFB Kingston Chaplaincy team, we continued to work on the delivery of the Military Dads program which has been piloted and developed at CFB Kingston and CFB Trenton.

Military Dads is a 10-week group-based program, which also includes 3 individual sessions throughout the program with the facilitators, meant to support men to navigate stronger and healthier relationships with their children, families, and support networks and increases the safety and well-being of military children and families.

The Military Dads program was offered twice this year from September – November 2025 and again in January – March 2026.

Between the two groups, a total of 16 Military Dads attended and benefited from the program.

This year the Military Dads development team offered a 3-day pilot facilitator training in February with MFRC Staff, and the Chaplaincy team hosted in Trenton. This training was offered again in September and hosted in Cornwall for all MFRC's and Chaplaincy teams. These trainings allow other MFRC's and Chaplaincy teams across Canada to learn about the program, connect with other facilitators and ultimately, being able to offer Military Dads to CAF Dads across Canada.

"Becoming a new parent was hard, learning how to be a good parent can be even harder. It takes effort, the dedication that lasts a lifetime, to truly raise a child. I didn't realize just how badly I needed the Military Dad's group until I started attending. It quickly became a non-negotiable event in my schedule. The support I felt, the techniques I learned, have made me not just a better father, but a better husband. The Military Dad's group introduced me to new friends with a wide array of personal experiences from their own children and parenting partners, some with children no longer in the home, and some with newborns on the way, some with spouses, and some divorced. These ranges of experiences provide a much more sympathetic and attentive team environment. The most important thing to do when coming into this course, is to be open and contribute, you get returns on what you put into this course. To all the fathers reading this, you are doing great, thank you for considering joining, and thank you for all that you do at home. I respect you."

"Through the Military Dads program I feel like a weight has been lifted off my shoulders. Both through the tools gained and the process itself, I uncovered a path to personal peace that is helping me thrive in ways I never have before. Not just in my parenting, but in everything I do. The pressures of the world now feel less intense, and with that every interaction with my wife and kids just seems easier."



YOUth *Matter*

Since the YOUth Matter team held the launch event on December 5, 2023, a weekly drop in was created starting in April 2024. During this time, KMFRC staff including Mental Health and Wellness Manager Theresa Brannen and Military Family Navigators Jane Hotner, Alexa Waycik, and Laura Tessier have worked together to ensure youth from military families have a safe space to connect with youth who share this characteristic, learn how to improve their mental health and wellness, and participate in fun events/trips to places in the community.

The way KMFRC staff ask youth to evaluate the drop-ins went through a redesign this year, and we are pleased to report that this has allowed youth to offer a fresh perspective on the drop-in and continue to have a say in what is offered for them moving forward. These evaluations allow staff to advocate for what youth would like to see at future events as well as allow youth to be empowered and have their voices heard.



In the 2025-26 fiscal year, our military connected youth had the opportunity to engage in activities within the community such as the Kingston Pride Parade, Xtreme Trampoline Park, swimming at the Culligan Water Park, and the Haunted Walk. In addition, youth who came out to the drop-in were able to participate in cooking on a budget, sports nights, and new this year movie nights at the centre. The YOUth Matter team started offering one drop-in per month with a mental health and wellness focus, throughout the fiscal year, youth engaged in activities on a variety of topics including self-compassion, stress management, emotion regulation, and positive communication.

This year, the team was able to welcome three Nursing students from Queen's University, who attended the drop-in as well as observing and interacting with youth, and completing and presenting a mental health and wellness focused activity to youth. This is something that the team will be able to use in future drop-ins with youth.



“I enjoyed everything about this event.”

“I enjoyed mixing the food and making the salad”

“I enjoyed everything about tonight’s event”

“I enjoyed Bingo”

“I learned about the 94 Calls to Action”

“I learned about cooking”

YOUTH MATTER ADVISORY COMMITTEE

The YOUth Matter Team, started the YOUth Matter Advisory Committee in January 2024. The first meeting had two members in attendance, and the committee has continued to meet, recruit new members, and grow. The committee is open to youth between the ages of 13 and 20 and gives them the ability to earn volunteer hours for their secondary school diploma. The goal of the committee is to have staff and military youth work together to ensure that the services and events offered by the KMFRC are youth friendly. We work to achieve this by creating connections with military youth and getting the perspective of military youth outside the committee. The committee is ongoing and meets once per month with a total of 3 active members currently and this year we started offering our meetings both in person and virtual thus helping to remove the barrier of transportation for youth.

“The committee has been a huge part of my life recently. It gives me purpose and I get to see so many people smile and it’s such an amazingly kind and creative community.”



KIDS MATTER

Since the launch of the Kids Matter Workshop on July 28, 2025, the program has continued to provide meaningful support to children from military families through monthly interactive sessions designed for children aged 6–11 years and their parents. Facilitated by Family Counsellor Sarah Sobh, the workshop has been positively received by both children and families throughout the fiscal year.

The primary goal of the Kids Matter Workshop is to create a safe, supportive, and engaging environment where children can actively participate in therapeutic and recreational activities while building confidence, improving peer interaction, and reducing feelings of fear, anxiety, and shyness. Through structured group activities, children were encouraged to develop social connections, express emotions in healthy ways, and strengthen their sense of belonging within the community.

The workshop also plays an important role in promoting positive peer interactions and encouraging teamwork and communication among participants. Parents are actively involved in selected activities, which strengthens parent-child relationships and provides opportunities for shared emotional connection and support. In addition, parents receive verbal guidance and educational summaries highlighting the importance of emotional well-being and strategies to support their children's mental health at home.

To ensure an engaging and child-friendly experience, a variety of appropriate therapeutic tools, sensory materials, games, art supplies, and creative activities were provided during



each session. Prior to each monthly workshop, families were contacted to confirm attendance and encourage participation. During the fiscal year from July 2025 to March 2026, a total of 52 children and their parents participated in the Kids Matter Workshops.

To evaluate the effectiveness and impact of the program, both pre-workshop and post-workshop evaluations were conducted with children and parents. The pre-workshop evaluation assessed participants' readiness, comfort level, and enthusiasm for attending the sessions and participating in activities. The post-workshop evaluation gathered valuable feedback regarding participants' enjoyment of the activities, emotional responses following the workshop, and suggestions for future programming.

The feedback received from both children and parents demonstrates the positive emotional and social impact of the Kids Matter Workshop. The continued enthusiasm, participation, and family engagement highlight the importance of providing supportive and therapeutic group programming for military families within the community.

Children's Feedback

"I enjoyed playing with the clay."

"I love the paintings I make here and give to my mom."

"I enjoy playing with my friends here."

"I love the tools and toys here, especially the clay."



Parents' Feedback

"My son always reminds me of the workshop time."

"My daughter asked me to do the modified cards activity at home and participate with her."

"It's great that our children enjoy these activities, and we enjoy them too."

The feedback received from both children and parents demonstrates the positive emotional and social impact of the Kids Matter Workshop. The continued enthusiasm, participation, and family engagement highlight the importance of providing supportive and therapeutic group programming for military families within the community.

Level 3: Individualized Intervention

SHORT TERM COUNSELLING

The Mental Health and Wellness Team continued to offer short-term counselling sessions to families of Canadian Armed Forces members. The goal of this counselling is to support clients to improve their coping skills and help them with the challenges associated with being part of a military family.

The Mental Health and Wellness team supported a total of 83 clients, and these clients attended counselling for a total of 203 sessions. Clients have reported positive experiences, expressed their gratitude for the support. Parents have expressed that they have noticed improvements in their children since therapy.





MENTAL HEALTH WALK-IN CLINIC

The Mental Health Walk-In Clinic is offered once per month on Monday afternoons and provides accessible, single-session, solution-focused counselling services to Canadian Armed Forces (CAF) family members seeking immediate mental health support.

The clinic is designed to address a broad range of concerns, including anxiety, stress management, parenting challenges, emotional regulation, relationship and communication difficulties, adjustment-related concerns, and other life stressors. By providing timely, confidential, and client-centered support in a welcoming environment, the clinic helps reduce barriers to accessing mental health services while promoting early intervention and psychological well-being. Clients attending the clinic frequently report experiencing immediate emotional relief, increased self-awareness, improved coping skills, and greater confidence in managing personal and family challenges.

For clients whose needs extend beyond a single-session intervention, eligibility for ongoing counselling services is assessed. When appropriate, an intake appointment is scheduled, followed by short-term counselling support. Clients requiring longer-term, specialized, or more intensive services are connected with appropriate community resources, including Resolve Counselling Services and other relevant mental health providers.

The Mental Health Walk-In Clinic continues to play a vital role in supporting the psychological health and resilience of military families by providing timely access to professional mental health services, facilitating early intervention, and connecting clients with the resources and supports necessary to address both immediate concerns and ongoing mental health needs.

Volunteer Services

Throughout the 2025–2026 fiscal year, KMFRC volunteers played a vital role in the success of numerous events, generously sharing their time, energy, and enthusiasm to support meaningful community engagement.

In collaboration with PSP Kingston, the KMFRC hosted its 2025 **Volunteer Appreciation Event** at the Warrant Officers' & Sergeants' Mess to recognize and celebrate the contributions of the volunteers who help strengthen programs, services, and community events throughout the year. The evening began with remarks from the Base Command Team, who thanked volunteers for their dedication and impact on the military community. A total of 34 volunteers participated in a guided paint night while enjoying a light dinner and refreshments.

Volunteers were presented with certificates of appreciation, available both in person and digitally based on individual preference and received a commemorative notebook featuring the 2025 National Volunteer Week theme, "Volunteers Make Waves," and a photograph of Arrowhead Beach. The event provided a meaningful opportunity to celebrate the important role volunteers play in supporting military members, Veterans, and their families.

611.5
Total Volunteer Hours



The **2025 Canadian Walk for Veterans** brought together community members, volunteers, and partners for a meaningful day of recognition and support. A total of 16 volunteers, including youth, adults, and members of the KMFRC Board of Directors, contributed more than 50 hours to the event. Their efforts supported key areas such as route guidance, water stations, and food service, helping ensure a welcoming and well-coordinated experience for all participants.

The day featured a range of performances and tributes that contributed to an atmosphere of remembrance and community connection, including live music from Music Healing Veterans,

performances by the Canadian Military Wives Choir and the PWOR piper, a presentation of the Portraits of Honour, and a demonstration by the Legion Colour Party.

Opening remarks were delivered by the Base Commander and Base Chief, alongside Deputy Mayor Paul Chaves on behalf of the Mayor and Council, and MP Mark Gerretsen, each of whom offered reflections in support of the event and its purpose.

46

Volunteer Hours





At the **2025 CFB Kingston Connect-A-Thon**, seven dedicated volunteers contributed a combined 32.5 hours to help bring this large-scale community event to life. From supporting the Sunshine Set-Up Crew and Wrap-Up Tear-Down Crew to assisting with the community BBQ, volunteers played an important role in creating a welcoming and enjoyable experience for attendees. Whether preparing the event space, helping serve food, or lending a hand wherever needed, their enthusiasm, generosity, and commitment helped make the day a success for military families and community members alike.

32.5

Volunteer Hours

The **2025 Garrison Kids' Holiday Party** brought the holiday spirit to life throughout the venue, with festive activities, treats, and joyful moments for children and families alike. A total of 113.75 volunteer hours were contributed by 23 volunteers, with nine supporting set-up the evening prior and fourteen assisting during the event itself. Some volunteers supported both days, helping ensure a seamless transition from preparation to celebration.

Volunteers played a key role in supporting both set-up and event-day activities, helping ensure a seamless and welcoming experience for all in attendance. Across the event, there was a strong sense of teamwork and mutual support, with everyone working together, enjoying the atmosphere, and contributing to a truly positive shared experience.

This event continues to be one of the KMFR's most well-attended and widely enjoyed gatherings, with volunteers consistently sharing how meaningful and enjoyable it is to take part.

178

Volunteer Hours





23

Volunteer Hours

At the Kingston Frontenacs' 2025 **Chuck-A-Pep** fundraiser, five volunteers, including a youth volunteer and three CAF members, contributed a combined 23 hours in support of the KMFRC. Their enthusiasm, dedication, and energy helped make the event a tremendous success, raising funds to support military members, Veterans, and their families. Volunteers worked tirelessly throughout the game, helping meet the incredible demand for peps and nearly selling out the supply designated for suite delivery. The success of initiatives like Chuck-A-Pep would not be possible without the commitment and generosity of volunteers who continually give their time in support of the military community.

The success of many KMFRC events, activities, and initiatives would not be possible without the support of our volunteers. Through their dedication, generosity, and commitment to service, they helped strengthen connections, foster belonging, and enhance the experiences of military members, Veterans, and their families throughout the year. We extend our heartfelt thanks to every volunteer who contributed their time and talents in support of our community.

DONATIONS & FUNDRAISING

Thank you for your support!

LiUNA Local 183	\$20,000	True Patriot Love (Canadian Walk for Veterans)	\$3,762.42
Members of Order of St. George, Kingston Priory	\$12,986.83	United Way, KFL&A	\$1,523.99
Together We Stand	\$8,400	Rafflebox Technologies Inc (MOMC50/50)	\$1,375.04
Royal Canadian Legion Limestone City Branch 560	\$7,500	Vancouver Foundation (Starbucks)	\$1,350
Children's Thrift Sale Committee	\$6,000	Talize Inc (Donation Bins)	\$1,200
Kingston Frontenac's Hockey Club	\$3,917	Coca Cola Bottling, Kingston	(In-Kind)
		Kingston 1000 Island Cruises / Kingston Trolley Tours	(In-Kind)

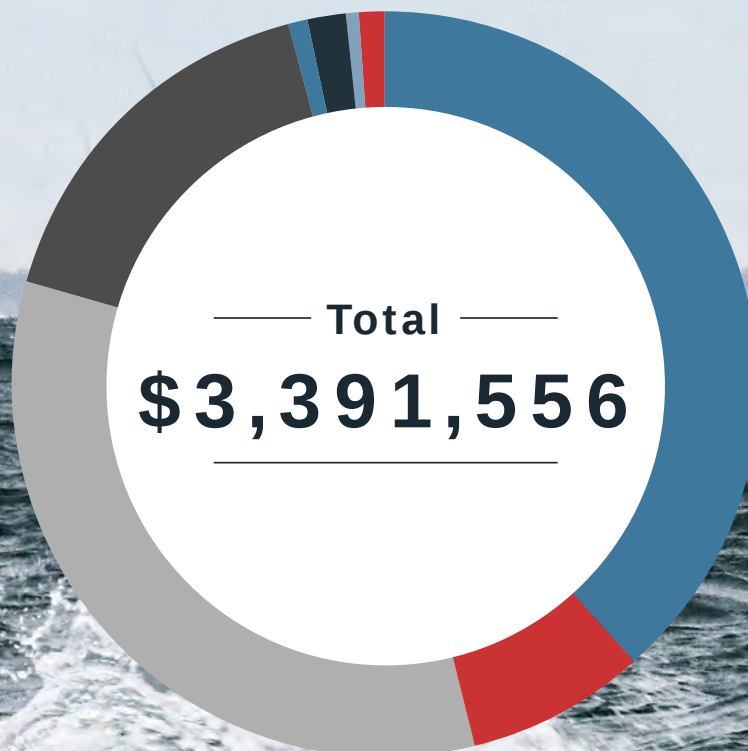
Under \$1000 *monetary and in kind

Anglican Church Women Diocese of Ontario	Holdron Inc.	Residence Inn
BMO	Home2 Suites/DoubleTree by Hilton, Kingston	Revel Realty
CANEX	Improbable Escapes	SISIP
Coca-Cola Bottling Kingston	In Bloom	Starbucks, Rose Abbey
Double Tree	Kingston 1000 Island Cruises / Kingston Trolley Tours	Stephanie Burke, Northstone Real Estate Group
Echelon Wellness	Kingston Frontenacs Hockey Club	St. Lawrence Parks Commission
Fine Balance Brewery	Knights of Columbus Archbishop J.V Cleary	Tourism Kingston
Freshii (Kingston East)	KW Inspire Realty	United Way, Greater Toronto
Giant Tiger (Store 245 – RioCan Centre)	Patriam Cafe	Warf & Feather (Holiday Inn Kingston Waterfront)
Hampton Inn, Kingston East	Paypal Giving Fund Canada	Xtreme Trampoline

REVENUES

Hot off the press audited numbers

MFS Funding	\$1,515,794	45 %
CFB Funding	\$303,340	9 %
Grants	\$1,304,736	38 %
User Fees	\$646,961	19 %
United Way	\$39,849	> 1 %
Fundraising & Donations	\$58,071	> 1 %
Amortization	\$19,623	< 1 %
Interest	\$43,182	> 1 %



EXPENSES

Personnel	\$3,027,766	85 %
Program Delivery	\$418,819	12 %
Administration	\$91,119	2 %
Amortization	\$21,322	< 1 %
Bad Debt (Recovery)	\$0	0 %

