



# HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)  
APRIL 2026

## UFR Newsletter – Information Sharing

The **UFR Newsletter** is a key resource designed to help you share **program and service-related information** with the members in your unit.

You are encouraged to use the newsletter content **in whatever way works best for your unit**, including:

- Posting updates on **bulletin boards** or in **canteen/common areas**,
- Sharing highlights during **training sessions, briefings, or professional development**,
- Using it for **one-on-one conversations** with members who may benefit from specific programs or services.

By using the UFR Newsletter as a communication tool, you help strengthen awareness, improve resource access, and support member, Veterans and their families.

## Navigate: Military Youth Conference

**Date:** Saturday April 11, 2026

**Time:** 10:00 am to 3:30 pm

**Location:** Halifax Location H&R MFRC Site

**Cost:** \$0

**Registration Deadline:** Monday, April 6, 2026

Join us for Navigate: Military Youth Conference, a one-day event designed just for military-connected youth (ages 12–17). Spend the day connecting with other youth who get it, hearing from inspiring speakers, diving into interactive breakout sessions, and building real-life skills you can actually use. Choose from sessions on money skills, songwriting, navigating online bullying, and taking care of your mental and physical health.

Enjoy a taco bar lunch, receive a free swag bag packed with resources, and enter to win a door prize donated by CANEX. Come ready to learn, connect, and level up. Registration is required and space is limited — register today!

## Register:

[https://www.hrmfrc.ca/store/view\\_class.php?id=10138](https://www.hrmfrc.ca/store/view_class.php?id=10138)

NAVIGATE  
MILITARY YOUTH CONFERENCE  
2026

YOUTH AGES 12-17  
MILITARY-CONNECTED  
(ACTIVE OR RETIRED)  
DOOR PRIZE AND  
SWAG BAGS  
ALL FREE!

Hear from inspiring speakers, dive into hands-on sessions, connect with other military youth, build real-life skills and hit up our taco bar for lunch!

Get Registered Today!  
REGISTER NOW

H&R MFRC CRFM Hel R  
SATURDAY, APRIL 11TH, 2026 10AM - 3:30PM HALIFAX MFRC SITE

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



## **MILITARY 101 - Virtual**

**Date:** Wednesday April 8th

**Time:** 7:30pm to 8:30pm – Atlantic Time

**Cost:** Free

**Registration Deadline:** Wednesday April 8, 2026

When a member of your family joins the military, it can sometimes be a confusing new world to understand. This fun and interactive workshop offers an introduction to the military and the military lifestyle. Topics will include: an overview of the Canadian Armed Forces, rank structure, acronyms and abbreviations and much more!

This is an adult program for ages 19yrs+. Parents of members, partners/spouses of members, adult children, and friends of members are welcome to attend.

**Register Online:** <https://us02web.zoom.us/meeting/register/ZNdn1WYoTP2UmNENLEh72Q>

## **NEW - From Book to Screen: Monthly Chat**

**Date:** Thursday April 23, 2026

**Time:** 6:00 PM to 7:30 PM

**Location:** H&R MFRC, Shearwater Site

**Cost:** \$0

**Registration Deadline:** Wednesday April 22, 2026

**Register:** [https://www.hrmfrc.ca/store/view\\_class.php?id=10202](https://www.hrmfrc.ca/store/view_class.php?id=10202)

Read the book, watch the show, or just come for the chat, no homework. Once a month on Thursday evenings, we share the lines we underlined, the moments that made us grin, and the endings we're still thinking about, including the ones that made us hit next episode. Whether you made it to chapter three or the end credits, you're in. Come as you are and head home with a new friend and a few add-this-to-my-list favorites.

**Note:** We alternate monthly between Halifax and Shearwater.

## **NEW -Coffee Catch Up! Social**

Friday April 17 – Shearwater Location H&R MFRC Site - 9:30am to 11:30am

**Registration Deadline:** Wednesday, April 15, 2026

Friday May 15 – Halifax Location H&R MFRC Site - 9:30am to 11:30am

**Registration Deadline:** Wednesday May 13, 2026

Take a break from the routine and join us for a cozy evening gathering. Enjoy meaningful conversations, new connections, and a warm cup of coffee in a supportive, stress-free space.



## HMCS Charlottetown Family Sundae Sunday

**Date:** Sunday April 19, 2026

**Time:** 1:00pm to 3:00pm

**Location:** H&R MFRC, Halifax Site

**Cost:** \$0

**Registration Deadline:** Thursday April 16, 2026

**Register:** [https://www.hrmfrc.ca/store/view\\_class.php?id=10204](https://www.hrmfrc.ca/store/view_class.php?id=10204)

I scream, you scream, we all scream for ice cream! Calling all friends and families of HMCS Charlottetown! Mark your calendars for Sunday, April 19th. Every Sunday while deployed, it's a tradition for the crew to enjoy sundaes. Let's come together and join in on the sweetness of this tradition too!



## TEAL UP – APRIL IS MONTH OF THE MILITARY CHILD

April is the Month of the Military Child, established to recognize and thank children from military families for the sacrifices they make living the military lifestyle.

### Why the colour teal?

The colour teal was chosen to represent children from military families because it incorporates the colours of the three branches of the Canadian Armed Forces: blue for the Air Force, green for the Army and navy/white for the Navy.



### Why is the dandelion used as a symbol?

"Dandelions are a unique flower. They have the ability to grant wishes, are able to grow wherever the wind takes them. Just like these resilient flowers, military children are also unique, which makes the dandelion the official flower of the military child." - Canadian Military Family Magazine

## Month of the Military Child Kick-Off

Drop by our **Halifax** or **Shearwater** location to celebrate the start of the Month of the Military Child on Wednesday April 1<sup>st</sup> between 3pm to 5pm!

We'll have cake and goodies (*while supplies last*), and a photo booth to kick-off the festivities.



Registration is not required but encouraged so that we have an idea of numbers attending.

**Register:** [https://www.hrmfrc.ca/store/view\\_class.php?id=10198](https://www.hrmfrc.ca/store/view_class.php?id=10198)

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## Teal Up Party: Swimming, Pizza & Dancing

**Date:** Saturday April 25, 2026

**Time:** 4:00pm to 8:00pm

**Location:** PSP Shearwater Fitness & Sports Centre

**Cost:** \$0

**Registration Deadline:** Thursday April 23, 2026

To celebrate these incredible children in our community, the H&R MFRC, in partnership with PSP, is hosting a Teal Up Pool, Pizza, and Dance Party! Join us on April 25th from 4:00 PM to 6:00 PM for a fun splash in the PSP pool with family and friends. Then, enjoy pizza from 6:00 PM to 6:45 PM, and cap off the evening with

treats, entertainment, and dancing in the gym until 8:00 PM.

We extend our heartfelt thanks to our community partners for making this event extra special.

Families will enjoy delicious pizza from Domino's and a custom cake sponsored by BMO.

Wear teal to show your support for children of military families!



**Register:** [https://www.hrmfrc.ca/store/view\\_class.php?id=10199](https://www.hrmfrc.ca/store/view_class.php?id=10199)



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