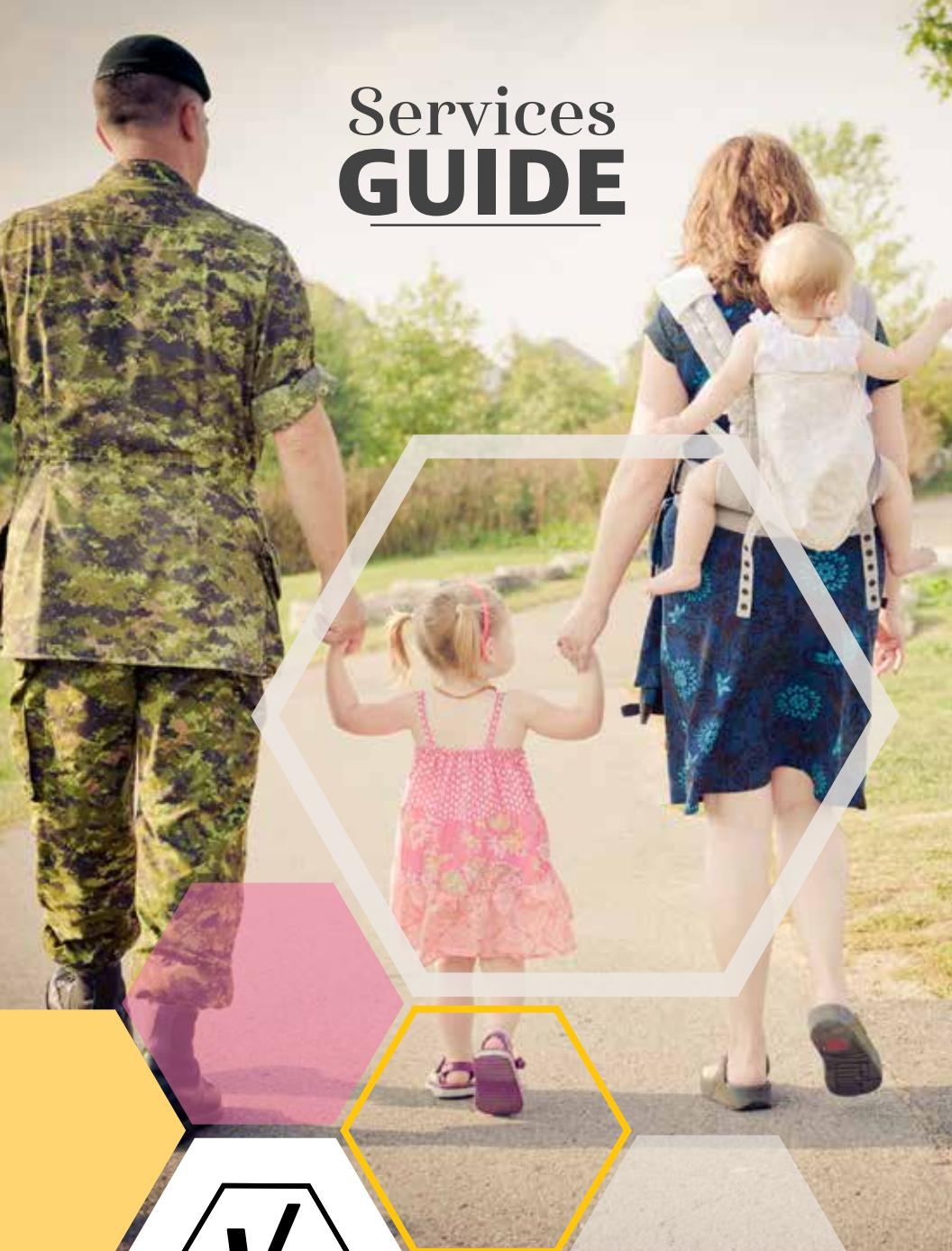


# Services GUIDE



CRFM  
**Valcartier**  
MFRC



# Table of Contents

Welcome to the MFRC	<a href="#"><u>p.3</u></a>
Contact Us	<a href="#"><u>p.4</u></a>
Personalized Posting Support Services	<a href="#"><u>p.6</u></a>
Second Language Courses	<a href="#"><u>p.10</u></a>
Employment and Professional Training Assistance Services	<a href="#"><u>p.12</u></a>
Absence Support Services	<a href="#"><u>p.16</u></a>
Childcare Services	<a href="#"><u>p.20</u></a>
Services for New Parents	<a href="#"><u>p.24</u></a>
Activities for Every Age Group According to Your Needs	<a href="#"><u>p.26</u></a>
Volunteering	<a href="#"><u>p.32</u></a>
Psychosocial Services	<a href="#"><u>p.34</u></a>
Services for the Families of Ill or Injured Military Members	<a href="#"><u>p.38</u></a>
Veteran Family Program	<a href="#"><u>p.40</u></a>



## Welcome to the VMFRC

The staff and volunteers of the Valcartier Military Family Resource Centre are pleased to welcome you to your military community.

The VMFRC is a community organization serving military families (regular or the reserve) as well as veterans and their families.

Whether you are single, married, a common-law partner or in new relationship, our services are for you.

Whether you are new to the region or not, this guide was developed specially for you to make it easier for you to integrate into our great community and learn more about the services available. It contains lots of information on the services provided by the VMFRC.

*Some services and activities are open to the civilian community.*

# Contact Us

- The Valcartier Military Family Resource Centre (VMFRC) team promotes its services and activities through various communication sources (Facebook, website, etc.). It is present at events to inform you and direct you to resources from the civil and military community.

For more information about our services and activities, visit our website at [www.crfmv.com](http://www.crfmv.com)

For questions or if you are interested in signing up to our newsletter, send an e-mail to: [info@crfmv.com](mailto:info@crfmv.com)

Follow us on Facebook:  
[Centre de ressources pour les familles militaires Valcartier](https://www.facebook.com/centredesressourcespourlesfamillesmilitairesvalcartier)

## We need information



## I am a reservist

## Information and referral services



## We live in a remote area



- Did you know that the MFRC serves the entire Eastern Quebec? Most of our services are available online: the same in-person services you know, accessible where you are.

Virtual consultations (upon appointment), online seminars and workshops, digital documentation are just a few examples. We're here to support you with your needs related to the military lifestyle. Wondering how these services apply to you? Make an appointment with a specialist who can give you some guidance.

## We live in the outskirts of Valcartier

## What services are available to us?

## Services in Remote Areas and virtual services

Contact us to learn about the in-person and virtual services available to you and your family.

**1 877 844-6060**  
[info@crfmv.com](mailto:info@crfmv.com)

Toll free: **1 877 844-6060**



We're moving

Personalized  
support services  
during postings.

Whether you are moving to Valcartier or leaving for another base, we know you will need lots of information and help adapting during your move. A Posting Support Counsellor is available to walk you through the process. The Posting Support Counsellor can offer support, advice, tools and referrals to help you and your family find your bearings.

[absencemutation@crfmv.com](mailto:absencemutation@crfmv.com)



## PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

MAKE AN APPOINTMENT  
<http://bit.ly/abs-mut>

### Posting-Related Support

#### *Adults*

- Support for families during the posting process
- Information on resources in the military community
- Information on resources in the region
- Information on the MFRCs in Canada and abroad
- Help developing a personal or family strategy
- Support and help with integrating into the community
- Information on the various provincial and federal administrative procedures

### A visit of the VMFRC

Come visit the VMFRC in person or virtually, we will give you an overview of our services and activities in order to facilitate your integration into the military community.

### WORKSHOPS AND GROUPS

#### What? We Are Moving!

##### *5-9 years old*

Preparatory workshop on posting for children who will have to move. The purpose of this activity is to give young people the necessary tools to better understand the situation and to facilitate the transition to a new environment..



#### Well prepared to moving

##### *10-17 years old*

Preparatory workshop on posting to give teenagers the necessary tools to help with the changes incurred and promote the transition to a new environment.

#### Workshop: Going Through a Transfer-Related Job Transition

##### *Adults*

This workshop provides military spouses about to go through a transfer with help preparing for their job transition. A guidance counsellor will discuss different themes related to job loss grief and transition.

TOOLS AND DOCUMENTATION  
AVAILABLE AT [www.crfmv.com](http://www.crfmv.com)

#### Guide to Relocating

A few tips on steps to ease the transition.

#### A Family Guide to the Military Experience

This guide contains the resources necessary to prepare for the military lifestyle, including moves.

#### Parent-Child Posting Guide

Information, tips and tricks for discussing a posting with your child.

#### Moving checklist

A schedule of things to plan for a posting.

#### Hero in Training

Activity book to help children aged 6 to 8 prepare for a move.

#### Welcome Guide

A document with important information to help you make the transition to your new community.

#### My Mom is a Soldier

Storybook on the theme of moving.

#### Project: Kids, Let's Talk

Story adapted for children 10 years of age and older who are experiencing or will experience an absence or a move.

#### Health Guide

Tools to better understand and find health services available in the Quebec City area.



I want to learn a new language!

## Second Language Training

### WORKSHOPS AND GROUPS

#### **LRDG Program Second Language Training in French or English (online or in person)**

##### *Adults*

Courses are offered in the spring, fall and winter and can be held during the day or evening. This hybrid program combines group conversation practice (2 hours per week online or in person) with unlimited access to the LRDG (Language Research Development Group) online learning program which includes interactive exercises.

### WORKSHOPS AND GROUPS

#### *Children*

#### **English or French Workshop**

##### *4-5 years old*

Children are invited to learn a second language (English or French) in this introductory workshop through games, rhymes and songs under the supervision of a qualified instructor.





## PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

### Educational and professional orientation

*Military and veteran spouses, veterans, reservists, military dependents 18 years of age or older, English-speaking civilians living in the Quebec area*

- Support for individuals seeking life changes;
- Personalized career counselling;
- Exploration of interests, skills, values and aspirations;
- Psychometric testing;
- Information on the work force;
- Information on the a educational institutions;
- Information on financial assistance;
- Monitoring exams for distance education.

### Job search assistance

*Military and veteran spouses, veterans, reservists, military dependents 18 years of age or older, English-speaking civilians living in the Quebec area*

- Personalized career counselling;
- Job objective identification;
- Job search strategies;
- Resume and cover letter preparation and translation;
- Job interview preparation;
- Optimization of contact network;
- Job retention.

### Business Start-up information

*Self-employed or small business owners from the military community, regardless of their place of residence*

- Information on self-employment;
- Support, advice and referrals;

## WORKSHOPS AND GROUPS

### Coffee Chat: Work-Life Balance

*Military community members*

Juggling work, family responsibilities and being a spouse is not easy. Wearing many hats can be a real challenge! A guidance counsellor offers you a meeting space where you can, in a group, discuss your reality and share your tips.

### Workshop: Finally, It's My Turn

*Spouses of veterans*

Now that your spouse has been released from the Forces, you can say, "Finally, it's my turn!" at the professional level. A guidance counsellor will help you explore your interests and skills, and discuss ways of finding and redefining yourself.

### Workshop: Preparing for a Job Fair

*Military community members*

Workshop to properly prepare you for the various job fairs in the region.

### Workshop: Life after the uniform

*Veterans*

When you leave the Forces, you're not only leaving behind a job, but a part of your military family as well. The goal of this workshop is to help you reflect on what you are leaving behind, and also on what you stand to gain.

### Workshop: Life plan

*Veterans*

Workshops to assist willing and motivated veterans in developing a life project in order to grow as individuals. This project can also be meaningful for anyone looking to contribute, directly or indirectly, to the development and well-being of their environment, whether it is through a part-time or full-time job, involvement in the community, implementing a project based on their interests.

### Professional transition and their mourning process

*Military spouses*

A guidance counsellor will present concrete tools to encourage reflexion on your professional situation. Take a moment to think about your professional situation, its transitions and the mourning process related to it.

### Workshop: Going through a Transfer-related Job Transition

[See page 8.](#)

### Workshop: Employment Integration in Quebec City

[See page 9.](#)

## INSTALLATION

### Documentation Centre

- Personalized assistance at all times
- Computer stations with Internet
- Job and education information
- Information on the job market
- Fax, scanning and photocopy service

### Schedule

Monday to Friday,  
8:30 am to 12 pm and 1 pm to 4:30 pm

*Hours may change without notice.*





**My spouse is frequently away**

**Absence Support Services**

**What can I do for myself or my children?**

**Sometimes it's hard.  
My son doesn't tell me much**

► You may have to experience your military member's absence—whether you are the member's spouse, parent or loved one. We are available to address requests concerning all kinds of absences: courses, exercises, deployment, imposed restriction, etc. [absencemutation@crfmv.com](mailto:absencemutation@crfmv.com)

## PERSONALIZED APPOINTMENTS

IN-PERSON OR VIRTUAL

An employee who knows and understands the subject matter is available to answer your questions and guide you to the right resources.

- Support to military families during the different stages of absence (before, during and after)
- Help creating a family care plan
- Tips and tricks to help adapt to the absence (children and adults)
- Documentation on absences
- Information on resources in the community

## WORKSHOPS AND GROUPS

**Children**

### Connected Oasis Clubs

*3-12 years old*

Complete activities from the comfort of your own home to support your child while their military parent is away.

### Dealing with Absences Like a Boss

*5-12 years old*

Series of 6 meetings to give children the necessary tools to better cope with frequent departures.

## WORKSHOPS AND GROUPS

**Adults**

### Workshop: Getting Ready

*Adults*

The upcoming departure means that you're going through a lot of different emotions. This workshop will help you to be well prepared and receive information that could make the departure easier.

### Workshop: Solo Parenting—Being a Parent During an Absence

*Adults*

Come acquire tools to better navigate the challenges of solo parenting using

strategies to plan the steps of the absence, manage the reactions of your children and help prioritize tasks and identify the resources available to you.

### Group: Living with family separation and reunion

*Adults*

Military life means frequent absences. There is a constant need to adapt, be it before or during absences, and also during reintegration. That is the very reason for this group: allowing you to share with other spouses who are also learning to adapt to military life.

## TOOLS AND DOCUMENTATION

AVAILABLE AT [www.crfmv.com](http://www.crfmv.com)

### Dog tag

Since you're leaving soon, you would like to offer your children a special reminder of you while you are gone. Come and get a special dog tag for your kids so that they'll remember that no matter where you are, you are thinking of them.

### The Toolbox

*Parents of children aged 0-5*

Guide for parents with children experiencing a family member's extended absence.

### The Passport

*Parents of children aged 6-12*

Guide for parents of children experiencing an extended absence.

### The Waypoint

*Parents of youth aged 12-17*

The Waypoint is a guide to help parents understand the reactions of their teens who are experiencing an absence and to implement the strategies and practices best suited to their reality.

### Deployment Checklist

*Adults*

Checklist to better prepare for an extended absence.

### Guide for military parents experiencing an absence

*Adults*

Tools to make an absence easier.

### The treasure chest

*Adults*

1,001 tips to make an absence easier.

### Sharing Chores guide

*Adults*

Tips and tricks to make it easier to share chores as a couple.

### Deployment Readiness Quiz

*Adults*

A self assessment quiz that will give you an idea of your current level of preparation.

[crfmv.info/quizz-absence](http://crfmv.info/quizz-absence)

### A Family Guide to the Military Experience

*Adults*

This guide contains the resources necessary to effectively prepare for the military lifestyle, including moves.

## FACILITIES

Drop-off location for parcels to improve the morale of deployed military members.





**I'm wondering  
about the types of  
childcare available  
for my children**

## Childcare Services

- We know that the subject of the childcare services is important for the parents. At the VFC, we have available resources according to your situation. To learn about the eligibility criteria, or to have more information, please contact Early Childhood Services.

[maisonsesame@crfmv.com](mailto:maisonsesame@crfmv.com)



## OCCASIONAL CHILDCARE

### Nursery

#### *0-24 months*

An occasional childcare service. Reservation required at least 24 hours in advance.

#### *Schedule*

Monday to Friday 8 am to 12 pm and/or 12 pm to 4 pm

*Times may change without notice.*

#### *Nursery cost*

\$17.50 per 4 hours of childcare.

### Drop-in Daycare

#### *2-5 years old*

An occasional childcare service for the military community and civilian families. Reservation required at least 24 hours in advance.

#### *Schedule*

Monday to Friday 7 am to 4:30 pm

#### *Cost*

One child: \$5 per hour or \$35 per day. Two children: \$8.50 per hour or \$60 per day. Three children: \$12 or \$80 per day.

## SUPPORT FOR FAMILY OBLIGATIONS

Has your spouse been away on training, exercise or deployment for a few months? Are you going through a tough time? Are you exhausted? Are your casual childcare arrangements (drop-in daycare, babysitters, family, friends, list of resources, etc) no longer sufficient? In order to help families who are dealing with stressful childcare-related situations, the VMFRC offers a variety of childcare services to all CAF members at Valcartier Garrison. Please note that there are certain eligibility criteria. To request these services, contact the VMFRC's navigator so that they can assess your needs.

Since childcare is primarily a parental responsibility, the preventative component of the service encourages the Canadian Armed Forces member to develop an emergency childcare plan (ECP). The plan will be kept at the unit to be used as needed.

If the plan falls through or cannot be implemented immediately, the family obligations support service will be available. This service should be considered a back-up for your plan and should be used only as a last resort. It is available 24 hours a day, seven days a week for children of all ages.

### **In case of emergency**

Day: **418 844-6060**

Evening and week-end: **418 844-5224**





We're going to be  
parents soon

## Services for New Parents

### WORKSHOPS AND GROUPS

#### Baby on Board Group

##### *Moms-to-be*

A warm place to enjoy a few hours of camaraderie, conversation, and friendship. A moment to gather with future mothers and get ready together for the adventure of welcoming a child.

#### Prenatal Classes

##### *Future parents and new parents*

Prenatal classes offer future parents the chance to learn about pregnancy, birth, and their baby's first days. Meet with other future parents, hear about their experiences, and get answers about the questions that can come up during pregnancy.

#### PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

#### Welcome Baby

##### *Future parents and new parents in the military community*

Prenatal and postnatal visits at the VMFRC for future and new parents from the military community. This program aims to support parents in the beautiful adventure that is the arrival of a new child.

### FACILITIES

#### Parents' Library

The parents' library has information materials, books, magazines and videos on a range of subjects.

#### Schedule

Monday to Friday 8:30 am to 12 pm and 1 pm to 4:30 pm.

*The schedule may change without notice.*



**I would like to take part in activities, meet people, have fun and learn**

### **Activities for Every Age Group According to Your Needs**



- ◆ The VMFRC community is always alive and in motion. Many activities and information about the military and civilian community are available for you and your family throughout the year. New activities are continually being incorporated to our programming. If you have any project ideas or suggestions, please contact us, we are here for you!

## WORKSHOPS AND GROUPS

### English-speaking group

#### Get Together Club

##### Adults

Are you looking to meet other english speaking people? The Get Together Club is the perfect group to exchange stories and participate in activities with or without children. The Get Together Club is adapted to welcome children 0-5 years old. Come meet other Englishspeaking families, even if English isn't your first language.

### Workshop: Military Life 101

##### Adults

Introductory Military Reality Workshop. You will learn to recognize the different associated terms, types of military members, bases, challenges associated with this way of life, and more. Whether you are a spouse, brother, sister, friend, or parent of a military member, this workshop is for you!

## Community Activities

### Families

Throughout the year, volunteer committees, in collaboration with a community organizer, offer a variety of bilingual activities for welcoming and integrating people. Open to everyone in the community, these activities are the perfect time to meet other families and share rewarding experiences. These activities would not be successful without the help of our volunteers.

## FACILITIES

### Community Room

During the Valcartier MFRC's business hours, you can use the community room. Decorated by volunteers, it is full of information on activities and programs offered by the Valcartier MFRC and its partners. Whether you drop by alone or with others, it's the ideal place to chat, meet new people, or simply relax. There is even a play area for kids.

### Schedule

Monday to Friday, 8:30 am to noon, and from 1 pm to 4:30 pm

*Times may change without notice.*

## WORKSHOPS AND GROUPS

### Small Talk

#### *Parents and their children*

##### *(0 to 12 months old)*

A warm, safe place where parents and their children can come to enjoy a few hours of camaraderie, conversation, and friendship.

### Sunny Day Group

#### *Parents and their children*

##### *(0 to 5 years old)*

Parents and children are invited to come socialize and have fun in a warm, secure environment. A group of volunteers organizes different activities. Children stay under the supervision of their parents.

### Father-Children Activities

#### *Fathers and their children aged*

##### *3-12 years*

Being a dad is the best job in the world! Strengthen the bond between you and your kids by spending special time with them. A positive experience and a chance to meet other dads.

## FACILITIES

### OP SOLEIL Open Play Room

This playroom allows children to have fun and grow in a safe and friendly environment while their parents socialize.

### Schedule

Mornings:

Tuesday\* 8:30 am to 12:00 pm

\*Sometimes reserved, please check before coming.

Afternoons:

Monday to Friday, 1:00 pm to 4:30 pm

*Times may change without notice.*



## WORKSHOPS AND GROUPS

### *Children*

#### **Little Explorers Workshop**

##### *2-5 years old*

A program of educational activities, in an enriching environment aimed to fully help children develop through a variety of activities that stimulate their curiosity and creativity.

#### **Little Geniuses Workshop**

##### *3-5 years old*

Workshops to promote the overall development and independence of children while encouraging them to learn emotional, motor, social, cognitive, and language skills.

#### **The Adventurers**

##### *Kids in grades 4, 5 and 6*

Children from grade four, five and six are invited to take part in an after-school program where they can participate in preventive and educational activities led by our Youth Counsellors.

#### **Home Alone Workshop**

##### *8-12 years old*

This workshop teaches kids safety rules to follow if they are alone, whether at home, after school or at the park.



## WORKSHOPS AND GROUPS

### *Teens*

#### **Chit-Chat Dinner: Just the Truth**

##### *12-17 years old*

The meetings cover different topics (dating, alcohol, drugs, sexuality, sexual orientation, social media, etc.).

#### **Valcar-Co Youth Co-operative**

##### *12-17 years old*

The Youth co-op is a group of teenagers who come together to create their own job. They join forces to determine which services they wish to offer the community. Guided by the Youth Team, young people develop skills and attitudes that will help them to integrate independently with the

labour market.

## FACILITIES

#### **Le Repaire Youth Club**

##### *12-17 years old sometimes open for youth from Grade 6\**

Le Repaire youth club welcomes young people to a healthy environment of belonging which promotes their integration and development. The club is supervised by a team of qualified and dynamic counsellors who are there to support, empower, and encourage young people in their journey to adulthood. Youth attending Le Repaire have access to several activities, structured or not (pool table, baby-foot, video games, board games, music, etc.).

#### *Schedule*

Wednesday 6 pm to 9 pm

Thursday 6:30 pm to 9:30 pm

Friday 6:30 pm to 10:30 pm

\*6th graders are welcome on Wednesdays.

Contact the Youth Services team to find out the summer schedule.

[servicesjeunesse@crfmv.com](mailto:servicesjeunesse@crfmv.com)

Facebook : [ClubjeunesseLeRepaire](https://www.facebook.com/ClubjeunesseLeRepaire)

*The schedule may change without notice.*





## Volunteering

### I would like to volunteer my time

Volunteers play a critical role in activities and supporting the mission of the Valcartier MFRC on a daily basis. By committing to be a volunteer, you are contributing to the well-being of the community while engaging in a rewarding personal experience!

#### Volunteering as a Family *Families*

Volunteering as a family is a great way to teach your children the value of helping others while spending quality time together as a family!

#### Teenage Volunteers

*12-17 years*

Adolescents can be active in their community by volunteering for various activities for the community and various committees. Volunteering promotes social integration and the development of skills and independence. Our qualified youth workers provide a framework for the adolescents' volunteer work. The work could involve helping to organize

dances, participating in the youth meeting for deciding on activities, and much more..

#### Adult Volunteers

*Adults*

(groups or individuals) Adults can be actively involved by volunteering for different activities in the community and on various committees. Volunteering is a way to meet people, develop your potential, gain valuable professional experience and be surrounded by people who understand the military lifestyle.

#### Veterans Volunteering [See page 43.](#)

#### I speak English, can I get involved?

Absolutely! Many English speakers are already involved at Valcartier MFRC, and most of our volunteers are bilingual. English-speaking volunteers play a critical role in making our services fully bilingual, helping welcome families, translating and addressing the needs of the English-speaking community.



**I'm dealing with personal, family, and marital difficulties**

**I would like to be heard and supported**

Our team of mental health professionals offers free and confidential services to support you in tough times. With a thorough understanding of the challenges of military life, our team is here to support you with respect to various issues this lifestyle can create in your personal, marital, or family life or as a parent.

**Psychosocial Services**

## PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

### Counselling Services

*CAF members, veterans, and their loved ones*

### INTAKE AND SUPPORT WORKER

The Intake Worker is your first point of contact for all questions or issues. He can be reached by phone or in person, with or without an appointment. He offers the following:

- Intake and needs assessment
- Short-term support
- Referral and coordination with appropriate resources

### PSYCHOSOCIAL COUNSELLING

Short-term counselling with a social worker, providing a confidential and non-judgmental space for support with various issues such as the impacts of operational stress injuries (OSIs), stress and anxiety, marital problems, self questioning, difficulties adapting, etc.

### SPECIAL NEEDS COUNSELLING

- Short-term counselling with a special care counsellor, providing a confidential and non-judgmental space for support as well as specialized tools to address behavioral difficulties, questions about parenting skills, difficult parent-child relationships, etc.

## WORKSHOPS AND GROUPS

### Workshop: Healthy Communication

#### *Adults*

Good communication is the basis of interpersonal satisfaction. These three workshops aim to shed light on the sources of misunderstandings, discuss healthy conflict resolution, and put into practice tools that are useful in both professional and personal relationships.  
*Offered in collaboration with Health Promotion.*

### Positive Parenting Program (Triple P)

#### *Adults*

Series of three workshops on positive parenting practices to foster healthy emotion management and boost self-esteem and resilience in your children.

### Stress Management Workshop: Billy 8-12 years old

Workshops to equip young people with stress management tools. The meetings mainly deal with topics such as physical mechanisms of stress, adaptation strategies, social pressure and performance anxiety, which are addressed through interactive activities





**My situation has become more difficult since my military spouse was injured**

### **Services for the families of ill or injured Military Members**

- Family Liaison officers work with the Canadian Armed Forces Transition Centre Valcartier (CAFTCV) team to provide services and support to families dealing with a military member's illness, serious injury or death.

### **PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION**

*Injured military members and their family*

- Intake, and needs assessment
- Short-term support
- Coordination with different workers involved, as needed
- Information and referrals to civilian or military services available for the family

### **WORKSHOPS AND GROUPS**

#### **E=MC3 Group (Together to Better Understand)**

##### *Families with children aged 7-11 years*

Group for families in which one parent has an operational stress injury (OSI). Meetings for children, the parents and families. This group aims to develop the strengths of each family member to improve individual and family well-being.

#### **OSI Teen Group**

##### *12-17 years old*

Group for teens who have a parent with an operational stress injury (OSI). This group allows teens to talk with other youths who are going through the same things, to better understand the OSI and its impacts, and identify strategies to help with everyday life.

#### **Chameleon Group**

##### *Adults*

Support group for adults who grew up with a parent who was a military member or veteran with an operational stress injury (OSI). This group allows participants to discuss the issues and impacts of OSIs, as well as better understand their needs as an adult.

### **OSI Spouses Support Group**

#### *Adults*

Group for spouses of military members or veterans who have an operational stress injury (OSI). The purpose of the group is to allow spouses to share and support one another to better understand what is happening in their personal, marital, and family life and to better adapt to the issues related to the OSI, including the role of caregivers.

### **Understanding an OSI**

#### *Adults*

An informative workshop designed to help spouses of CAF members and veterans better understand operational stress injuries (OSIs) and their effects.

### **OSI Couple Workshop**

#### *Adults*

A workshop for partners where one member has an operational stress injury (OSI). Workshops explore various theoretical aspects of OSIs and the marital dynamic, offering participants the chance to apply these concepts to their relationships.

### **OSIs and Parenting Group**

#### *Adults*

Group for fathers who are military members or veterans and who have an operational stress injury (OSI). This group gives participants tools for their roles as parents and helps them better understand and navigate the impacts of the OSI on their children.



- Medical release is a significant transition that can have an impact on all members of the family. The Valcartier MFRC offers a range of services aimed at supporting releasing members, veterans and their families during this transition.

Valcartier MFRC activities are available to medically released veterans and their families.

## PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

### *Medically released veterans and their families*

Meet our team of Veteran Family Program Coordinators. They are professionals who can help you target services adapted to the specific needs of your family.

## WORKSHOPS AND GROUPS

### **Group: E=MC3 (Together to Better Understand)**

*Families with children aged 7-11 years*  
[See page 39.](#)

### **OSI Teen Groups**

*12-17 years old*  
[See page 39.](#)

### **Workshop: Releasing from the Forces- A family affair**

*Adults, spouses*

Workshop for spouses of released members or those in the release process, providing a space to explore, understand and better deal with the impacts of the transition from military life to civilian life on the whole family.

### **Workshop: Mental Health First Aid Training for the Veteran Community**

*Adults*

The goal of this workshop is to teach the participants how to provide first aid to anyone showing signs of a mental health problem or going through a mental health crisis. *The workshop is offered by the Mental Health Commission of Canada.*

### **Workshop: Life Plan**

[See page 15.](#)

### **Workshop: Compassion Fatigue**

*Adults*

This workshop's objectives include teaching people about compassion fatigue and how to prevent it, expressing concerns about it, and providing resources.

### **Workshop: Living Life to the Fullest**

*Adults*

In an open and friendly atmosphere, this eight-module workshop will teach you eight ways to take on life's challenges, big and small. You will also learn how your thoughts, emotions, behaviour and physical responses affect how you interpret and deal with problems. *The workshop is offered by the Quebec Division of the Canadian Mental Health Association.*

### **OSI Spouses Support Group**

*Adults*

[See page 39.](#)

### **Chameleon Group**

*Adults*

[See page 39.](#)

### **Understanding an OSI and OSI Couple Workshop**

*Adults*

[See page 39.](#)



### **Group: OSIs and Parenting**

*Adults*

[See page 39.](#)

### **Veterans Volunteering**

As a veteran, you can be actively involved by volunteering. Volunteering is a way to break isolation, socialize and be around people who understand what your life is like.

## DOCUMENTATION

AVAILABLE AT [www.crfmv.com/en/](http://www.crfmv.com/en/)

### **Veteran Family Journal**

A tool to help navigate the system and identify your needs. Includes a long-term care plan for the family and various tools and worksheets.

### **Resource for Caregivers**

An online resource on operational stress injuries (OSIs) for caregivers.  
[osiconnect.theroyal.ca/](http://osiconnect.theroyal.ca/)

**Access the document online:**



Centre de ressources  
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Military Family Resource Centre



Canada