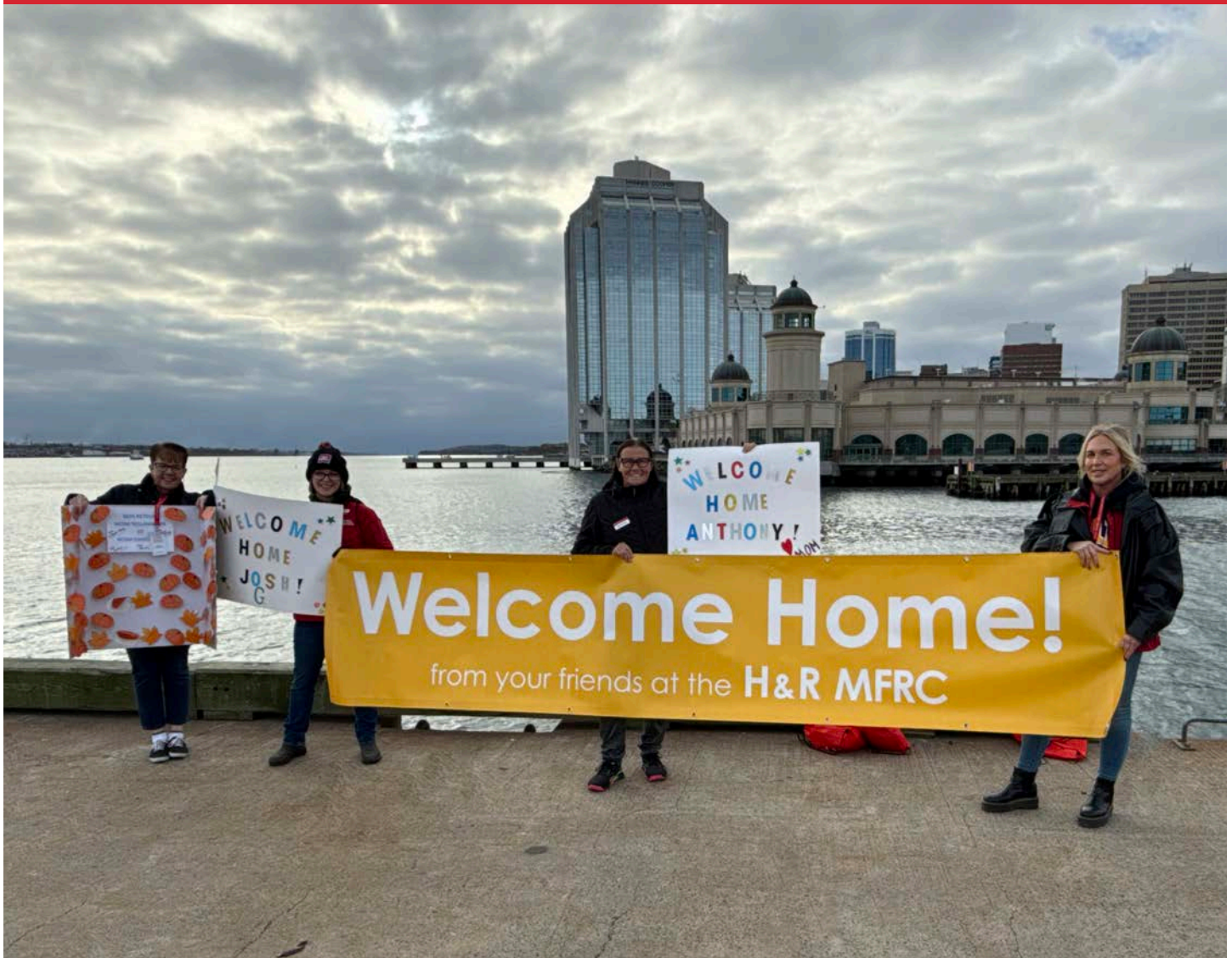


# H&R MFRC

# 2025-2026 MID-YEAR REPORT



*H&R MFRC staff members (left to right) Anne, Jenna, Natasha and Tracey at the homecoming celebration for the HMCS Edmonton and HMCS Yellowknife on October 29, 2025.*

## MISSION

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

## VISION

Strong, connected, resilient military families.

# CONNECTING WITH OUR COMMUNITY

## **Launch of Sensory Lending Library**

This spring, we launched a Sensory Equipment Lending Library offering military families the chance to explore a variety of sensory tools at no cost, helping to reduce the expenses on equipment while helping to discover effective strategies that work for their individual needs.

## **Month of the Military Child**

We celebrated the month of the military child with a Flag Raising kick-off and a Pool and Dance Family Connection event held at the Shearwater Fitness, Sports & Recreation Centre. Families enjoyed some complimentary pizza from **Domino's** and cake from **BMO**!

## **Bluenose Bienvenue**

Over **400** family members joined us in welcoming newly posted CAF families, and to learn about community supports in the area. The event had a lot of warmth and energy with attendees enjoying a BBQ, pizza from Domino's, bouncy castle, draws, and a chance to meet with over **40** community vendors and groups. Thanks to **Eastlink** and **BMO** for sponsoring the event and to 12 Wing and PSP Fitness & Sports Centre for hosting!

## **School Outreach**

Our School Outreach Team has started their in-school group sessions this year, reaching **10** English Schools and **5** Francophone Schools. **96 individuals** have completed our latest initiative **Educators Supporting Military-Connected Students** – an online, self-directed military lifestyle training course. We are in the process of developing this course in French for Francophone educators, thanks to additional funding from **Lockheed Martin**.

## **Outside HRM & Reservist Outreach Strategy**

Efforts are underway to advance our work in assessing the needs of military families living outside HRM. We aim to identify the military family footprint in communities within our geographical area, including Cape Breton and learn more about their demographics, challenges, and current supports.



We took a group photo inside with the flag before it was raised on a very rainy day at CFB Halifax.



Community members of all ages love exploring the Cyclone Helicopter at Bluenose Bienvenue!



Our School Outreach Team was invited to present to SchoolsPlus staff during their training day.



## 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.

- During our Annual General Meeting, we were proud to present two Significant Contribution Awards and welcomed one new board member and the 12 Wing CWO and 5th Canadian Division CWO.
- Attended the MFRC Atlantic Regional Conference in June.
- Held our Tri-annual Strategic Planning Session in November to establish strategic goals for the next three years, effective April 2026.
- We also invested in natural disaster response by earmarking Emergency Response funds, so we are better positioned to action immediate support/services to families when needed.
- Successful completion of MFS Compliance & Assurance Review.
- Mid-year budget reviews and acceptance of the Annual Funding Application Fiscal Year 26/27 submission.
- This fall, our Board conducted a Strategic Planning Survey to ensure our 2026–2029 plan reflects the needs of local military families.



Thank you and congratulations to Devon MacKenzie (centre of left photo) and Gabrielle Lambert (centre of right photo) for your contributions in helping our School Outreach initiatives! Presenting the Significant Contribution Awards of 2025 were Board Chair Larissa Page, and staff members Dena Creer and Andrée Jacques (left to right).

# HOW YOUR FUNDRAISING DOLLARS HELP

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.

Donations from our community have supported our youth initiatives, Occasional & Respite Childcare, homecoming ceremonies and played a vital role in allowing our Mental Health & Well-Being team to deliver our Community Pantry and Financial Assistance. Our current fundraising focus is on our upcoming Op Dasher Holiday Assistance service.

Special thanks to

- UN NATO Veterans Dartmouth
- Angus G. Foods
- The Navy League of Canada
- Bluenose Marathon
- Music for Mental Health
- Highway of Heroes
- Mi'kmaq Office Furniture
- Our Lady of Assumption
- The Nova Scotia Community Foundation
- Royal Canadian Legions
- Units and individual donors



RBC staff volunteered with us this fall, painting an area of our Henderson Sweetman Youth Centre.



Honorary Colonel Peter MacIsaac (centre), President of Angus G Foods, presenting a cheque for over \$14,000 from McHappy Day 2025 proceeds!

## YOUR QUESTIONS ANSWERED

Q. Are your programs and events open to everyone?

A. The H&R MFRC serves all elements, so unless specified, our programs and events are open to all military families. This also includes the CAF member (regular and reserve), Veterans, Spouses, Partners, Parents, Children, other relatives, and more. If you are not sure if you qualify for something, please ask.

Q. How can the MFRC help me with food insecurity?

A. In addition to financial support and resources, we have anonymous food pantries located in Halifax and Shearwater. Visit our website for hours and details.

Q. Can I access deployment support after my spouse returns from deployment?

A. Yes, all our services, including deployment support, occasional & respite care, and mental health and well-being, remain available after the return of a deployment.



Scan for information about the pantries



Find us on CFMWS.ca

# H&R MFRC

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