



STRONGER TOGETHER:

A GUIDE FOR MILITARY FAMILIES NAVIGATING AN ABSENCE



MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES



VETERANS & FAMILIES
FAMILLES & VÉTÉRANS

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This binder is designed to guide CAF members and their families through every stage of a military-related absence. It brings together forms, research, emotional-wellness tools, practical checklists, and local and national supports to help you prepare, stay connected, and navigate the return home with confidence.

Included in this binder:

Deployment Forms
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Central Saskatchewan Military Family Resource Centre

100 Main Street
17 Wing Detachment Dundurn
Office Hours Monday - Friday 0800-1630hrs
306-491-4698

Deployment Forms

The next two pages contain the CSMFRC's Deployment Forms. We ask that every CAF member complete these forms in full. They will also be provided to you at the time of your DAG. These completed forms are what qualify your family for CSMFRC deployment services, ensuring we can support you effectively throughout the deployment cycle.



Deployment Contact Information Form

Formulaire d'informations de Contact pour le Déploiement

1. Particulars of CAF Member/Détails du Membre du FAC

Service Number / Numéro de Matricule	Rank/Grade	Surname / Nom de Famille	First Name & Initial / Prénom & Initiales
Home Unit/Unité Domicile		(Please check one/Cochez une case)	
		☐ Regular Force Force Régulière	☐ Reserve Force Force de la Réserve
		☐ Civilian Civil	
Work Related Separation Information / Information sur la séparation liée au travail			
Deploying Unit/Unité de Déploiement	Category / Catégorie (Please check one/Cochez une case)		
	☐ Deployment Déploiement	☐ Course / Training Cours / Entraînement	☐ Imposed Restriction Restriction Imposée
Location / Emplacement	Start Date / Date de Début	End Date / Date de Fin	
Children's names and birthdates / Noms des enfants et dates de naissance			
Who will be the Primary Care giver of the children while you are away? Qui sera responsable des enfants pendant votre absence?			
(Please check one/Cochez une case)			
☐ Primary Contact 1 ☐ Primary Contact 2 Contact Primaire 1 Contact Primaire 2			

2. Deployment Support/Support au Déploiement

If contact lives outside of the local area, would you like this form shared with their nearest MFRC? / Si votre contact habite à l'extérieur de la région aimeriez-vous que ce formulaire soit partagé avec le CRFM local? ☐ Yes / Oui ☐ No / Non

Primary Contact (1) / Contact Primaire (1)

Full Name / Nom Complet:

Relationship / Relation

☐ Spouse ☐ Partner ☐ Parent ☐ Friend
Époux(se) Partenaire Parent Ami(e)
☐ Dual Service Couple ☐ Other _____
Couple de Militaire Autre

Language / Langue

☐ English ☐ French ☐ Other _____
Anglais Français Autre

Complete Mailing Address / Adresse Postale Complète

Primary Phone Number / Numéro de Téléphone Primaire

() ☐ Home ☐ Cell ☐ Work
Maison Travail

Alternate Phone Number / Autre Numéro de téléphone

() ☐ Home ☐ Cell ☐ Work
Maison Travail

Primary Email Address / Adress Courriel Primaire

☐ Personal ☐ Other
Personel Autre

Alternate email Address / Autre Courriel

☐ Personal ☐ Other
Personel Autre

Would this contact like to receive emails to both accounts? Est-ce-que ce contact souhaite recevoir des courriels aux deux comptes? ☐ Yes / Oui ☐ No / Non

Would this contact like to be registered for our monthly Warm Line Service (only when deployed)? / Est-ce-que ce contact Est-ce-que ce contact souhaite s'inscrire à notre service mensuel d'appel de courtoisie (seulement durant le déploiement)? ☐ Yes / Oui ☐ No / Non

If yes, please select preference / Si oui, veuillez sélectionner la préférence

☐ Telephone ☐ Email

2. Deployment Support/Support au Déploiement

If contact lives outside of the local area, would you like this form shared with their nearest MFRC? / Si votre contact habite à l'extérieur de la région aimeriez-vous que ce formulaire soit partagé avec le CRFM local? ☐ Yes / Oui ☐ No / Non

Primary Contact (2) / Contact Primaire (2)

Full Name / Nom Complet:

Relationship / Relation

☐ Spouse ☐ Partner ☐ Parent ☐ Friend
Époux(se) Partenaire Parent Ami(e)
☐ Dual Service Couple ☐ Other _____
Couple de Militaire Autre

Language/Langue

☐ English ☐ French ☐ Other _____
Anglais Français Autre

Complete Mailing Address / Adresse postale complète

Primary Phone Number / Numéro de Téléphone Primaire

() ☐ Home ☐ Cell ☐ Work
Maison Travail

Alternate Phone Number / Autre Numéro de téléphone

() ☐ Home ☐ Cell ☐ Work
Maison Travail

Primary Email Address / Adresse Courriel Primaire

☐ Personal ☐ Other
Personnel Autre

Alternate email Address / Autre Courriel

☐ Personal ☐ Other
Personnel Autre

Would this contact like to receive emails to both accounts? Est-ce-que ce contact souhaite recevoir des courriels aux deux comptes? ☐ Yes / Oui ☐ No / Non

Would this contact like to be registered for our monthly Warm Line Service (only when deployed)? / Est-ce-que ce contact Est-ce-que ce contact souhaite s'inscrire à notre service mensuel d'appel de courtoisie (seulement durant le déploiement)? ☐ Yes / Oui ☐ No / Non

If yes, please select preference / Si oui, veuillez sélectionner la préférence

☐ Telephone ☐ Email

3. Additional Support/Support Supplémentaire

Do you have a dependent or family member who may need additional support while you are away? (i.e. health concerns, pregnancy, or diverse abilities) / Avez-vous une personne à charge ou un membre de votre famille qui peut avoir besoin d'un soutien supplémentaire pendant votre absence? (c.-à-d. problèmes de santé, grossesse ou diverses aptitudes) ☐ Yes / Oui ☐ No / Non

If yes, would you like support in developing a deployment plan? / Si oui, aimeriez-vous être soutenu dans l'élaboration d'un plan de soins de déploiement? ☐ Yes / Oui ☐ No / Non

Privacy Disclaimer/ Énoncé de protection des renseignements personnels

The information on this form will be kept confidential and used only for the purpose for which it is collected within the Military Family Resource Centre (MFRC). The MFRC adheres to the Privacy Act. / Les renseignements contenus dans le présent formulaire seront tenus confidentiels et ne serviront que pour les buts dans lesquels ils ont été recueillis au sein du Centre de ressources pour les familles des militaires (CRFM). Le CRFM respecte la Loi sur la protection des renseignements personnels.

Signature: _____

Print full name / Imprimer Nom Complet: _____

Date (DD/MMM/YY): _____

For Office Use Only

Date Received:

Date Entered into System:

Entered By:

Forwarded to another MFRC? ☐ Yes ☐ No

MFRC Location:

Welcome to the CSMFRC Deployment & Absence Support Guide. Whether this is your family's first military-related absence or one of many, we want you to know that you are supported every step of the way. Military life brings unique challenges, and no family is expected to navigate them alone. Our role is to walk alongside you — before, during, and after the member's time away — with programs, resources, and compassionate support tailored to your needs.

Inside this guide, you'll find information about local and national services, wellness supports, financial assistance programs, and tools to help strengthen your family's well-being.

Every family's experience is different, and your feelings, questions, and needs are valid. If at any point you're unsure where to start or what you may be eligible for, please reach out. There is no wrong door when it comes to accessing support.

We are here for you, your children, and your extended support network. You don't have to wait for a crisis or a specific milestone — connecting early can make the journey smoother and less stressful. Your family's resilience matters, and we are honoured to be part of your support system.



Central Saskatchewan Military Family Resource Centre
100 Main Street
17 Wing Detachment Dundurn
Office Hours Monday - Friday 0800-1630hrs
306-491-4698

Confidentiality Statement

The CSMFRC is committed to protecting your privacy and ensuring that your family feels safe accessing support. Any information you share with us — including participation in programs, counselling, or reimbursement services — is kept strictly confidential. Details about your family's use of MFRC supports are not shared with the Chain of Command unless required by law or requested by you.

Our role is to support your family's well-being, not to report on your personal circumstances. You can reach out, ask questions, or access services with confidence, knowing your information stays within the MFRC.

An Introduction to Military Related Absences

What Is a Military-Related Absence?

A military-related absence includes deployments, taskings, trainings, or imposed restrictions that require a Canadian Armed Forces member to be away from home. These absences are a normal and expected part of military service, supporting training, operations, and national readiness.

Military families experience absences far more frequently than the average Canadian family, and they can last anywhere from a few days to several months. Absences can bring both practical and emotional challenges, and every family experiences them differently.

No matter the length of time a member is away, the family at home has access to a wide range of supports. Throughout this guide, you will learn about the many local and national resources available to help military families stay informed, connected, and supported before, during, and after an absence.

In Relation to a Military-Related Absence: What Do We Define as Family?

At the CSMFRC, family is defined by you. We recognize that every military family looks different, and we honour the people you consider part of your support network, including chosen family.

For local MFRC services, we refer to the Family Information Record you completed with us. If you need to update your information, please feel free to stop by. Your information is always handled confidentially and only shared with your permission.

An Introduction to Military Related Absences

In this section you'll find a quick reference guide for military terms relating to absences and deployments!

Core Deployment Acronyms

CAF

- Canadian Armed Forces

DND

- Department of National Defence

CFTPO

- Canadian Forces Task Plans and Operations
- System used to manage deployments and taskings.

CO

- Commanding Officer
- Final approval authority for many deployment-related matters.

OPSEC

- Operational Security
- Protecting sensitive information before, during, and after deployment.

DWAN

- Defence Wide Area Network
- CAF internal network used for administrative processes.

Deployment Status & Administration

TASKING

- Formal assignment to a deployment or operation.

TOA

- Transfer of Authority
- When one unit or contingent assumes responsibility from another.

RFD

- Return From Deployment
- Official completion of deployment and return to home unit.

TD

- Temporary Duty
- Travel or employment away from the home unit.

OUTCAN

- Outside Canada
- Posting or duty conducted outside Canada.

MPRR

- Member's Personnel Record Résumé
- Personnel record often reviewed for deployment readiness.

Leave & Time Away During Deployment

HLTA

- Home Leave Travel Assistance
- Travel assistance program that may be available during longer deployments.

R&R

- Rest and Recuperation
- Authorized leave period during deployment.

Post-Deployment Leave

- Leave granted upon return from deployment to support reintegration and recovery.

Medical & Readiness

MELs

- Medical Employment Limitations
- Medical restrictions that can affect deployability.

FORCES Medical

- Medical assessment required to confirm deployment fitness.

PHA

- Periodic Health Assessment
- Medical assessment used to determine readiness status.

Common Pre-Deployment Requirements

- Medical Clearance
- Dental Category Up-to-Date
- Force Protection Training
- Security Clearance Verification
- Passport (if required)
- Next of Kin Verification
- Emergency Contact Verification
- Will/Personal Affairs Review
- Deployment Briefings
- Family Readiness Information

Where Can You Access Local Support and Services?

The Central Saskatchewan Military Family Resource Centre (CSMFRC) is your primary hub for information, programs, and support during any military-related absence. Our team is here to help your family stay connected, informed, and supported throughout the entire period of separation.

If your family members live outside Saskatchewan, we can (with your consent) share their information with the MFRC closest to their location. This ensures they can easily access services, resources, and community support wherever they are.

You can reach out to the MFRC at any point — before, during, or after an absence. We are here to support you every step of the way.



MFRC Deployment Coordinator

Family Navigator: Megan Boufford
Megan.Boufford@csmfrc.ca
639-318-3127

Research Into Military-Related Absences

A recent study conducted by Military Family Services, titled the Family Resilience Survey (2024), explored the unique experiences military families face during periods of absence. The challenges families encounter—both practical and emotional—are understood to be key factors influencing their overall resilience. Resilience is not about “being strong all the time,” but rather about how families adapt, cope, and recover during and after an absence..

The Six Domains & Factors of Military Family Resilience

Expectations & Boundaries
Healthy Coping Skills
Communication & Problem Solving
Family Connectedness
Relationships & Support Systems
Individual Health & Wellness

Every family responds to an absence differently. Some may feel the impact deeply, while others may experience minimal disruption. A family's ability to cope can be influenced by any combination of these resilience factors, and there is no "right" or "wrong" way to navigate an absence.

One of the key findings from the research is that limited notice before an absence creates significant uncertainty for families. This uncertainty can be especially challenging for households with young children, where routines, caregiving responsibilities, and emotional needs may shift quickly. Understanding these challenges helps MFRCs tailor programs and supports that strengthen resilience across all six domains.

How We Can Help

Military Family Resource Centres are here to help ease the transitions that come with the military lifestyle. Whether the absence is short or long, planned or unexpected, MFRCs provide programs and supports designed to strengthen resilience, reduce stress, and help families feel connected and informed.

We offer a wide variety of services for families with children as well as families without children, ensuring that every household has access to the tools and resources they need throughout their military journey.

Feel free to contact the CSMFRC deployment coordinator for any assistance!

National Resources Available to Everyone

Family Information Line (FIL)



"If you need us, we're here. Any time. Any reason."

The Family Information Line is a free, confidential, bilingual service available to all Canadian military families. Staffed by trained counsellors who understand the realities of military life, the FIL provides support for questions, concerns, or challenges that arise during a military-related absence. Assistance is available 24/7 by phone, email, or video conferencing, ensuring families can access help whenever they need it.

Supports are available through phone or via online chat.

Phone: 1-800-866-4546

Email: FIL-LIF@cfmws.com

Canada Post Mailing Services

Through an agreement between Canadian Forces Morale and Welfare Services (CFMWS) and Canada Post, families can send care packages to deployed CAF members at no cost during designated mail-free periods throughout the year. This service helps families stay connected and ensures deployed members receive meaningful items from home without additional financial strain.

For help send a package, refer to page 18 for CSMFRC assistance!



SISIP Financial offers financial counselling, insurance, and planning services tailored to the unique needs of military families. Whether navigating income changes during an absence or planning for long-term stability, SISIP provides trusted, CAF-specific guidance.

Contact 1-800-267-6681

National Resources Available to Everyone



Kids Help Phone

Kids Help Phone provides 24/7 confidential support to all youth across Canada through phone, text, and online chat. CAF kids and teens can reach out any time for mental health support, crisis counselling, and peer-to-peer resources — especially during challenging periods of military-related absence.

Contact Kids Help Phone:

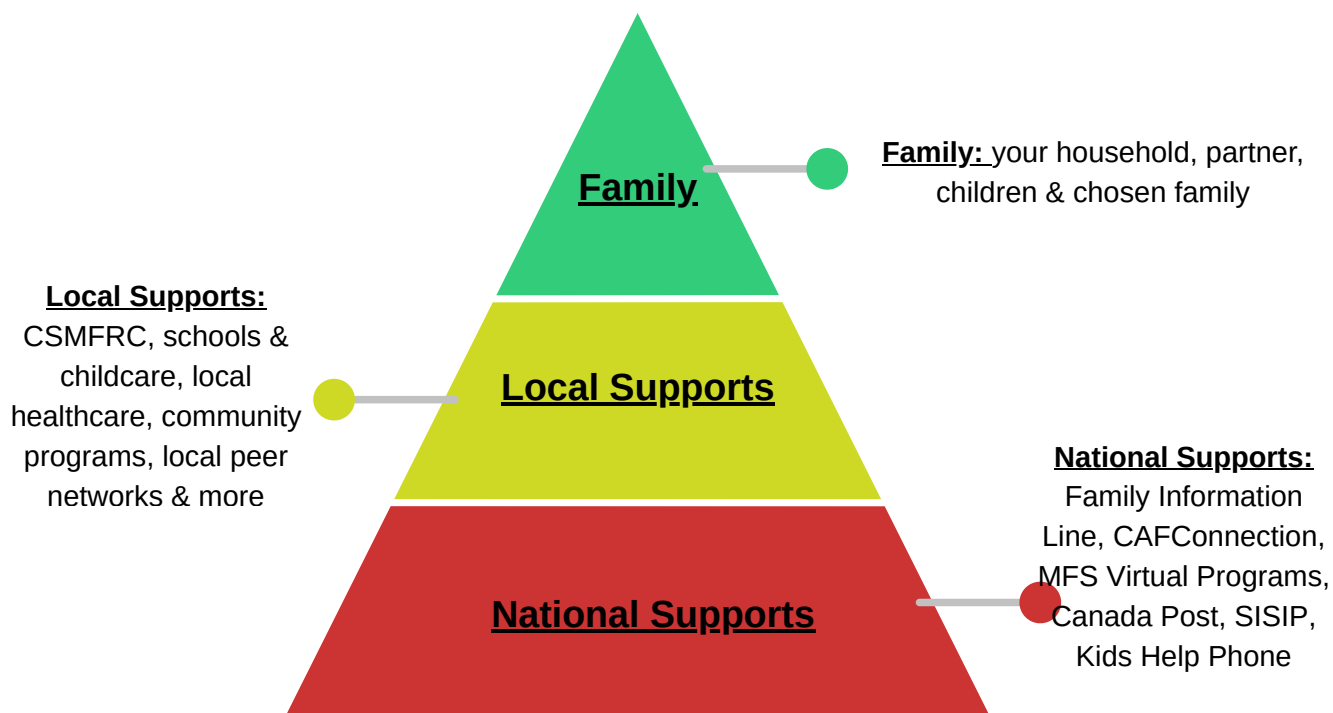
- Call: 1-800-668-6868
- Text: CONNECT to 686868
- Online Chat: kidshelpphone.ca/live-chat

Military Family Services (MFS) Virtual Programs

MFS offers a range of virtual workshops, webinars, and support groups accessible to families anywhere in Canada. These programs cover topics such as coping with deployment, parenting during absences, mental health, and building resilience.

Support Network Pyramid

This Support Network Pyramid illustrates the layers of assistance available to military families during a military-related absence. Your family is at the top, supported by local resources in your community and strengthened by national programs that provide stability and guidance no matter where you live.



National Resources Available to Everyone

Canadian Virtual MFRC

The Virtual MFRC provides military families across Canada with online programs, workshops, and support services that can be accessed from anywhere. Whether you're looking for deployment resources, parenting support, mental-health tools, or community connection, the VMFRC offers flexible, accessible options that fit your family's schedule. It's a great resource for families who live far from a base or prefer virtual support.

Contact Information:

- Website: www.cafconnection.ca/National/Virtual-MFRC
- Email: information@virtualmfrc.ca
- Phone: 1-800-866-4546



Strongest Families Institute (SFI) provides free, evidence-based mental health and well-being programs designed to support children, youth, adults, and families. Their services are flexible, confidential, and offered by phone or online, making them easy to access during the busy and often emotional period of deployment and reunification.

CAF families can self-refer directly to Strongest Families Institute, directly through their website, or they can be referred through their local MFRC staff. This makes getting support simple, whether you prefer to reach out on your own or connect through someone you already trust. SFI programs help families build coping skills, strengthen communication, and navigate the challenges that come with military life.



Instructions for Mailing Overseas



Scan the QR code for instructions and mailing addresses for sending packages overseas to deployed members! The CSMFRC is also able to send packages on your behalf, see local resources for more information.

Home Leave Travel Assistance

Home Leave Travel Assistance (HLTA) helps CAF members and their families stay connected during long deployments by offsetting the cost of travel home or to a chosen destination. This support makes it easier for families to reunite, recharge, and maintain strong relationships despite the distance and stress of military life. HLTA ensures that time together is more accessible, giving families the chance to reconnect and strengthen bonds during demanding operational periods.

Coverage Information

What's Covered?	What's Not Covered?
Eligible transportation costs- Intent: help a deployed CAF member reunite with an eligible family member by paying or reimbursing approved travel expenses.	Moving the family- HLTA is not meant to move next of kin or dependants to a new residence.
Travel to home or previous place of duty- Direct return travel between the member's post and their home or previous place of duty, within policy limits.	Early repatriation- It does not replace or act as early return from deployment.
Travel to a third location- In some cases, assistance may be provided for travel to a third location (not home or post), based on length of deployment and specific entitlements.	Non-eligible partners- Travel for a boyfriend/girlfriend/fiancé(e) who is not recognized as a spouse or common-law partner under policy is not covered.
Reverse home leave travel- In certain situations, an eligible family member may travel to meet the member instead of the member travelling home	Non-transportation expenses- Everyday vacation costs (souvenirs, most meals, entertainment, etc.) are generally not covered—only eligible transportation as defined in policy.



For full policy information and the complete step-by-step process for Home Leave Travel Assistance (HLTA), please scan the QR code.

National Resources Available to Everyone



SECOND LANGUAGE TRAINING

LANGUAGE RESEARCH DEVELOPMENT GROUP (LRDG) SECOND LANGUAGE TRAINING FOR ENGLISH AND FRENCH IS AN ACCESSIBLE, SELF-DIRECTED PROGRAM TAILORED TO HELP YOU ACHIEVE YOUR LANGUAGE LEARNING GOALS EFFECTIVELY

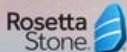


**BEGIN YOUR LANGUAGE JOURNEY TODAY
TO BOOST YOUR SKILLS AND BROADEN
YOUR OPPORTUNITIES. OUR LANGUAGE
PROGRAM CAN HELP YOU:**

- INTEGRATE INTO YOUR NEW COMMUNITY
- ADD A NEW LANGUAGE SKILL TO YOUR RESUME
- PREPARE FOR A POSTING OUTSIDE OF CANADA



**SCAN TO
LEARN MORE**



Welcome to

MindKit

MindKit is a place for youth – like you! – to explore things related to mental health. It was created especially for and by young Family members of Canadian Veterans living with a posttraumatic stress injury (PTSI).

We're here to help you learn about things like mental health and the brain, what it's like to live with PTSD in your family and different ways to handle challenges.

Select one of the topics to get started.

Explore the MindKit comic and more



Scan me



National Resources Available to Everyone

CF MEMBER ASSISTANCE PROGRAM

(CFMAP)  Government of Canada
Canada

**GET FREE, CONFIDENTIAL AND CULTURALLY
COMPETENT MENTAL HEALTH SUPPORT FOR
YOU AND YOUR IMMEDIATE FAMILY**

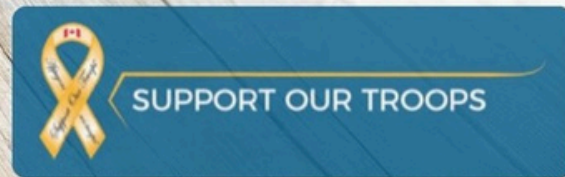


IMMEDIATE SUPPORT & REFERRALS



**1-800-268-7708
TTY 1-800-567-5803**

The CFMAP offers confidential, voluntary, short term counselling to assist with resolving many of today's stresses at home and in the work place. The CFMAP should not be regarded as treatment for mental illness or addictions.



SUPPORT OUR TROOPS HAS A VARIETY OF FINANCIAL SUPPORT OPTIONS AVAILABLE

CERTAIN CIRCUMSTANCES MAY RESULT IN IMMEDIATE RELIEF (24-72HRS)

ASSISTANCE IS AVAILABLE TO
HELP YOU AND YOUR FAMILY
COPE WITH CHALLENGES ARISING
FROM YOUR MILITARY SERVICE.
FIND RELIEF THROUGH PROGRAMS
SPECIFICALLY DESIGNED TO HELP
SOLDIERS AND VETERANS LIKE YOU.



FOR MORE INFORMATION VISIT:

[HTTPS://WWW.SUPPORTOURTROOPS.CA/GET-SUPPORT/EMERGENCY-FINANCIAL-ASSISTANCE](https://www.supportourtroops.ca/get-support/emergency-financial-assistance)

**FOR ASSISTANCE OR QUESTIONS CONTACT:
KATHERINE.DEFOSSE.CSMFRC@GMAIL.COM**

National Resources Available to Everyone



A VARIETY OF DISCOUNTS AND SAVINGS ARE AVAILABLE TO CFONE MEMBERS INCLUDING CANADIAN MILITARY PERSONNEL, VETERANS AND THEIR FAMILIES IN RECOGNITION OF THEIR SACRIFICES AND DEDICATION.

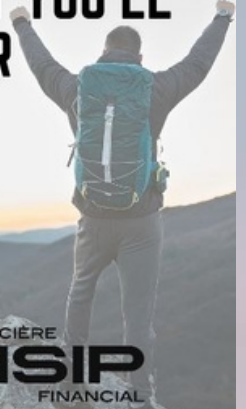


**SCAN THE QR CODE FOR
MORE INFORMATION**

**THE BEST INVESTMENT YOU'LL
EVER MAKE IS IN YOUR
FINANCIAL LITERACY**

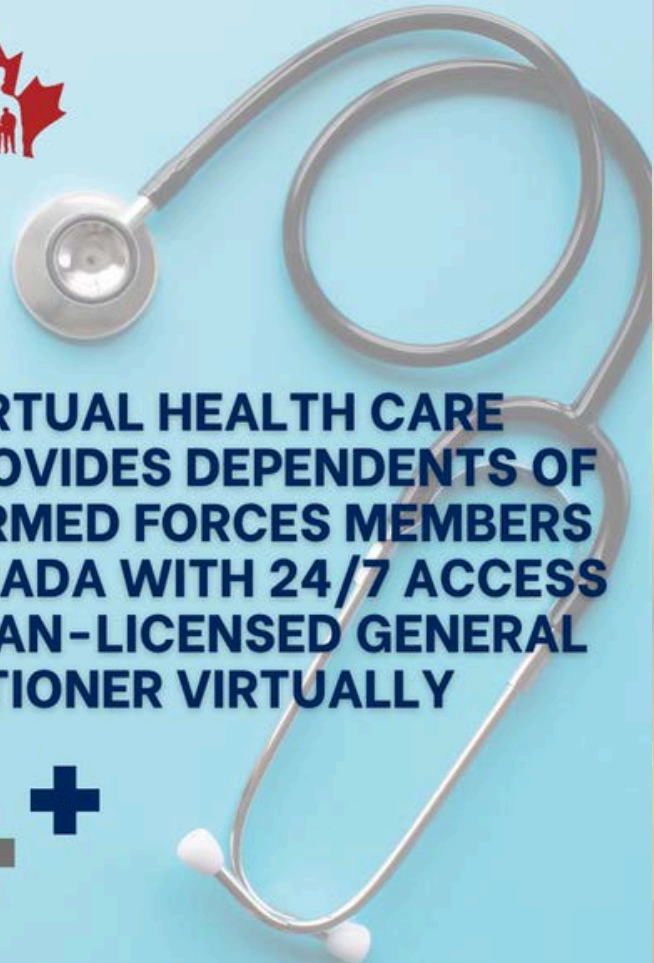


FINANCIÈRE
SISIP
FINANCIAL



Did you know?
Every member of the
family qualifies for a
CF1 card?

maple



**MAPLE VIRTUAL HEALTH CARE
PROGRAM PROVIDES DEPENDENTS OF
CANADIAN ARMED FORCES MEMBERS
LIVING IN CANADA WITH 24/7 ACCESS
TO A CANADIAN-LICENSED GENERAL
PRACTITIONER VIRTUALLY**



[HTTPS://APP.GETMAPLE.CA/REGISTER](https://app.getmaple.ca/register)

National Resources Available to Everyone



CareerCOACH+

One-on-one coaching and digital learning hub for military spouses.

Your career matters.
Register now!



 cfmws.ca/careercoach



MILITARY SPOUSAL EMPLOYMENT FEEDBACK

The CSMFRC is dedicated to supporting our clients with their most pressing needs. To do this effectively, we rely on your input. By completing the survey, you provide valuable feedback that enables us to tailor our programs and services to better serve you and the wider military community.

DID YOU...

- ☒ Utilize a MFRC employment service?
- ☒ Utilize a MFS employment service?
- ☒ Didn't know the CSMFRC offered employment service?
- ☒ Looking for general employment information?



MSEN VIRTUAL CAREER FAIRS

ON-GOING

Join us for a series of tailored career fairs and networking events designed exclusively for military and veteran spouses, featuring esteemed Military Spousal Employment Network (MSEN) employer partners.

For more information or dates for upcoming virtual career fairs, scan the QR code.



Local Resources



Morale Mail

The CSMFRC is able to send packages year-round to CAF members on behalf of their families free of charge. To use this service, simply bring:

- Your sealed and labelled box (member's name and unit)
- A contents list
- The estimated value of the items

Please keep in mind that delivery times vary depending on the member's location. Packages may take a month or longer to arrive, so plan ahead if you want it delivered before a specific date.

If transportation is a challenge, the CSMFRC staff are happy to meet you anywhere in the Saskatoon area to pick up your package and ensure it gets mailed to a deployed member.

Local MFRC Services



The CSMFRC offers a variety of local programs and services to support military families in our region. These include family events, wellness programs, deployment supports, and community-building opportunities.

To stay up to date on upcoming programs, workshops, and national resources, follow us on Facebook, where we share information regularly.

Join the Distribution List

Scan this QR code or email info@csmfrc.ca to be added to our monthly distribution list!



Local Resources

CSMFRC Deployment Wellness Program

Families experiencing a long-term military-related absence of over 90 days may be eligible for a Wellness Package through the CSMFRC. Once the DAG process is complete and the MFRC Deployment Forms have been submitted, the family members remaining at home will receive a personally curated wellness package designed to support their well-being throughout the deployment.

Each package is thoughtfully assembled to provide comfort, encouragement, and practical tools that help families care for themselves while their CAF member is away.

Families are welcome to reach out directly to Megan at any time with questions or to begin the process. Additionally, once your Orderly Room (OR) notifies us of an upcoming deployment, you will be contacted automatically with information about the program and next steps.

If you believe your family would benefit from this program but does not meet the eligibility criteria listed above, please contact Megan at the CSMFRC. We are committed to supporting all families and will work with you to explore available options.



CSMFRC Family Wellness Program

The CSMFRC Family Wellness Program is in place to help ensure families have access to mental health services throughout the challenges of a military-related absence. This program offers financial & navigational assistance for mental health services provided to eligible family members, and all participation is completely confidential.

The CSMFRC holds an approved provider list for ease, or you may select your own mental health provider. Reimbursement **may** be provided for approved services (*up to a maximum amount discussed during intake*) helping to reduce financial barriers to care.

Support is available at every stage—before deployment, during the absence, and after the member returns home—recognizing that each phase brings its own unique stresses and emotional needs.

Local Resources

MFRC Respite Program

The CSMFRC offers a Respite Reimbursement Program to support families during military-related absences. We understand that when a CAF member is away, responsibilities at home can increase, and access to childcare becomes essential. This program provides reimbursement based on the length of the member's absence, with higher levels of support available for longer or repeated absences.

Families may use respite care for:

- *Occasional childcare*
- *Support during appointments or errands*
- *Caregiver rest and overall well-being*
- *Additional help during high-stress periods*

Non-eligible Expenses:

- *normal childcare costs*

To access the program, once your Orderly Room (OR) notifies us of an upcoming deployment or extended absence, you will be contacted automatically with information about available supports. Families are also welcome to reach out directly to Megan at any time with questions or to begin the process.

At that time, you will be asked to complete our Deployment Form, which can be found on the following page. If it was not provided by your OR, we will ensure you receive a copy.

This program is designed to lighten the load at home and ensure your family has the support it needs throughout the military journey.



See next page for the **Respite Program Form**



Completed forms must be submitted to Megan prior to **March 15th**



For any questions, please contact Megan at the MFRC.



MFRC Babysitter List

The CSMFRC keeps a list of local babysitters, if you would like to list or to add your child to the list, scan the QR code or contact Megan at the MFRC!

RESPITE CARE

FORM AND RECIEPTS

DATE: / /

FORM NO: _____

CLIENT INFORMATION

CAF Member Name: _____

Phone Number: _____

Email: _____ This email address will be used for the e-transfer reimbursement.

Absence Details: _____

Departure date: _____ Return date: _____

RECIEPT INFORMATION

Name of care provider: _____

Phone Number: _____ Cost of Care: _____

Date: _____ Duration care provided for: _____

Signature: _____

Name of care provider: _____

Phone Number: _____ Cost of Care: _____

Date: _____ Duration care provided for: _____

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Name of care provider: _____

Phone Number: _____ Cost of Care: _____

Date: _____ Duration care provided for: _____

Signature: _____

Name of care provider: _____

Phone Number: _____ Cost of Care: _____

Date: _____ Duration care provided for: _____

Signature: _____



IN OFFICE USE ONLY

SIGNATURE VERIFIES ELIGIBILITY STATUS

Staff Signature: _____ Date: _____

FIN CODING: _____

NOTES: _____

Local Resources

Warm Line Calls

When you complete your Deployment Forms with the CSMFRC, you can choose to receive warm line calls or emails. These gentle check-ins help us stay connected with families during a military-related absence and allow us to offer support, resources, and a listening ear whenever needed.

MFRC Lending Libraries

Some items may be subject to a small rental fee, but all borrowers must complete the User Agreement Form before signing anything out.

Lending Library

The MFRC has a wide variety of resources available for families, including home wares, outdoor equipment, board games, card games, and other helpful items to support you throughout the deployment cycle.

Mind & Mission Library

A recent addition to the CSMFRC, the Mind and Mission Library offers a curated collection of books for children and adults that focus on mental health, resilience, and the unique challenges of military life. Books available in both French and English.

Neuro-Inclusion Library

The MFRC's Neuro-Inclusion Library offers a range of sensory tools, recovery items, and school-based supports designed to help individuals with diverse needs thrive at home, in the community, and in the classroom. Families can borrow items such as sensory toys, fidgets, weighted supports, visual schedules, noise-reduction tools, and other regulation resources to see what works best for their child before purchasing their own.



For the full catalogue of Lending Resources, scan the QR code.

Local Resources

Central Saskatchewan MFRC

RESUME ASSISTANCE

Employment Assistance Services are being supported virtually or in person through our Employment Coordinator.

Services include assistance for those who are transitioning through postings as well as assistance in updating or developing new resumes.

Available to CAF spouses, dependents, Veterans and family.

**To inquire email Megan Boufford at:
megan.boufford.csmfrc@gmail.com**

Hold Me Tight

Hold Me Tight® Program

The MFRC is happy to offer the Hold Me Tight® program to military and veteran families. This interactive & online program makes sense of love & connections, and will consist of insightful video clips from multiple experts, teaching segments, check-in quizzes, video clips to learn from both real and animated couples, self-paced conversation and supportive text messages.

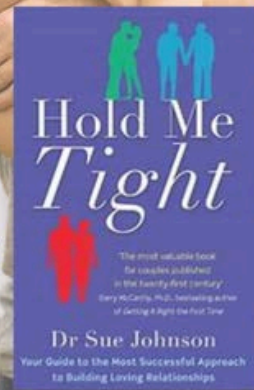
Couples will learn at their own pace right at home!

For more information, or to obtain a license, please email: megan.boufford@forces.gc.ca



(LIMITED LICENCES AVAILABLE)

For more info on the program:
<https://holdmetightonline.com/>



HELP SHAPE OUR
UPCOMING PROGRAMMING!

FEEDBACK SURVEY

The CSMFRC is conducting a community survey to better tailor our programming for Fall, Winter, and Spring of 2025–2026.

By sharing your thoughts, you'll help us create events and services that truly reflect the needs and interests of our military community.

**LET YOUR VOICE BE HEARD—TOGETHER, WE BUILD
A STRONGER, MORE CONNECTED COMMUNITY.**





Getting ready for an absence as a couple



Preparing for a work-related absence can be a stressful time. We understand that you want to set your relationship up for success before the absence, keep it strong during the time apart, and be prepared for the reunion. Whether you are facing a short- or long-term absence, here are some tips to support you.

Set aside time as a couple:

Before the absence, talk about your expectations and how you can both meet each other's needs. Couples that set clear expectations ahead of time are more likely to cope better during their time apart.

Create a financial plan:

- › Set up time to talk to your partner about expected and potential costs that could arise.
- › Connect with SISIP for free financial advice or seek support from a civilian financial advisor.
- › Consider any additional pay that may come with a deployment and decide as a couple what to do with it.
- › For the partner at home, make sure you know how to log into financial accounts, manage any investments, and pay bills (including interest on credit cards or a line of credit).
- › As a couple, review your Power of Attorney and Will and ensure they are current.

Map out your support system:

- › Ensure your Family Care Plan (FCP) Declaration (Form DND 2886) is up-to-date and create an emergency family plan.
- › Make sure to reach out to friends and family to let them know that the absence is coming up and see how they can support you both.
- › Find out what support is available to you through your Base/Wing, local Military Family Resource Centre (MFRC), Military Family Service (MFS) provider, or through your deployed family member's employer, such as Canadian Forces Morale and Welfare Services (CFMWS). Even if you have faced an absence before, it's always a good idea to keep up to date with current support and resources.

Make communication a priority:

Discuss how you plan to stay in touch and how often and explore what options are possible (video chat, messaging, email, etc.). You can even prepare letters for each other that you can read during the absence.

Share little and big moments:

When you do connect, discuss big, small or mundane aspects and updates in your life to help you stay connected during the absence and feel more connected when you see each other. What may seem insignificant to you may feel important to your partner. Sharing these experiences helps prevent any surprises upon reunion.

For the partner at home, check in with yourself:

An absence, and especially a deployment, can be a unique combination of stress. You may be worried about your partner, possibly parenting children who may be anxious, and maintaining normalcy in your household. Try to make time for yourself to de-stress during the absence and be easy on yourself, especially when you face a setback or have a tough day. Know that any bad day you may experience will pass.

Seek support:

Seeking help when you need it does not mean you are not doing a good job, it means you are human. Social workers through the MFRC, MFS, or CAF, Chaplains, or Family Information Line (FIL) are all tools at your disposal. For Deployment Support Staff and their families, you can reach out to FIL, the Virtual MFRC and access Dialogue.

Have kids at home?

- **Keep people in the loop:** If the school or daycare pickup routine is changing, make sure to let the teacher or staff know. If you can, hire a babysitter for extra support or an evening off.
- **Check in with your children:** Absences can be hard for kids too. Create space to discuss their feelings as a family and let them know they can reach out to Kids Help Phone (24/7) via text CAFKIDS to 686868 or simply text 686868 for children of Deployment Support Staff.
- **Maintain family rituals:** Kids find familiarity reassuring. For example, if you always have a pizza night on the weekends, do your best to continue doing it. If your kids have usual bedtimes, make sure to stick to them, especially since this can provide you with some kid-free time in the evening.
- **Discover new activities:** You might want to explore a new activity as a family too, like watching a new series or registering for a new activity through PSP or a local recreation department.
- **Reach out to your MFRC, MFS provider, or other programs recommended by your support team:** They may have virtual or in-person programs to facilitate connection and bonding amongst kids that are in the same situation.



The Emotional Cycle of Deployment

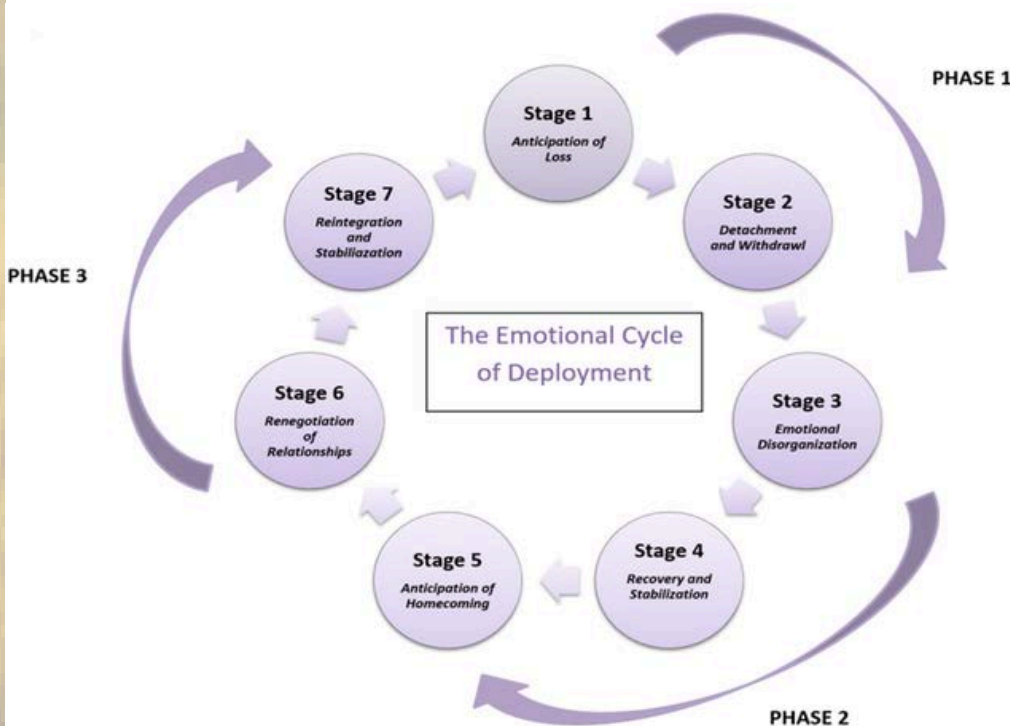
Deployment is one of the most unique and challenging aspects of the military lifestyle. During a military-related absence, you may find yourself taking on new roles — managing the household, supporting children, caring for extended family, and navigating daily life on your own. It's normal to experience a wide range of emotions, including fear, stress, frustration, pride, and even moments of growth and confidence.

Many families describe deployment as an emotional rollercoaster, with highs and lows that shift throughout the separation. These changes are a natural part of what we call the Emotional Cycle of Deployment.

This guide uses the seven-stage model adapted from *The Emotional Cycle of Deployment* by Kathleen Vestal Logan. While the model offers a general timeline, it's important to remember that there is no “right” way to move through these stages. Each family member may experience them differently, and the timing can vary widely depending on personal circumstances, past experiences, and the nature of the deployment.

Although originally designed with military spouses in mind, this framework is

helpful for anyone who experiences the deployment of a loved one — partners, children, parents, extended family, and chosen family. Understanding these stages can help you recognize your emotions, normalize your reactions, and prepare for the changes that may come throughout the deployment journey.



PHASE 1: PRIOR TO DEPLOYMENT

Stage 1 – Anticipation of Loss

(Approximately 4–6 weeks prior to deployment)

As the deployment approaches, both the CAF member and their loved ones begin emotionally preparing for the separation. The member is often busy with training and preparations, feeling a mix of excitement for the mission and concern about leaving home. Meanwhile, the family member at home may feel restless, irritable, or overwhelmed by practical tasks and upcoming responsibilities.

It's common for both partners to begin emotionally distancing themselves as a way to cope with the impending separation. As with all phases of deployment, caring and open communication is essential. Common experiences:

- Increase in conflict or tension as a way to create emotional distance
- Feelings of anxiety, sadness, or resentment
- Moderate levels of stress

Stage 2 – Detachment and Withdrawal

(Approximately 1 week prior to deployment)

In the final days before departure, emotions often intensify. Families want to make meaningful memories, yet may feel emotionally drained or overwhelmed. This stage is frequently described as one of the most difficult.

The loved one at home may think, “If you have to go, just go,” while the deploying member may feel, “Let’s get this started.” Both reactions are normal and reflect the emotional strain of the upcoming separation.

Common experiences:

- Emotional distance and a sense of being “ready for them to leave”
- The home partner wanting quality time while the member is already mission-focused
- High levels of stress

PHASE 2: DURING DEPLOYMENT

Stage 3 – Emotional Disorganization

(First 4–6 weeks of deployment)

Even with preparation, the moment the deployment begins can feel like a shock. Many families experience an initial sense of relief that the anticipation phase is over, followed by feelings of being overwhelmed.

The loved one at home may struggle with disrupted routines, loneliness, or the weight of new responsibilities. The CAF member may also feel isolated or frustrated being far from home life.

This stage is often about finding your footing and gathering strength for the months ahead.

Common experiences:

- Feelings of restlessness, numbness, or emotional fog
- Changes in mood, sleep, appetite, or social engagement
- High levels of stress

Stage 4 – Recovery and Stabilization

(Approximately 6–12 weeks into deployment)

Over time, many families begin to find their rhythm. The partner at home may realize, “I’m doing this — I’m actually okay.” Each successful day builds confidence. New routines form, new supports emerge, and a sense of stability begins to return.

The CAF member is also settling into deployment routines, and communication patterns between home and away become more predictable.

Common experiences:

- Pride in one’s ability to cope
- Occasional feelings of loneliness or isolation
- Lower levels of stress compared to earlier stages

Stage 5 – Anticipation of Homecoming

(Approximately 4–6 weeks prior to return)

As the end of the deployment approaches, emotions often become mixed and unpredictable. Joy, excitement, and relief may alternate with worry or uncertainty. The loved one at home may begin preparing the household and routines to make space for the returning member, while the CAF member may wonder how they will fit back into the family’s established patterns.

This stage can feel like another emotional roller coaster — hopeful, but also filled with questions about how things may have changed.

Common experiences:

- “I want them back... but what am I going to have to give up?”
- “How have we changed?”
- “Does my family still need me?”

PHASE 3: AFTER DEPLOYMENT

Stage 6 – Renegotiation of Relationships

(First 4 weeks home)

Reunion is joyful, but adjusting to life together again can take time. Both the CAF member and the loved one at home have grown and adapted in different ways during the deployment. Roles and routines that were established during the absence may no longer fit perfectly once the member returns.

This stage is about rediscovering one another, rebuilding emotional closeness, and finding a new balance as a family.

Common experiences:

- Routines are disrupted and new ones are not yet established
- Feeling physically together but not yet emotionally connected
- Disorganization, fatigue, irritability, tension, or resentment

Stage 7 – Reintegration and Stabilization

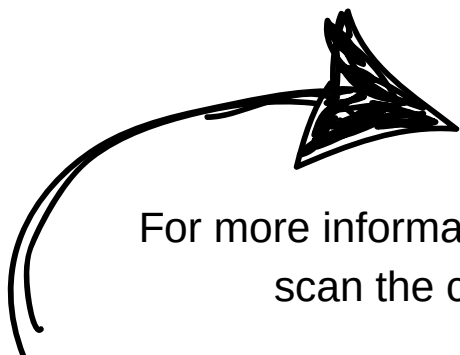
(Approximately 4–6 weeks home)

With time, patience, and communication, families begin to settle into a new normal. Feelings of “our” and “we” return as routines stabilize and the family reconnects emotionally. The experiences of the deployment — both the challenges and the growth — can strengthen resilience and deepen understanding within the family.

Common experiences:

- A renewed sense of stability and confidence in the relationship
- Feeling relaxed and comfortable together again

If you find yourself struggling to cope or feeling overwhelmed at any stage, it's important to reach out for support. Professional help is available, and you are never expected to manage these emotions alone. The MFRC, MFS, and the Family Information Line all have trained staff who can help you navigate whatever you're experiencing.



For more information & resources,
scan the code here!



Tips for Deployments with Kids

Deployment Feelings Journey

Stage 1 – Anticipation of Loss

“Something big is coming.”

A few weeks before your loved one leaves, you might notice that things feel different at home. Grown-ups may seem busier or more stressed. You might feel worried, confused, or even grumpy without knowing why. This is because everyone is getting ready for a big change, and it's normal to have lots of feelings at once.

How to help your child at this stage: As the deployment approaches, help your child by keeping routines steady, talking openly about what will happen, and encouraging them to share any feelings they have, even if they seem big or confusing.

Stage 2 – Detachment & Withdrawal

“I want more time... but this is hard.”

During the last week before they leave, you might want extra hugs or special time together. But you might also feel tired, upset, or like you don't know what to say. The person who is leaving might be focused on packing or preparing. It's normal to feel mixed up — wanting them to stay but also wanting the waiting part to be over.

How to help your child at this stage: During the final week before departure, offer extra patience and closeness, reassure your child that mixed feelings are normal, and create a simple goodbye ritual that helps them feel connected and secure.

Stage 3 – Emotional Disorganization

“This feels weird.”

When they first leave, things can feel strange. You might miss them a lot, feel sad or angry, or have trouble sleeping or concentrating. Routines at home may feel different, and school or activities might feel harder for a little while. These feelings are normal — your heart is adjusting to the change.

How to help your child at this stage: Once the deployment begins, support your child by maintaining predictable routines, watching for changes in sleep or behaviour, helping them stay connected to the deployed member, and letting teachers or caregivers know what's happening.

Stage 4 – Recovery & Stabilization

“I'm getting the hang of this.”

After a few weeks, things usually start to feel a bit easier. You get used to new routines, and you might feel proud of how you're helping at home. You still miss your loved one, but you also find ways to feel okay — like talking to friends, doing activities you enjoy, or connecting with family.

Tips for Deployments with Kids

Deployment Feelings Journey

How to help your child at this stage: As your child begins to adjust, celebrate their successes, encourage friendships and activities they enjoy, and keep checking in about their feelings while building routines that help life feel steady again.

Stage 5 – Anticipation of Homecoming

“I’m excited... and nervous.”

When it’s almost time for them to come home, you might feel excited and happy — but also a little worried. You might wonder what it will be like when they’re back or how things might change again. These feelings are completely normal. Big changes can bring big emotions.

How to help your child at this stage: When homecoming gets close, talk with your child about what to expect, reassure them that excitement and nervousness are both normal, and prepare them gently for the idea that the returning member may need time to settle in.

Stage 6 – Renegotiation of Relationships

“We’re together again, but it feels different.”

When your loved one first comes home, you might feel really happy — but also unsure. You may feel shy, clingy, or even frustrated. Routines change again, and everyone is getting used to being together. It takes time for things to feel normal, and that’s okay.

How to help your child at this stage: In the first weeks after reunion, give your child time to warm up, keep routines consistent, and encourage the returning member to reconnect through simple shared activities like reading, playing, or spending quiet time together.

Stage 7 – Reintegration & Stabilization

“We’re a team again.”

After a few weeks, things usually start to settle. You feel close again, routines feel comfortable, and your family finds a new rhythm. You might feel proud of how everyone managed the deployment and how strong your family has become.

How to help your child at this stage: As life begins to feel normal again, celebrate being together, rebuild family routines that work for everyone, and keep communication open so your child feels safe sharing their feelings as they adjust.



Scan this QR code to explore specially curated storybooks created by Military Family Services about deployments and other military-related experiences. To borrow physical copies, please email the MFRC.

*Available in English and French

Tips for Deployments with Kids

Overview of the Cycle of Deployments for Kids

Phase	Stage	When It Happens	What Kids Might Feel or Notice	Stress Level
Before They Leave	Stage 1 – Anticipation of Loss	A few weeks before they go	Feeling worried, confused, or grumpy; noticing grown-ups are busier or more stressed; wondering what will happen when the person leaves	Medium
	Stage 2 – Detachment & Withdrawal	The last week before they go	Wanting extra time together but also feeling upset or tired; noticing the CAF member is focused on getting ready; mixed feelings like “I don’t want them to go, but I want this part to be over”	High
While They Are Away	Stage 3 – Emotional Disorganization	The first few weeks after they leave	Missing them a lot; changes in sleep or appetite; feeling sad, angry, or unsure; routines feel different; school or activities may feel harder	High
	Stage 4 – Recovery & Stabilization	After a month or two	Getting used to new routines; feeling proud of helping at home; missing them sometimes but feeling more okay; finding comfort in friends, activities, or family	Low
	Stage 5 – Anticipation of Homecoming	A few weeks before they return	Feeling excited but also nervous; wondering what it will be like when they come home; thinking about how things might change again	Varies
After They Come Home	Stage 6 – Renegotiation of Relationships	First few weeks home	Happy they’re back but needing time to get used to each other again; routines feel different; feeling clingy, shy, or unsure; sometimes feeling frustrated or overwhelmed	Medium
	Stage 7 – Reintegration & Stabilization	After a month or so	Feeling like a family again; routines feel normal; feeling proud of how everyone managed; enjoying time together	Low

This section is based on widely recognized research describing the common emotional stages military families experience before, during, and after deployment. These frameworks help families understand their reactions and access the right supports throughout the deployment cycle.

Tips for Deployments with Kids

Assistance for Military Duty Absence (AMDA)

The Assistance for Military Duty Absence (AMDA) benefit helps Canadian Armed Forces members cover some of the extra childcare or dependant-care costs that arise when they are away from home for military duties. While it does not replace all dependant-care expenses, it provides financial support to help ease the burden on families during periods of absence. AMDA is accessed through the member's Orderly Room (OR), where families can receive guidance on eligibility and how to apply.



For more information visit your OR or scan the QR code.



Sesame Street offers a wonderful collection of videos, storybooks, and activities designed especially for military children. With familiar characters like Elmo and Rosita, these resources help kids understand deployments, homecomings, relocations, and other military-related changes in a gentle, age-appropriate way. Families can explore tools that support emotional expression, build resilience, and make tough moments a little easier through play and storytelling.

Zero to Three provides practical tools for parents of young children, helping families navigate deployment, separation, and emotional changes with age-appropriate strategies.



Tips for Deployments with Kids

Pre-Deployment

- *Be the one to tell your children about the deployment*, and share the news well ahead of time. Children need time to process, so plan to talk about it more than once.
- *Have face-to-face conversations and be open and honest about your feelings*. Kids take their cues from you, and hearing you name emotions helps them understand their own.
- *Make separation a normal part of everyday conversation*; whether at dinner, during bedtime routines, or while driving. Regular, gentle discussions help reduce anxiety.
- *Prepare children for what might change during the deployment*, such as missing birthdays, holidays, or shifts in routine. Knowing ahead of time helps them feel more secure.
- *Build strong emotional connections before departure*. Spend quality one-on-one time with each child. Younger children (8 and under) respond best to shorter, focused moments and lots of physical affection.
- *Reassure older children (especially ages 9–11) by emphasizing safety and expressing pride in your work*. This age group often worries quietly, so your reassurance matters.
- *Support the non-deployed caregiver* by reinforcing their role as the primary disciplinarian and decision-maker while you're away.
- *Invite children to help with packing*; rolling socks, counting shirts, or choosing small items. Being involved helps them feel included and connected.
- *Exchange small tokens before you leave*. Your child can give you something small to pack, and you can give them something of yours; a keychain, hat, or old shirt to sleep with.
- *Let children help decorate your locker or workspace with drawings or photos*. Knowing their artwork is with you can be comforting for both of you.

During Deployment

- *Keep routines predictable and steady*, as structure helps children feel safe and grounded when life feels different.
- *Stay connected in simple, meaningful ways*. Share photos, short messages, drawings, or voice notes when possible. Even small updates (“I saw a funny dog today”) help children feel close.
- *Encourage children to express their feelings*, whether through talking, drawing, journaling, or play. Let them know all feelings are okay — excitement, sadness, anger, or confusion.
- *Create rituals that keep the deployed parent present*, such as reading a favourite book at bedtime, saying goodnight to a photo, or using a special countdown calendar.
- *Celebrate milestones creatively*, even if the deployed parent can't be there. Record videos, save artwork, or take photos to share later.
- *Support the non-deployed caregiver*, who may be carrying extra responsibilities. A calm, united approach helps children feel secure.
- *Keep communication age-appropriate*. Younger children need simple, concrete explanations; older children may want more details or reassurance about safety.
- *Stay connected with your MFRC*, which can offer programs, check-ins, and community support throughout the deployment.

Tips for Deployments with Kids

Homecoming

- *Prepare children ahead of time by talking about what homecoming might look like.* Excitement, nervousness, or mixed feelings are all normal.
- *Remind children that the returning parent may need time to adjust, rest, and settle back into routines.* Reintegration is a process, not a single moment.
- *Give children space to warm up at their own pace.* Some may run into open arms; others may feel shy or unsure at first. All reactions are normal.
- *Re-establish routines slowly,* blending old habits with new ones that developed during the deployment. Predictability helps everyone feel grounded.
- *Share responsibilities gradually.* The non-deployed caregiver may have taken on new roles, and children may have become more independent. Adjusting takes time and patience.
- *Make time for one-on-one reconnection.* Simple activities; reading together, playing a game, going for a walk, help rebuild closeness.
- *Talk openly about the experience,* allowing children to share what was hard, what they learned, and what they're proud of. This helps them process the transition.
- *Celebrate being together again,* whether with a small family activity, a special meal, or quiet time at home. Focus on connection rather than big events.

Countdown Ideas for Families During Deployment

- One Hershey's Kiss a Night — "A kiss from Mom/Dad until they're home."
- Paper Chain Countdown — tear off one link each day; kids can decorate the links.
- Sticker Chart — add a sticker each morning or night until the homecoming date.
- Scratch-Off Countdown — make your own with dish soap + paint over numbers or messages.
- Chalkboard or Whiteboard Countdown — update the number daily as a family ritual.
- Daily Note Basket — write a short message or memory each day to give the parent when they return.
- "Open When..." Letters — kids create letters for moments like "when you miss me" or "when you're tired."
- Photo-a-Day Countdown — take one photo each day to show the parent later.
- Memory Jar — add a note about something good that happened each day or week.
- Colour-In Calendar — kids colour a square each day until homecoming
- Heart-a-Day — write one thing you love about the deployed parent each day.
- Gratitude Countdown — each day, name one thing you're grateful for.
- Hug Button — kids press a button on a paper heart each night to "send a hug."
- Homecoming Box — fill a box with drawings, photos, ticket stubs, and notes collected during the countdown.
- "What You Missed" Book — add one page per week with highlights, funny moments, or milestones.

Remember:

You're not alone. Your feelings matter. And your family is proud of you — always.

Deployment Tips For Parents

Keep Routines Steady

Children feel more secure when daily life stays predictable. Keep mealtimes, bedtimes, and school routines as consistent as possible.

Communicate Honestly (at their level)

Give simple, age-appropriate explanations about the deployment. Kids don't need details — just reassurance that they are safe and loved.

Create Connection Rituals

Set up small traditions that help kids feel close to the deployed parent:

- Weekly video calls
- Drawing pictures or writing letters
- A special bedtime message or recorded story

Watch for Emotional Changes

Kids may show stress through clinginess, acting out, or becoming quiet. These are normal reactions. Offer extra comfort, patience, and time together.

Give Kids a Role

Let them help with small tasks like marking days on a calendar, choosing items for care packages, or helping with simple chores. Feeling involved gives them a sense of control.

Limit News Exposure

Kids can misunderstand or worry about things they see on TV or online. Keep news viewing to a minimum and answer questions calmly.

Celebrate Small Wins

Every day you keep things moving is something to be proud of. Celebrate progress, resilience, and the strength your family shows during this time.

***Friends, Family, PSP and MFRC resources can make a huge difference.
You don't have to do this alone***

Recommended Apps for Canadian Military Families

Canadian Armed Forces (CAF) Mobile App



The official CAF app helps families stay informed with news, updates, and resources from across the Canadian Armed Forces. It includes quick links to support services, benefits, and family programs, making it a helpful tool during deployments or relocations.

For more information or to download scan the QR code.

Family Information Line App

While not a standalone app, the FIL is easily accessible through the CAF mobile app. Families can quickly connect to confidential, 24/7 support for information, guidance, or emotional help during any stage of deployment.

MyTransition App (Veterans Affairs Canada)

Designed for CAF members and families preparing for release or navigating major transitions. It includes checklists, resources, benefits information, and planning tools to help families stay organized and informed.



For more information or to download scan the QR code.

Sesame Street for Military Families App

A warm, child-friendly app filled with videos, storybooks, and activities featuring familiar Sesame Street characters. It helps young children understand deployment, homecoming, relocation, and other military-related changes in a gentle, age-appropriate way.

For more information search the app in your devices app store.

Recommended Apps for Canadian Military Families

Mindshift CBT



A trusted Canadian mental-health app that uses Cognitive Behavioural Therapy tools to help manage anxiety, worry, and stress. It's helpful for both adults and teens navigating the emotional ups and downs of deployment.

For more information or to download scan the QR code.

Calm or Headspace (Mindfulness & Sleep Apps)

While not military-specific, these apps are widely used by CAF families to support sleep, stress management, and emotional regulation — especially during long absences or reintegration.

Recommended Books for Canadian Military Children

A Bear in War — Stephanie Innes & Harry Endrulat

A gentle, true Canadian story told through the eyes of a teddy bear, helping children understand separation, service, and remembrance.

Proud as a Peacock, Brave as a Lion — Jane Barclay

A warm picture book that explores courage, pride, and military service through the relationship between a child and a grandparent.

Good Morning, Canada — Andrea Lynn Beck

A comforting celebration of daily life across Canada — perfect for younger children who benefit from routine and familiarity during a parent's absence.

Big Bear Hug — Nicholas Oldland

A sweet, funny Canadian story about kindness and caring, offering comfort and lightness during stressful times.

Operation Readiness Documents

It's a good idea to photocopy all important documents and keep them together in a safe place. Having copies makes it easier to find information quickly or replace items if needed. see the below list of things that would be good to gather in one place:

Personal Identification:

- Birth certificates (for all family members)
- Canadian passports
- Citizenship or Permanent Resident documents
- Driver's licences
- Provincial/territorial photo ID cards (for youth or non-drivers)
- Social Insurance Numbers (SIN)

Health and Medical Documents:

- Provincial health cards (e.g., Saskatchewan Health Card)
- Military health card / CFOne card
- Immunization records
- Dental and medical insurance information
- List of medications and allergies
- Emergency contact list
- Copies of medical directives (if applicable)

Household and Family Information:

- School records and report cards
- Childcare or daycare contracts
- Pet vaccination records and licences
- Utility account information (power, water, internet, phone)
- Home insurance and warranty documents
- Vehicle maintenance records

Legal and Financial Documents:

- Power of Attorney (Continuing, Non-Continuing, and Personal Care)
- Wills and estate documents
- Marriage certificate or separation/divorce agreements
- Child custody or guardianship documents
- Banking information (accounts, loans, investments)
- CRA information (tax returns, MyAccount access info)
- Property deeds, mortgage documents, or rental agreements
- Vehicle registration and insurance
- Life insurance policies (CAF and civilian)

Military Specific Documents:

- Deployment orders (if applicable)
- Posting instructions
- Emergency contact forms
- Family Care Plan
- MFRC contact information
- Unit and chain-of-command contact list
- Copies of benefits information (e.g., AMDA, CFHD, Relocation benefits)

Passwords:

- banking, social media, subscriptions, laptops, phones etc.

Photocopy or scan all important documents and keep them in a clearly labelled folder. Store digital copies on a secure USB or password-protected cloud account. This makes it easy to find what you need quickly — especially during emergencies or unexpected changes.

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Member Information	
Name:	
Rank:	
Service Number:	
Home Military Unit:	
Deploying Unit:	
Absence Date:	Leave:
	Arrival:
Contact Information while Deployed:	

It's a good idea to photocopy all important documents and keep them together in a safe place.

Having copies makes it easier to find information quickly or replace items if needed. Make sure you have copies of birth certificates, passports, health cards, driver's licences, powers of attorney, and any other essential paperwork your family may need during the absence.

Member Next of Kin Information		
Name	Phone Number	Email

Operation Readiness Documents

Communication Plan During Deployment

A clear communication plan helps reduce stress, manage expectations, and keep families connected throughout a military-related absence. Every deployment is different, and communication can vary based on location, operational tempo, and available technology. This section helps families create a plan that works for them while staying flexible to the realities of military life.

Purpose of a Communication Plan

- Set realistic expectations for how often you'll connect
- Reduce anxiety when communication is limited
- Establish routines that support both the member and the family
- Provide backup plans for communication disruptions
- Help kids understand what to expect

Types of Communication

- Phone calls – frequency may vary depending on operational constraints
- Emails or messages – often more reliable than calls
- Video chats – used when possible, but not always available
- Letters or care packages – meaningful, especially for kids
- Recorded messages – helpful for younger children

Setting Expectations

- How often do you expect to communicate?
- What methods are most reliable?
- What times of day are usually possible?
- What should the family expect if communication suddenly stops?
- How will you reassure kids during quiet periods?

Backup Plan for Communication Gaps

Communication may drop unexpectedly. Plan ahead:

- Who will the family contact if they're worried?
- What signs indicate a normal communication blackout?
- What messages can the member send beforehand to prepare the family?
- What coping strategies can the family use during quiet periods?

Family Communication Plan:	
Preferred Communication Method:	
Expected Frequency:	
Best Times to Connect:	
If communication drops, our plan is:	
Messages or reminders for family/ kids:	

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Deployed Member Partner: Important Information	
Complete Name:	
Date of Birth:	
Health Card Number:	
Allergies:	
Special Needs:	
Email Address:	
Phone Number:	
Alternative Phone Number:	
Primary Employer	
Name of Employer:	
Business Address:	
Contact Information:	
Secondary Employer	
Name of Employer:	
Business Address:	
Contact Information:	

It's a good idea to photocopy all important documents and keep them together in a safe place. Having copies makes it easier to find information quickly or replace items if needed. Make sure you have copies of birth certificates, passports, health cards, driver's licences, powers of attorney, and any other essential paperwork your family may need during the absence.

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Deployed Member Dependent: Important Information	
Complete Name:	
Nicknames:	
Date of Birth:	
Relationship to Member:	
Parent/Guardian Information:	Name: Address: Phone: Relationship to Dependent:
Allergies:	
Medications:	
Special Needs:	
Health Card Number:	
Location of Important Documents:	
Health/ Medical Concerns:	
School:	Name: Location: Phone Number: Teacher:
Emergency Contact 1:	Name: Address: Phone: Relationship to dependent:
Emergency Contact 2:	Name: Address: Phone: Relationship to dependent:
It is a good idea to include a photo of your dependent.	

It's a good idea to photocopy all important documents and keep them together in a safe place. Having copies makes it easier to find information quickly or replace items if needed. Make sure you have copies of birth certificates, passports, health cards, driver's licences, powers of attorney, and any other essential paperwork your family may need during the absence.

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Deployed Member Dependent: Important Information	
Complete Name:	
Nicknames:	
Date of Birth:	
Relationship to Member:	
Parent/Guardian Information:	Name: Address: Phone: Relationship to Dependent:
Allergies:	
Medications:	
Special Needs:	
Health Card Number:	
Location of Important Documents:	
Health/ Medical Concerns:	
School:	Name: Location: Phone Number: Teacher:
Emergency Contact 1:	Name: Address: Phone: Relationship to dependent:
Emergency Contact 2:	Name: Address: Phone: Relationship to dependent:
It is a good idea to include a photo of your dependent.	

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Deployed Member Pet: Important Information	
Complete Name:	
Nicknames:	
Date of Birth:	
Veterinarian Information:	Name: Address: Phone:
Allergies:	
Medications:	
Special Needs:	
Microchipped	Yes / No Number:
Boarding Facility Information:	
Emergency Contact:	Name: Phone: Relationship to owner:
Additional Pets:	
It is a good idea to include a photo of your pet(s).	

It's a good idea to photocopy all important documents and keep them together in a safe place. Having copies makes it easier to find information quickly or replace items if needed. Make sure you have copies of birth certificates, passports, health cards, driver's licences, powers of attorney, and any other essential paperwork your family may need during the absence.

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Legal: Important Information	
Power of Attorney	
Legal Firm:	
Name of Lawyer:	
Phone Number:	
Responsibilities:	

Important to Note:

Power of Attorney

A Power of Attorney gives someone the authority to make decisions on your behalf. Depending on the type, this can include decisions about money, property, or personal care. Without a POA, your family may need to apply to court to manage your affairs if you become unable to do so.

Continuing (Enduring) Power of Attorney for Property

A Continuing or Enduring POA for Property allows your chosen person to manage your finances and property; such as paying bills, managing bank accounts, filing taxes, or handling real estate, even if you become mentally incapacitated. It must clearly state that it continues during incapacity.

Non-Continuing (General or Temporary) Power of Attorney for Property

A Non-Continuing POA for Property gives someone authority to handle your finances or property only while you still have mental capacity. It automatically ends if you become incapable. It's often used for short-term needs, like when you're travelling or recovering from surgery

Power of Attorney for Personal Care

A POA for Personal Care allows someone to make health and personal decisions for you if you become unable to make them yourself. This includes decisions about medical treatment, housing, nutrition, hygiene, and safety. It only takes effect when you no longer have capacity to make these decisions.

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Legal: Important Information	
Will	
Legal Firm:	
Name of Lawyer:	
Phone Number:	
Date of Most Recent Update:	

Important to Note:

A will is one of the most important documents you can have, especially for military families. It ensures your wishes are clearly understood and followed, and it protects your loved ones if something unexpected happens. A will outlines how your property is handled, who will care for your children, and who will manage your estate. Without one, these decisions may fall to the courts, creating stress and delays during an already difficult time.

SISIP Financial can help you with will preparation and estate planning, offering guidance and support so you can feel confident that everything is in place and your family is protected.

Legal: Important Information	
Separation / Custody	
Have you looked at a separation arrangements?	
Have you discussed a custody arrangements?	
Have you made child support arrangements?	
Contact Information of Lawyer:	

Important to Note:

A separation agreement is a written, legally recognized document that outlines how two parents will handle important responsibilities if they are no longer together. It can include decisions about parenting time, custody, financial support, property, and communication. Having a clear agreement helps reduce conflict, provides stability for children, and ensures everyone understands their rights and responsibilities.

A custody or parenting arrangement sets out how decisions about a child's health, education, activities, and daily life will be made, as well as when each parent will spend time with the child. For military families, this is especially important because deployments, postings, and training can affect schedules and routines. A well-written plan helps keep things predictable and reduces stress for children during times of change.

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Life Insurance- Member	
Life Insurance Provider:	
Phone Number:	
Website:	
Name of Policy Owner:	
Policy Number:	
Last Updated:	
Life Insurance- Family Member	
Life Insurance Provider:	
Phone Number:	
Website:	
Name of Policy Owner:	
Policy Number:	
Last Updated:	

Important to Note:

Life insurance is an essential part of preparing for a deployment. It provides financial security for your family if the unexpected happens, helping cover living expenses, debts, childcare, education costs, and future needs. Having the right coverage in place ensures your loved ones are protected and supported, no matter what. Reviewing your policy before a deployment is especially important — it's a chance to confirm your beneficiaries, update your coverage, and make sure everything reflects your current family situation.

SISIP Financial offers life insurance options designed specifically for Canadian Armed Forces members, along with guidance to help you understand your coverage and make informed decisions. Taking time to review your life insurance before you leave gives you and your family peace of mind.

Consent to Travel Letters

When a child is travelling without one parent many countries, airlines, and border officials require a Consent to Travel Letter. This document confirms that the child has permission to travel and helps prevent delays, questions, or denied entry at borders. It's especially important for military families, where one parent may be deployed or unavailable. A Consent to Travel Letter typically includes information about the child, the travelling parent or guardian, and contact details for the non-travelling parent. Having this document prepared and signed in advance helps ensure smooth, stress-free travel for your child.

A blank version is attached for your convenience.

Consent letter for children travelling abroad

The following sample consent letter, provided by Global Affairs Canada, can be modified to meet your specific needs. For instructions and an interactive [form](#) you can use to create a customized letter, visit travel.gc.ca/letter.

To whom it may concern,

I/We, _____ (name), am/are the parent or person(s) with decision-making responsibility (for example a legal guardian or tutor) over:

Child's information:

Name of child: _____

Date of birth (YYYY/MM/DD): _____

Place of birth: _____

Passport number: _____

Date of issue of passport: _____

Issuing country of passport: _____

I/We give consent for this child to travel:

- ☐ alone
- ☐ with the accompanying adult listed below

If travelling with an accompanying adult, complete the following information about the accompanying person:

Name of accompanying person: _____

Passport number: _____

Date of issue of passport: _____

Issuing country of passport: _____

Relationship to the child: _____

Travel destination:

I/We give consent for the aforementioned child to travel to:

1. _____ (country)
2. _____ (country)

to stay with: _____ (name of person(s) the child is visiting, if applicable) at the following address(es):

Address(es):

Telephone number:

Email address:

Date of departure from Canada:

_____ (YYYY/MM/DD)

Date of return to Canada:

_____ (YYYY/MM/DD)

Any questions regarding this consent letter can be directed to the person(s) giving consent at the following coordinates:

Name of person(s) giving consent:

Address:

Telephone number:

Email address:

Signature(s) of person(s) giving consent:

Signature

Date (yyyy/mm/dd)

Signature

Date (yyyy/mm/dd)

Signature of official/witness:

This letter may be signed before a **witness who has attained the age of majority** (18 or 19 years old, depending on the province or territory of residence) **OR** before a **notary public or other official authorized to administer oaths (recommended)**.

Signed before me on

Date (yyyy/mm/dd)

☐

By

Name(s) of person(s) giving consent

Name and title of witness/official

Signature of witness/official

Signed at:

Location

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Financial Information	
Account 1	
Financial Institute:	
Phone Number:	
Account Type:	
Name on Account:	
Authorized User:	
Have you completed Power of Attorney at the bank?	
Safety Deposit box?	Yes / No Location of the key:
Online Banking Login:	Username: Password:
Where to find:	Debit card:
	Credit card(s):
Account 2	
Financial Institute:	
Phone Number:	
Account Type:	
Name on Account:	
Authorized User:	
Have you completed Power of Attorney at the bank?	
Safety Deposit box?	Yes / No Location of the key:
Online Banking Login:	Username: Password:
Where to find:	Debit card:
	Credit card(s):

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Financial Information	
Account 3	
Financial Institute:	
Phone Number:	
Account Type:	
Name on Account:	
Authorized User:	
Have you completed Power of Attorney at the bank?	
Safety Deposit box?	Yes / No Location of the key:
Online Banking Login:	Username: Password:
Where to find:	Debit card:
	Credit card(s):
Account 4	
Financial Institute:	
Phone Number:	
Account Type:	
Name on Account:	
Authorized User:	
Have you completed Power of Attorney at the bank?	
Safety Deposit box?	Yes / No Location of the key:
Online Banking Login:	Username: Password:
Where to find:	Debit card:
	Credit card(s):

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Financial Information	
Credit Cards	
Financial Institution:	
Credit Card Type:	
Authorized Users:	1. 2.
Have you advised you will be travelling?	
Who has cancellation authority?	
Credit Cards	
Financial Institution:	
Credit Card Type:	
Authorized Users:	1. 2.
Have you advised you will be travelling?	
Who has cancellation authority?	
Credit Cards	
Financial Institution:	
Credit Card Type:	
Authorized Users:	1. 2.
Have you advised you will be travelling?	
Who has cancellation authority?	
Credit Cards	
Financial Institution:	
Credit Card Type:	
Authorized Users:	1. 2.
Have you advised you will be travelling?	
Who has cancellation authority?	

Operation Readiness Documents

Below you'll find some helpful charts with information a CAF member's family might need while a member is away on an absence.

Financial Information	
Income Tax	
Canada Revenue Agency Phone:	1 (800) 959-8281
Canada Revenue Agency Website:	https://www.canada.ca/en/revenue-agency.html
Canada Revenue Agency Login:	Username: Password:
Accountant Information (if applicable):	Firm: Name: Phone Number:
Military Members SIN:	
Partner's SIN:	
Location of Most Recent Tax Record:	
Location of Upcoming Tax Documents:	

Taxes can feel overwhelming during a deployment, but a little preparation goes a long way. Before leaving, make sure your tax information is organized and that the person handling your finances has access to the documents they need. Confirm that your CRA MyAccount is set up and that your login information is stored safely. It's also helpful to review any benefits, deductions, or credits you may be eligible for, especially those related to childcare, medical expenses, or relocation.

If you'll be away during tax season, ensure your Power of Attorney is in place so someone you trust can file on your behalf. Keep copies of your T4s, deployment-related documents, and any receipts that may be needed for claims. Staying organized helps prevent missed deadlines & delays.



Scan the QR code for
the most up to date
information on how to file
your taxes.



Operation Readiness Documents

Why Budgeting Your Monthly Expenses Matters

Creating and maintaining a monthly budget is one of the best ways to keep your household running smoothly during a deployment. A budget helps you understand exactly where your money is going, plan for upcoming expenses, and avoid surprises. With one parent away, routines often shift — childcare, transportation, groceries, and even small day-to-day costs can change. A solid budget gives you a clear picture of what you need, what you can adjust, and how to stay on track financially.

Budgeting also helps reduce stress for both the deployed member and the family at home. When everyone knows the plan, it's easier to manage bills, savings, and unexpected costs with confidence.

SISIP Financial can help you build or review a monthly budget, offering personalized guidance and tools designed specifically for Canadian Armed Forces families. Their support can make it easier to stay organized, prepared, and financially steady throughout the deployment.

Links to Financial Resources



SISIP Financial



Monthly Budget
Tracker



Budget Planner



The Personal offers exclusive home and auto insurance rates tailored specifically for Canadian Armed Forces members and their families. Their coverage includes military-specific protections, like portability during postings and coverage for kit and belongings. It's a simple, reliable option designed to support the unique needs of CAF households.



Operation Readiness Documents

Important Financial Notes for Deployment

Before a deployment, it's a good idea to review your credit cards, banking, and other financial accounts to make sure everything will run smoothly while you're away. Confirm that all bills — including credit cards, utilities, insurance, and loan payments — are set up for automatic payments or that the non-deployed caregiver has the information they need to manage them.

This helps prevent missed payments, interest charges, or credit score impacts.

Make sure the person handling finances has access to the right accounts, passwords, and documents, and that your Power of Attorney is in place if needed. It's also helpful to notify your bank or credit card provider about your deployment location to avoid accidental fraud flags or frozen cards.

Review your credit limits, check for any upcoming renewals or expiring cards, and ensure your accounts have updated contact information. Keeping everything organized and up to date reduces stress for the family at home and ensures your financial life stays on track throughout the deployment.

Emergency Funds During Deployment

Having an emergency fund is one of the most important ways to protect your family during a deployment. Life can be unpredictable — unexpected expenses like car repairs, home maintenance, travel costs, or medical needs can happen at any time. An emergency fund provides a financial cushion so these surprises don't create added stress for the family at home.

Before a deployment, it's a good idea to review your savings and set aside enough to cover several months of essential expenses. Even a small, consistent contribution can make a big difference. Keeping this fund separate from everyday spending helps ensure it's available when you truly need it.

An emergency fund gives your family stability, confidence, and peace of mind throughout the deployment, knowing that you're prepared for whatever comes up.

Operation Readiness Documents

Home Information	
Insurance	
Policy Provider:	
Policy Number:	
Phone Number:	
Renewal Date:	
Location of Documents:	
Mortgage/ Rental	
Landlord Name:	
Landlord Phone Number:	
Location of Leasing Agreement:	
Renewal Date:	
Mortgage Broker/ Company:	
Mortgage Contact Information:	
Location of Mortgage Documents:	
Renewal Date:	



BMO is the official bank of the Canadian Military, offering tailored financial services and supports for CAF members and their families. Saskatoon mortgage specialist Paige Marquis is available to assist you with your banking needs prior to deployment, including mortgages, financial planning, and personalized guidance.

Canadian Forces Housing Agency

Dundurn is under the CFHA in Moosejaw to contact cfha-alfc.moosejaw@forces.gc.ca or scan the QR code for more assistance.



Operation Readiness Documents

Vehicle Information	
Vehicle:	
Make:	
Model:	
Colour:	
License Plate:	
Insurance	
Company:	
Policy Number:	
Eligible Drivers:	
Maintenance	
Date of Last Service:	
Date of Last Oil Change:	
Mechanic:	Phone: Address:
Tires:	Date of last change? Do you have Winter/ Summer tires? Yes / No Location of Tires:
Vehicle:	
Make:	
Model:	
Colour:	
License Plate:	
Insurance	
Company:	
Policy Number:	
Eligible Drivers:	
Maintenance	
Date of Last Service:	
Date of Last Oil Change:	
Mechanic:	Phone: Address:
Tires:	Date of last change? Do you have Winter/ Summer tires? Yes / No Location of Tires:

Operation Readiness Documents

<u>Appliance Information</u>	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	
Appliance:	
Serial Number:	
Warranty Information:	
Who to Call for Maintenance:	

Operation Readiness Documents

Home Specific Notes:	
Garbage Day:	
Recycle Day:	
Mailbox Location & Key:	
Snow Removal:	
Lawn Care:	
Heating System:	
Cooling System:	
Thermostat:	
<u>Wifi:</u>	Network Name: Password:
Location of Spare Keys:	House: Car: Garage:
Household Routines:	
Subscriptions:	
Delivery Instructions:	
Base / Neighbourhood Rules:	
School Information:	
Name:	
Address:	
Authorized Pickup List:	
School Information:	
Name:	
Address:	
Authorized Pickup List:	

Operation Readiness Documents

Home Specific Notes:	
Emergency Contacts:	Fire/ Police/ Ambulance: 9-1-1
	MP's: Dundurn- 306-492-2135 ext. 4282
	Poison Control: 1-844-POISON-X (1-844-764-7669)
CFHA Emergency Maintenance Line:	1-800-903-2342
Location of:	Water Shut-off Valve:
	Electrical Panel & Breaker Labels:
	Gas Shut off:
	Fire Extinguishers:
	First Aid Kit:
Evacuation Plan and Meeting Point:	Evacuation Plan:
	Meeting Point:
Emergency Kit Location:	
What to do During:	Power Outage:
	Water Leak/ Flooding:
	Gas Smell:
	Severe Weather:
Important Document's:	Location:
	Lock Combination/Code:

Operation Readiness Documents

Passwords		
Cell Phone:	Phone code: Provider: <u>Online Portal:</u> Username: Password:	
Laptop:		
Email:	Email address: Password:	
Banking:	Bank Name: <u>Online Access:</u> Username: Password:	Bank Name: <u>Online Access:</u> Username: Password:
Energy Company:	Name: Username: Password:	
Power Company:	Name: Username: Password:	
Water Company:	Name: Username: Password:	
Wi-Fi Company:	Username: Password:	
Social media:	Type: Username: Password: Type: Username: Password:	Type: Username: Password: Type: Username: Password:
Subscriptions: * You can also add the date that the subscriptions renew or the account that they are paid from	Type: Username: Password: Type: Username: Password:	Type: Username: Password: Type: Username: Password:
Online Health Portals: Ex: Medio, Maple, Saskatchewan Health	Type: Username: Password: Type: Username: Password:	Type: Username: Password: Type: Username: Password:
School Information: Ex. Edsby	Type: Username: Password:	Type: Username: Password:

Operation Readiness Documents

Medical Information:	
Family Member: _____	
Name of Doctor:	Name of Doctor:
Phone Number:	Phone Number:
Type of Doctor:	Type of Doctor:
Important Information:	Important Information:
Name of Doctor:	Name of Doctor:
Phone Number:	Phone Number:
Type of Doctor:	Type of Doctor:
Important Information:	Important Information:

Medical Information:	
Family Member: _____	
Name of Doctor:	Name of Doctor:
Phone Number:	Phone Number:
Type of Doctor:	Type of Doctor:
Important Information:	Important Information:
Name of Doctor:	Name of Doctor:
Phone Number:	Phone Number:
Type of Doctor:	Type of Doctor:
Important Information:	Important Information:

Operation Readiness Documents

Current Medications:	
Family Member: _____	
Name of Medication:	Name of Medication:
Location:	Location:
Prescribing Doctor:	Prescribing Doctor:
Pharmacy Phone Number:	Pharmacy Phone Number:
RX #:	RX #:
Medical Condition Being Treated:	Medical Condition Being Treated:
Dosage Instructions:	Dosage Instructions:
Other Instructions: Ex. Can the family member administer the medications themselves?	Other Instructions: Ex. Can the family member administer the medications themselves?
Name of Medication:	Name of Medication:
Location:	Location:
Prescribing Doctor:	Prescribing Doctor:
Pharmacy Phone Number:	Pharmacy Phone Number:
RX #:	RX #:
Medical Condition Being Treated:	Medical Condition Being Treated:
Dosage Instructions:	Dosage Instructions:
Other Instructions: Ex. Can the family member administer the medications themselves?	Other Instructions: Ex. Can the family member administer the medications themselves?

Current Medications:	
Family Member: _____	
Name of Medication:	Name of Medication:
Location:	Location:
Prescribing Doctor:	Prescribing Doctor:
Pharmacy Phone Number:	Pharmacy Phone Number:
RX #:	RX #:
Medical Condition Being Treated:	Medical Condition Being Treated:
Dosage Instructions:	Dosage Instructions:
Other Instructions: Ex. Can the family member administer the medications themselves?	Other Instructions: Ex. Can the family member administer the medications themselves?
Name of Medication:	Name of Medication:
Location:	Location:
Prescribing Doctor:	Prescribing Doctor:
Pharmacy Phone Number:	Pharmacy Phone Number:
RX #:	RX #:
Medical Condition Being Treated:	Medical Condition Being Treated:
Dosage Instructions:	Dosage Instructions:
Other Instructions: Ex. Can the family member administer the medications themselves?	Other Instructions: Ex. Can the family member administer the medications themselves?

Operation Readiness Documents

Medical Insurance Information:	
CAF Health Benefits	
Provider:	
Policy Name Holder:	
Policy Number:	
Covered Services:	
* you can find the list of entitled benefits online under your login	
Online Portal Access:	Username: Password:
Eligible Family Members:	
Submission Instructions:	
Where to Store Documents:	
Other Benefits:	
Provider:	
Policy Name Holder:	
Policy Number:	
Covered Services:	
Online Portal Access:	Username: Password:
Eligible Family Members:	
Submission Instructions:	
Where to Store Documents:	

Why Insurance Information Matters During Deployment

Having your insurance information organized and up to date is essential during a deployment. Whether it's medical, home, auto, or personal insurance, clear documentation ensures your family can access support quickly in an emergency or unexpected situation. Keeping policies, claim instructions, and contact numbers in one place gives everyone peace of mind and makes it easier to handle anything that comes up while you're away.

Privacy and Security During Deployment

Protecting your family's privacy is a key part of staying safe during a deployment. Avoid sharing deployment dates, locations, travel plans, or routines online — even small details can unintentionally reveal information that puts members or families at risk. Encourage your family to keep social media settings private, limit what they post about your absence, and avoid discussing deployment timelines in public spaces.

At home, make sure personal documents, insurance information, and emergency contacts are stored securely and only shared with trusted individuals. Simple habits like locking mail, keeping schedules private, and being cautious about who knows the home will have one adult away can go a long way in keeping your family safe. Staying mindful of privacy and security helps protect both the deployed member and the loved ones waiting at home.

What Not to Share Guide for Kids

When a parent is deployed, the words we use can help keep them safe.

Talking carefully — and not sharing things like where they are, when they come home, or that they're away — protects both your family and the deployed member. Using safe, simple answers helps everyone stay secure while still letting kids express their feelings and stay connected.

What to Say

“My Parent is working”

“ I’m not allowed to talk about that”

“They’re away for a bit. but we’re doing _____”

Taking Care of Yourself During a Deployment

What Do I Do?	Comments:
Stay connected to your support system.	Friends, family, neighbours, and the military community can make the load feel lighter.
Give yourself permission to rest.	You're carrying a lot, and taking breaks isn't selfish, it's necessary.
Keep a routine that works for you.	Not a perfect one, but consistency helps life feel more manageable.
Ask for help when you need it.	Whether it's childcare, errands, or just someone to talk to.
Make time for things that recharge you.	Like hobbies, exercise, or quiet moments alone.
Stay informed but not overwhelmed.	Check updates from your member when they come but avoid constant news monitoring.
Celebrate small wins.	Every day you keep things moving is something to be proud of.
Be kind to yourself!	Deployment is hard, and you're doing your best.
Remember the CSMFRC is here to help guide you through all steps of this process!	

Personnel Support Program



PSP plays an important role in supporting families throughout a deployment by helping them stay active, connected, and supported. Through programs like fitness services, community events, mental health resources, and family-focused activities, PSP creates a sense of stability and belonging while a loved one is away. Their services give families a safe place to connect with others who understand military life, making the deployment period feel a little less overwhelming and a lot more supported.

Scan the QR code or email
pspdundurn@cfmws.com for up to date
information on any deployment supports!



Deployment Support Resources – Quick Reference

For the Deployed Member

Chain of Command (CoC)

- First point of contact for operational, administrative, and personal concerns.

Orderly Room / Unit Administration

- Pay, leave, benefits, emergency contacts, and deployment administration.

Medical Services

- Physical health concerns, prescriptions, injuries, and medical support.

Mental Health Services

- Mental health support, counselling, stress management, and referrals.

Chaplain Services

- Confidential support for personal, family, spiritual, or emotional concerns regardless of faith background.

Peer Support Programs

- Support from members with shared deployment experiences.

Financial & Administrative Support

SISIP Financial

- Financial planning, insurance, and support services.

VAC (Veterans Affairs Canada)

- Transition and support services, particularly for ill or injured members.

BGRS

- Relocation support and information when applicable.

For Family Members at Home

Military Family Resource Centre (MFRC)

- Family support, counselling, deployment programs, children's programs, and community resources.

Family Information Line (FIL)

- 24/7 confidential information, support, and referrals.

- Phone: 1-800-866-4546

- International: 00-800-771-17722

Unit Rear Party / Rear Detachment

- Family liaison and assistance while the member is deployed.

Family Liaison Officer (FLO)

- Communication and support between families and the unit.

Crisis & Emergency Support

Canadian Forces Member Assistance Program (CFMAP)

- Confidential short-term counselling for CAF members and families.
- Available 24/7.

Canadian Forces Health Services

- Medical and mental health support.

Emergency Services (911)

- Immediate danger or medical emergencies.

Canadian Forces Integrated Conflict and Complaint Management (ICCM)

- Workplace conflict resolution and support.

Family Liaison Officer (FLO)

The Family Liaison Officer (FLO) provides support to CAF families who are dealing with deployment-related challenges, illness, injury, special needs, or the loss of a loved one. FLOs help families access resources, coordinate support services, provide referrals for counselling and community programs, and assist in navigating military and civilian support systems. Family members can access a FLO through your local Military Family Resource Centre (MFRC) or by contacting the Family Information Line at 1-800-866-4546.

Reunification Supports

R2MR (Road to Mental Readiness)

R2MR helps CAF members and their families prepare for the emotional and practical changes that come with reunification after a deployment. It offers tools to understand stress, communicate openly, and manage the normal ups and downs of reconnecting as a family. By giving everyone a shared language and realistic expectations, R@MR helps make the transition home smoother, healthier, and more supportive for the whole household.

For more details and how to access the R2MR scan the QR code.



Hold Me Tight is a relationship-focused program that helps couples reconnect after time apart. It teaches partners how to communicate with empathy, rebuild emotional closeness, and navigate the challenges that can come with reintegration. For military families, it provides a safe space to talk about the impact of deployment and strengthen the bond that holds the relationship together.

To access the program, email Megan at the MFRC!

Additional Online Resources



Common Reactions
in Children



Homecoming tips



Preparing for
Reunion Stress



Preparing for a reunion as a couple



As you get ready to reconnect after a work-related absence there are steps you can take to help prepare for and ease the transition. Based on experiences from couples who have been there, here are some tips to support you whether you are the one who was away, or the partner that stayed at home.

Prepare to reconnect:

Reunions are exciting but can also cause stress. Throughout the absence, discuss the reunion together as a couple and consider what each of you can do to make it a smoother transition. While you should be excited about the reunion, try not to get too attached to a specific date as plans may need to shift.

Things may have changed:

Take some time to acknowledge the roles that you both had during the absence. Understand that roles at home may have shifted, and that's okay. You may want your roles to return to how they were before, but your partner may want to keep some of the changes. The same is true for the opposite so do your best to be open to renegotiating household roles and responsibilities. For the CAF member or Deployment Support Staff, be mindful that the partner who stayed behind may have experienced caregiver burnout.

It may be awkward at first:

There may be some difficulty re-establishing intimacy, and that's okay. During this time, focus on being patient with one another and don't put too much pressure on yourselves. You may both be happy to reconnect yet also feel a loss of freedom and independence.

Looking forward to the reunion:

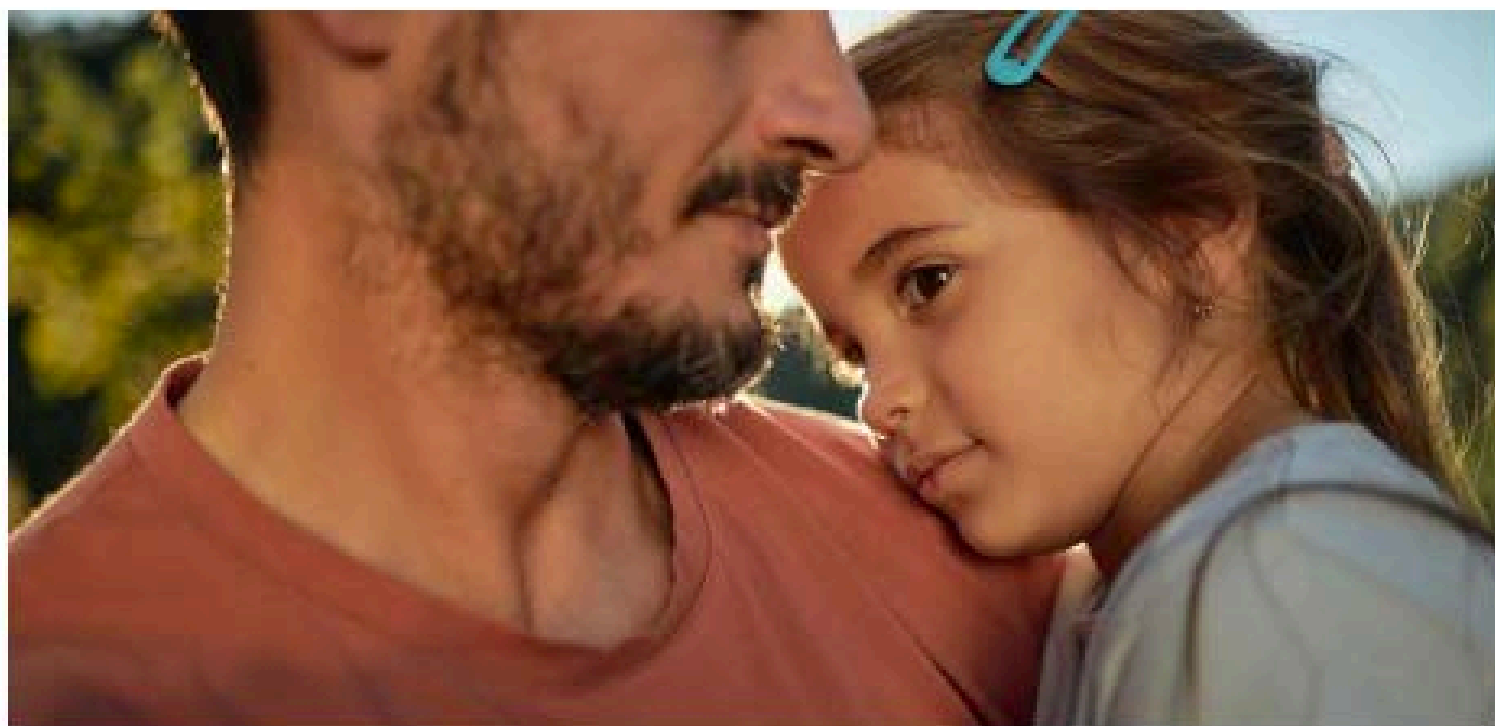
Discuss the reunion together and try to plan a post-absence celebration or treat. It could be a weekend getaway, an evening out, or even a special meal at home. This can be something to look forward to and talk about with family.

Debrief together:

Share your individual experiences without comparing who had it worse. Acknowledge the efforts from both ends for communicating during the absence. Talk about the successes and difficulties of the separation, so that you can reflect on any lessons learned for next time and share those lessons with other families.

If there are children:

Reunions can be particularly challenging for children, and their reactions can vary depending on their age. CAF children can reach out to Kids Help Phone by texting CAFKIDS to 686868 and similarly, children of Deployment Support staff can text 686868 for support.



Supporting family and friends experiencing an absence



Do you have a family member or friend who is facing an absence? Do you know the family members or friends of those who are away? Are you looking for ways to support them?

Work-related absences, whether a deployment, Imposed Restriction (IR), or prolonged training, can be stressful for the person who is absent and their wider family and friends. Whether you are a friend, family member, co-worker or neighbor, check out the following tips based on experiences from families who've been there.

Create a game plan:

If possible, and before the absence, set aside time to speak with your loved one about how they are feeling, as well as what could be helpful for them during or after the absence. During this conversation, ask if they have their Family Care Plan (FCP) Declaration (Form DND 2886) filled out and if they have set up any emergency plans.

Help map out their support system:

Discuss who else can help support your loved one during the absence, and what role each of you can play. For example, see if you need to be listed on their emergency plan as contact person.

Plan for communication:

If your family member or friend is the CAF member or Deployment Support Staff member, discuss how you can stay in touch with them, how often and explore what options are possible (video chat, messages, email, etc.). If your family member or friend is the one at home, see if they want to set up a regular time to chat or meet for a walk.

Share little and big moments:

Try to have conversations about big, small or mundane aspects and updates in your life when you connect with your loved one who is away for the absence. This can enable them to feel connected now and when they return.

If they are the person who stayed home, they may want to talk about how they are feeling about their family member or friend being away. The opposite is true too and they may not want to focus on the absence. Instead, you can talk about other things, explore new activities together, or be there for them any other way they need. It's best to be open to discuss whatever they want to focus on and not push the conversation.

Ask how you can help:

Ask how you can help support your loved one. Sometimes it's the small things that can be most helpful. For example, dropping off a cooked meal, sharing a special treat for their kids or pets, picking up their groceries, or helping with house maintenance.



If there are children:

Work-related absences can be particularly difficult for children. Offer to take them on an adventure, arrange an in-person hangout or video chat call, or perhaps watch the children for a night to give your loved one who stayed home a break. You can let them know they can reach out to Kids Help Phone (24/7) via text CAFKIDS to 686868 or simply text 686868 for children of Deployment Support staff.

Take care of yourself too:

Check-in with how you are feeling too. You may be worried about your loved one whether they are the one who is away or the person at home. If you would like to talk with someone, reach out to the Family Information Line (FIL) day or night (24/7). The FIL supports everyone in the wider military and Deployed Ops community.

Prepare to reconnect:

Reunions are exciting but can also bring stress. Recognize that it can take some time to readjust after the reunion, and that you may need to be patient with your family member or friend.

Be ready to listen and support:

Your family member or friend may want to discuss some of their experiences right away, or slowly over time. Ask your loved one what worked and didn't work for them during the absence. This way, you can reflect on any lessons learned for next time and share those lessons with other friends and families too. Remember, the FIL is available before, during and after the reunion.

Looking for additional support?

Check out the QR code at the bottom of this page for additional supports available to you.





STRENGTHENING DUAL SERVICE COUPLES

Dual service couples have the benefit of a shared experience which can serve as a basis of strength in their relationship. They can also face unique challenges when it comes to their careers and home lives. With the right support and communications tools, these relationships can thrive and excel at balancing career and family duties.

RECOGNIZE THE BENEFITS OF YOUR RELATIONSHIP

Dual service couples understand the stressors their partner faces at work every day, and can help each other cope with the related challenges. Since each partner understands the realities of a military lifestyle, they can be a sounding board for one another during challenging career periods.

KNOW WHAT TO EXPECT

Be prepared and keep realistic expectations to help you prepare for the future, including its uncertainty. As a dual service couple, you will likely face separation periods related to trainings, remote assignments, or deployments. This time apart may increase or coincide, as you will be juggling two careers and different assignments.

UNDERSTAND EACH OTHER'S CAREER PATHS

The key to a successful dual service military relationship is a consideration for each other's career goals and aspirations.

- Learn about each other's rank responsibilities, specific job requirements, and unique career paths.
- Understand each other's career expectations and pressures.
 - Consider how you will manage your careers, including related postings and relocations. Together, you may need to make complicated career decisions, like declining a career-enhancing assignment or training to stay together in the same location, or accepting a less desirable job so one spouse/partner can advance their career.
- Honour each other's career goals and take each other's career seriously.
- Look for postings in the same location where possible. Engage your career managers for a list of potential locations favorable to co-location or compile a list through Employee Member Access Application ([EMAA](#))
- Seek out career programs that cater to dual service couples.



BECOME COMFORTABLE SEEKING SUPPORT

You may need to ask for extra support from your family and friends, especially if you have children or elder care responsibilities. If you or your spouse/partner are on assignment or deployed at the same time, you will need additional support caring for your children and even your home or bills. Proactively seeking out various support will help you plan for the future.

- Develop and regularly update your [Family Care Plan](#)

- Seek out relevant services and programs through the Base Chaplain Services or your [Military Family Resource Centre](#). You can access these services in person on your own or as a couple.

- Contact the [Family Information Line](#) at 1-800-866-4546 for program and service information, referrals and short-term or crisis counseling.

- Call the [Canadian Forces Member Assistance Program](#) (CFMAP) at 1-800-268-7708. CFMAP offers confidential, voluntary, short term counselling to assist with resolving many of today's stresses at home and in the work place.

BE FLEXIBLE AND OPEN

Focus on being flexible to accommodate both careers. Expect the balance of career responsibilities and family responsibilities, such as child care, to shift over time. Be open with each other, and consistently discuss and realign your priorities as needed.

- Have realistic contingency plans with different scenarios so you feel confident and secure that you can handle whatever comes your way.

COMMUNICATION IS KEY

Open communication is a fundamental for any healthy relationship and even more so for families trying to find a balance between two demanding careers. Make an effort to work around your schedules and to reserve time together to talk openly and honestly.

- Consider setting clear communications plans, such as discussing any potential significant expense or changes to a child's schooling or recreational programs.

- Discuss how you're going to stay in touch with each other while on assignment or deployment.

Recognize that depending on your location and assignments, your ability to communicate with your partner may be limited. The most important thing is to be realistic with how often you can stay in touch so that you do not disappoint or unnecessarily worry each other.

REMEMBER THE POSITIVES

As a dual service couple, you are more likely to understand each other's experiences and can relate to one another's career triumphs and challenges in ways non-military spouses cannot. Though it takes a lot of planning, flexibility, and mutual support, dual service relationships can and do thrive across the CAF. Take time to recognize that your experience with teamwork, shared commitments and sacrifice can make your relationship even stronger.

*Content inspired from MILITARY ONE SOURCE. 2019 "Military Couples: When Both Spouses Are Service Members."
<https://www.militaryonesource.mil/military-relationships/when-both-spouses-are-in-the-military/military-couples-when-both-spouses-are-service-members>



CSMFRC Facebook

MFRC Information

Any MFRC staff member is happy to assist you with military-related inquiries, big or small. If your question is specifically about military absences or deployment-related processes, please contact Megan for dedicated support.

Email: Megan.Boufford@csmfrc.ca

Phone (Call/Text): 639-318-3127

Detachment Dundurn Padre

Padre Peter Vere

Email: Peter.Vere@forces.gc.ca

Phone Number: 6393846738



For more information on the role a Padre can play in military absences, can [here!](#)

QR Codes

Scan the QR codes below for more information on supports and services.



Family Information
Line



Instructions for sending mail
overseas



Healthy Relationships
Campaign



MFRC Lending Resources &
Mind and Mission Library



Military Family Services
Deployment Hub



Road to Mental Readiness



Closing



Thank you for taking the time to explore this guide. We hope it has helped you feel more informed, supported, and confident as you navigate the unique challenges of a military-related absence. Remember that you do not have to manage this journey on your own — the CSMFRC is here to walk beside you, offering resources, connection, and care whenever you need it.

Every family's experience is different, and your needs may change over time. Whether you're preparing for a deployment, adjusting to life during the absence, or settling back in after homecoming, please reach out if you need support, have questions, or simply want to talk through what you're experiencing. There is no wrong time to connect.

Your resilience, strength, and dedication are at the heart of our work. It is our privilege to support you and your family.

"Canadian military families carry strength in their hearts, courage in their homes, and resilience in every season of change."

CSMFRC UPDATED INFORMATION

CSMFRC INQUIRES - INFO@CSMFRC.CA
EVENTS/PROGRAMS - REGISTER@CSMFRC.CA
DAYCARE INQUIRIES - CHILDCARE@CSMFRC.CA
ALL PROGRAM FEES - PAYMENTS@CSMFRC.CA
(E-TRANSFER/AUTO-DEPOSIT ENABLED)





Community Supports



The CSMFRC hours of operation are Monday - Friday 8am-4:30pm

Don't hesitate to reach out to us for assistance: 306-491-4698

Should you require assistance outside of business hours:

FREE AND CONFIDENTIAL MILITARY FAMILY SUPPORTS:

Family Information Line: 1-800-866-4546

CFMAP: 1-800-268-7708

EMERGENCY AND MENTAL HEALTH SUPPORTS:

Saskatchewan Operational Stress Injury Clinic: 1-306-844-4100

OSISS (Operational Stress Injury Support Services): 1-800-883-6094

OSI-CAN Saskatchewan: 1-306-552-3801 or 1-888-495-6068

Mental Health Crisis/Response & Mobile Mental Health Unit: 1-306-933-6200

Mental Health & Addictions Services – Centralized Intake: 1-306-655-4100

Drugs and Alcohol Helpline: 1-800-565-8603

Canada Suicide Prevention Service: 1-833-456-4566

Saskatchewan Suicide Hotline: 1-306-933-6200

Domestic Violence Hotline: 1-888-338-0880

Sexual Assault Center: 1-306-244-2224

Royal University Hospital Emergency Services: 1-306-655-1362

St Paul Emergency Services: 1-306-655-5113

City Hospital Emergency Services: 1-306-933-5069

Health Line: 811

KIDS SERVICES:

Kids Help Phone: Text CAFKIDS to 686868 or Phone 1-800-668-6868

Sask Health Authority Children/Youth Mental Health: 306-655-7777

VETERANS SERVICES:

Veterans Affairs Canada 1-866-522-2122

Royal Canadian Legion Sask Command: 1-306-525-8739

VETS Canada: 1-888-228-3871

Wounded Warriors Canada: 1-888-706-4808

Support Our Troops: 1-877-445-6444

VAC Death and Bereavement Counselling 1-800-268-7708

Last Post Fund: 1-800-465-7113