

Questions? Concerns?

Moose Jaw Military Family Resource Centre
Box 5000, Moose Jaw, SK S6H 7Z8
306-694-2273
registrations@moosejawmfrfc.ca
www.cfmws.ca/moose-jaw
Find us on Facebook @mfrfc.moosejaw

Family Information Line (24/7)
1-800-866-4546



DID YOU KNOW

Family Service Regina

FSR services are available at no charge to military personnel and their families residing in Regina.

www.familyserviceregina.com

SCAN ME!

The graphic features a purple circle with a white question mark, an icon of three people holding hands, and a QR code.



Strong Families, Strong Support

Our Mission:

The Moose Jaw MFRC Inc. is committed to enriching the lives of its individuals, families and community through positive action, education and support.



Strongest Families

Is your child or youth between the ages of 3-17? Are they experiencing behavioural issues or anxiety? Strongest Families Institute is a not-for-profit corporation providing evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being.

This organization provides family-centered care that is customized to their needs and is sensitive to the unique challenges of military and veteran families. They provide timely care to families by teaching skills through their unique distance coaching approach – supporting families over the phone and internet in the comfort and privacy of their own home.

Hold Me Tight Program

The Hold Me Tight program is a great tool to help you and your partner to strengthen your bond and maintain a healthy relationship. This online, interactive couple's session uses Emotionally Focused Couples Therapy. Included in the program are 8 interactive chapters with videos.

Family Learning Centre - "The Hive"

The FLC provides educational opportunities, counselling services, advocacy, referral and connection services to community supports. It is a space dedicated to providing wellness opportunities and built upon trust and safety for ALL with a passion towards diversity in all forms, accessibility and inclusion.

For more information, please contact our social worker Nicole Hebert at: mentalhealthsupport@moosejawmfr.ca.



Family Information Line (24/7) 1-800-866-4546

We serve Canadian Armed Forces members, Veterans and their families - immediate and extended. Whether you are located within Canada, the U.S. or overseas, the team is only a phone call or email away.

We understand the military lifestyle and we're here to help you find answers to the questions that come up as a result of your military life. Our counsellors are a team of helping professionals. As trained counsellors, we're here to support you in a safe space.

Looking for help and support when you're dealing with a difficult situation can often feel overwhelming and intimidating. Whether you need advice on navigating your family relationships, seeking counseling services, or just have some questions about what to expect during whatever military life brings, the Family Information Line is here to provide you with the resources and guidance you need.

With compassionate counsellors available 24/7, you can count on this line to be a reliable source of support whenever you need it most. So if you're feeling overwhelmed or unsure about where to turn next, don't hesitate to reach out – the Family Information Line is here for you.

Morale Mail

Nothing reminds a deployed member of home like a care package. Families and friends can drop off packages at the MFRC office, where they will be sent free-of-charge to military members on overseas deployments.

Instructions for mailing morale mail overseas:

<https://www.canada.ca/en/department-national-defence/services/contact-us/write-troops/instructions-for-mailing-overseas.html>

Please note that for each deployment, there is a \$250.00 maximum total for all cumulative postage per deployed member. We highly suggest reaching out to the MFRC office for assistance before mailing your package.

Family Support Services Military Deployed Operations

Did you know that deployment is defined as any time a CAF member is away for an extended period of time? This includes courses, taskings, field time, and overseas deployments. The MFRC offers support to partners and/or designated family members of a deployed member. The MFRC is here to support the families of Regular Force members and Reservists during pre-deployment, deployment, reunion and reintegration.

This booklet provides an overview of the services and programs available at the Moose Jaw MFRC.

We encourage you to stop in and meet our Family Support Team.

Contact us anytime:

by email at registrations@moosejawmfr.ca or,
by phone at 306-694-2273.

To ensure families have full access to the wide range of support services available through the Moose Jaw MFRC during a deployment period **please ensure the deployed CAF member has filled out the Pre-Deployment Form.** It only takes a few minutes but makes a big difference in helping loved ones stay connected and supported during the absence!



Child Care Support

Single parenting for long periods of time can be overwhelming and sometimes a break might be necessary. When the CAF member is away, families can access the following:

Early Learning Centre (ELC) Program Options

3 hours of free child care per week at the ELC (children ages 0-5).
3 hours of half price child care per week at the ELC, in addition to the above.

Stay and Play Saturday

This respite child care program is offered one Saturday morning a month at the ELC. This program is free for families of deployed members and is open to children ages 0-5 as well as grades k-5.

*Please note that registration is required for ELC programs, and kindly inform the staff you'd like to use the respite discount
306-694-2222 ext. 826 5318.

*For information on Youth Programming, please contact PSP at
306-694-2873.

Emergency Family Care Assistance

Did you know the Family Care Plan is a mandatory Department of National Defence form? It prepares families of CAF members to be taken care of in case of unforeseen events, emergency callouts and planned deployment.

For a copy of this form, please contact the MFRC.

If you are in an emergency situation and your Family Care Plan fails to deliver and you need support, you can contact either:

1. Family Information Line (Available 24/7)
1-800-866-4546 | FIL-LIF@cfmws.com
2. MFRC (Available during regular working hours)
306-694-2273 | registrations@moosejawmfrfc.ca



Balancing the Home Front

Balancing the Home Front is a monthly event designed to support partners or designated family support person of deployed CAF members.

Rooted in a person centered approach, each event offers a blend of education, connection and community allowing those attending to spend meaningful time with others who understand the unique experience of deployment.

These events are free for the deployed member's partner or designated family support person, with childcare provided at no cost. Please note that registration for these monthly events is required.

Warm-Line Calls/Emails

Families experiencing a deployment can sign up for friendly check-in phone calls or emails from the Deployment and Outreach Navigator. If you would like us to maintain regular contact with you during the training or deployment, just let us know!

15 Wing Camping Program

The purpose of the 15 Wing Camping Program is to provide military families and members of the Defense team with outdoor recreational environment to enhance the time that families spend together.

15 Wing has two sites at Buffalo Pound Provincial Park. Each RV is fully equipped for all your camping needs including park passes, bike, canoe/kayak and pool passes.

For more information, visit:

www.cfmws.ca/moose-jaw/15-wing-camping-program
or call the Community Fitness Centre at 306-694-2873.

