

UFR SOCIAL & LUNCH – HIGHLIGHTS:

H&R MFRC hosted a UFR Social & Lunch on Wednesday December 4th, 2024, at the Halifax MFRC Site in Windsor Park, with 10 UFRs in attendance. The goal of the event was to thank and recognize the meaningful work UFRs do to support members and families within their units.

It was also an excellent opportunity for UFRs to network in a fun and social environment. The sandwich bar was a huge hit, as was the cookie charcuterie. Axe throwing and Christmas trivia brought out the competitive nature in everyone.

UFRs had a chance to visit MFRC information displays and speak to staff about Career & Employment, Deployment, Mental Health & Well Being and the Veteran Family Program.

We look forward to hosting this event again in 2025!

