



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)
December 2022 Updates

Hello everyone!

As we embark into the changing of seasons, so too do we immerse into new routines and rituals. The fluent return to work, school, and re-connecting in our communities, after what has been a 3-year journey during COVID-19. Operational tempo, deployments and taskings remain high within the military. Spring posting season came, and we welcomed new members and families to our province. I'm including a few highlights of things you may wish to share within your unit to support members and their families.

Warmest Regards,
Jill Clarke,
Community Liaison

FAMILY INFORMATION LINE



Did you know that the Family Information Line from Canadian Forces Morale & Welfare Services is available to CAF families 24 hours a day, 7 days a week, 365 days a year? We know that the holidays can be a challenging time for many, so if you need to talk to someone, please call 1-800-866-4546 (within North America). If you are on an OUTCAN posting, you can call 00-800-771-17722. For more information on their services, including how to

arrange a video appointment with one of their counsellors, please visit their website:
<https://cfmws.ca/support-services/family-information-line>

MAPLE VIRTUAL HEALTHCARE FOR MILITARY FAMILIES

Did you know? The province of Nova Scotia offers MAPLE VIRTUAL HEALTHCARE for Nova Scotians without a family doctor, but for military families, you receive additional supports through MAPLE VIRTUAL HEALTHCARE with access to extended hours.



Why would you use MAPLE? If you are unable to connect with your own family physician or don't have one, Maple's doctors can provide you with:

- medical advice,
- prescriptions,
- lab or imaging requisitions.

Hours for Military Families: The service is available seven days a week, 24 hours a day.
Provincial Hours: Waitlisted Nova Scotians via the VirtualCareNS system - starting in December 2021 for Central/Eastern NS. Access will be Monday to Friday, 9 am - 4 pm, Thursdays until 7 pm.

Did you know? This service is offered at no cost for military families.

How do you access this service? For a limited time, Canadian Forces Morale and Welfare Services and Maple are collaborating to provide online doctor visits to dependents of Canadian Armed Forces (CAF) members living in Canada.

It is a safe and effective way to access routine healthcare from the comfort of your home. You will need a COne card number and family member's name is required.

What do I do if I don't have a COne card?

You can access your free card here:

<https://cfmws.ca/about-us/cfone-registration>

If you need to see a doctor before your COne card number arrives, you can contact the Family Information Line at 1-800-866-4546 to get an access code for the service.

For more information:

<https://cfmws.ca/support-services/health-wellness/health-care>

The Veteran Family Program at the H&R MFRC

Nancy Belanger, CD1 - Veteran Family Navigator

The Veteran Family Navigator assists people to navigate the many resources and staff that are involved in the release process and beyond.

As a veteran and veteran's spouse myself, I can appreciate the complex process of leaving the Canadian Armed Forces - before, during and after release. I'd love to connect!

Nancy Belanger, CD1 - Veteran Family Navigator

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Did you know?

The Veteran Family Program is funded through Veterans Affairs Canada (VAC) and in partnership with Canadian Forces Morale and Welfare Services (CFMWS) and is available at MFRCs across Canada.

As your Veteran Family Program Navigator, I serve a variety of people experiencing the release process and retirement afterwards:

- Serving members curious about life before, during and after release
- Loved ones of above – spouse/partner/child

- Serving members in the process of release – regardless of item of release
- Loved ones of above– spouse/partner/child
- Released members/veterans – regardless of item of release
- Loved ones of above– spouse/partner/child
- Bereaved family members of the fallen– spouse/partner/child

If you know anyone of the above categories, please encourage them to reach out to me! The H&R MFRC is not always notified of releasing or released members and families.

Did you know? The transition from military life to civilian life impacts the entire household.

- Both CAF members & their civilian loved ones/caregivers are impacted.
- They often make parallel but different journeys toward their lives after release.
- Civilian family members often don't share their concerns or worries with their CAF member..... or anyone!

Supports available:

- Free referral to resources and programming, whether hosted or delivered by your H&R MFRC or offered by supporting agencies.
- Tailored referrals to information, services and supports before, during or after retirement.

For more information about the Veteran Family program, visit:

<https://halifaxmfr.ca/index.php/en/programs/veteran-family-program>

**Connect with your local H&R MFRC –
Request a Unit Briefing**

The H&R MFRC is always looking for opportunities to visit units directly and provide briefings. Consider inviting us to be a part of your Unit Professional Development or Training Days.



Briefing Overview:

We will provide details of the H&R MFRC, the types of programs and services offered and more importantly, share with you who and how people can benefit from these services. We know first-hand that everyone can benefit from a briefing, be it new recruits, COs in leadership positions supporting their members, unit members supporting each other, etc.

Briefing Duration:

Briefings typically last 30-minutes followed by a Q&A session. We can tailor our briefing to accommodate a unit's training schedule and timelines.

For more information or to book a briefing, visit:

https://www.halifaxmfr.ca/assets/docs/Website_UFR_Request_a_Briefing.pdf