



Community Connections

Program Guide

Are you receiving the new monthly Community Connections?

In September, the Winnipeg MFRC started distributing a monthly Community Connections newsletter via email and other electronic methods. The change was made to inform military families about events in a more timely manner and to be environmentally responsible.

We hope that you have found the new format helpful when planning to attend events. If you haven't been receiving the monthly newsletter, please be sure to contact us and add your family to the email list.

This large, program guide format will still be sent out to military families twice per year, in September and February. Generic information about the MFRC, our programs and services will be available in this format. Specific program information will be available in the monthly newsletters. Please check out an example of the monthly Community Connections newsletter, found in the centre of this issue.

This example showcases the types of activities the MFRC does on a monthly basis. To check out the latest monthly newsletter, please visit the MFRC website, www.mfrc.mb.ca and on the national website, www.familyforce.ca. A link is also posted on our MFRC Facebook page. To find us on Facebook, search Winnipeg Military Family Resource Centre.



Watch out in 2011!

The Winnipeg MFRC is throwing a year long party. Throughout the year, we will be hosting monthly celebrations in honour of our 20th anniversary.

Be sure to check your monthly Community Connections or our Facebook page for up to date information

Winnipeg Military Family Resource Centre

102 Comet Street
Winnipeg MB R3J 3Y5

(204) 833-2500 ext. 4500

REGISTRATION INFORMATION

Fees: Fees are to be paid in full at the time of registration by cash, cheque or Interac. Postdated cheques will be accepted for the Nursery School programs and Kidventures only.

Cancellations: The Winnipeg MFRC reserves the right to cancel any program at any time. A full refund will be given, and every effort will be made to notify all registrants.

Refunds/credits: Refunds will not be issued after the registration deadline except for extenuating circumstances (excluding Kidventures). Late withdrawal or a no-show will result in the forfeit of all fees.

Registration Procedure

Phone Registration: Phone registration is accepted strictly for programs offered at no cost. Contact 833-2500 ext. 4500 unless otherwise noted.

In Person: Unless otherwise noted, register in person at 102 Comet Street during regular office hours Monday through Friday, 8:30 a.m. to 4:30 p.m. For nursery school: register at Westwin Children's Centre, 642 Wihuri Road (Bldg 33).

Your payment will confirm your registration

Register Early

Our programming staff usually checks registration numbers two weeks prior to a program start date. If registration numbers are too low, the program may be cancelled.

COMMUNITY CONNECTIONS -

Editor-in-Chief

Don Brennan

Production Editor

Mona Currie

Translation

Mona Currie

Proofreading

Mélanie Lyrette
Jean Ogren

The views and opinions expressed herein are those of individual contributors and do not reflect the views of the Winnipeg Military Family Resource Centre, the Department of National Defence, the Wing Commander, the Editor or the Publisher. The Editor reserves the right to edit copy to suit the aims of this publication.

Canada Post Agreement Number 40771025



BOARD OF DIRECTORS

Honorary Chairperson: Ben Van Ruiten
Chairperson: Troy Zuorro
Vice-Chair: Shannon Bisson
Treasurer: Fiona Ritson
Secretary: Jane Ward
Members: Dale Warren Laurel Rose
 Laura Webster Simone Pamplin
 Kara Kallenbach

To reach the Board of Directors: winniegmfr@gmail.com

WINNIPEG MFRC STAFF 833-2500

Executive Director

Don Brennanext. 4504
..... Donald.Brennan@forces.gc.ca

Office Manager

Mona Currieext. 4500
..... Mona.Currie@forces.gc.ca

Volunteer Program

Barbara Thuenext. 4519
..... Barbara.Thuen@forces.gc.ca

Second Language Services

Mélanie Lyrette ext. 4515
..... Melanie.Lyrette@forces.gc.ca

Employment & Education

Youth Program

John Baileyext. 4511
..... John.Bailey@forces.gc.ca

Information & Referral

Andrea Estensenext. 4506
..... Andrea.Estensen@forces.gc.ca

Marketing & Fundraising Assistant

Heather Witherdenext. 5391
..... Heather.Witherden@forces.gc.ca

MFRC Childcare Centre

Lois Johnson, Director 837-3626
Centre Staff 837-3653
..... loisjohnson@mts.net

Family Separation & Reunion

Dana Gloverext. 4507
..... Dana.Glover@forces.gc.ca

Children's Program

Shannon Peakeext. 2491
..... Shannon.Peake@forces.gc.ca

Prevention & Intervention

Haley Schroederext. 4512
..... Haley.Schroeder@forces.gc.ca

IPSC/MFRC Liaison Officer -

Laurie Anne Johnsonext. 4478
..... Laurie.Johnson2@forces.gc.ca

Adult & Parenting Programs

Jennifer Brennanext. 4509
..... Jen.Brennan@forces.gc.ca

Winnipeg Military Family Resource Centre

102 Comet Street
PO Box 17000 Station Forces
Winnipeg MB R3J 3Y5

Phone: (204) 833-2500 ext. 4500, or (204) 489-7003
Fax: (204) 489-8587
Email: wpgmfr@gmail.com

Children's Program

Children's Programs aim to offer programs to enhance the development of children from infant to 6 years old. Programs are offered in both the St. James and River Heights/Tuxedo neighbourhoods. Sites meet high standards for safety, health, staffing and programming. Staff are trained in Early Childhood Education, CPR and First Aid.

PRESCHOOL PROGRAMS

We offer a variety of programs for preschoolers throughout the year such as Mad Musicians, Storybook Adventures and summer Exploration Camps. Please consult the monthly newsletter for specifics about upcoming programs:

Mad Scientist: April 2011

Countdown to Fun: May 2011

NURSERY SCHOOL

This is a play based learning program for 3 and 4 year olds. It is licensed by the Manitoba Child Care Program, meeting high standards of quality care. We offer both English and French Immersion classes. This is a ten-month program with morning or afternoon classes held 2 or 3 times a week. The fees are low and a subsidy is available.

CASUAL CARE

Quality care is provided on a casual basis for children 12 months to 5 years old. Space is limited and must be pre-booked. Sessions run Tuesday mornings (ages +12months) and Thursday afternoons (ages+18 months). A small fee is charged.

PARENT AND CHILD PLAYGROUPS: These programs give parents and children a chance to socialize with their peers and enhance child development. Program examples include Rock n'Read, Alphabet Soup, Wiggle Giggle and Munch. Programs may vary over the year, so please check the monthly newsletters to see what is going on.

Upcoming programs include:

- **Creative Tots:** A chance for parents and children to explore art, songs, movement and play. Thursday mornings year-round
- **Mother Goose:** Come explore the power and pleasure of rhyme and song. Tuesday mornings Jan-June
- **Kids in Motion:** A chance to move to music and use your muscles in play. Tuesday afternoons Jan-March

Please watch the monthly calendar for **special events** throughout the year such as:

- Story Sacks Workshops: February 2011
- Super Science Workshop: March 2011
- Family Numeracy Night: April 2011

We have a number of resources for parents to borrow:

- Baby Sign Language Kit
- Early Learning Activity Kits
- Child development/parenting books/DVDs

Please contact the Children's Program Coordinator for details of current programming or with any questions, comments, suggestions you may have.

Parenting Program

A PARENT COMMUNITY

During this weekly drop-in program, parents discuss topics related to children of all ages in a friendly, relaxed setting. Parents create a network of knowledge and ideas from others in the group. Children from 0 to 5 years are welcome to stay with the parent or play in the MFRC supervised playroom.

A PARENT GROUP

Twice a month, parents take a look at educational and stimulating ideas for their children. Highlighted topics are encouraged for each session. Parents are given the opportunity to meet new people, share ideas and create different activities for their children. Children from 0 to 5 years are welcome to stay with the parent or play in the MFRC supervised playroom.

MOM'S NIGHT OUT

Once a month, join other moms for a night out with fun activities and a different theme each month.

POSITIVE PARENTING PROGRAM

The Positive Parenting Program (Triple P) is an internationally recognized and provincially endorsed parenting program. There is no single right way to parent and there are many views on how parents should raise their children. Triple P's aim is to make parenting easier. It has been helpful for many parents and may give you some useful ideas to help you meet the challenges of raising children. There are three ways to access the information from Triple P. We offer a parenting seminar series, individual sessions and a group workshop.

KIDS HAVE STRESS TOO!

Stress affects everyone, even children. This course is designed to give the parents the skills to recognize the signs of stress and to teach your child how to lower the level of distress in the lives.

HOLIDAY PROGRAMS

During the Spring Break period, the MFRC offers programs and activities for the entire family.

Youth & Teen Programs

Home Alone

This program is designed for the preteen who may be responsible for self-care from time to time. Safety, emergency preparedness, food preparation and first aid are discussed. At the end of the course preteens will have the skills necessary to keep them safe, comfortable and happy. The skills, knowledge and methods learned will be invaluable to them in the future. Minimum age for participation is 10 years.

Holiday programs

During the Spring School Break the MFRC and Community Recreation offer holiday programs for children and youth. Check the March Community Connections for full details.

Kids in the Kitchen

Inspire your child to cook. Throughout the program, your child will learn to cook nutritious snacks and meals. We start with the basics and progress to the more complicated meals. We challenge your child to get ready, to have fun, to get messy and to eat great food. This program is offered for both teens and youth.

Special Events/activities

Throughout the winter and spring we will offer special events and activities for youth & teens. These can include, but are not limited to Manitoba Theatre for Young People performances, Moose Hockey, performances of the Manitoba Opera or the Royal Winnipeg Ballet, movie nights, bowling and gym riots.

Youth Advisory Council

We are looking for teens to participate in the Youth Advisory Council. If you would like to have a say in youth programs at 17 Wing, join us. The Council meets once a month.

Drop-in programs

The MFRC operates two Youth Centres. The South Side Youth Centre (SSYC) is located at 347 Doncaster Street in the heart of the military housing area, and the North Side Youth Centre (NSYC) is at 102 Comet Street, attached to the MFRC Administration building. Drop-in programs are run out of both these centres. Each centre is equipped with computers, video gaming systems, TVs, board games, Foosball and an arts & craft area. Drop-in programs are broken down into two groups – youth (grades 1-6) and teen (those in middle school/high school). At the SSYC the Afterschool Program for youth will run Monday to Friday (except holidays). Teen programming will be offered twice a week. At the NSYC, the youth drop-in will be offered 3 times per week in the evenings followed by teen drop-in. Demand for the drop-in program and attendance will be used to determine hours of operation.

Babysitting Course

The MFRC offers the Canada Safety Council Babysitting course several times a year. This course provides the new sitters with the skill and tools needed to start working as babysitters. On completion of the course, they may opt to register their name on the MFRC Babysitters list. Minimum age for participation is 12 years.

Kidventures Summer Camp

This program runs each summer for children 5 – 12 years of age. This is a weekly themed day camp. Program details including weekly themes will be available at the end of March. Our program has a low staff-child ratio and includes a variety of outdoor and indoor activities to suit all children. Registration for Kidventures will start mid-April.

Sleepover at the Museum

Do things really come to life at night? Have you ever wanted to spend the night in a museum? Here is your chance! Our sleepover at the museum will take place in April or May 2011. You will need to grab your flashlight, PJs and head on over to the Manitoba Museum. We will explore the galleries, hear bedtime stories beside the tepee, watch a planetarium show, play in the Science Centre and maybe even get some sleep. An evening snack of pizza and juice and a light continental breakfast are included. This event is guaranteed to be lots of fun. See you there! Open to children 6 to 13 years old.

Be sure to check the monthly Community Connections for details; if you do not receive the monthly Community Connections, give the MFRC a call at ext. 4500 to be added to this electronic mailing list.

Teen Babysitters We Need You!

Parents at 17 Wing are searching for babysitters to provide care for their children while they are out. If your teen has completed a babysitting course and would like to be added to the **MFRC Babysitters list**, please drop into the MFRC at 102 Comet St. to fill out the required forms.

Parents of teen sitters can rest assured that the MFRC teen babysitting list is not for general distribution or posting. Parents seeking sitters must sign a waiver form, and the actual listing gives only the name of sitter, phone number and generalized home address (i.e. North side). This is a great way to make some money and contribute to your community!



For more information call the MFRC at ext. 4500.

Volunteer Services

Volunteers are the heart of the Military Family Resource Centre



MFRC Volunteers
Helping Hands, Open Hearts

As we begin a new year, isn't there something exciting about a brand new calendar, with all those empty spaces just waiting to be filled? The possibilities are limitless! We hope that you will be able to fill many of those spaces with Volunteer Opportunities this year. There are many reasons why people volunteer, as well as many benefits to volunteering. Volunteering is the perfect vehicle to discover something you are really good at, or to develop a new skill. It is also a perfect way to explore new fields, especially if you are considering a change of career. You can strengthen your personal/professional mission and vision by exploring opportunities, expanding your horizons, and getting life experience. Volunteering brings together a diverse range of people from all backgrounds and walks of life, and allows you to develop your interpersonal skills. Fundamentally, volunteering is about giving your time, energy and skills freely to help others and have an impact on people's well-being. If you would like to experience some of these benefits, just drop by and we can talk about them in person!

Activities are starting up again, and there are many activities to suit all types of talents and interests. We hope to see many of you out at our MFRC events and activities. It will be time well spent!

Volunteer Opportunities

Coffee and Conversation: This is a drop-in program especially for volunteers and potential volunteers. It meets Tuesdays at 2 at the MFRC and is designed to enable volunteers to get to know one another better, as well as to inspire discussions about volunteer topics and to deliver short training sessions.

Community Coffee Break: On the first Thursday of every month, the MFRC is filled with food, fun and interesting people. It's our Coffee Break day, and we look to our volunteers to make it happen. From planning, to buying or cooking, to setting up and serving, the volunteer role in this monthly event is vital. It is also a lot of fun!

Administrative Support: Our coordinators often require some extra help with data entry and clerical duties, and our front reception desk is a busy place to be. We also regularly take our Yellow Ribbon Merchandise to outside locations for sales and outreach.

Children's Program and Parenting Services: These are two of our very busy areas, and there are often opportunities for volunteers to assist in the various programs offered.

Newcomers' Network: The Newcomers' Network is your opportunity to help military families who are new to Winnipeg. Show off your city and all it has to offer, as well as all of the services and programs available through the MFRC and 17 Wing. The Newcomer Network pairs MFRC volunteers with new military families to help ease their transition to a new community.

Workshop Facilitators: Do you have a special skill, hobby or interest that you would love to share with others? Have you always wanted to try teaching in a relaxed, non-threatening environment? If so, let's get together and plan a special event for our community!

The Winnipeg MFRC Board of Directors meets once per month to discuss current and ongoing issues related to the Centre. This Board consists of 10 - 12 full voting members, the majority of whom must be military spouses. This ensures programming at **our** centre reflects the needs of **our** community.

These are just some of the areas in which volunteers are involved. There are also many special events and activities throughout the year. These will all be detailed in the monthly newsletters. For more information about the Volunteer Program, or to become involved as a volunteer, please contact the Coordinator of Volunteers, Barbara, at 833-2500 ext. 4519 or

Barbara.Thuen@forces.gc.ca

Personal Development Program

SECOND LANGUAGE TRAINING –

French & English

Today, the knowledge of a second language is a great advantage. This is why the MFRC is offering French and English language courses. Each session consists of 60 hours of learning in a ten-week period. Led by qualified instructors, the courses are offered in fall, winter and spring.

For more information contact Mélanie Lyrette at 833-2500 ext. 4515.

FRENCH LADIES' GROUP

Open to all women who speak and understand French, the French Ladies' group is a dynamic group of women who meet once or twice a month to have fun in a French speaking environment. The proposed activities are diverse and try to cater to everyone's interest. Women from all backgrounds, military and civilian are welcome to join the group.

The French Ladies' Group helps the newcomers who speak French create links within the community and meet others who have lived or are living similar experiences. It is also a great opportunity for the regulars to meet and spend time in very good company.

Watch for upcoming events!

GOOB – Get out of the Barracks

Bring a friend and attend the MFRC Drop-in Centre. We are opening the Youth Centre for evening and weekend student/barrack drop-in. Whether you need to check your email or you want to relax and play video games – the centre has it all. The coffee will be on and the canteen will be open.

SPECIAL EVENTS / ACTIVITIES

Throughout the winter and spring, the MFRC will be offering special events to the adult members of our community. From discounted concerts, Manitoba Moose games, Royal Winnipeg Ballet, movies, spa evenings or dining out, we attempt to offer something for everyone.

TRUE COLORS

True Colors is an easy, entertaining way to identify your character spectrum to better understand yourself and others. It uses four colours to identify four distinct perspectives and personalities.

WORKSHOPS

We will be offering a variety of evening workshops. Look for classes on car maintenance, healthy living, fraud awareness, safety, bully awareness, money management and home buying, to name a few.

Information & Referral Program

The information and referral program is in place for military families to get information about community programs and services that will help them transition into the community. Information about the area, special programs or general information can be obtained from the MFRC's websites, www.mfrc.mb.ca or www.familyforce.ca or by calling the Information and Referral Coordinator at 833-2500 ext. 4506.

NEWCOMER PROGRAM

If you are new to Winnipeg, we can help. The MFRC has welcome packages which include information about the centre, the Wing, the city and the province. When the military member clears into the MFRC, he/she will be asked to fill in a newcomer information form which will allow MFRC staff to provide information about our programs and services tailored to that family. By providing your email address, the MFRC will be able to keep you in the loop about new programs and services, information about events and also send information about free or discounted offers we get from time to time.

MONTHLY NEWCOMER EVENTS

Monthly events are planned so that newcomers to Winnipeg can get to know each other and the city better. Past events have included sporting events, pizza parties, museum tours and more. Be sure to check out the monthly Community Connections newsletter for more information

NEWCOMER NETWORK

The Newcomer Network pairs a volunteer with newcomers. The program is designed to help people new to the city become familiar with the area through the assistance of someone who lives, works and plays in the community. Our volunteers are trained and have a vast knowledge of the city's treasures and where to find the best Winnipeg has to offer. If you are new to Winnipeg, or would like to volunteer to assist a newcomer, please call the Information and Referral Coordinator.



FIND US ON THE WEB!

The Winnipeg MFRC has a fan page on Facebook (search Winnipeg Military Family Resource Centre) and become a fan! Find out the latest happenings at the Winnipeg MFRC, delivered right to you.

Employment & Education Program

Looking for a Job

Finding work can be a full-time job in itself. From finding the correct contacts to developing a cover letter and resume, there are many challenges to meet and decisions to be made that will become part of your career planning process.

The MFRC Employment and Education Service can help! With the collection of web sites and information we have in our career library we can assist you throughout your job search journey. You will find considerable information about career options, labour market trends and career specific training, as well as job search skills, strategies and workshops.

If you would like an individual consultation, or just some more information, please contact John Bailey, Employment and Education Coordinator at 833-2500 ext. 4511 or by email John.bailey@forces.gc.ca

Workshop information is included in the monthly Community Connections.

I look forward to assisting you with your employment and education needs

John Bailey, Employment and Education Coordinator

Portfolio development and you!

We often think of a portfolio as something created by artists or models to professionally display their work: a beautiful collection of pictures standing as a testimony of their professional talents; something easily viewed and judged by an interested party, be it someone looking to commission a piece of artwork or an agent seeking a “new” look.

This is great for both the artist and model, but what if you are neither? What if your background encompasses a collage of education, employment, talents, skills and experiences? What if you partially completed a university degree or college diploma, or your employment was interrupted by unforeseen circumstances in your life?

This is an amazing opportunity, especially for the military family members who have achieved education in other provinces, have incomplete education or interrupted employment, or who may feel the need to take stock of their lives and now need to work on developing some new goals.

So you may be wondering what is a portfolio and how can I use it?

A portfolio is a record of an individual’s prior learning achievements, kept in a binder, file or folder, showing what she or he knows how to do.

The development of a personal portfolio is becoming more and more crucial to individuals seeking to gain control over their future during these times of constant change. The portfolio provides a solid foundation from which decisions can be made and specific action taken. It can be used for a variety of purposes including educational, personal and career development. Portfolio development is an important component of a process known as Prior Learning Assessment and Recognition (PLAR).

Remember, not all learning is done formally in a classroom setting. Other important informal sources of skill and knowledge acquisition include travelling, volunteering, work, raising a family, and hobbies. Why not take the time to identify, document and seek recognition for all of the skills and knowledge you have mastered over the course of your life’s journey?

Portfolio development is essentially a reflective process requiring an investment of your time and energy, with support and encouragement from a portfolio advisor. A major outcome of the process for successful candidates is the creation of a portfolio that may be used for a variety of purposes (education, employment, personal development) depending upon the goals you set for yourself as the process unfolds. Portfolio development may be for you if you have:

- Degrees, diplomas or certificates from another province or country
- Incomplete college, university or high school credentials
- Experience and training (skills and knowledge) in one or several employment settings
- A need to consolidate your existing skills and knowledge, creating a solid foundation for future life planning
- A desire to use your experiences to focus on building a career path rather than focusing on a job
- Uncertainty about what you should/could do

If you answered “yes” to any of the above it may be worthwhile for you to join me for an information session to obtain more detailed information about the requirements and benefits of the portfolio development process.

John Bailey, Education and Employment Coordinator
(204) 833-2500 ext. 4511 or john.bailey@forces.gc.ca

Employment & Education Program

The following workshops are offered throughout the year by the Employment & Education Program, contact 833-2500 ext. 4511 for more details.

TRUE COLORS

Understanding Your Personality type is the first step in assisting you in identifying your career preference! Identify your strengths and personal gifts. Discover what kind of work you might enjoy and relate work options to effective use of your talents.

CAREER CRUISING

Another useful tool used to help you explore your career aspirations is a computer-based career matchmaker, which provides in-depth career profiles and is an engaging portfolio development tool. This is a must if you are not sure of your career direction.

COVER LETTERS

Focus on the job you are seeking. Learn new ideas about creating and enhancing your cover letter.

HIDDEN JOB MARKET- TIPS AND TOOLS

This workshop will help you understand labour market dynamics and occupational trends. Learn what's hot and what's not in a constantly changing job market and learn more about the career/industry in which you are searching. Discover how to access the Hidden Job Market.

INTERVIEW TIPS

Brush up on your interview skills! Look at different interview types and styles, practice answering specific questions and understand why employers ask these questions. Your peers, as well as the facilitator, will provide you with constructive feedback on your practice interview.

RESUMES THAT WORK

During this workshop you will learn about the different types of resume and how to put together the most effective resume for you. We will help you identify your transferable skills to highlight on your resume.

Family Counselling Program

FAMILY LIAISON SERVICES

Are you concerned about the illness or injury of a current or former military member?

Connie lives in Saskatoon, and is the mother of a 22 year old CF reservist. He broke several bones in his foot during a training accident six months ago. He is still having trouble walking, and has moved back into his parents' home. Connie notices her son seems to be more irritable than he used to be, and doesn't spend time with his friends very often.

Greg is the new partner of Julie, a retired CF member. He doesn't know a lot about the military; he knows Julie sees a psychologist for an Occupational Stress Injury. He wants information about this kind of injury, and how he can help Julie.

John is a military member in transition out of the CF due to a back injury. He's divorced, but close to his adult children. His daughter Jennie knows he sometimes is confused by all the "red tape" he faces, and she wants to know where her father can turn to get his questions answered in a way he'll readily understand.

If you are close to someone who is coping with a physical or mental illness or injury you may be wondering where to turn, or who can answer your questions.

Your situation is unique, and you can benefit from knowing about all the resources and services available to you and your family. You may find it helpful to discuss what you can do to keep yourself and your other family members healthy and well, while supporting your loved one.

The Military Family Liaison Officer is a social worker who works hand in hand with the Integrated Personnel Support Centre. If you want to discuss your concerns, please contact:

Laurie-Anne Johnson, MSW RSW
Social Worker/Family Liaison Officer
Military Family Resource Centre
Integrated Personnel Support Centre
Building 63
PO Box 17000 Stn Forces, Winnipeg, MB, R3J 3Y5
204-833-2500 ext. 4478
laurie.johnson2@forces.gc.ca

Family Counselling Program

The Winnipeg Military Family Resource Centre has a full time social worker who offers the following services:

SHORT-TERM COUNSELLING

We offer free short-term confidential counselling to military members and their families. This service is intended to enhance the emotional well-being and social functioning of the family. Issues addressed vary but have included military lifestyle, divorce and separation, parenting issues, grief and loss, trauma and mental health.

INFORMATION AND REFERRAL

We are able to provide you with information on various community agencies in Winnipeg and surrounding areas. We can also assist you in accessing a variety of the community resources

SPECIAL NEEDS SERVICES

We are able to assist you in determining what special needs services your family may require, as well as in accessing government and non governmental services in Winnipeg and surrounding areas. Services we can assist with include services through the educational system, government, child care, and health care system.

WORKSHOPS AND SUPPORT GROUPS

Throughout the year we offer various workshops related to emotional health and social well being. Depending on the need, we also run structured support groups where military family members can come together to talk in a safe environment about similar issues. Please check the monthly Community Connections for upcoming workshops and groups or contact the MFRC directly for information.

RESOURCE MATERIALS

Resource materials, including fact sheets, government publications, handouts and books, are available on a variety of topics. We would be happy to put together a package of relevant materials to assist you and your family.

HOLIDAY HAMPERS

As in past year, the MFRC is partnering with the 17 Wing Care and Share Program to provide holiday hampers.

The MFRC and Care and Share Program realize that the holiday season can be a difficult time. If your family is struggling financially and could use some assistance during the holiday season, contact the MFRC social worker; all calls are confidential.

For more information on any to these programs please contact the MFRC social worker at 833-2500 ext. 4500.

RESPIRE CHILD CARE & EMERGENCY CHILD CARE PROGRAMS

What is Emergency Respite Child Care?

Emergency Respite Child Care services are designed to support family well-being during times when a CF member is deployed. The focus of this service is to temporarily relieve the caregiver while a more suitable long term care plan is implemented.

What defines deployment?

A period of duty (away from home) exceeding 30 days.

Do I need a long-term child care plan while my spouse is deployed?

It is beneficial for families to develop a care plan that meets the needs of the family while the CF member is away. It is important to maintain routine child care arrangements such as daycare and/or before/after school programs. It is also recommended that a list of contacts for casual child care be kept on hand for the caregiver to access at a time when they may need self care or time away from the children.

What is Emergency Child Care?

Emergency Child Care is designed to assist CF members and their families during times of sudden and unforeseen circumstance. This services is intended to support and enhance the family care plan.

How can Emergency Child Care help my family?

The following are examples of when emergency child care can help you:

- A family care plan fails;
- A CF member is away on duty and the spouse/ caregiver is unavailable due to illness;
- When a single parent or both parents are CF members and CF duty requirements are such that the regular child care provider is unavailable;
- When a child is ill and the parent is unable to access their usual child care arrangements at a time when the CF member's presence at work is critical to military operation

Who do I contact for Respite Child Care and Emergency Child Care?

Please contact the MFRC social worker during regular business hours. After hours, please contact our contracted agency, Complete Care at 949-5090.

If you have any questions, or need assistance developing a Family Care Plan for your family, please contact the MFRC. The Winnipeg MFRC has many programs which can assist you and your children at all times of the year.

Deployment Services - For Regular and Reserve Forces

Any absence away from home for 30 days or more related to work (e.g. TD, course, tasking or overseas deployment) is considered a deployment and entitles the family members to participate in receiving deployment programs and services from the MFRC.

Clearing out of the MFRC is mandatory for any deployment.

Deployment programs and services offered through the MFRC are designed to help you successfully manage the challenges of family separations and reunions.

We encourage you to make use of any programs or services listed below or found on our website at www.mfrc.mb.ca/english.deployment.html



PRE-DEPLOYMENT

- Information packages
- Departure Briefings – One-on-one or group briefings regarding what to expect during the deployment and tips to deal with deployment related stress.
- Children’s resources – age appropriate activities dealing with “goodbyes”, war, CF Jobs, CF lifestyle
- Family Care Plan – Do you have one? If not the MFRC social worker can assist you in creating it.

DURING DEPLOYMENT

As a military family, you are eligible to participate in all MFRC programs. However, the ones detailed below have been designed specifically for people with a family member deployed.

- Workshops
- Deployment Peer Support Network – monthly meetings in a social setting to connect and share experiences with other military families
- Monthly Newsletter – email distribution list for sending out the monthly newsletter and any special offers
- “Video Tele Conference” (VTC) – a 36” video teleconferencing unit for those who don’t have their own webcams at home. Allows face to face communication with your loved one
- Parcel Packing Centre – postal information, tape, boxes, paper and labels
- Resource Library
- Counselling services
- Respite and Emergency Childcare
- Stress Free Childcare – ask for details about this program, which provides reimbursement for child care in your own home.

AFTER DEPLOYMENT

- Reunion & Reintegration Briefings – One on one or group briefings targeting the smooth transition of the military member back into the home
- Reunion Resources
- Yellow Ribbon program – stop by the MFRC and pick up what you need to decorate your home for the homecoming

Come visit or call the centre today for more information on any of our programs. You can reach the Deployment Services Coordinator, Dana Glover, at 833-2500 ext. 4507 or at dana.glover@forces.gc.ca.