

Edmonton Military Family Resource Centre

Supporting Military families for over 35 years

Military Family Resource Centres

- Charitable, not-for-profit
- Military Family Services Program, which is federally funded
- Strength Behind the Uniform - Strong military families are the foundation of the Canadian Armed Forces.
- The MFRC supports military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

Who we serve

- Anyone of significance to a military member
- All types of families – with or without children
- Families of Regular, Reserve, Veteran and medically-releasing members



Unique challenges of military Life

- Relocations
- Absences
- Transitions
(from active duty to Veteran life)



Helping families relocate

- Help navigating new community, resources and services
- Finding a job or school/training
- Navigating special needs services
- Language services
- Integrating into their new home



Helping families through absences

- All work-related absences, not just deployments
- Supporting families before, during and after an absence
- Help navigating available resources and services



Helping families transition

- Active service to Veteran status
- Supporting medically-released members and veterans
- Veteran Family Program



Mental Health and Wellness

- Help finding resources
- Short-term counselling
- Crisis support
- Preventative programs
- Help coping with an illness, injury or loss
- No waitlist
- Emergency Family Care Assistance (EFCA)
- Families can contact our Mental Health Team at 780-973-4011 ext. 6300 or email intake@mfrcedmonton.com



Military Family Community

- Opportunities to meet other military families
- Building social networks
- Integrate into the community



Reaching out to the MFRC

- Tell people about the MFRC
- Contact us by phone,
visit us in person or email
information@mfrcedmonton.com
- Follow us on social media
[@EdmontonMFRC](https://www.instagram.com/EdmontonMFRC)
- Subscribe to our e-newsletter
- CFMWS.ca/Edmonton/MFRC



Funding

- Base Commander
- Military and Family Services
- Program Fees and other Funding
- Fundraising



Thank you very much for joining us today!

Questions?