

SERVICES guide



Valcartier
Military Family
Resource Centre

To reach 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 CAFconnection.ca (Valcartier tab) or our portal at www.crfmv.com

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

Follow us on Facebook:
[Centre de ressources pour les familles militaires Valcartier](#)

VALCARTIER
Valcartier MFRC

Building 93
P.O. Box 1000, Sation Forces
Courcellette (Québec) G0A 4Z0
418 844-6060

QUÉBEC
Valcartier MFRC
2630, Hochelaga boulevard
Québec (Québec) G1V 0H2
418 649-6505

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

Did you know that the territory served by the VMFRC is all of Eastern Quebec?

- In partnership with local organizations, several resources are in place for CAF members and their families living outside the Valcartier Base. Most of our services are available online: the same human services you know, accessible wherever you are. Teleconsultation (by appointment), online conferences and workshops, digital documentation, are some examples.

Contact us to find out about the services available to you and your family in person or online.

1 877 844-6060
info@crfmv.com

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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.



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

PERSONALIZED MEETINGS

IN PERSON OR BY TELECONSULTATION

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 job-hunting strategies for your résumé and cover letter, show you job-hunting tools, and more.

Workshop: I'm New To Quebec City and Looking for a Job

Members of the military community recently posted in Quebec

Do you need help finding a job because your spouse, a military member, has just been posted to Quebec City? In this workshop, you will learn strategies specifically for finding a job in Quebec City. A guidance counsellor will show you user friendly job-hunting tools.

Mutation Preparatory Workshop

Adults

During this meeting, advice, tools, personal and family strategies will be presented in order to facilitate this transition.

Kaleidoscope

English-Speaking Adults

Adapting and integrating into a new community is a challenge! To provide you with support and accompaniment during this transition, we offer a series of meetings for English-speakers who are new to the area.

Café Découverte

[See page 28.](#)



TOOLS AND DOCUMENTATION

Preparing for a posting

A few tips on steps to take to ease the transition.

Parent-Child posting guide

Information, tips and advice for discussing the posting with your child.

Moving checklist

Checklist to help you prepare for a posting, one step at a time. Avoid forgetting one of the many steps you need to take.

Welcome Guide

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

My Mom Is a Soldier

A story book on the theme of moving.

Health Guide

Tools for understanding and finding healthcare services in the Quebec City area.



Second Language Training

**I want to learn a
new language!**

ATELIERS ET GROUPES

English Workshop

4-5 years old

Children can learn English through educational activities, games and conversations.

French Workshop

4-5 years old

Children can learn French through educational activities, games and conversations.

Second Language Training (French or English)

Adults

Regular courses

Offered during the fall and winter. Day and evening courses available. 12 weeks, for a total of 60 hours. 2.5 hours a day, twice a week.

Intensive courses

Offered during the fall and winter. 4 weeks, for a total of 60 hours. 3 hours a day, 5 days a week, daytime only.

Online

Second language training online:
Rosetta Stone.



Employment Assistance and Professional Training Services

I'm looking for a job!

I'm wondering about my current professional situation.

I'm wondering about my interests and skills.

- The employment assistance service helps clients enter the workforce in a satisfactory and sustainable manner. The intervention approach is designed to enable the development of a professional project that takes into account the interests, skills, experiences and reality of the person. The services are therefore available to people who are actively looking for work or who are considering a return to work or school. Our services are offered to the military community of Eastern Quebec and to the english-speaking community of the Quebec and Chaudière-Appalaches regions.
Free and confidential.



Avec la participation financière de :

Québec 



PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

Orientation scolaire et professionnelle

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

- Needs assessment;
- Personalized career counselling;
- Skills and interests assessment, and self-awareness;
- Psychometric testing;
- Information on the work force;
- Information on the 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 search strategies;
- Resume and cover letter preparation and translation;
- Interview skills;
- Employer contacts and job follow-up;
- Referral to external resources.



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 and advice;
- Networking opportunities.

WORKSHOPS AND GROUPS

Workshop: Mommy Goes Back to Work

Adults

After your kids' diapers, baby bottles, homework, and little aches and pains, you feel ready to go back to work. A guidance counsellor will give you a series of three two hours workshops to help you think about where you want to go in life, strike a balance between work and family, and develop job search strategies suited to your needs.

Workshop: Preparing for La Foire de l'emploi (Job Fair)

Adults

This workshop will prepare you better for the Foire de l'emploi and the VMFRC's Rendez-vous de l'Emploi.

Workshop: Life after the uniform

Adults

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 Goal

Adults

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

Adults

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: I'm New to Quebec City and Looking for a Job

[See page 8.](#)

Envol (Business Group)

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

A group for entrepreneurs in the military community meeting to develop or expand their network, and get support and advice.

FACILITIES

Centre de documentation

- Individual assistance at all times;
- Computer stations with Internet;
- Educational and vocational information;
- Information on the job market;
- Fax and photocopy service.

Schedule

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

*The schedule may change without
notice.*



**My spouse is
often absent.**

**Support
During
Absences**

**What can I do for
me and/or my
children?**

**Sometimes it's
really hard.**

◆ You may live the absence of a loved one. Our team is available to answer your questions about various type of absences including a course, an exercise, a deployment or an imposed restriction.

absencemutation@crfmv.com

PERSONALIZED MEETINGS

IN PERSON OR BY TELECONSULTATION

A counsellor 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 various stages of absence (before, during, and after).
- Guidance to complete your family care plan.
- Tips and tricks to make the absence easier for child and adults.
- Documentation concerning absence.
- Information on resources within the community.

WORKSHOPS AND GROUPS

Oasis Club

3-12 years old

Support group for children experiencing a military parent's absence. At the weekly meetings, various themes are addressed and various activities are held in relation to the absence.

My Parent is Going Away!

3-5 years old

Tell me a story! This activity is specially adapted for children coping with the absence of one of their parents. Contact us if you want us to come to your daycare. (Early childhood Centre or family daycare)

Dealing With Absence Like a Boss

5-12 years old

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

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.

Reunion Workshop

Adults

The reunion with your loved one is fast approaching and you are feeling a jumble of emotions. You need to know that you're not the only one! Participate in our workshop to better understand the different aspects of a reunion and learn some tricks that will help facilitate the re-adaptation to family life.

Groups

Adults

Socialize and share with other people who are living similar experiences to yours while participating in different groups and activities offered by the VMFC

Discussing Military Life Over Dinner

[See page 28.](#)

TOOLS AND DOCUMENTATION

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 0-5 year olds

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

The Passport

Parents of 6-12 year olds

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

The Waypoint

Parents of 12-17 year olds

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

Checklist to prepare for a deployment

Adults

Check-list to be better prepared for an extended absence.

Guide for Parents of Military Member living an absence

Adults

Tools to make the absence easier.

The Treasure Chest

Adults

Tips to living well during an absence.

Everyone has unavoidable chores!

Adults

Tricks and tips to make it easier to share work as a couple.

Absence, are you ready?

Adults

Self-assessment quiz that will give you an idea of your current level of preparation.

Bit.ly/Quizz-Absence

FACILITIES

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





I wonder about the available type of childcare 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

OCCASIONAL CHILDCARE

Day Nursery

0-24 months old

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

Schedule

Monday to Friday 8:30 am to 12 pm and/or 12 pm to 3:30 pm

The schedule may change without notice.

Cost

\$15 per 3.5 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: \$4.50 per hour or \$30 per day. Two children: \$7.50 per hour or \$50 per day. Three children: \$10.50 or \$70 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

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

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

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 want to take part
in activities, meet
people, have fun
and learn.**

**Activities for every
age group and suited
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

Adults

Café Découverte

A welcoming and integrating activity organized and lead by volunteers that allows you to meet people in from the military community while sharing and developing new talents. Come and discover our themes, animations, food tastings, and above all, meet amazing people!

Discussing Military Life Over Dinner

An opportunity for military spouses and parents of military members to get together once a month and discuss their experiences and share tips on adapting to the military lifestyle. The formula offered will be adapted according to public health instructions.

English-Speaking Activities

Come out and chat with English-speaking members of the community. At these activities, the participants take time out to speak English in good company. It's a great way to meet people and make friends. The activities are organized by our volunteers.

Get Together Club English-speaking group

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

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!

Milieu de vie

During the VFC's opening hours, you can use the community room. Decorated by the volunteers on the living environment committee, the community room has all sorts of information on the activities and programs that the VFC and its partners offer. Whether you drop by with your children or by yourself, it is the ideal place to chat with others, meet new people, eat or relax. There is even a play area for kids.

Schedule

Monday to Friday 8:30 am to 4:30 pm.

The schedule may change without notice.

WORKSHOPS AND GROUPS

Families

Thematic Activities

So that you can have fun while spending time with other members of the community, the volunteer committees organize various activities with the help of our community organizer over the course of the year.

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.

Baby Massage

Parents and their baby

helps parents to learn to recognize the signs and nonverbal language of their baby, and to respond to their needs.

Father-Children Activities

Dads and their children 3-12 years old.

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 play room allows children to have fun and grow in a safe and friendly environment while their parents solcialize.

Schedule

Mornings:

Monday and Tuesdays*

from 8:30 am to 12 pm

**Reserved part-time, check before going.*

Afternoons:

Monday to Friday

from 1 pm to 4:30 pm

The schedule may change without notice.



WORKSHOP AND GROUPS

Children

Nursery school: Jardin des petits

2-5 years old

An educational program comprised of activities led by a qualified educator who welcomes children for a period of three hours per half day.

Little Geniuses Workshop

3-5 years old

Workshops to promote the overall development and autonomy 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.



WORKSHOP AND GROUPS

Teenagers

Babysitting Course

11 years old (or grade 6) or older

Course given by the Red Cross that gives young people the skills and qualifications to become certified babysitters.

P.E.P.P. Project

12-17 years old

The P.E.P.P. Project (Perseverance, Education, Personal Project) aims to promote academic motivation. Participants identify academic goals and a personal motivational project, take part in educational activities, and have access to personalized accompaniment throughout the school year. A prize is won at the end of the school year.

Chit-Chat Dinner: Just For Truth

12-17 years old

During meetings, various topics are discussed (romantic relationships, 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

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

The schedule may change without notice.





Volunteering

**I would like to offer
some of my time!**

- Our volunteers contribute on a daily basis to the achievement of our organization's mission. Mostly from the military community, they are spokespersons for all the families. They play a big role in expressing the needs of the community and take an active part in delivering services. Our team of volunteers is dynamic, passionate and involved. By being a volunteer, you will contribute to the well-being of the community and get an enriching experience out of it as well!

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 active in their community by volunteering for various activities for the community and various committees. Volunteering is a way to meet people, develop your potential, gain professional experience and be surrounded by people who understand the military life.

Veterans Volunteers

[See page 42.](#)



I'm dealing with personal, family or conjugal difficulties.

I'm looking for a sympathetic ear and support.

Psychosocial Services

● A team of mental health professionals familiar with the particularities of military life offers free and confidential psychosocial services to support you and accompany you during difficult times. Our team is there to support you in your various life challenges.

PERSONALIZED MEETINGS IN PERSON OR BY TELECONSULTATION

Counselling Services

CAF members, veterans, and their loved ones

- Needs Assessment;
- Individual, marital, parental or family follow-up meetings;
 - Counselling
 - Special care counselling
- Reference and docking with external resources (if necessary).

Our team is there to support you in your various life challenges:

- Children behavior problems;
- Difficult parent-child relationships;
- Questions on parenting skills;
- Marital difficulties;
- Adaptation difficulties;
- Stress and anxiety;
- Impacts of operational stress injury on family;
- Bereavement;
- Personal self assessments;
- Any other situation causing distress.

WORKSHOPS AND GROUPS **Military Life Through its Challenges group**

Adults

Military life is unique and requires a lot of adapting. This group meets to support and accompany you in this often complex lifestyle. In an environment of mutual support, you can share your experiences and explore solutions to problems with other spouses and with a social worker in order to better cope with the impacts of military life.

Snowdrop Group

Adults

If you are mourning the birth of a child, meeting with parents who are going through the same challenge can do you a world of good. The Snowdrop group counsellors will welcome you to a friendly and safe environment and accompany you throughout the misunderstood reality of perinatal bereavement. Offered in collaboration with *L'Association les Perséides*, perinatal bereavement support.

Operation Stress Injury Support Group for Spouses

Adults

Group for spouses of CAF members or veteran with an operational stress injury, aimed at allowing sharing and mutual support for a better understanding of the personal, marital and family experience, as well as a better adaptation to the issues related to the OSI, including the role of caregiver.

E=MC3 Group (Together to Better Understand)

Families with children 7-11 years old
Groups for families where one member is affected by operational stress injury (OSI). Meetings for the children, parents, and the family. The goal of these groups is to develop the strengths of each family member in order to improve the well-being of the individual and the family.

A.P.S. Group (After Parental Separation)

7-11 years old

Group for children who have experienced the separation of their parents (recent or not). This group aims to help better understand and express their feelings related to the separation, and to promote the development of communication skills and problem solving skills.

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.


Healthy communication Workshop *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 *Adults*

Conferences on positive parental practices that aim to foster healthy ways to deal with emotions, as well as boost self-esteem and resilience in children.





Our situation has been harder since my spouse, a military member, was injured.

Services for the families of 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

- Welcome, a sympathetic ear and an assessment of your needs
- Follow-up as needed
- Co-ordination among the various workers involved when necessary
- Information and the possibility of referrals to civilian or military support services for the family.



**I am released
from the CAF.**

**I will be released
from the CAF
soon.**

**Veteran Family
Program**



● Medical release is an important transition that can impact all family members. The VMFRC offers a range of services aimed at supporting members in the process of releasing, veterans and their families in this transition.

Every VMFRC 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.

Free and confidential

WORKSHOPS AND GROUPS

Mental Health First Aid Training for the Veteran Community

The goal of this training 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.*

Life Goal Workshop

[See page 15.](#)

Compassion Fatigue Workshop

This workshop aims at learning how to improve knowledge about compassion fatigue and how to prevent it, express concerns about it and provide resources.

Living Life to the Full Workshop

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.*

Groupe: Conjointes côtoyant la Blessure de stress opérationnel
[See page 37.](#)

Veterans Volunteering

As a veteran, you can be active in your community through volunteer involvement. Volunteering allows you to break isolation, socialize and be surrounded by people who understand your reality.

DOCUMENTATION

Veteran Family Journal

A tool with a wealth of useful information on release to help navigate the system and identify your needs. Includes a long-term care plan for the family, worksheets, and various tools.

Resource for caregivers

An online operational stress injury (OSI) resource for caregivers.
theroyal.ca





Centre de ressources
pour les familles militaires

— **Valcartier** —

Military Family Resource Centre