



HALIFAX & REGION MILITARY FAMILY RESOURCE CENTRE

Unit Family Representative (UFR)
MARCH/APRIL 2024 Updates

RESOURCES FOR EDUCATORS -SUPPORTING MILITARY CONNECTED CHILDREN:



The H&R MFRC School Outreach Team builds collaborative relationships with schools, students, and families to ensure that military connected children have the opportunity to thrive both academically and socially.

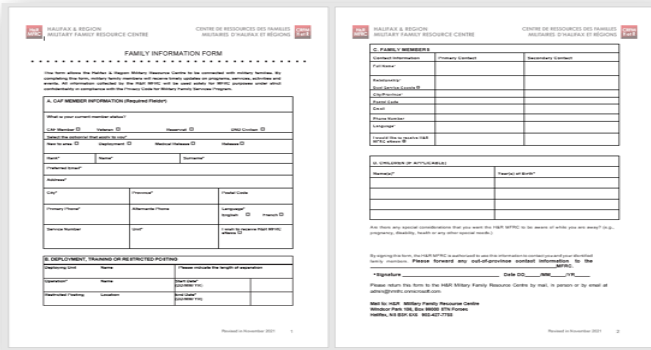
- In-Service Sessions
- Small-Group Sessions
- Information Booth
- Resources

Currently, the H&R MFRC is engaged with 8 English or Immersion schools and 5 francophone schools in the local area. Contact one of our Military Family Navigators to discuss resources for educators, or to schedule outreach at your local school at info@hrmfrc.ca

IS YOUR UNIT UP TO DATE WITH THE FAMILY CONNECTION FORM?

The H&R MFRC connects with your family and loved ones through the Family Connection Form. If members from your unit are deploying, please ensure your Family Connection Form is updated, as we offer optional services such as:

- Sharing information about programs and messages from the Command Teams
- Creating email and check in call list during a deployment.



Different than the Next-of-kin (NOK), the MFRC doesn't have access to NOK forms.

H&R MFRC adheres to Canada's Privacy Code. All information once completed is Protected A.



OCCASIONAL AND RESPITE CHILD CARE SERVICE

The H&R MFRC Occasional and Respite Child Care program directly impacts the lives of local military families by offering parents access to short-term, inclusive child care as they navigate relocation, absences and transitions.

The program is open to infants eight months and older, up to children aged 12 years who are part of a military family or who are from a veteran family who has recently been medically released. Families can register for the service online and pay a small fee. If payment is a barrier, families are encouraged to work with our team for flexible options.

“By bringing children from military families together with other community members who understand the unique challenges of military life, they can feel understood and less isolated,” says Shelley Hopkins, Executive Director.

This service aims to build resilience in children and support the well-being of parents/guardians by providing short-

term, inclusive child care by qualified Early Childhood Educators in a safe and welcoming space. During a session, children will enjoy age-appropriate games, connect with peers through play and social experiences, listen to stories, sing songs and much more. For more information or to register, visit our program calendar: <https://www.hrmfrc.ca/store/calendar.php>

BASE OUTREACH

H&R MFRC visits the following units each month. Drop by to say hello, ask questions, and meet with one of our Military Family Navigators.

423 SQN - 4th Tuesday of the month at the Canteen from 11:15am-1:00pm.

12 AMS - 4th Wednesday of the month at the Canteen from 11:15am-1:00pm.

406 SQN - 4th Thursday of the month at the Canteen from 11:15am-1:00pm.

Tribute Tower- last Wednesday of the month in the main hallway 11:15am-1:00pm.

S90 -2nd Tuesday of the month – 2nd floor by the elevators/Base Admin/just down the hall from the parking pass counter from 9:00am-11:00am.



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

APRIL IS THE MONTH OF THE MILITARY CHILD

The Month of the Military Child (MOMC) was first established in the United States in 1986 and has since been adopted here in Canada. According to demographic research, there are over 57 000 Canadian children with at least one parent who is an active CAF member (Manser, 2019).



Military children often have a unique childhood experience compared to children with civilian parents. To be a military child it can mean having to move often, leaving the comfort of friends and familiarity behind, and experiencing an absence of a parent, or sometimes both, for a long period of time. It can also include a new house with unfamiliar sounds, a new school full of strangers, and a new community to navigate. For some military children, it means exploring a new country, language, and culture.



Being a military child means building resilience in new, and sometimes challenging circumstances. It means developing patience for meeting new friends and being accepted into new extracurricular activities. It means becoming adaptable when having to sharing a bedroom or learning about a new culture, it means sacrificing time with a parent when they deploy.

The sacrifices of military children are diverse and involve many other factors as well that are important to a child which often includes the loss of a community that was meaningful and leaving friendships, sports teams, and clubs behind and creating new experiences after a relocation. Being a military child can be challenging, yet there is often no prouder child than the child of a military member.

We invite everyone during the month of April to join in the #TealUp campaign, featured at many MFRCs. The campaign recognizes the strength and resilience of military children. To show support for military children, everyone is invited to wear teal coloured clothing and tag a picture of themselves using #TealUP on Instagram (@tealup4militarykids) or Facebook (@militarykidstealup).

H&R MFRC in partnership with PSP is hosting a family Teal Up Dance & Pool Party!

Join us **on Friday April 26th from 6:00pm to 8:30pm** for a splash in the PSP pool with family and friends. Then finish off the evening with treats, entertainment, prizes, and dancing in the gym. Wear Teal to show your support for children of Military families! Registration online required by April 24, 2024. No cost to attend.

Location: PSP Shearwater Fitness & Sports Centre.

Show your support for military kids by repping our new Teal Up apparel. Have your orders in by March 14th for our first free pick-up option at the Month of the Military Child Kick-Off Celebration on April 2nd! Shop:

https://mfr.fundytextile.com/military_family_resource/shop/home



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