

## **Becoming a Unit Family Representative**

We welcome anyone who is interested to become a UFR, regardless of your rank.

We suggest you first connect with your leadership team to inquire if there is an assigned UFR within your unit. It is the responsibility of the CO to appoint a UFR for their unit. There can be upwards of 3 UFRs appointed per unit depending upon the size of the unit. The unit CO should email the H&R MFRC UFR Coordinator appointing their designated UFR.

UFRs can expect to commit anywhere from 1 to 3 hours per month to supporting their unit in this role, with the major determining factors being the overall size of the unit and the time of year (posting season).

All UFRs will attend a 3-hour training session. These sessions will be offered multiple times throughout the year, including nights and weekends.

UFRs will receive a resource handbook to assist them in fulfill their role plus, there will be opportunities to connect both with the H&R MFRC and the vast network of over 80 UFRs throughout CFB Halifax.

For a complete Terms of Reference for the role of a UFR, please [click here](#).