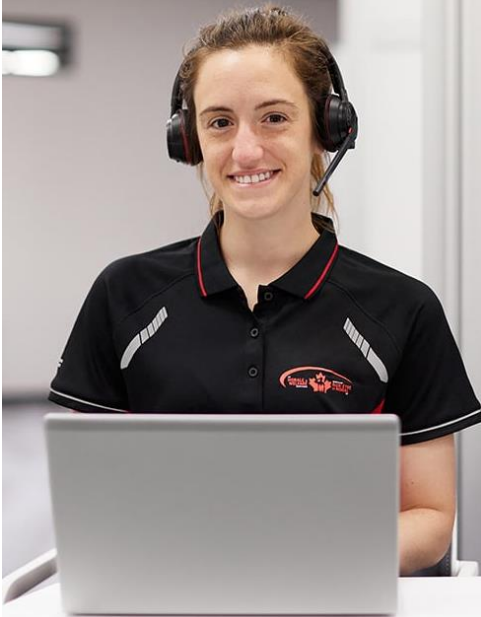




# HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)  
MAY 2023 Updates

## H&R MFRC NAVIGATORS Support that works for you!



H&R MFRC Navigators are military family service professionals who know the military lifestyle and its unique challenges, the community, and the services/supports available to families. Navigators will work with families to learn about their military journey, listen to their questions, needs, and strengths, and identify the best tools, services and supports available to help them.

Navigators provide peer support opportunities and education in the areas of relocation, absences, and transition into the military and throughout the release process. We work collaboratively with other agencies to provide relevant navigational support to connect to local and national resources that work best for families and will not duplicate existing services already available in the community.

Appointments can be made by phone, virtually by Zoom/TEAMS, or in person. Set up an appointment with a navigator:

Call: **902-427-7788**

Email: [militaryfamilynavigator@hrmfrc.ca](mailto:militaryfamilynavigator@hrmfrc.ca)



## **VETERANS & FAMILIES** **FAMILLES & VÉTÉRANS**

### MENTAL HEALTH FIRST AID FOR VETERANS

This course is tailored to address the needs of Veterans and the people who care for, and about, them. There is no cost for these members of the Veteran Community.

This course is a 10-hour virtual program facilitated in 3 module formats.

- Module 1 (self-directed component) must be completed prior to June 16, 2023.
- Modules 2/3 (facilitated) are on June 22, 2023 (9am-5:30pm ADT).

Join us to become certified in Mental Health First Aid - Veteran Community!



Register by June 13th, 2023.

Contact our Veteran Family Navigator today to register:

Call: (902) 427-7209

E-mail: [Nancy.Belanger@hrmfrc.ca](mailto:Nancy.Belanger@hrmfrc.ca)

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The H&R MFRC supports regular and reserve force CAF members and their families and medically releasing and recently medically released members and their families within Halifax and region, Shearwater, and Central and Northern Nova Scotia, including Cape Breton. H&R MFRC IS A REGISTERED CHARITY #870705829 RR0001  
CONTACT NUMBER: (902) 427-7788 OR TOLL FREE 1-888-753-8827

## UFR TRAINING DATES:

Training is 3 hours in duration with presentations from a variety of key service delivery employees here at the H&R MFRC (Deployment, Mental Health & Well Being, Veteran Family Services, Inclusion and more). We also offer a module on Establishing Yourself as a UFR focusing on healthy boundaries and how to offer support in the role.

1. HALIFAX – Wednesday May 17 – 9am to 12pm  
In-Person @ HFX MFRC SITE / Free Parking
2. HALIFAX – Wednesday September 27 – 9am to 12pm  
In-Person @ HFX MFRC SITE / Free Parking
3. SHEARWATER – Thursday November 16 – 9am to 12pm  
In-Person @ SHW MFRC SITE / Free Parking



To register, contact Jill Clarke, Community Liaison at [ufr@hrmfrc.ca](mailto:ufr@hrmfrc.ca) or by phone at (902) 427-7205.



## THE H&R MFRC IS LOOKING FOR NEW BOARD MEMBERS!

The H&R MFRC is inviting applications for new Board Members to serve a two-year term.

The Board of Directors operates under a governance model with a commitment to the growth and financial well-being of the organization and its mission to strengthen the well-being of all those who share the unique experience of military life.

Applications will be accepted until May 12<sup>th</sup>, 2023.

Please visit our website for more details:

<https://halifaxmfrc.ca/index.php/en/about/board-of-directors>

## MORALE MAIL

### WHAT IS MORALE MAIL?

The morale mail service is a free one-way service, from Halifax to the deployed unit. Packages must be addressed to a CAF member who is deployed.

This service is for the sole benefit of members. Humanitarian aid/charitable donation will not be sent via this service. The morale mail service is not to be used to send mail to "Any Canadian soldier/sailor/aviator".



Visit our Web Site for up-to-date details including a helpful YouTube video.

<https://halifaxmfrc.ca/index.php/en/deployment/morale-mail>

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## SHORT TERM ACCOMMODATIONS - UPDATE

The H&R MFRC recently completed some upgrades in our apartments! Did you know that the H&R MFRC manages six short-term accommodations?



These apartments are located in Halifax for military families to use when a crisis, compassionate or exceptional circumstance affects the family's ability to remain in their home. The stay is subsidized by the H&R MFRC so families are only charged a nominal fee.

An established criteria is used to determine priority stays and length of stay. These upgrades were completed thanks to funding through CFB Halifax.

For more information, or to inquiry about a stay, please contact H&R MFRC Mental Health & Well-Being Intake Coordinator at:  
(902) 427-7788 or 1-888-753-8827.



## GETTING SETTLED AFTER A RELOCATION



We're here to support you as you get settled in our region. H&R MFRC Military Family Navigators can help you connect to local resources and other military families!

Give us a call at: (902) 427-7788 and be sure to visit our web site for helpful tips and videos!  
<https://cfmws.ca/halifax/relocating-to-halifax>



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