ANNUAL REPORT

2025 – 2026



From our families to yours

A Note from the Board Chair



Capt. Carla Wilks

Chair, Board of Directors

Adapted from the Chair's annual report. The full report is presented at the 2026 Annual General Meeting and included in the AGM package.

As I reflect on my first year as Chair of the Mainland BC MFRC Board of Directors, this has been a year of learning, of growing and, most importantly, of seeing the MFRC strengthen its foundation and its capacity to serve military and Veteran families across Mainland BC.

Much of this year was about learning: about the important work of the MFRC, the responsibilities of the Board and the role of Chair. I am grateful to serve alongside such a thoughtful, committed and talented group of Board members. A highlight was our strategic planning weekend, which gave us the time and space to get to know one another better, to have some important conversations and to think carefully about where we want to go as an organization and how we are going to get there.

This year also saw significant work behind the scenes. Under the leadership of our Executive Director, Lina Thompson, we streamlined processes, strengthened policies and financial systems, and brought greater clarity and accountability to our operations. This was Lina's first full year as Executive Director, and she has brought energy, professionalism and strong leadership, building an excellent staff team that shares the values and commitment of the MFRC. It has been a genuine pleasure to work with her.

As a Canadian Armed Forces chaplain, I have personally accessed MFRC resources on many occasions and have seen firsthand the difference this organization makes for military members and their families. Serving on the other side of that relationship has given me an even greater appreciation for the breadth and importance of this work.

To our staff: thank you for the care, professionalism and commitment you bring every day. To our volunteers and supporters: thank you for your time, energy and generosity. And to my fellow Board members: thank you for making this first year such a positive experience.

There is still work to do, but we have a strong Board, an excellent Executive Director, a strengthened staff team and a clearer sense of where we are going. It has been an honour to serve as Chair.

2025–26 BOARD OF DIRECTORS

Carla Wilks, Chair • Linda Stromberg, Vice Chair • Honeywell Tulabing, Treasurer • Rejeana "Gina" Brown, Secretary
Tracie Fasullo • Michelle Garbe • Arron Oberman • Lacey Warrington

A Note from the Executive Director



Lina Thompson

Executive Director

Adapted from the Executive Director's report. The full report is presented at the 2026 Annual General Meeting and included in the AGM package.

Fred Rogers used to tell a story about his mother. Whenever the news turned frightening, she would tell him: "Look for the helpers. You will always find people who are helping." If you know me, you will know that I carry those words with me quite literally, everywhere I go. This year, they stopped being a comfort and became instructions.

This was the year we left the office and went to where families are: Kamloops and the Rocky Mountain Rangers, TEAL UP at Science World, the Annual Military Gala, unit briefings and enrolment ceremonies reaching approximately 378 new family members, and standing with the BC Silver Cross families at the BC Afghanistan memorial in Victoria. Our catchment is the largest of any MFRC in Canada. Families should not have to come to us to be seen, so we went to them.

Behind the scenes, we looked honestly at ourselves and we collectively said: we can do better. And we did. Not by tearing down what came before, but by building on it. Through the winter we rebuilt our team with rare finds I lovingly call unicorns, and our Board rose to the occasion, shaping the 2027-2029 Strategic Plan, our refreshed mission, vision and values, and the new look you will find in these pages.

My full report, with the whole story and every thank-you, is presented at the Annual General Meeting alongside this document. To everyone who went looking for the helpers this year and found us: we are glad you did.

> Look for the helpers.
> You will always find people who are helping.
>
> — FRED ROGERS

The Year at a Glance

1 April 2025 to 31 March 2026

APR 2025

TEAL UP: Science World glows teal for military kids. Outreach to Kamloops and the Rocky Mountain Rangers.

MAY

Annual Military Gala, Vancouver — thank you, Cross Development. Our team recognized from the floor.

AUG

Camp season: Camp Maple Leaf in BC and Alberta, My Choice camp grants, Calgary MFRC partnership visit.

SEP

2025 Annual General Meeting. Scholarships awarded. Military Dads facilitator training in Cornwall.

OCT

CIMVHR Forum 2025 in Ottawa: one of 17 MFRCs in a national study on relocation and community integration for CAF families. National MFS-MFRC meetings: carrying BC's voice.

NOV

Remembrance Week: our most comprehensive programming to date (see next page).

DEC

Holiday support with Together We Stand. Enrolment ceremonies across BC. Childcare grant submitted.

JAN–FEB 2026

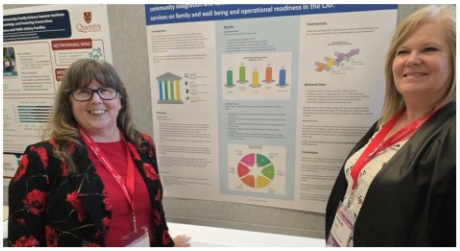
A team of unicorns: new staff join and hit the ground running. Childcare funding puts a toy lending library in motion.

MAR 2026

Board retreat in Chilliwack: the 2027-2029 Strategic Plan and our new brand take shape. Spring break camps. Standing with BC Silver Cross families at the BC Afghanistan memorial in Victoria. Welcome Dylan and Michelle.







Remembrance Week 2025

The year's community story

Our most comprehensive Remembrance programming to date, delivered alongside the Seaforth Highlanders, 39 Canadian Brigade Group, and the 15th Field Artillery Regiment.

8 NOV

Indigenous Veterans Day at Victory Square, honouring First Nations, Métis, and Inuit Veterans. The Book of Remembrance Ceremony with the 15th Field Artillery Regiment. That evening, the 15th Field Regiment Band's "Lest We Forget" Concert of Remembrance — full proceeds donated to the MFRC.

10 NOV

240+ students at Mount Pleasant Elementary with LCol Pat Brown, Major John Stark, Captain Carla Wilks, and WO Brenda Morris. Every child left with a Boot of Remembrance pin and an "I Will Remember" activity sheet.

11 NOV

A wreath laid at the Vancouver Cenotaph on behalf of the MFRC. At UBC, youth volunteers laid a wreath representing military children across Mainland BC.







"I've never felt more proud of my grandfather's service than today. Thank you for bringing the real people to our school who stand on guard for us." **— Principal, Mount Pleasant Elementary**

"I didn't realize what I was saying when we sing True North Strong and Free, but now I won't forget." **— Grade 5 student**

The BC Afghanistan Memorial

12 March 2026, Victoria

On 12 March 2026, we were invited to the Remembrance Ceremony at the BC Afghanistan Memorial, hosted by the BC Veterans Remembrance Association. Members of our team stood with the BC Silver Cross families, honouring the Canadians who served in Afghanistan and the families who carry that service still. Their place in our work is permanent, not periodic.



INVITATION

Remembrance Ceremony

12 March 2026

"On behalf of the forty thousand CAF, RCMP, and other Canadians who served in Afghanistan during Canada's longest war, 2001–2014 … we remember the 167 Canadians who died, and our two thousand wounded."

BC AFGHANISTAN MEMORIAL

Quadra and Courtney Streets, Victoria

"We do not want the Afghanistan War to become another of Canada's Forgotten Wars."

Brigadier-General (Ret'd)
J. E. L. (Larry) Gollner, OMM, CD

BC Veterans Remembrance Association







Our Year in Numbers

Every number is a family we walked alongside

968
people helped across our programs

119
families supported through deployments

103
camp experiences for military kids

~378
family members reached at 27 enrolment ceremonies

65
morale mail packages sent

59
people trained in Mental Health First Aid

17
new children in the Imagination Library

7
medically released Veterans supported

24
holiday gift cards with Together We Stand

AND ALSO THIS YEAR

59 one-on-one Departure Assistance Group sessions and 3 group briefings for major operations • 16 newly posted families supported • 9 unit briefings • 13 Britannia Mine Museum passes enjoyed • 20 Imagination Library graduates • 3 scholarships awarded • a child-friendly space and toy lending library begun with Childcare Enhancement (CCE) funding

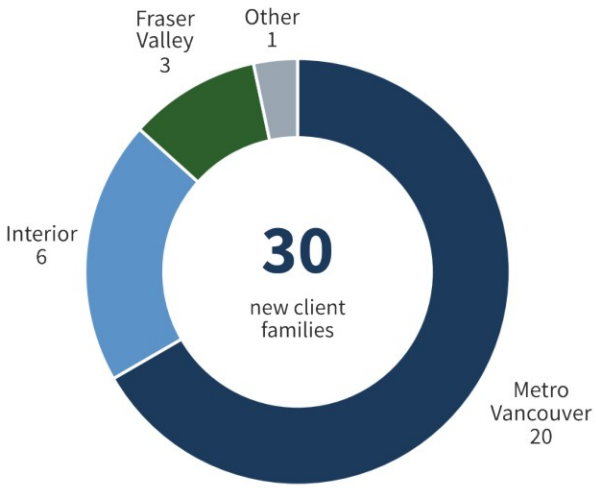




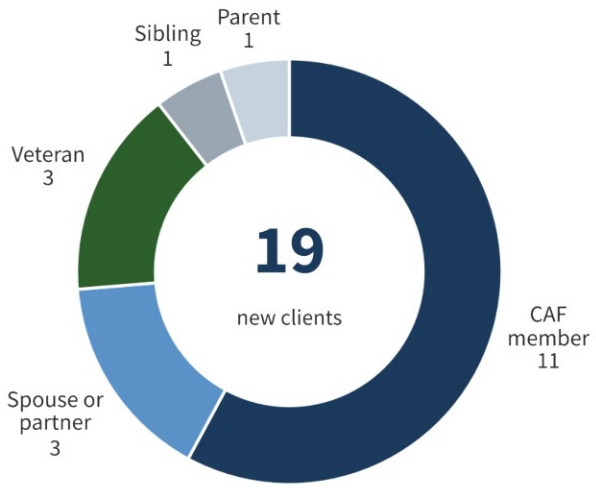
Who Our Families Are

New client families, FY2025-26

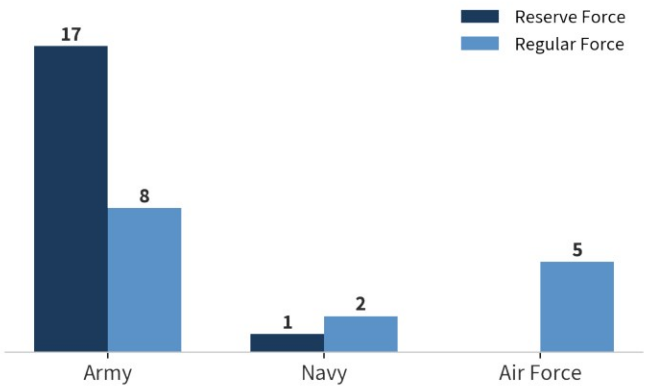
Where new families live



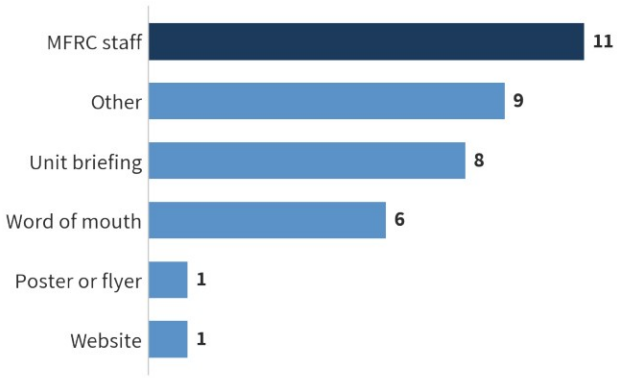
Their connection to service



Element and force



How families found us



More than half of our new client families this year are Reserve families. That is the Mainland BC story: our members serve from armouries and communities across the province, not from a single base, and their families live everywhere from Vancouver to Trail.

Thank You to Our Donors

Every dollar donated this year went where it always goes: to families. Camp registrations, morale mail, books in the hands of military kids, and a Centre that answers the phone wherever in BC a family calls from. To everyone who gave: thank you.

THE HEART OF OUR DONOR COMMUNITY

To the Royal Canadian Legion branches across British Columbia: you are the backbone of our donor community, year after year. Your support reaches families in the big cities and the small towns alike, and we are grateful beyond measure.

FY2025-26 DONORS

Royal Canadian Legion branches

Kamloops Br. 425 • Port Coquitlam Br. 133 • Princeton Br. 56 • Cariboo Br. 94
Chilliwack Br. 295 • Burns Lake Br. 50 • Sechelt Br. 140

Vancouver Poppy Fund • Canadian Memorial United Church • Tracy Cromwell • Penelope Stock

A NIGHT TO REMEMBER

On 8 November 2025, the 15th Field Artillery Regiment Band filled Canadian Memorial United Church for their “Lest We Forget” Concert of Remembrance and donated the full proceeds to the MFRC. An evening of music, memory, and community, given in support of military families. Thank you to every musician, organizer, and guest.







Special Thanks

TO OUR BOARD OF DIRECTORS

You gave this organization your evenings, your weekends, and one full weekend in Chilliwack in March. You asked good questions, made hard decisions with care, and set a course for the next three years. Thank you for your service to the families of Mainland BC.



TO LIEUTENANT-COLONEL PAT BROWN

For answering every question (more than once), patiently explaining ranks, titles, divisions, and acronyms, writing a letter of support on an afternoon's notice, proofreading and editing multipage documents in support of board recruitment, and making sure this Centre had a seat at the table whenever military families were discussed. Chief of Staff of 39 Canadian Brigade Group this year, LCol Brown assumed command of the 2nd Battalion, Princess Patricia's Canadian Light Infantry, at CFB Shilo in June 2026. We were sad to see you leave headquarters, but your professionalism and kindness made a lasting impact on our team. Congratulations from all of us.

OUR FUNDERS

Military Family Services / CFMWS (MFSP, Veteran Family Program, CCE fund) • Veterans Affairs Canada • CFB Suffield • Women and Gender Equality Canada • True Patriot Love Foundation

OUR COMMUNITY PARTNERS

15th Field Artillery Regiment • Seaforth Highlanders of Canada • 39 Canadian Brigade Group • Camp Maple Leaf • Together We Stand • GRETA Bar YVR • Science World • Royal Canadian Legion branches • Canadian Veterans Services Society • Cross Development • BMO • SISIP • Mount Pleasant Elementary • UBC • Poppa John Pizza • BGC South Coast BC • Hawthorne, Piggott & Company • Kids & CO







Financial Summary

Year ended 31 March 2026 • Audited by Tompkins Wozny LLP, Chartered Professional Accountants

$805,738	$730,063	$75,675
Total revenue	Total expenses	Operating surplus

WHERE OUR FUNDING CAME FROM

Grants (Military Family Services / CFMWS, CFB Suffield, True Patriot Love)	$773,253
Donations and fundraising	$20,355
Interest and other	$12,130
Total revenue	**$805,738**

WHERE IT WENT

Wages and benefits	$503,807
Program costs	$106,228
Professional fees	$53,000
Office and other	$41,535
Board and committee	$12,129
Insurance	$5,974
Advertising and promotion	$4,593
Amortization	$2,532
Dues and fees	$265
Total expenses	**$730,063**

Net assets at 31 March 2026: $527,060 (2025: $451,385) • Total assets: $763,634

The operating surplus is earmarked for this year's updates to branding, communications, and financial revitalization.

The complete audited financial statements, including the Independent Auditors' Report and notes, are included in the 2026 AGM package and presented to Members at the Annual General Meeting on 27 October 2026.

Our Team

FAREWELL, WITH GRATITUDE

This year we said goodbye to Aisha Malik-Khalil and Anjila Clark. Thank you for everything you gave to the families of Mainland BC.

WELCOME

We welcomed Malcolm Dean, Ali Slack, Dylan Walsh, and Michelle Robarts — and they hit the ground running.



Lina Thompson

Executive Director



Laura Navarro

Administrative & Executive Coordinator



Dylan Walsh

Family Liaison Officer



Michelle Robarts

Veteran & Family Wellness Coordinator



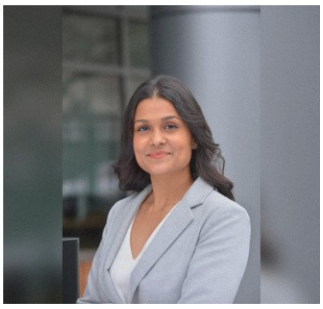
Malcolm Dean

Communications & IT Coordinator



Ali Slack

Program & Operations Support



Melissa DeCruze

On maternity leave

To Melissa DeCruze, who began her maternity leave this year: congratulations from all of us. A spot on this page is reserved for the newest member of the MFRC family.

"To our staff: thank you for the care, professionalism and commitment you bring to your work every day."
— Capt. Carla Wilks, Board Chair

Our New Look

Developed this year, unveiled at this AGM

MAINLAND BC
Military Family
Resource Centre

Logo designed and created by Malcolm Dean, Communications & IT Coordinator

This mark did not arrive in one stroke. It was shaped through review by serving members, families, staff, volunteers, and the interest-holders connected to this Centre. Every element of it means something.

THE HOUSE	Everything we do is about home: the kind families build, and the kind they sometimes need rebuilt when service moves or stretches them.
THE THREE FIGURES	Navy blue, Air Force light blue, and Army green, so our mission is visible at a glance: every family, in every branch, Regular and Reserve.
THE HEART	Formed by the arms of the two larger figures, holding a smaller figure inside it. Care is the foundation of everything we do, and families come as units, not individuals.
THE MAPLE LEAF	Red, for our Canadian identity and our permanent connection to Veteran families. Red is the colour of remembrance, and their place in our work is permanent, not periodic.
THE HORIZON	A curved line beneath them all, because we serve the largest catchment of any MFRC in Canada. This Centre stretches as far as the communities we serve.

The strongest force is family.

Our Mission, Vision, and Values

Refreshed this year, shaped at the March board retreat

OUR MISSION

We help military and Veteran families across Mainland BC find support, build connections, and feel at home.

OUR VISION

Military and Veteran families who are thriving, connected, and supported through every stage of service life.

OUR VALUES, RESTING ON ONE RECOGNITION: NO TWO FAMILIES ARE ALIKE

Agility	We adjust the form of our work to meet what is actually needed.
Partnership	We sit on the family's side of the table.
Voice	We make sure the realities families live are heard where decisions get made.
Accountability	We are answerable to families, to one another, and to our community's trust.
Steadiness	We are here when we say we are. The form of our work may shift; our presence does not.

The strongest force is family.

Looking Forward

Our 2027-2029 Strategic Plan, set at the March board retreat

2027

FOUNDATION

Strengthening governance, leadership, and the systems behind every program.

2028

RECOGNITION

Growing our visibility so every military and Veteran family in Mainland BC knows we are here.

2029

RESHAPE

Evolving our services to match how and where families actually live and serve.

WHAT MEMBERS WILL SEE NEXT YEAR

Summer and spring break camps, again and bigger • Mental Health First Aid sessions, including an in-person Sea to Sky session with a First Nations partnership goal • the launch of Military Dads • progress toward childcare navigation for Mainland BC families • deeper partnerships with the units and communities where our families live

> "There is still work to do, but we have a strong Board, an excellent Executive Director, a strengthened staff team and a clearer sense of where we are going." — Capt. Carla Wilks, Board Chair





The strongest force is family.



MAINLAND BC MILITARY FAMILY RESOURCE CENTRE

1755 West 1st Ave, Rm 142, Vancouver, BC V6J 0G7
604-225-2520 | cfmws.ca/mainland-bc

The strongest force is family.

BC Society No. S0030411 | Registered Charity No. 138724430RR0001

Logo design: Malcolm Dean | facebook.com/BCMFRC