

# H&R MFRC

## Mid-Year

# Stakeholder Report





# Vision

Strong, connected, resilient military families.

# Mission

To strengthen the well-being of all of those who share the unique experience of military life.

## Connecting with our Community



### Month of the Military Child

This April we celebrated the month of the military child with a Pool and Dance Family Connection event, Flag Raising, and wearing Teal on Tuesdays! We launched our first online teal-up store and sold close to **200** items. We will continue to collaborate with MFRCs across the Country, our local Base and Wing as well as community partners to help spread awareness of the challenges and strengths of growing up in a military family.

### Bluenose Bienvenue

Over **450** family members joined us in welcoming newly posted CAF families and to learn about the area. Despite some cold wet weather, the event had a lot of warmth and energy with attendees enjoying a BBQ, pizza from Domino's, a bouncy castle, draws, and a chance to meet with over **40** community vendors and groups. Thanks to Eastlink for sponsoring the event and to PSP Fitness & Sports Centre for opening as a second venue, plus hosting a free swim!



### School Outreach

Our School Outreach Team has started their in-school group sessions this year reaching **11** English Schools and **5** Francophone as well as attending **3** English and **2** Francophone school Curriculum Nights. We are also in the process of launching our latest initiative – an online, self-directed military lifestyle training course called Educators Supporting Military-Connected Students. This training course has been designed for educators working with military-connected children.





# Highlights

**Information & Referral offers of service: 2,802** (94 Padre, 625 morale mail parcels accepted, 124 Military Family ID)

**Outreach: 19** Unit Pop-Ups, **12** Enrollment Ceremonies

**70** Op We Care parcels sent overseas.



**Deployments: 5** ships deployed, **68** members on overseas missions, **600+** families supported through these long absences.

**Connections: 2,687**  
(1,258 Text Check-ins, 75 Email Check-ins, 1,354 Phone Check-ins)



## Occasional Care:

TOTAL children = **59**

TOTAL families = **38**

TOTAL hours of care provided = **384**

*"I cannot recommend this program enough! We as a military family know how hard it is finding childcare coming into a new posting so this program is a lifesaver."*



**Awareness: 30** New Unit Family Representatives received training.

**Career and Employment Services: 17** unique clients

**Partnerships: The H&R MFRC works with more than 50** local, military, and national agencies to support families.



# Food Insecurity & Financial Support

Donations from the **Royal Canadian Naval Benevolent Fund**, the **Veteran Farm Project**, Units and other individual donations have ensured the continued operation of our Community Pantry. This Fall, **Angus G Foods** held a fundraiser to help us with the purchase of back-to-school supplies, which was a huge success raising over **\$8,000!**



Financial Support in the form of gift cards are possible thanks to the generosity of the **Together We Stand Foundation** and **Support our Troops**.

*“Thank you for helping me. I don’t feel so alone.”*  
- Community Pantry user

## Board of Directors

### Highlights

As a governance board of the H&R MFRC, they have fiduciary and financial oversight, as well as set and monitor the tri-annual strategic goals.

- Legal review and revision of the Bylaws were approved at the June AGM
- Awards
  - Board of Directors Outstanding Commitment Award was presented to the Veteran Farm Project Society
  - Board of Directors Significant Contribution Award was presented to Jesse Nervais
  - Board of Directors Award of Recognition presented to the Shearwater Children’s Centre team



# Your Fundraising Dollars at Work

As a not-for-profit organization, the H&R MFRC relies on financial support from businesses, foundation grants, individuals, and community groups to provide various meaningful and impactful programs and services to address gaps in local services and national funding. We receive funding from Military Family Services for Core Services. Contributions from our donors further support strong, connected, resilient military families. Without donations we could not offer specific services, here are some of the areas where we focus fundraised dollars:



## Mental Health & Well-Being

Op Dasher  
Holiday Support



Short-Term  
Accommodations



Community  
Pantry



Financial  
Resources



## Family Program & Services

Youth Centre



Occasional & Respite  
Childcare



Month of the  
Military Child



## Community

Programs  
& Services  
supplies



Emergency and  
Disaster  
relief support



## Deployment Services

Homecoming  
Ceremonies



OP We Care  
Parcel Service





# Your Feedback Makes a Difference

We take a **family-centred** approach to service and **value** the input and ideas from families. Here are a few examples of how your **feedback** resulted in **changes**:

**Community Pantry** users asked for **fresh items**.



Through a partnership with the **Veteran Farm Project Society**, we added **onions, potatoes, squash, fresh bread** and **more** during the summer and fall months.

**HMCS Montreal** families experiencing a deployment asked to learn more about **self-care**.



We offered a **four-part workshop** where participants explored **strength-based** topics that fostered **resilience** and **well-being**, including coping with **stress, healthy boundaries, self-acceptance**, and **empowerment**.

**Occasional Care** families mentioned that the **hours offered** were not **long enough**.



We **extended** the service from **three hours** to **four hours** and added more **program days** to the calendar.

## Contact Us



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