



*Proudly supporting military and veteran families in
Winnipeg and the surrounding areas*



The Rubner Family: Nina, Kevin, and kids | Winnipeg 2023

Annual Report *2023-24*



A year of transformations and triumphs

Dylan Lee
Chairperson

Our organization's fiscal year 2023/24 was marked by significant changes and a full return to in-person events. Our team has worked hard to implement the Military Family Services directive to modernize our services and processes to meet our community's evolving needs better while maintaining a strong focus on fiscal responsibility.

Our board has also undergone substantial changes. Due primarily to Annual Posting Season moves, we bid farewell to eight members and welcomed five new ones. We are deeply grateful to our outgoing Chairperson, Stephanie Gillis-Bodnar, for her leadership during a challenging period of post-pandemic recovery.

On behalf of the board, I sincerely thank our Executive Director,

Allison Payne, and our dedicated staff for their efforts in improving outcomes for military and veteran families through our core services.

Additionally, I acknowledge the invaluable contributions of our volunteers, whose support has been instrumental in delivering essential services and programs throughout the year.

The important support and partnership of 17 Wing, HMCS Griffon, and O'Kelly Armoury Thunder Bay, along with its executive staff and units, have made a tremendous difference.

Lastly, I recognize the unwavering commitment to our military community of our stakeholders and donors, without whom our success would not have been possible.

The Winnipeg MFRC has made significant strides in service delivery, earning recognition from Military Family Services. This achievement is a testament to the dedication of our staff, volunteers, and community members like you.

Bravo Zulu.

A profound impact

Allison Payne Executive Director



I am delighted to share the highlights of our services from the past year, along with remarks from our families, which demonstrate the profound impact of our commitment to serving our Winnipeg military and veteran families.

We are proud to have delivered fully the three core services of relocation, absences, and transition at our MFRC. Our programs and activities have addressed the domains of wellness, with a specific focus on mental health and psychosocial areas. Our efforts have been consistent toward providing personalized support to individuals and families, tailoring our services to meet their specific needs.

I appreciate all our stakeholders and service providers' insights into our community's needs and the services they provide when we make referrals to fill in service gaps. They have made our interactions with our clients more valuable.

A big thank you to our current and former staff whose unique skills, perspectives, and hard work have made us one of the top-performing MFRCs in Canada. Congratulations to us all!

I also extend my deepest gratitude to the outgoing and incoming board of directors for your dedication and guidance, which have been pivotal in shaping our organization's direction and ensuring our success.

Finally, my heartfelt thanks go to our Executive Team—Brigitte Peters and Jenny Brennan—and to all of our directors: Evelyn Harrison (Thunder Bay MFRC), Kendra Martin (Child Care Centre), and Corinne Reyes (Nursery School)—for your leadership and devotion to your work, as well as to the staff and clients under your care.

As we journey through fiscal year 2024-25, I am optimistic that our strategic plan, a collaborative effort from the past year, will guide us toward continuous improvement. Our main focus will be discovering service gaps, tapping into community resources, developing talent, and outreach and community engagement.

I eagerly anticipate your steadfast support throughout the year as we aim to make a meaningful impact on the lives of the families we serve.



Doing a great job, for YOU!

Your Winnipeg MFRC has reached new heights with the complete rollout of our modernized services, all in service of the military and veteran families, thereby positioning us as one of the high-performing MFRCs in Canada

Vision We will ensure a community where all military families feel supported.

Mission To develop resiliency by supporting a mission-ready community of strong military families.

Core services

Whether it be for education, skill-building, peer support, counselling, or referrals to outside resources, we work together with families to help them understand and cope better with the challenges of:

Relocation

Assisting families to integrate into their new community before and during their postings and supporting them even when they are posted out

Absences

Serving families experiencing work-related separation or reunion with their loved ones due to deployment or training

Transition

Helping families of new recruits, members, and veterans ease their transition into or out of the service

165

families served

Relocation services

Getting you started in a new community



Nicholas, Natassia, & Nash during their intake meeting with Jessica Jones, CCC

An intake meeting with our Client Care Coordinator (CCC) is a crucial first step in helping families settle into and find a sense of well-being in their new community.

It is a quick needs assessment meeting to get to know the member and their family's specific needs and connect them to the appropriate resources and supports.

Apart from meeting 165 families last fiscal year, we implemented events that brought together newly-arrived families to meet other relocated families, establish connections, and learn about community events and resources.

Throughout the year, we have not only developed programs that inform the families of our service offerings but also invited local and national organizations to share information on essential topics. These included homeschooling, tutoring, healthcare, mental health, and various places and things to enjoy in their new community.

"The CCC has been very helpful supporting my wife and family with the transition from Cold Lake to Winnipeg. We have attended many great events and received a lot of great information to help us get started in our new community. She is very helpful and quick to respond. Very proactive with suggesting new activities and ideas for my family to enjoy. Thanks!" -- CAF member

Connection-building events

Playdate in the Park - saw 65 parents and children attend and connect over the three sessions held in different locations in the summer of 2023

Family Fun Day - held in August 2023, 53 parents and children came out to have fun and learn together

Family Fun Day at Thunder Rapids Amusement Park



“We had time together as a family during a very stressful time where we don’t know anyone in the new place, don’t know fun things around. It was very helpful and it is always nice to meet new people.” -- a relocated family

Relocation services - Thunder Bay

Our Open Doors Information Mornings were essential in building relationships with the Thunder Bay units at the O'Kelly VC Armoury and HMCS Griffon. Families had opportunities to participate in sessions about relocation, which were crucial for the success of this area of service. New members who relocated to Thunder Bay received important information during our regular visits and MFRC briefings.

Other supports and services

Career and employment

Employment Workshop

Held in September 2023, this workshop focused on learning transferable skills, identifying those skills, and incorporating them into resumes, interviews, and the workplace.

“The workshop is very valuable as it offers tips that I may not have thought about or used before.” -- a participant



Employment Resource Hub

Our Employment Resource Hub on the **CFMWS** site continues to provide families with the latest information on employment, networking, and training opportunities. It is also where to find tips on enhancing resumes, interview skills, and securing employment.



Employment supports - Thunder Bay

YES Employment Services and **Northwest Employment Works** provided assistance to our families who relocated to Thunder Bay.



Second Language

Over the past year, we had 34 clients who reached out to us for second language classes. We directed them to register with either **Rosetta Stone** or **Language Research Development Group (LRDG)**.

Our clients utilized our 18 Rosetta Stone licenses to learn Spanish, German, Japanese, English, and French. Meanwhile, those who registered with LRDG were learning English and French.

Without an in-house French teacher, we proactively directed four French learners to join the online classes



offered by Edmonton and Ottawa MFRCs. We appreciate your support in accommodating our clients!

The community's interest in learning French remains strong, with 80% of the 23 French learners expressing a preference for in-person classes.

This demand has prompted us to expand our inaugural community conversation in English into French, with the support of two French-speaking volunteers who have committed to leading it.

127

children served

"My family and I have felt welcomed and supported by the MFRC Child Care Centre. I have had a child in every program now and all the staff are amazing and have developed great bonds with my children!" -- a parent

What kids like best

*"dogs and playing with friends"
-- a 3 year-old child*

*"making crafts everyday"
-- a 4 year-old child*

*"baking cookies, crafts, planting, playing outside and at the park"
-- a 9 year-old child*



Child Care Centre

Offering inclusive and enriching experiences

We provide full-time care to children ages 12 weeks to 12 years old. Our programs offer inclusive and enriching experiences for infants, toddlers, preschoolers, and school-age children.

Our children not only learn through our emergent curriculum but also have access to various indoor and outdoor spaces, play equipment, and toys. They participate in playtime, special events, and unique experiences as well.

Last year, our children enjoyed a diverse range of experiences, including a circus performance,

family BBQ/picnic and petting zoo in June 2023, and hands-on gardening activities. Additionally, they had the opportunity to witness a spectacular performance by the RCAF band.

We are grateful for the support of the **Canada – Manitoba Canada-Wide Early Learning and Child Care Agreement's Quality Assurance Grants**. This grant will allow us to improve our outdoor play space and expand our garden areas. This support is vital in ensuring that we continue to provide the best possible childcare services.





35
children served

16 morning class
19 afternoon class

“Thank you so much for your wonderful teaching and care. He loved playing and learning with you and your team! He would excitedly ask if it was French Nursery pretty much everyday. We really appreciated the memory book you sent home with him as well. Lots of great memories!” -- a parent

Nursery School

A learning, caring, and playing space

Our nursery school offers morning and afternoon classes on Mondays, Wednesdays, and Fridays. The afternoon session includes an introduction to French.

In the past year, we had our regular programming, with the Wee Be Jammin music classes held all year round.

In addition, we had our first open house in March 2024. Eight families joined us for a meet-and-greet with our staff, a tour of our facilities, crafts, and snacks.

Also, the much-appreciated grant from the **Canada – Manitoba Canada-Wide Early Learning and Child Care Agreement’s Quality Assurance Grants** allowed us to enhance our play areas with new toys, updated furniture, and resources.



218

clients served

Deployment services

Strengthening connections



The Tolentino family at the Turkey Deployment Dinner November 2023

We offer individualized and group-based support to members and their families who are dealing with the challenges of absences or separations due to deployment or training.

Our approach includes pre-deployment meetings and warm-line calls that we make after initial deployment and during the reintegration phase, demonstrating our commitment to understanding needs and providing support.

In addition, we organize Deployment Dinners and conduct Morale Mail Package-building Workshops to encourage families to celebrate resilience during deployment and strengthen connections during separation. Last year, we were proud to host three of each event.

We also accessed emergency funding for families experiencing distress and food insecurity.

Since Tamika Reid joined our team in May 2023, we have introduced new ways to engage our clients. Our main goal remains to bring families together for support and learning through shared experiences to alleviate the stress related to the different stages of deployment.

"It's great to chat with other adults. When spouse is deployed I just want a break. This gives me a night where I don't have to cook, the kids get to interact with other people and experience a new restaurant. I also like that I get to connect with MFRC staff members and learn about upcoming events." -- a Deployment Dinner attendee

New deployment programs implemented

Back-together Brunch - held in July 2023, where we shared with the families the joy of reuniting with their loved ones

Mindful Meditation with Goats - offered in partnership with **Aurora Farm**, participants learned the therapeutic benefits of being with animals last August 2023

Self-compassion Sunday Workshop - held in November 2023 and January 2024, this workshop focused on practicing self-compassion and provided access to resources from **Well Central's Virtual Recovery College**

Family Bowling and Family Movie Outing two separate events were held in February 2024, which provided a venue for families to connect and have fun



*The Davises with an alpaca
August 2023*

"Meditating with goats was a good time/experience together and outside what we normally do. It helps expand our comfort zone, while not being overwhelming." -- a participant

Deployment services - Thunder Bay

Families were supported during their members' deployments. They were offered deployment dinners and had access to the Free Parcel Service. Additionally, they attended other services offered throughout the year, such as the Deployment Walk, Deployment "Summer Family Connector," and Parcel Drop Off Opportunity evenings, which were popular with families this past year.



*Deployment Walk participants with
Lorna Plant (3rd from L), July 2023*

The Camaclang siblings (L-R: Dail, Faith, Dann & Diane) at the Canadian Forces Leadership and Recruit School, February 2024

Transition services

Building courage through change



Supports for new recruits

Embarking on a career dedicated to serving our country is an honourable path. Joining the military can boost family pride, but the new lifestyle it entails can create mental and social strains.

Over the last year, we were pleased to welcome many new recruits and their families into our military community and provide them with the support they need.

"As a new recruit at such a young age, seeing other families that MFRC builds a relationship with, you're the best! From events to other opportunities, it's great knowing me and my family will have a great time."

*-- Dail Camaclang
Navy Experience Program*

Services for members who are ill and injured, and the bereaved

Our Family Liaison Officer (FLO) provides counselling and referrals to members and their families dealing with injury, illness, and death.

In October 2023, our FLO visited MFRC Thunder Bay to extend our services to our clients there.

The FLO is also a wealth of resources for the Transition Centre (TC) staff and 17 Wing Winnipeg service providers.



We also assist the Designated Assistants (DA) in crisis situations and provide support to families experiencing grief. In March 2024, the FLO shared professional insights at a three-day learning course for DAs.

To promote our services within the 17 Wing community, the FLO participates in the Helping Professionals (HP) Showcase. Additionally, the FLO represents us on the HP Committee, which is responsible for developing and executing Gender-Based Violence (GBV) programs on 17 Wing.

Veteran Family Services

Our services are tailored for members, veterans, and their families adapting to post-military life.

In the past year, we assisted 37 clients with resource navigation and referrals and helped them achieve their social, physical, financial, educational, and mental health goals.

We delivered holistic, therapy-based workshops aimed at enhancing their overall well-being.

Additionally, we participated in national programming such as the Mental Health First-Aid Course, which we offered to the veteran community in September 2023 and March 2024. The course taught participants how to identify emerging mental health problems and respond effectively to mental health crises.

Our clients also had the opportunity to attend the two-day veteran family virtual summit hosted by the **Atlas Institute for Veterans and Families** in January 2024. This summit focused on family mental health and well-being.

In-house workshops delivered

Introduction to Pet Therapy - held in August and October 2023 in partnership with the **Winnipeg Humane Society** (WHS), participants interacted with trained therapy dogs to relieve them of stress

Shadow Box Art Therapy - attendees learned art therapy basics and created a personal shadow box in this two-part workshop held in November 2023

Healthy Meal Planning - this workshop held in February 2024 introduced some healthy meal options to those who joined

One of our veteran attendees of Shadow Box Art Therapy



"All the little things came together to produce an excellent program; 10 out of 10!" -- a veteran

Karenisa Ford, with one of WHS' therapy dogs



"It's valuable learning about a service that we didn't know about before." -- a Pet Therapy Workshop participant



Mental health supports

Making you healthier and happier

In August 2023, we were fortunate to welcome Samanta Dubois to our team as our term Child and Family Social Worker. Her office is mainly responsible for offering short-term counselling and referrals around mental health and other psychosocial concerns.

We had the privilege of supporting children, teenagers, adults, single individuals, couples, and families in the unique and often challenging aspects of the military lifestyle, such as frequent relocations, absences, and difficult transitions.

We also assisted them through relationship matters and provided help in times of anxiety, depression, and traumatic events.

Most of our clients were children who sought our services for a variety of reasons, including attachment issues, gender identity, and suicidal ideation.

Many families also sought parenting support, and one family accessed emergency assistance.

With a high demand for parenting support, we developed a parenting program in response to this need. We were proud to deliver ten sessions under this program last year.

This program is based on child-parent relationship therapy and draws on the principles of child-centred play therapy. The overall aim is to enhance and strengthen relationships by improving family interactions and problem-solving strategies and reinforcing feelings of affection, warmth, and trust within the family.

Our Social Worker also represents us on the Helping Professionals Committee. Together with our Program Manager, Jenny Brennan, we were grateful for all of Samanta's hard work in putting together the MFRC International Women's Day event in March 2024, which was supported by GBV funds.

130

clients served

"As my teenager started seeing the Social Worker (SW) Samanta, they trusted her instantly and a remarkable transformation into a much happier and healthier person has occurred. The SW has provided them a much-needed safe space as well as skills to navigate through their emotions and experiences both now and in the future. My teenager always has positive comments about the SW such as: "She helps me see things in a new way, I feel hopeful now." As a parent, I too feel hopeful now and getting emotional as I write this because I honestly don't have the words to fully express the difference you have made in our lives. I very much appreciate you!" -- a teenager's mom

"My daughter had problems over the last while and had been acting quite out of character. To say she trusted the SW right off the bat is an understatement, she was able to talk through everything bothering her and became the outgoing happy child she hadn't been feeling in a long time. My husband and I are so thankful you are there for her." -- a child's mom

Positive Program

We offer this program to promote positivity and provide strategies for maintaining a positive outlook while facing military lifestyle challenges.

Last year, we focused on mental health, relocation, and deployment, with over 25 family members in attendance. The tools and tips and the invaluable peer-to-peer discussions helped attendees cope with their lifestyle struggles.



“The positive community that was developed from this group has been an important and safe space to share difficulties and come away with moral support and concrete tools to deal with whatever stresses life throws at us.”
-- A spouse of a veteran

Mental health supports - Thunder Bay

We continue to provide support to families through the **Family Information Line, Canadian Forces Member Assistance Program**, Personnel Support Program, Health Promotion, and our core services staff and social workers. These subject matter experts enhance our services, which are designed to provide mental health support.

Strategic initiatives

Gender-based Violence (GBV)

We strive to become an agent for raising awareness about GBV and its impacts. Last year, our focus was on continuous learning and engaging with the community.

All of our staff completed the Gender-based Analysis+ course by the Department for Women and Gender Equality.

Through the Helping Professionals Committee, we were able to organize the Restorative Justice Training for 17 Wing personnel and our staff in August 2023. This workshop, provided by the **Crisis and Trauma Resource Institute (CTRI)**, offered insights on integrating restorative justice principles when addressing harmful situations.



Restorative Justice Training, August 2023

Apart from organizing and attending GBV training, we also take part in 17 Wing-initiated events addressing GBV. These included the 16 Days of Activism Against Gender-based Violence observed in November 2023, where we displayed a purple ribbon during the ribbon ceremony to symbolize our commitment to raising awareness and helping end GBV.



Ribbon Ceremony, November 2023

Diversity, Equity, Inclusion, and Belonging (DEIB)

Our dedication to DEIB is reflected in our people, processes, and premises.

In addition to our continued training on culture and diversity, we engaged in various celebrations and awareness campaigns within and outside the military community.



*National Day for Truth and Reconciliation
September 2023*

Collaborative and family-centred planning and service delivery

We value our stakeholders and clients' feedback and use it to improve our service delivery. While our post-activity feedback is ongoing, we concluded our strategic planning activities last year. The contributions of time and expertise from our board and staff were truly remarkable. Our strategic plan will serve as our guide in the years ahead. Should you require a copy of the plan, please request it by emailing allison.payne@winnipegmfr.ca.



Strategic Planning, March 2023

Integrated marketing communications

Our marketing efforts in the past year focused on three key initiatives:

Cohesive branding - we consistently used our brand elements for a more unified look and feel across all platforms and tools. We are also working on refreshing all of our promotional assets.

Collaborative marketing - we supported and worked in collaboration with 17 Wing Communications and the Corporate Services team to reach our target audiences. We will continue to work with Voxair to utilize the new and improved **Voxair** site to further our marketing and communications goals.

Digital communications - we developed microsites on the **CFMWS** site to host our local information and materials. We are also working toward a paperless, electronic communications system.



Increasing education and awareness

Professional development

We continue to develop our skills to be better at what we do and stay current with industry standards for service providers. The training our staff attended covered the following topics:

- Therapy and Coping Strategies (for families, couples, adults, and children)
- Mental Health
- Peer and Group-based Supports
- Trauma
- Addiction
- Suicide Intervention
- Family Violence
- Crisis Communications
- Change Management, including upgrading management, leadership, and administrative skills
- And other client and role-specific skill development training

Briefing

We provided briefing to the following groups/organizations and customized our presentation to meet their specific information needs:

- 402 Squadron
- 435 Squadron
- 17 Mission Support Squadron
- 17 Operational Support Squadron
- Canadian Forces Recruiting Centre - Winnipeg
- **École Roméo-Dallaire**
- **HMCS Chippawa**
- RCAF Band
- RCAF Barker College
- **St. James-Assiniboia School Division**
- **The Fort Garry Horse**
- **The Queen's Own Cameron Highlanders of Canada**

Community Outreach

We held/took part in all-inclusive events that allowed us to engage with and inform the broader community about our offerings:

- Coffee Information Break
- DND Ombudsman's Town Hall
- MFRC Open House
- Month of the Military Child



MFRC Open House, October 2023

"We learned about several things that the MFRC offers that we were previously unaware of. Meeting all the staff makes future visits to the MFRC less intimidating." - an Open House attendee

Partnership and relationship-building

We focused on building connections within our community to make the most of available resources and avoid duplicating services.

Community engagement

We supported/delivered the following community events:

- 17 Wing Community Fun Day
- 17 Wing Volunteer Appreciation
- 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC)
- MFRC Virtual Garage Sale



17 Wing Volunteer Appreciation, March 2024

We also engaged with our community partners/service providers, including:

- **Confederation College**
- Local branches of the **Royal Canadian Legion**
- **Oxford Learning Centre**
- **Province of Manitoba**
- **Schoolio**
- **The City of Thunder Bay**
- **The City of Winnipeg**
- **Thunder Bay Association of Volunteer Administrators**
- **Travel Manitoba**
- **Winnipeg Regional Health Authority**



(L-R) RC Legion Transcona Br. #7's President Dominic Jones, Poppy Chairperson Angela Jones, our Executive Director Allison Payne and Vice-President Eric Abromeit



*Our donors from RC Legion Selkirk Br. #42
with our Program Manager Jenny Brennan*



Our funders, donors, and sponsors

***Making lives
better***

We are funded by the Military Family Services through the Military Family and Veteran Services Program (MFVSP)

- 17 Wing Language School NB 2335;
- ANAF #283 over 55 retired club;
- ANAFVETS Bingo donation;
- Belgian Veteran Association;
- Denise Benson;
- Gina Decarie;
- Janet Heming;
- Leanne & Kevin Nazer;
- Magellan Aerospace;
- RBC Foundation;
- RC Domain Legion Br. #208;
- RC Legion #42;
- RC Legion #9 Ladies Auxillary;
- RC Legion Br. #145;
- RC Legion Br. #19;
- RC Legion Br. #227;
- RC Legion Br. #7;

- RC Legion Br. #79;
- RC Legion Charleswood #100;
- RC Legion East St. Paul Br. #215;
- RC Legion Fort Gary;
- RC Legion General Hugh Dyer Br. #138;
- RC Legion Lundar Br. #185;
- RC Legion MB & NW ON;
- RC Legion Morden Br. #11;
- RC Legion Selkirk Br. #42;
- RC Legion St. James;
- RC Legion W. Kildonan Br. #30;
- RC Legion Wpg S. Osborne;
- Regimental Band of RWPGRIF;
- Steve Wong; and

**our many generous
anonymous supporters**

We made every effort to ensure that the above is an accurate list of donors and sponsors who contributed to us from April 1, 2023, to March 31, 2024. Please let us know if there are errors or additions by emailing our Director of Operations, Brigitte Peters, at brigitte.peters@winnipegmfr.ca.

Bringing our community together

Holiday Gift Shop

A special thank you to the **RBC Foundation** for their generous grant support. Their support enabled us to hold once again this gift-giving and independence-building holiday event for families. The 2023 event was a great success, with 92 children comprising 51 families shopping for gifts and 50 volunteers generously donating their time to support and assist our event patrons.

“Our daughter has social development difficulties and needs events like these to learn how to act in a social context and react.”
-- a parent



Home Away From Family Appreciation (HAFFA) Event

This event is our way to express support, gratitude, and encouragement for military members who are away from their families over the holidays. The 2023 event was another success, with 35 military members served with lunch and appreciation gift bags. Thank you to the numerous Legions for their meaningful donations.



International Women's Day

The 2024 celebration was made possible through GBV funds.

Guest Speaker Alexandra Béasse shared the historical achievements of women with the 35 women, as well as allies and advocates for women who attended.



“It was a great opportunity to meet new people, and get to know others better. I appreciated the activity which had teams list qualities/actions of women they respected - it was a nice reminder of what we value and should strive for. And I really liked the letter writing exercise for the same reason.” -- an attendee



18
active volunteers

506
volunteer hours

Our volunteers

Creating a welcoming and supportive environment

Our dedicated volunteers play a vital role in creating a welcoming and supportive environment for the military and veteran community at 17 Wing Winnipeg.

We offer a variety of opportunities, from serving on the board of directors to assisting with administrative tasks or events, to ensure that our volunteers have a rewarding and fulfilling experience.

Last year, we fostered a sense of community by organizing biweekly conversations led by our volunteers. We also provided training to equip our volunteers with the necessary skills. Additionally, we welcomed the participation of two outside organizations, further enriching our volunteer program.

Volunteers trained

- 4** in Safe Food Handling
- 6** in Emergency First Aid

Organizations involved

Salvation Army's Community Venture

Individuals with disabilities are able to come to the MFRC once a week to perform organizing tasks around the office

Cards 4 Charity

Volunteers create handcrafted cards for military and veteran families on special occasions at no cost.

"The MFRC has a wonderful staff and group of volunteers who are a pleasure to be a part of. It helped me overcome the disorientation of moving. Thanks to my fellow volunteers and the presentations offered by the MFRC, I got a lot of insight into things to enjoy in our new province of residence. I also was able to take advantage of training opportunities and get that long wished-for First-Aid Training, thanks to MFRC this year." -- Laurence Buenerd, volunteer

Thunder Bay



Our volunteers at the Thunder Bay MFRC showed a solid commitment to our organization and are instrumental in delivering our new three core services.

Thank you for donating your time and services to us and those who serve. Your involvement strengthens our Thunder Bay military community and creates a strong foundation for CAF families!

Financial highlights

Stewarding our resources

Winnipeg Military Family Resource Centre

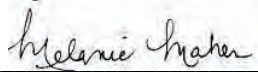
Statement of Financial Position

March 31, 2024

	2024	2023
ASSETS		
CURRENT		
Cash	\$ 687,573	\$ 1,182,140
Short-term investments (Note 4)	71,359	66,411
Accounts receivable (Note 5)	12,885	5,351
Prepaid expenses	2,062	12,901
	773,879	1,266,803
CAPITAL ASSETS (Note 6)	1,190	5,553
	\$ 775,069	\$ 1,272,356
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities (Note 7)	\$ 49,434	\$ 35,105
DEFERRED REVENUE (Note 8)	117,146	699,997
	166,580	735,102
NET ASSETS		
Unrestricted	607,299	531,701
Invested in capital assets	1,190	5,553
	608,489	537,254
	\$ 775,069	\$ 1,272,356

ON BEHALF OF THE BOARD

 Director

 Director

Winnipeg Military Family Resource Centre

Statement of Revenue and Expenses

Year ended March 31, 2024

	2024	2023
REVENUE		
Grants		
Department of National Defense - MFSP Directorate	\$ 947,039	\$ 813,579
Province of Manitoba	173,345	80,569
Donations	41,083	19,132
Programs	9,650	9,916
Miscellaneous	8,465	1,473
Fundraising	1,178	5,831
Interest	945	1,116
	1,181,705	931,616
EXPENSES		
Amortization	4,363	5,519
Fundraising	-	2,080
Insurance	9,227	11,646
Interest and bank charges	2,958	3,363
Office, postage and sundry	9,031	5,260
Other	21,576	11,224
Professional development	16,751	4,597
Professional fees	43,971	86,428
Program delivery	116,280	65,870
Travel	13,017	-
Wages and employee benefits	873,296	724,731
	1,110,470	920,718
EXCESS OF REVENUE OVER EXPENSES	\$ 71,235	\$ 10,898

Winnipeg Military Family Resource Centre

Statement of Cash Flows

Year ended March 31, 2024

	2024	2023
OPERATING ACTIVITIES		
Excess of revenue over expenses	\$ 71,235	\$ 10,898
Item not affecting cash:		
Amortization of capital assets	4,363	5,519
	75,598	16,417
Changes in non-cash working capital:		
Accounts receivable	(7,534)	-
Accounts payable and accrued liabilities	14,329	2,076
Prepaid expenses	10,839	(12,901)
Deferred revenue	(582,851)	133,030
	(565,217)	122,205
Cash flow from (used by) operating activities	(489,619)	138,622
INVESTING ACTIVITIES		
Purchase of capital assets	-	(1,863)
Purchase of short-term investments	(4,948)	(1,100)
Cash flow used by investing activities	(4,948)	(2,963)
INCREASE (DECREASE) IN CASH	(494,567)	135,659
CASH - BEGINNING OF YEAR	1,182,140	1,046,481
CASH - END OF YEAR	\$ 687,573	\$ 1,182,140

To review or request a copy of our complete audited financial statements, including the independent auditor's report, please email our Executive Director, Allison Payne, at allison.payne@winnipegmfrc.ca.

MFRC Child Care Centre

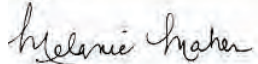
Statement of Financial Position

March 31, 2024

	2024	2023 (Restated)
ASSETS		
CURRENT		
Cash	\$ 1,010,931	\$ 523,784
Short term investments	265,287	332,207
Accounts receivable (Note 4)	45,693	95,439
Prepaid expenses	4,908	39,489
	1,326,819	990,919
CAPITAL ASSETS (Note 5)	166,357	91,187
LONG TERM INVESTMENTS	129,161	158,099
	\$ 1,622,337	\$ 1,240,205
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities (Note 6)	\$ 104,487	\$ 87,054
Provincial pension advance	6,924	6,924
Deferred income (Note 7)	54,834	270
	166,245	94,248
DEFERRED CAPITAL CONTRIBUTIONS (Note 8)	11,674	18,353
	177,919	112,601
NET ASSETS		
INTERNALLY RESTRICTED NET ASSETS	365,381	365,381
INVESTMENT IN CAPITAL ASSETS	154,683	72,835
UNRESTRICTED NET ASSETS	924,354	689,388
	1,444,418	1,127,604
	\$ 1,622,337	\$ 1,240,205

ON BEHALF OF THE BOARD

 Director

 Director

MFRC Child Care Centre

Statement of Operations

Year ended March 31, 2024

	Budget 2024 (Unaudited)	Total 2024	Total 2023 (Restated)
REVENUE			
Province of Manitoba			
Operating grant	\$ 882,783	\$ 973,122	\$ 839,951
Inclusion support grant	37,756	50,497	55,360
Parent reduction grant	-	378,707	43,200
Provincial pension reimbursement	49,765	38,811	35,397
Retirement benefit grant	-	8,230	-
Other provincial grants	23,003	130,270	36,408
Fees			
Parents	634,392	318,583	268,441
Subsidy	-	6,773	291,698
Canada summer jobs (CSJ)	8,940	8,922	7,046
Donations	-	60	82
Fundraising	3,500	-	-
Interest income	11,000	36,190	22,370
Miscellaneous	-	6,279	4,952
	1,651,139	1,956,444	1,604,905
EXPENSES			
Salaries and benefits	1,476,256	1,502,839	1,375,483
Program	78,000	76,567	44,285
Office and building	38,244	1,421	6,548
Administrative	62,311	52,266	41,475
	1,654,811	1,633,093	1,467,791
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES FROM OPERATIONS	(3,672)	323,351	137,114
AMORTIZATION			
Deferred contributions	-	(6,679)	(1,554)
Current	-	13,216	15,817
	-	6,537	14,263
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	\$ (3,672)	\$ 316,814	\$ 122,851

MFRC Child Care Centre

Statement of Cash Flows

Year ended March 31, 2024

	2024	2023 (Restated)
OPERATING ACTIVITIES		
Excess of revenue over expenses	\$ 316,814	\$ 122,851
Items not affecting cash:		
Amortization of capital assets	13,216	15,817
Amortization of deferred capital contributions	(6,679)	(1,554)
	323,351	137,114
Changes in non-cash working capital:		
Accounts receivable	49,746	(18,334)
Accounts payable and accrued liabilities	16,489	(49,414)
Deferred income	54,564	(256,240)
Prepaid expenses	35,528	(36,680)
	156,327	(360,668)
Cash flow from (used by) operating activities	479,678	(223,554)
INVESTING ACTIVITIES		
Purchase of capital assets	(88,388)	(22,029)
New deferred capital contributions	-	15,375
Short term investments	95,857	(200,796)
Cash flow from (used by) investing activities	7,469	(207,450)
INCREASE (DECREASE) IN CASH FLOW	487,147	(431,004)
CASH - BEGINNING OF YEAR	523,784	954,788
CASH - END OF YEAR	\$ 1,010,931	\$ 523,784

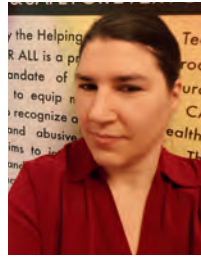
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Stephanie Gillis-Bodnar



Dylan Lee



Bettina McCulloch-Drake



Fiona Li



Corina Wappler



Cecil Stewart



Jim Sandall



Stephanie Fan

Our board of directors 2023-24

Championing our community

Executive Members

Stephanie Gillis-Bodnar, Chairperson

Dylan Lee, Vice-Chairperson

Bettina McCulloch-Drake, Secretary

Fiona Li, Treasurer

Regular Members

Corina Wappler, Member-at-Large

Irene Wyrozub, Thunder Bay Advisory Committee Chairperson

Pamela Kostyuchenko, Member, Child Care Centre Representative

Cecil Stewart, Member, Child Care Centre Representative

Jim Sandall, Member-at-Large

Amanda Nuttall, Member, Nursery School Representative

Audrey Cochrane, Member-at-Large

Melanie Maher, Member-at-Large

Stephanie Fan, Nursery School Representative

Jennifer Rempel, Member-at-Large

Ex-Officio Members

Philippe Cousineau, Wing Commander's Representative

Matt Hamilton/Diane Brine, PSP Representative

Allison Payne, Winnipeg MFRC Representative

Vacant, Military Police Representative



(L-R) Marilyn Camaclang, Samanta Dubois, Tamika Reid, Brigitte Peters, Jenny Brennan, Allison Payne, Kendra Martin, Kim Smyrski, Corinne Reyes, & Carole Matiowsky

Our staff members

Delivering positive outcomes

Winnipeg

Allison Payne, Executive Director

Brigitte Peters, Director of Operations

Kendra Martin, Child Care Centre Director

Corinne Reyes, Nursery School Director

Jenny Brennan, Program Manager

Stefy Reed, Child & Family Social Worker (on maternity leave)

Samanta Dubois, Child & Family Social Worker (term)

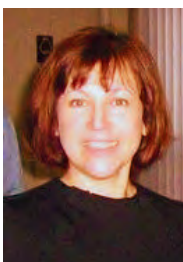
Marilyn Camaclang, Marketing & Communications Officer

Kim Smyrski, Family Liaison Officer

Tamika Reid, Community Services Advisor & Veteran Family Program Coordinator

Jessica Jones, Client Care Coordinator

Carole Matiowsky, Administrative Assistant, Second Language Training Coordinator, & Receptionist



Thunder Bay

(L) **Evelyn Harrison**, Director

(R) **Lorna Plant**, Program Assistant



Thank you for an excellent year!



204 833 2500 ext. 4500
<https://cfmws.ca/winnipeg/mfrc>
PO Box 17000 Station Forces
Winnipeg, Manitoba R3J 3Y5

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or planning your wills or estates.*