

Family Information Line (FIL) 1-800-866-4645

This is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community.

[Family Information Line | CFMWS](#)

Veteran Affairs Canada (VAC) 1-866-522-2122

If you are a current or former member of the CAF or RCMP, or a family member, we have targeted services and benefits to improve your well-being.

<https://www.veterans.gc.ca/en>

Veterans Affairs Canada (VAC) Assistance Line 1-800-268-7708.

If you are in need of psychological support, please reach out. Get support now from a mental health professional. You are not alone. The VAC Assistance Service is available 24 hours a day, 7 days a week, to all Veterans, former RCMP members, families, and caregivers.

[Talk to a mental health professional | Veterans Affairs Canada](#)

Veteran Family Telemedicine Services

Please see the link for more information and eligibility.

[CFMWS | Veteran Family Telemedicine Service | CFMWS](#)

Your Legions

Courtenay Legion Branch 17 <https://courtenaylegion.ca/>

ROYAL CANADIAN LEGION BRANCH 160 COMOX <https://www.comoxlegion.ca/>

BC / Yukon [Legion BC/Yukon Command](#)

Poppy Trust Fund - See the link below (offered through the legions)

<https://www.legion.ca/remembrance/the-poppy-campaign/use-of-the-poppy-funds>

Comox Valley Urgent Care and Primary care centre 1-833-688-8722

People can call the Comox Valley Urgent and Primary Care Centre to secure an urgent care appointment, as required.

<https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/comox-valley-urgent-and-primary-care-centre>

Centre of Clinical Excellence 1-778-401-9276

Located in the Legion Veterans Village in Surrey, BC the brand-new Centre of Clinical Excellence offers an integrated continuum of health services for Veterans and first responders. We focus on clinical health care and rehabilitation services, innovative research and health technologies, as well as leading edge treatment for PTSD and mental health.

<https://vfrh.ca/about/about-us/>

Soldier on

Soldier On is a program of the [Canadian Armed Forces Transition Group \(CAFTG\)](#) which contributes to the recovery of ill and injured CAF members and veterans by providing opportunities and resources through sport, recreational, and creative activities. Soldier On is recognized for improving the quality of life of the ill and injured and is a highly visible and integral component of the Department of National Defence and the CAF's commitment to the care of ill and injured members. Generous Canadians support the program through donations and fundraising to the Soldier On Fund, which is managed by [Canadian Forces Morale and Welfare Services](#).

<https://www.soldieron.ca/About-Us>

Honour Ranch 1-778-397-4399

Located on 120 acres of rolling hills that overlook the South Thompson River, Honour Ranch is a tranquil retreat, a place of education and personal growth. Here, members of our Canadian Armed Forces, Veterans, Emergency Services Personnel, and their families can discover cutting edge strategies in the treatment of operational stress injuries including anxiety, depression, and PTSD. The goal: empower these heroes so they are better equipped to navigate the often debilitating emotional and physical stresses of selfless commitment to service.

<https://www.honourhouse.ca/about-honour-ranch/>

Atlas institute

They work with Veterans, families, service providers and researchers to identify the best possible mental health care and support for those who have given so much to Canada.

<https://atlasveterans.ca>

OSISSS

If a member of the Canadian Armed Forces (CAF) becomes ill or injured, Operational Stress Injury Social Support (OSISS) offers peer support to the family and member who suffers from an operational stress injury (OSI).

<https://www.canada.ca/en/departement-national-defence/services/benefits-military/health-support/casualty-support/peer-support/osiss.html>

[CFMWS | Operational Stress Injury Social Support \(OSISS\) | CFMWS](#)

Local contact:

Genevieve Donovan 250-532-0856

Family Peer Support Coordinator - Operational Stress Injury Social Support (OSISS)

Genevieve.Donovan@forces.gc.ca

Helmets to Hard Hats 1-855-238-9707

Helmets to Hardhats (H2H) Canada is a registered non-profit organization that has been providing second career opportunities within Canada's Building Trade Unions to the military-affiliated community for over a decade. We ensure the military community is connected to careers with the best industry wages, benefits and pension plans.

<https://helmetstohardhats.ca>

Support our Troops

Established in 2007, Support Our Troops meets the unique needs and special challenges faced by members of the Canadian Armed Forces community as a result of military service. It operates within Canadian Forces Morale and Welfare Services.

This includes providing financial assistance to promote family resiliency and supporting Veterans and serving members who may have an illness or injury through a variety of grants and programs.

<https://www.supportourtroops.ca/about-us/who-we-are>

SISIP 250-339-5942

SISIP Financial has been serving the military community for over 50 years. CAF community members trust SISIP Financial for expert advice and solutions across pensions, investing, insurance, spending, borrowing and more.

<https://cfmws.ca/insurance-finance>

Freedom paws 1-250-954-5552

A volunteer-run, non-profit organization, doing compassionate work that changes lives, one rescue at a time. For veterans, first responders, and civilians with PTSD and complex trauma, this work is nothing short of a lifeline. Our clients and their dogs share a bond like no other, even more so when that bond is born through rescue.

<https://ofpcanada.org>

CF One Card

Get exclusive discounts and savings, earn rewards, and access personalized financial, fitness and wellness programs exclusive to the military community. [Become a CF One Member | CFMWS](#)

Second Language Training

[CFMWS | Second Language Training | CFMWS](#)