

PREPARING FOR DEPARTURE... IT STARTS NOW!

We are here to help!

Audrey-Ann



Karine



Centre de ressources
pour les familles militaires

Valcartier

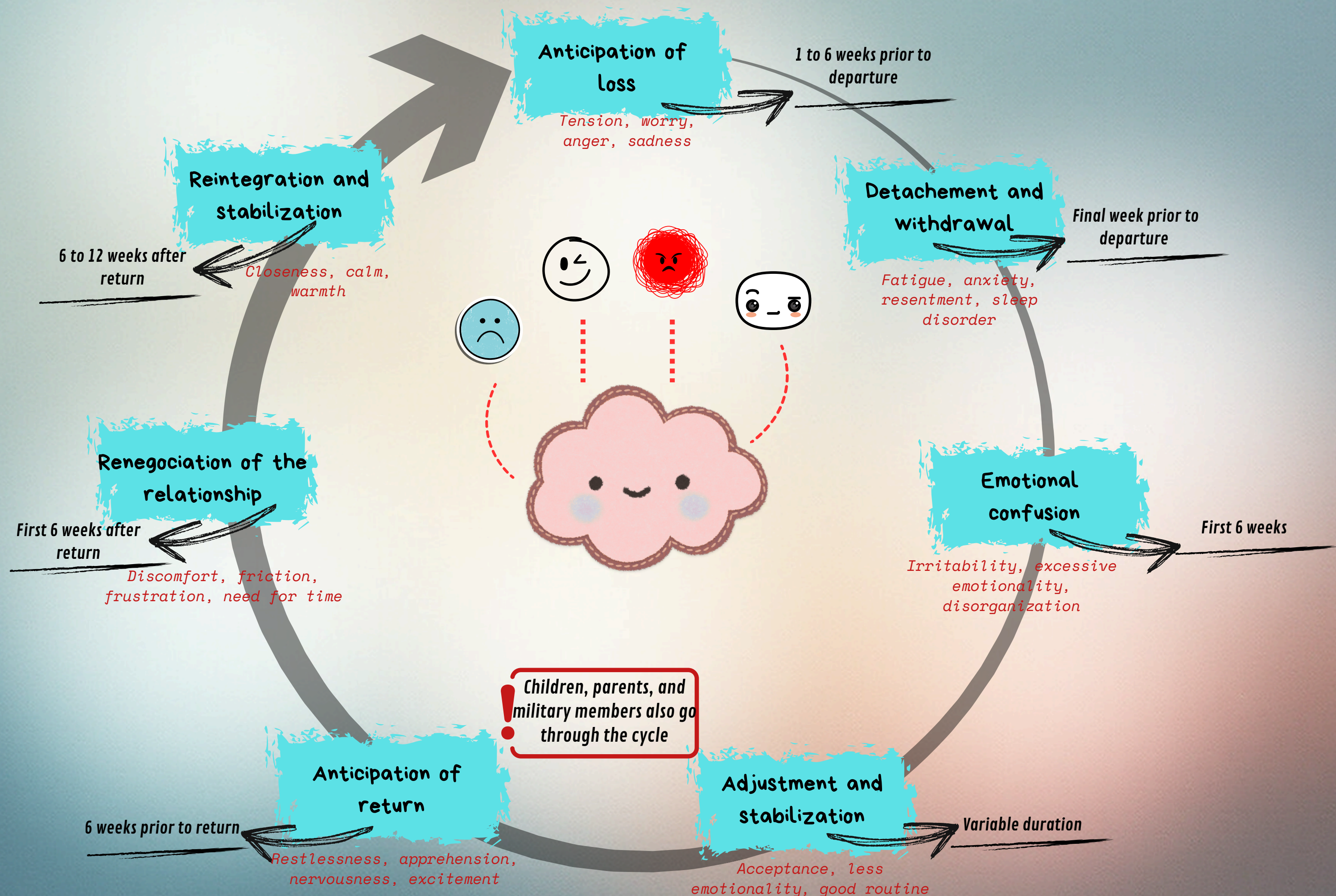
Military Family Resource Centre

Jicki



Alexandra





ABSENCE SUPPORT

Personalized
meetings

A listening ear,
support, guidance and
practical tips

References

You are not alone!
We can help you **BEFORE**,
DURING, and **AFTER**
absences.

Free and
confidential

We understand
military lifestyle

Oasis connected
club

Our team is here for
you!



Anticipation of Loss

*Tension, worry,
anger, sadness*

***1 to 6 weeks prior to
departure***

PREPARATION



CHECKLIST

- Childcare plan
- Compensate for the military member's responsibilities (services en vrac/multi-services)
- Set up automatic paiements
- Budget (SISIP)
- Provider numbers (telehealth, plumber, emergency)
- Seasonal transition
- Involve kids
- Prioritize
- Have the contact info and details of the military member
- Take advantage of the CRFMV services!

COMMUNICATION DURING ABSENCE

Key takeaway: Balance is essential; too much is as bad as too little. Remember to stay flexible; unexpected events can happen.

TIME

Preferred time slot
Frequency
Different time zone

WITH WHOM?

Spouse
Parents
Children

TOPICS TO DISCUSS OR AVOID

Children's development
Everyday challenges
Problems already solved
Sensitive topics

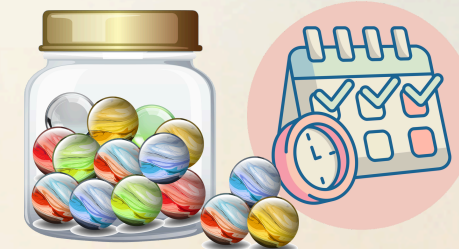
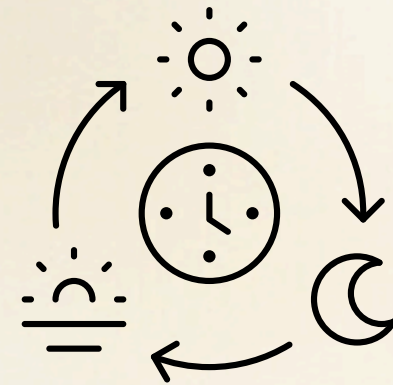
MEANS

Phone calls
Video calls
Text messages
Letters





ANNOUNCING THE DEPARTURE TO CHILDREN...GENTLY!



Inform the
school and/or
daycare

Begin the
announcement
with a story

Gradually
change the
routine

Provide a tool
to measure
time

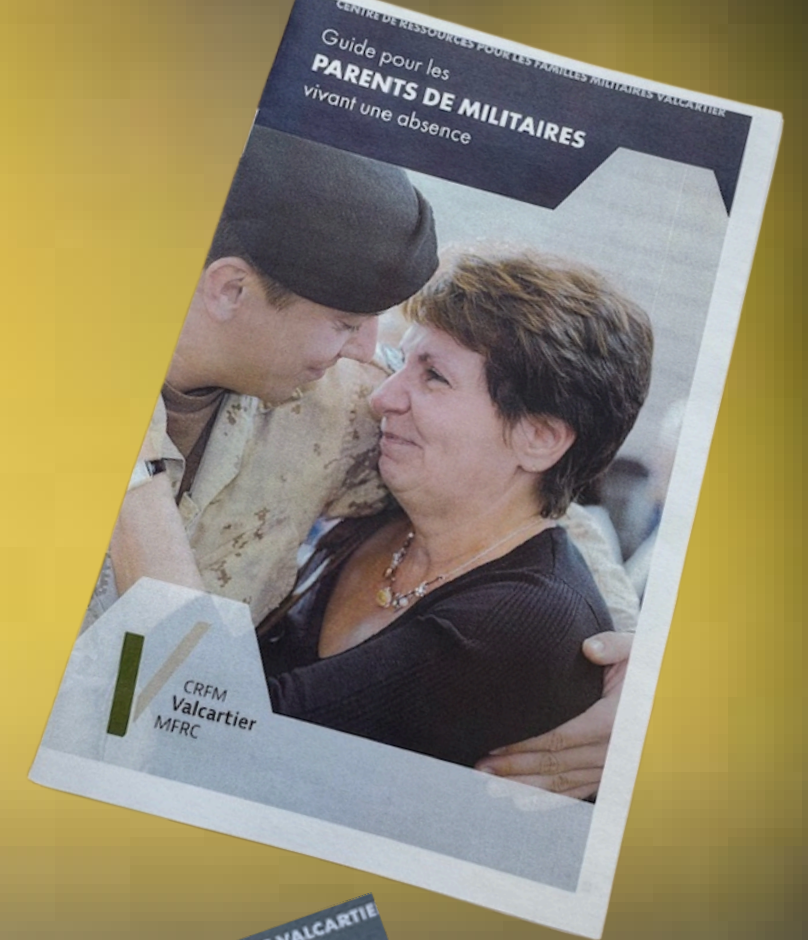
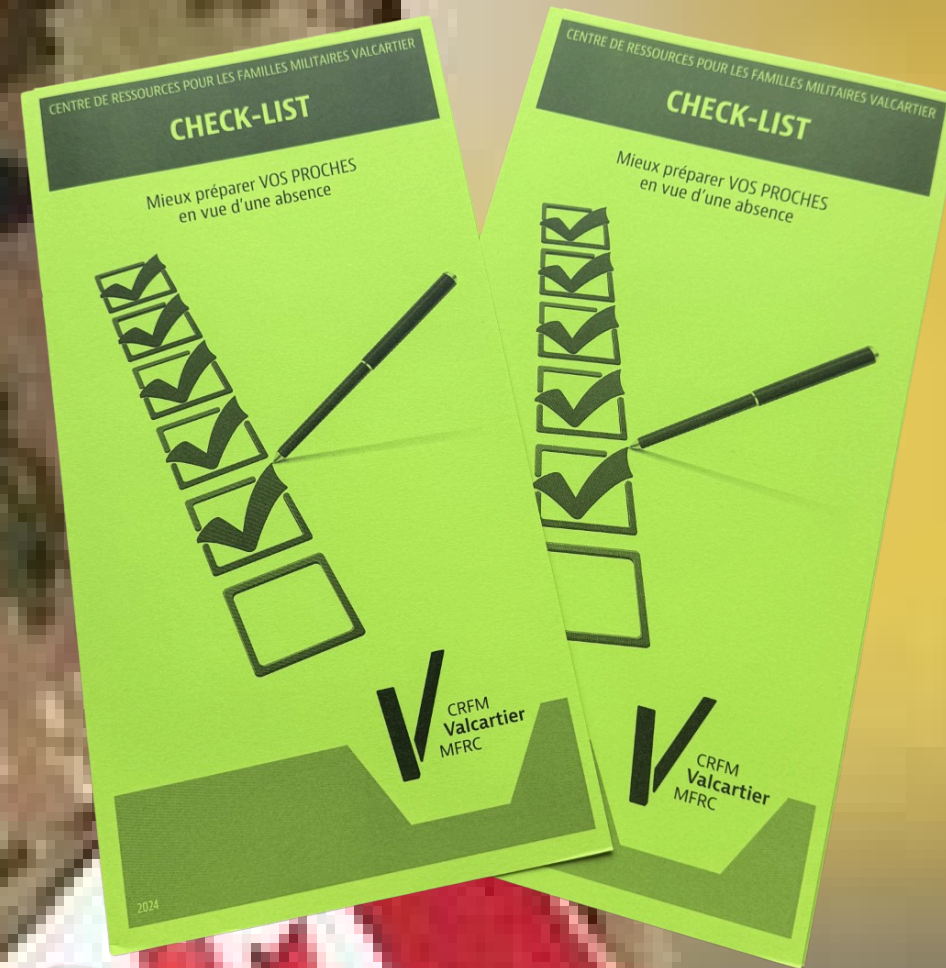
Participate in
packing the
luggage

Offering a
comfort item


SOME TOOLS TO GUIDE YOU

Stories, guides and more tailored
to your reality!

crfmv.com

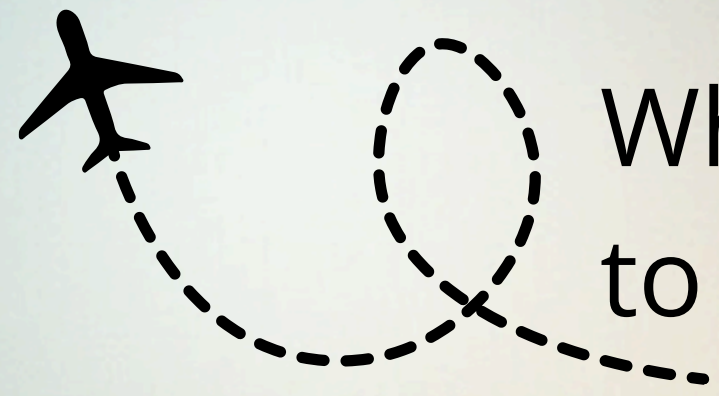


Detachment and withdrawal



*Final week prior to
departure*

*Fatigue, anxiety,
resentment, sleep
disorder*



What to think about and discuss
to prepare for the **D-DAY**

Location?

Schedule?

Who's present?

BEFORE

AFTER

Possible
reactions?



Emotional confusion

First 6 weeks

*Irritability, excessive
emotionality,
disorganization*

"I don't know what to expect"

"I've never experienced anything like this."

Instability
(Unpredictability)

Novelty

C

I

N

E

Control

"I am not in control"

Ego

"I feel judged, unable to overcome this"



If you don't remove some water from time to time, even a drop will eventually cause the bath to overflow!

Taps = sources of stress.
Bathtub = stress tolerance.

HOW DO I EMPTY MY BATHTUB?

- ****Beware of the media****
- Make your everyday life easier
- Surround yourself with positive people
- Letting go
- Communication (Alternatives)
- Take time for yourself
- Let your emotions out
- Dare to ask!

After a few weeks,
a new routine is
established, and you
feel more
comfortable.

If you continue to experience stress and have
difficulty adapting, contact us!

Every child reacts differently, and that's **NORMAL!**

WHAT TO EXPECT? with children

Possible reactions

- Irritation, impulsivity, outbursts, etc.
(Stress)
- Disproportionate reactions
- Isolation
- Refusal to speak to the deployed parent

This may help

- Maintaining a safe routine
- Being attentive
- Allowing ourselves to have our child looked after
- Having quality time

The more rested/calm the parent is, the more available they will be to support their child through what they are experiencing.



PARCELS

A great way to stay connected!

Grade: Sgt Nom: Tremblay Initiales militaires: P.
 Unité : 12 RBC
 Mission: OP reassurance
 Boîte Postale: 5004, Succ. Forces
 Belleville ,ON / K8N 5W6

Canada Post / Postes Canada International Parcel Air / Surface Colis international Avion / Surface

Customer Receipt / Réception du client

Sender's Name / Nom de l'expéditeur: Succ. Forces Belleville, ON
 Address / Adresse: K8N 5W6
 City / Ville: Belleville
 Country / Pays: CANADA

Recipient's Name / Nom du destinataire: CC 246 327 415 CA

Declared Value / Valeur déclarée: SCAD

Net Weight / Poids net: SCAD

Country of origin / Pays d'origine: SCAD

Signature / Signature de l'expéditeur: _____



THE SERVICES

OF VMFRC

For the whole family



Youth services

- Youth Club
- COOP Valcar-Co
- Workshops

Childcare services

- parent-child space
- Prenatal classes
- Occasional daycare

- Social workers
- Workshops
- Support group

Psychosocial support services

- Activities
- Volunteering
- Community space

- Language courses
- Career counselors
- Workshops

Employment assistance service

Volunteering and community activities



Daycare

- 0-5 years
- Monday to Friday
- Reservations required
- Limited places
- At low cost (\$)



Support for family obligations

- 0-17 years old
- 24/7 days
- Safety net in case of unforeseen events, and if the childcare plan fails during a military operation
- Certain eligibility criteria apply





Centre de ressources
pour les familles militaires

Valcartier

Military Family Resource Centre

CONTACT US



418-844-6060 or 1-877-644-6060



Monday to Friday - 8:30 to 12:00 - 13:00 to 16:30



absencemutation@crfmv.com



crfmv.com



**Facebook: Centre de ressources pour les familles militaires de
valcartier**

Not in our
territory? No
problem! Go here
to find your local
MFRC:

CFMWS.CA

OUTSIDE OF BUSINESS HOURS

24 hours/7 days

! IMPORTANT



Family Information Line: 1-800-866-4546



Chaplain: 418-844-5000 # 5473
418-844-5000 # 2544 (off-peak hours)



Chain of Command / Officer on Duty: 418-932-2754

QUESTIONS ?

