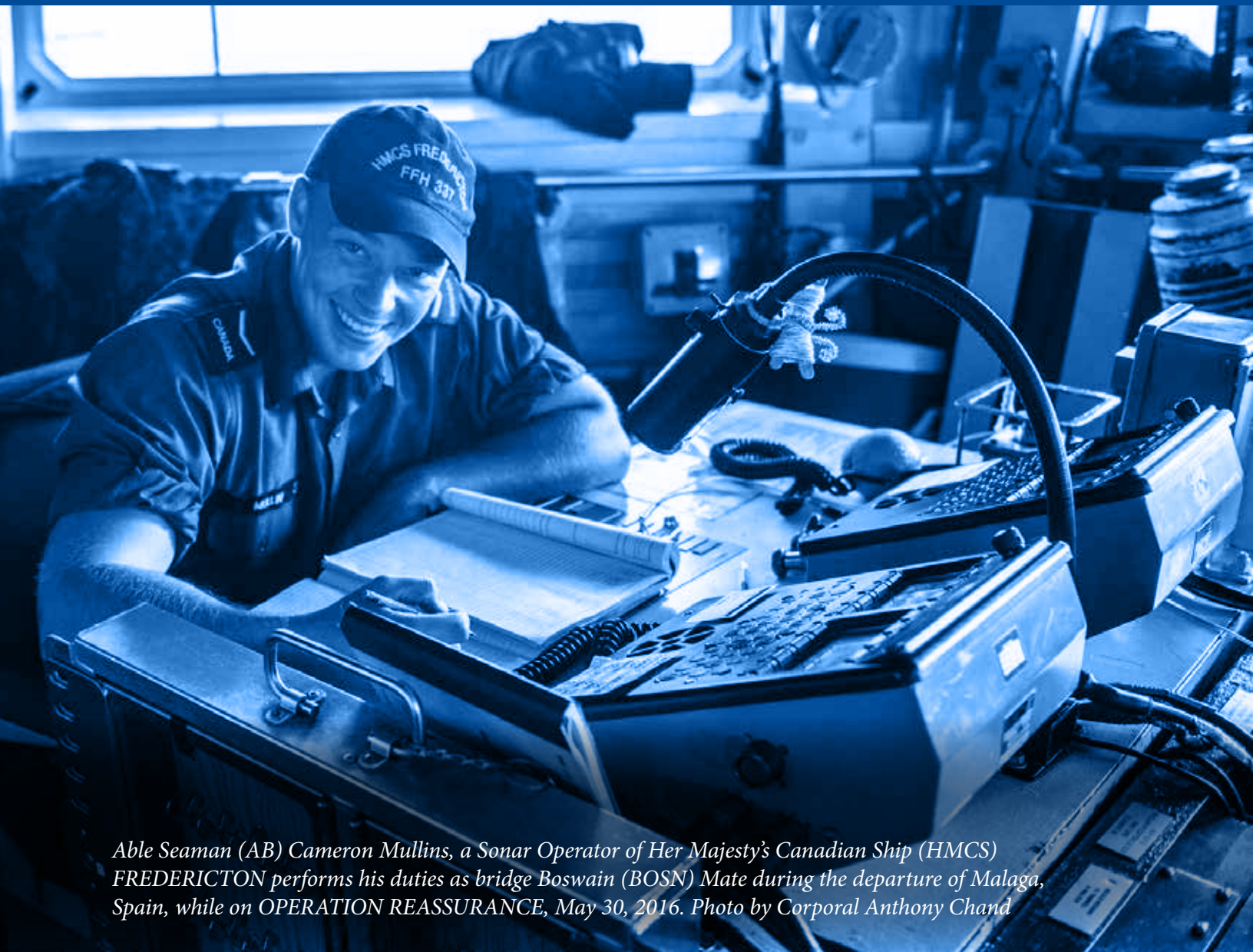




ROYAL CANADIAN NAVAL **BENEVOLENT FUND**

RCNBF Programming Needs Assessment & Program Development Project 2022-23

Literature Review



Able Seaman (AB) Cameron Mullins, a Sonar Operator of Her Majesty's Canadian Ship (HMCS) FREDERICTON performs his duties as bridge Boswain (BOSN) Mate during the departure of Malaga, Spain, while on OPERATION REASSURANCE, May 30, 2016. Photo by Corporal Anthony Chand

March 10, 2023

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Thank you to Navy Public Affairs, Royal Canadian Navy for providing imagery.

SERVICE AND SUPPORT GAPS

1.1. The Mapping and Gaps Analysis of Services for Military Families Report, Comprehensive Military Family Plan (CMFP)

To better support families through the numerous challenges they face, including frequent relocations, one of the CMFP's components was to map out and analyze the service and program gaps to obtain an overview of their distribution that would allow for increased awareness, continuity, and access, from one location to another and from one family to another. The following recommendations were identified:

Alignment

- Ensure that policies and programs mutually contribute to the creation of social and physical environments that promote the wellness of CAF members and their families.
- Establish a permanent national committee and consolidate the network of local committees to improve awareness of services, continuous communication, and the development of common strategies, action plans and evaluation systems.
- Develop joint strategies to inform decision-making, as well as program and service development, delivery, and evaluation.
- Implement an evaluation system for initiatives that could potentially interfere with some entities' positions or that could negatively impact the health, wellness, and resilience of one or more segments of the population.
- Create health and wellness guidelines to inform decision-making, sponsorships, and event planning.
- Implement a decision support and development tool for programs and policies to operationalize the Canadian Forces Family Covenant.
- Implement performance measurement, program evaluation and user satisfaction systems.
- Set up a platform where knowledge and research on CAF members and their families would be shared with leadership, stakeholders, families, and the public.

Awareness

- Use a people-centred approach to standardize how program- and service-related information is sourced and presented.
- Educate Defence staff and volunteers on the full suite of existing programs and services.
- Plan, coordinate and organize recurring targeted awareness campaigns.
- Host the Canadian Forces Member Assistance Program in all bases/wings and Military Family Resource Centres (MFRCs).

Advocacy

- Implement a holistic client approach founded on program knowledge and references between stakeholders.
- Create a communication strategy promoting the power of asking for help as a resilience factor for individuals, communities, and organizations.

Availability

- Review and amend the policies that hinder the delivery and accessibility of programs and services, or that are likely to have unwanted negative effects on the wellness of CAF members and their families.
- Explore new modes of delivery for select programs and services.
- Identify a core of authorized and research-supported programs that should be accessible to all CAF members and their families and in all communities.
- Develop and maintain government and non-government partnerships to increase program and service offerings, stimulate actions in the communities and facilitate community integration.

Canadian Forces Morale and Welfare Services, March 2019 (<https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/8.1%20What%20We%20Do/8.1.5.1/additional%20research/GAP-Analysis-Report-2019-ENG.pdf>)

1.2. The Evolving Discussion on Military Sexual Misconduct and Military Sexual Trauma: An Introduction

Part one of the three-part virtual symposium series 'Military Sexual Misconduct and Military Sexual Trauma in Canada: A Pathway to Understanding and Action'

Terminology is important when discussing military sexual trauma (MST) and military sexual misconduct.

- Military sexual misconduct and MST refer to service-related experiences of sexual violence, with MST referring more specifically to the outcomes of sexual misconduct.
- Common terminology can help create shared understanding as well as validate and acknowledge the experiences of those impacted.
- Efforts are underway to create an official definition of MST in Canada.

The Canadian Armed Forces is a unique cultural context. Understanding this context can improve our knowledge about the experience of military sexual misconduct and its prevention.

- Unique features of the military that contribute to incidents of sexual misconduct and its under-reporting include: male-dominated environment, blurring of work-life boundaries, strong unit cohesion and loyalty, the existence of distinct laws and procedures, and hierarchical structure.
- The deployment environment, specifically the extent to which women's needs and contributions are accepted, integrated and valued, can also contribute to the experience of military sexual misconduct among women.

Military sexual misconduct can affect all areas of life in different ways. These impacts emerge from not only incidents themselves, but also ineffective institutional responses that damage trust and violate key values.

- The experience of MST can resemble that of other forms of trauma, having serious and lasting effects on one's mental, physical and emotional wellbeing.
- There are also wider impacts on families and other aspects of life, such as career progression.

- Being aware of the various impacts is an important step in one's healing and recovery journey.
- Like other sources of trauma, impacts can vary from person to person. An intersectional, person-centred approach is necessary to understand impacts.

Healing and recovery is a personal journey, but you do not have to go at it alone.

- Healing is a non-linear and ongoing process, and it looks different from person to person.
- Restoring hope, purpose and identity is crucial.
- People who experience military sexual misconduct and MST should know that they are not alone. Social and peer support can offer a strong support network.

There is ongoing work to support those impacted by military sexual misconduct and MST. But there is still more to be done.

- Various supports and services are provided by organizations such as the Sexual Misconduct Response Centre and It's Not Just 700. Other activities are being undertaken by the Office of Women and LGBTQ2 Veterans at Veterans Affairs Canada in order to better address the needs of those impacted by military sexual misconduct and MST.

There is a recognized need for institutional action to prevent future incidents and reduce negative impacts.

- Failure to prevent incidents of sexual misconduct can have serious and lasting implications for individuals, the military and society.
- Policies and procedures should focus on upholding transparency, impartiality, fairness and trust throughout the reporting, investigation and disciplinary process.

Canadian Military Sexual Trauma Community of Practice, McMaster University's Department of Psychiatry and Behavioural Neurosciences, and the Centre of Excellence on PTSD, June 3, 2021 (<https://atlasveterans.ca/documents/mst/mst-june-overview-en.pdf>)

1.3. Correlates of perceived military to civilian transition challenges among Canadian Armed Forces Veterans

Analyses of the Canadian Armed Forces Transition and Well-Being Survey (CAFTWS) were conducted to identify the most prominent challenges faced by Canadian Armed Forces (CAF) Veterans during their military to civilian transition, and to assess the associations of various characteristics, including release type and health status, with experiencing such challenges.

Challenges were reported by all Veterans but were found to be more prevalent among medically released Veterans. All were independently associated with difficult post-military adjustment, although perceived loss of military identity and challenges with financial preparedness had the strongest associations. Further regression analyses identified subgroups in whom loss of military identity and challenges with financial preparedness were more common. Although being medically released was strongly associated with reporting both types of challenges, so were poor self-rated physical health, poor self-rated mental health, and a range of other sociodemographic and military characteristics, independently of release type.

By underlining the importance of loss of military identity, this study supports recommendations that social identity challenges should be addressed during military to civilian transition. Unlike programs and services that provide service members and Veterans with more tangible forms of support (e.g., financial support), programs and services that can address existential transition challenges of a more psychosocial nature are relatively less well-established. Achievement of post-military social identities that connect Veterans with needed well-being resources is integral to post-military adjustment.

Journal of Military, Veteran and Family Health, August 2020 (<https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-2019-0025>)

1.4. Military to Civilian Transition: A Family-First Approach

The overwhelming consensus indicated that participants, in both the questionnaire and interview pools, benefited from having access to an emotional support structure during transition. Support was mainly manifested through close family members, but a number of comments indicated the importance of continued association with friends and former colleagues. The type of connection maintained, whether familial, a Veteran association, or informal local groups, all contributed to the well-being of releasing service members. The outcome of data analysis led to the finding that family was one of five themes that positively contributed to Veteran transition.

The central research question in this study focused on the decision-making process of those Veterans facing an unexpected release from the CAF. However, a reoccurring discovery was the importance of family as well as access to an emotional support when Veterans transition from military service. While participants indicated that achieving a balance between the military and domestic objectives was a main consideration during service, this was not always achievable as a result of geographic moves, deployments, and the requirement to be separated from family, due to individual training obligations and collective unit exercises. Upon release, the exigencies of military service are replaced with a greater focus upon family goals and objectives as an outcome of the reordering of external priorities that previously influenced familial life. This creates an opportunity for a family-first transition to occur. Additionally, this study uncovered that Veterans experience difficulty with respect to the civilianization of their lives, where resources offered through membership in Veteran's groups are not being fully explored. Memberships are on the decline. Therefore, alternate forms of camaraderie are being sought. The implications of this finding are wide-ranging, and they could be explored through multiple approaches. Continued research into the challenges of transition should consider the impacts on spouses, children, and friends who provide front-line support to transitioning veterans, thereby better synchronizing programs and services. Additionally, the development of a specific civilianization curriculum offered during mandatory workshops and seminars may enable a family-first transition approach.

Canadian Military Journal, Vol. 19, No. 3, Summer 2019 (<http://www.journal.forces.gc.ca/Vol19/No3/PDF/CMJ193Ep15.pdf>)

1.5. Family members of Veterans with mental health problems: Seeking, finding, and accessing informal and formal supports during the military-to-civilian transition

The present study set out to hear from family members and learn about their obstacles and successes in accessing formal and informal support during the military-to-civilian transition (MCT) and how this was affected by the veteran's mental health problems.

Family members shared how significant issues (e.g., mental health stigma, caregiver burden and burnout) were barriers to seeking and finding both informal (i.e., extended family, friends, online support) and formal (i.e., operational stress injury clinics, Military Family Resource Centres) support systems helpful in navigating the MCT.

Despite setbacks and frustrations in accessing these supports, veteran military families demonstrated resiliency and resolve as they pursued comfort, financial aid, respite, and counsel for themselves and for the veteran with mental health problems during the MCT.

Journal of Military Veteran and Family Health, January 2021 (https://www.researchgate.net/publication/348830364_Family_members_of_Veterans_with_mental_health_problems_Seeking_finding_and_accessing_informal_and_formal_supports_during_the_military-to-civilian_transition)

1.6. Mental Health Supports to Families

This report examines whether access to mental health treatment benefits should be provided to the families of CAF veterans in their own right, as a result of the unique and challenging conditions of military service. In the OVO's assessment, when a family member suffers from an illness or injury related to the unique conditions and challenges of military service, they should have access to mental health treatment, independent of the veteran's treatment or rehabilitation plan.

Current research indicates that military service affects the health and well-being of both veterans and their family members for a number of reasons, including frequent postings and deployments, as well as the inherent risk of military service. Therefore, the family member's request for mental health care should be considered regardless of whether the veteran is engaging in mental health treatment or not.

The report concludes with the following recommendations:

- Considering the unique impact of military service on the mental health and wellbeing of both veterans and their family members as a result of frequent postings, long and multiple absences, and the inherent risk of military service resulting in illness, injury or death, the Government should ensure that family members, including former spouses, survivors and dependent children, have access to federal Government-funded mental health treatment in their own right when the mental health illness is related to conditions of military service experienced by the family member, independent of the veteran's treatment plan and regardless of whether the veteran is engaging in treatment.
- VAC conduct and publish a Gender Based Analysis+ of the accessibility to mental health treatment benefits and services to family members, including spouses, former spouses, survivors, and dependent children, to determine if there are barriers which make it difficult for certain groups to access the mental health care they need.

- VAC continue to demonstrate flexibility to address the urgent mental health needs of family members. Further, we encourage VAC to explore expanding and obtaining additional authorities to minimize the significant financial costs of obtaining mental health treatment for family members that some veterans and their families experience. This may include expanding access to treatment sessions for family members.

Veterans Ombudsman, January 19, 2021 (<https://www.ombudsman-veterans.gc.ca/en/publications/systemic-reviews/mental-health-treatment-benefits-for-family-members>)

1.7. Well-Being of Canadian Regular Force Veterans: Findings from LASS 2016 Survey

In 2016, 2755 regular force veterans (released between 1998 and 2015 at post-entry rank) participated in a Statistics Canada telephone survey. The researchers analyzed this survey data to better understand the transition from military to civilian life, particularly relating to health and well-being. The analysis covered six indicators of well-being: health, employment (main activity), finances, social indicators, health services and family.

Approximately half (52%) of respondents reported an easy adjustment to civilian life, while a third (32%) reported difficulty. Specifically:

- Officers transitioned with less difficulty than both Junior and Senior Non-Commissioned Members.
- Those who released in the later years (between 2012 and 2015) had a higher rate of difficult adjustment than those who released earlier.
- Veterans reported chronic conditions, including arthritis, depression, anxiety, and post-traumatic stress disorder, at higher prevalence rates than Canadians.
- They also reported higher rates than Canadians for other conditions, including hearing problems, pain, and activity limitation.
- Most veterans were employed.
- The unemployment rate of veterans is similar to that of other Canadians (both about 8%).
- While some veterans experienced low income, the rate was lower than that of Canadians of comparable age and sex. Seven out of 10 reported satisfaction with their finances.
- Veterans had the same rate of life stress as Canadians but lower rates of satisfaction with life and community involvement.
- Most families visited a family doctor in the year prior to the survey, and almost half were receiving services from Veterans Affairs Canada.
- Most veterans reported that the transition from military to civilian life was easy for their partner and children, though some reported difficulties.

Veteran Affairs Canada, June 2017 (<https://www.veterans.gc.ca/eng/about-vac/research/research-directorate/publications/reports/lass-2016>)

1.8. Use of mental health services by children and youth in Ontario military families compared with the general population: a retrospective cohort study

This study included 5478 children and youth in military families and a matched cohort of 21 912 children and youth in the general population. For visits and admissions for mental health reasons, children and youth in military families were more likely to see a family physician, less likely to see a pediatrician, equally likely to see a psychiatrist, and as likely to visit an emergency department or be admitted to hospital as the matched cohort.

Children and youth in military families had the same frequency of use of outpatient mental health services. The time to first visit for mental health reasons was shorter to see a family physician and longer to see a psychiatrist for children and youth in military families.

Interpretation: Children and youth in military families use mental health services differently from those in the general population. Provincial policies aimed at increasing access to mental health specialists for children and youth in military families, alongside targeted federal services and programming through military organizations, are needed.

National Library of Medicine, February 15, 2022 (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9259414/>)

1.9. Research Recap: Caring for Youth from Military Families

Military families face a unique combination of stressors that can affect the health and development of children and youth, including frequent relocations; regular parental absences; and risk of illness, injury, or death for the serving family member.

Research has shown that, while children in military families receive care from the same provincial/territorial health care providers as civilians, they face difficulties re-establishing medical services after relocation and are less likely to have a family doctor.

Furthermore, many pediatricians have little, if any, awareness of the unique experiences and realities of military families and the kinds of focused support they can provide.

- One-third (32%) incorrectly believed that CAF families receive services from the federal military health care system.
- Nearly one-quarter (23%) said they did not feel that identifying for military status informed patient care.
- Over half (56%) said they do not feel adequately prepared to provide care to CAF families.

Vanier Institute of the Family, November 10, 2021 (<https://vanierinstitute.ca/research-recap-caring-for-youth-from-military-families/>)

1.10. Research Recap: Caregiving in Military and Veteran Families

Depending on the severity of the illness and/or injury sustained, military members may require assistance with daily life activities (e.g., grounds maintenance, meal preparation, cleaning services), and family members are often the first to provide, arrange and/or pay for this care, which can range in intensity, duration, and frequency. As the ill/injured military or veteran family member adjusts and adapts to the limitations of the illness and/or injury itself, and to their new civilian lifestyle, they can experience strain and tension in their family relationships.

Family members reported experiencing strain in their relationship with the CAF member/veteran. In particular, many family members, who were also spouses, reported a lack of satisfaction and intimacy in their relationship with the CAF member/veteran, as well as experiencing an emotional disconnect and/or resentment. Family members providing care to the ill or injured military members/veterans – predominantly spouses – indicated that caregiver burden was a major contributing factor toward their reduced physical health and/or psychological well-being. Examples include the additional cognitive and physical demands placed on the caregivers, such as ongoing monitoring of the CAF member/veteran, physically assisting CAF members/veterans to complete their daily activities and taking over previously shared tasks (e.g., gardening, cooking, cleaning).

Despite the reported negative impacts that caregiving, the transition experience, and the illness/injury had on their spousal relationship, many spousal caregivers also reported growth in their relationship.

Vanier Institute of the Family, July 25, 2019 (<https://vanierinstitute.ca/research-recap-caregiving-in-military-and-veteran-families/>)

1.11. The state of military families in Canada: A scoping review

Canadian military families commonly face three military journey challenges and three family journey challenges:

- Geographical relocations due to postings.
- Absences from family due to operational tempo.
- Operational illness, injury, or death.
- Personal well-being and mental health.
- Financial stress
- Intimate partner relationships.

The majority of families are resilient and manage these challenges successfully – only a small percentage struggle. For those who struggle, access to systems of care and supports could enhance their resilience to manage these transitional challenges. Overall participation rates in programs and services are currently low, but the majority of those who used them perceived that they were helpful. For families to experience a stabilized family life in the face of military challenges, they need to be aware of, and able to advocate for services that are available and aligned with when, where and how they need them.

Future research needs to examine different types and personas of families, especially those who may have higher needs (e.g., single parents, special needs, etc.). And more research is needed specifically

to better understand the needs of children and youth in military families. Research is also needed on the interaction of various factors, rather than simple questions on primary challenges. Research is needed to better understand the protective factors at play that seem to be inherently contributing to the high rate of military family resilience without systemic interventions or supports. Ideally, longitudinal research would be conducted to understand the cumulative impacts and trajectories of families throughout the course of the military career. And finally, research needs to be conducted acknowledging the ecological framework that families exist in, looking not only at the individual or the family unit, but also the communities they are part of, the provinces they live in, and the CAF itself as an institution and a culture.

Journal of Military, Veteran and Family Health, Volume 6 Issue 2, August 2020 (<https://jmvfh.utpjournals.press/doi/full/10.3138/jmvfh-2019-0001>)

1.12. CAF must better cater to troops with exceptional family needs: watchdog

Canada's military watchdog is calling on the Armed Forces to better accommodate troops with disabled children and other exceptional family circumstances, warning some are being forced to choose between their loved ones and their careers.

While around one in four members of the Canadian Armed Forces are required to relocate every year due to training or operational needs, those with special family needs are allowed to apply for exemptions. A compassionate posting or status is intended to provide flexibility to members who have special family circumstances, such as children with disabilities or older parents who need support.

But in a new report, military ombudsman Gregory Lick says the military's current approach to deciding whether troops qualify for such compassionate postings is riddled with shortcomings and problems that need to be addressed. Those include unclear criteria around who can qualify, a lack of transparency around how such requests are approved or rejected and even pressure on some troops not to apply in the first place.

CTV News, May 2, 2022 (<https://www.ctvnews.ca/canada/caf-must-better-cater-to-troops-with-exceptional-family-needs-watchdog-1.5884331>)

1.13. Health care access and use among male and female Canadian Armed Forces veterans

Veterans are more likely than other Canadians to have chronic health conditions, making access to health care an important issue. However, little research has addressed healthcare access and use among veterans.

This paper examines access and use among veterans compared with other Canadians. More than 80% of male and female veterans reported having a regular medical doctor in the 12 months before the survey. The majority of veterans (71% of males and 81% of females) had consulted a family doctor, while a minority had been hospitalized (8% of males and females). These rates were similar to those in the Canadian general population. However, veteran consultation rates for mental health care and with audiologists, speech therapists or occupational therapists among both sexes were double to triple

those of the Canadian general population. Among veterans, males reported lower rates of unmet needs compared with females. Veterans had similar rates of access to a regular medical doctor and higher rates of use compared with other Canadians. However, these may be comparatively low, given previous findings on higher rates of disability and some chronic conditions among veterans. Noted differences between males and females highlight the importance of research and services that account for sex and gender. The extent to which health care needs explain health care use and barriers to care requires further research.

ResearchGate, March 2021 (https://www.researchgate.net/publication/350154218_Health_care_access_and_use_among_male_and_female_Canadian_Armed_Forces_veterans)

1.14. Canada's navy facing personnel 'crisis' as vacancy nearly 20%: commander

The Royal Canadian Navy has started deploying less-experienced sailors on operations and eliminating certain positions altogether as it struggles with an unprecedented personnel shortage. In an interview with The Canadian Press, navy commander Vice-Admiral Angus Topshee said about 17 per cent of navy positions are vacant. That equals about 1,400 sailors that the navy needs to reach its full complement.

- It is important to bring in a new generation of sailors, but there is also a shortage of more experienced personnel such as petty officers, lieutenant-commanders and commanders who fill key roles on board Canadian warships and are critical for training new recruits.
- The navy is taking a closer look at how it treats Canada's sailors, along with an overall assessment of which jobs are critical to its operations and which could be eliminated.
- It is also looking at changing the way it assigns crews to ships to avoid burnout and additional stress, particularly when it comes to short-term deployments such as sea trials and tests that Topshee said are often very disruptive to sailors' schedules.
- The current shortfall also coincides with a marked effort by Armed Forces commanders, including Topshee, to change the military's culture to make it more attractive as a workplace, in the hopes of increasing recruitment and retention rates.

Global News, September 27, 2022 (<https://globalnews.ca/news/9159765/royal-canadian-navy-personnel-crisis/>)

1.15. Introduction to the financial well-being of Canadian Armed Forces members and families

Military service may provide financial benefits, such as higher pay than that of similar civilian jobs, but it may also have drawbacks, such as the potential for members to accrue greater debt. Military families face many of the same financial stressors as civilian families, but they also experience additional military-specific financial stressors. Specifically, the following identified risk factors are discussed: relocation, non-military spousal employment, deployment and integration, transitions and major life events, and marital stress.

This discrepancy may result in poorer outcomes in military families in times of financial stress, as financial well-being has been shown to be positively related to various aspects of mental and physical

well-being. The majority of the current research on financial and subjective well-being and its influence on health, however, focuses on civilian families. Given the unique experiences of military members and families and the negative consequences of financial stress, the research in the current special issue on the financial well-being of CAF members and families is of particular importance.

Journal of Military, Veteran and Family Health, Volume 5 Issue S1, 2019, pp. 1-9 (https://jmvfh.utpjournals.press/doi/10.3138/jmvfh.5.s1.2018-0031#_i10)

1.16. Veteran homelessness: Research, outreach and partnerships

Two reports from Employment and Social Development Canada provide the most recent data on veteran homelessness:

- The 2018 “Everyone Counts” report provides a snapshot of homelessness across Canada. These statistics show that veterans account for approximately 4.4% of homeless individuals counted in communities across Canada, which constitutes a 0.3% decrease from 2016. The 2018 statistics also indicate that homeless veterans tend to be older (median age of 48) than non-veterans (median age 39) and are more likely to be male (82.7% compared to 62.7% of non-veterans).
- The National Shelter Study (2005 - 2016) used emergency shelter data collected over an extended period of time to establish a baseline count and description of the characteristics of the homeless population using emergency shelters in Canada. The data indicates that veteran homelessness in Canada decreased by an estimated 450 emergency shelter users from 2014 to 2016. In 2016, an estimated 2,400 emergency shelter users (1.8%) identified as a veteran. This is down from 2,950 (2.2%) in 2014, the first year this information was collected.

Veterans Affairs Canada website, accessed March 10, 2023 (<https://www.veterans.gc.ca/eng/housing-and-home-life/at-risk-housing/homeless/activities>)

1.17. What veterans think about the future of Canada’s military: ‘There’s still value

Interviewed veterans share some of the systemic challenges they’ve faced, including:

- “Going through hoops” to get the physical or mental health assistance they need after they’re “broken from being in the military”.
- With a current average wait time of 43 weeks, several veterans are of the opinion that Veteran Affairs Canada’s (VAC) handling of disability benefits has failed them and made them feel forgotten by the federal government.
- “There is still value” in the CAF, but the institution needs to be able to brand itself in a different way that aligns with modern-day values.
- “The culture in the military, which doesn’t see individuals as a whole, has driven many members away and contributed to its recruitment problem... one member left the military because she felt like the system could no longer support her family as she carries out her duties”.
- This past May, a report¹ diving into the culture of the CAF was released. The report, conducted

1 Update on Madame Arbour’s Independent External Comprehensive Review Final Report and Culture Change Reforms in the Department of National Defence and Canadian Armed

by former Supreme Court of Canada justice Louise Arbour, stated that the leaders of the CAF are “incapable” of recognizing the “deficient” parts of a culture in the military, allowing sexual misconduct and abuse of power to become ingrained in the system... The CAF stated that the institution has accepted and begun implementing 17 of the 48 recommendations from the Arbour report and is “working to analyze and provide the path forward for the remaining recommendations.” The Department of National Defence (DND) has also allocated \$236.2 million in funding over the next five years to eliminate sexual misconduct and gender-based violence in the military and support survivors, according to the statement.

Global News, November 11, 2022 (<https://globalnews.ca/news/9255238/remembrance-day-canada-military-future/>)

1.18. Organizational and non-organizational risk and resilience factors associated with mental health and well-being in the Royal Canadian Navy

The Research on resilience to adversity/stress in the military has typically involved samples of predominantly Army members and focused on individual-level factors. The current study examined a broader range of organizational and non-organizational risk and resilience factors linked to mental health and well-being in hard sea occupations managed by the Royal Canadian Navy (RCN). An electronic survey was administered to a stratified random sample of 930 members in hard sea occupations. Most of the weighted sample were male non-commissioned members of the Regular Force, and just over half were serving on-ship at the time of survey administration. Multivariate linear regressions identified correlates of psychological distress, life satisfaction, and burnout.

Many of the organizational factors (e.g., workload, work-family conflict) were significantly associated with burnout, while final regression models for the broader outcomes of psychological distress and life satisfaction included a smaller set of organizational variables, as well as other risk and resilience factors extending beyond the workplace (e.g., social support, mastery). The findings also suggested a moderating effect of reward on the association between job stress and psychological distress and differences in the relationships among variables for those serving on-ship versus in a land-based unit.

These results highlight the need for research that accounts for the unique experiences of navy personnel, and the need to consider a broad range of risk and resilience factors. Maximizing these resilience factors and/or reducing these risk factors may enhance mental health and well-being among navy personnel.

Current Psychology, June 8, 2021, pp. 1-15, DOI (<https://doi.org/10.1007/s12144-021-01508-x>)

Forces to Address Sexual Harassment and Misconduct, December 13, 2022, <https://www.canada.ca/en/department-national-defence/news/2022/12/update-on-madame-arbours-independent-external-comprehensive-review-final-report-and-culture-change-reforms-in-the-department-of-national-defence-an.html>

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PROGRAM REVIEW – NAVAL FOCUS

1. *Royal Canadian Naval Benevolent Fund (RCNBF)*

RCNBF programs were reviewed in 2021-22 as part of the mandate for the Renewal Committee set up to explore strategies for better governance, management, and impactful programming. Identified issues suggested that the Fund:

- Has not clearly established mission-related goals and objectives for program delivery.
- Has no framework for assessing the effectiveness of its program as a whole.
- Does not conduct ongoing / periodic evaluation or assessment of the operating environment to determine the continued validity of its program.
- Does not assess / evaluate risks to program delivery on an ongoing or periodic basis.
- Has remained, until recently, almost completely passive / dormant in relation to activities that support program delivery (specifically recruiting, fundraising and communications).

As a result of these findings, the RCNBF is conducting this Needs Assessment to assess and understand the current suite of RCNBF programs, the emerging needs of target audiences, and potential gaps in service. The resulting recommendations would lead to programs that are relevant, effective, and achieve community impact. The Board of Directors has approved a bridging strategy for 6-12 months as a stop-gap measure until the results of this Assessment are completed.

1.1. *RCNBF Community Support Program*

This short-term bridging strategy provides grants of up to \$25,000 for eligible organizations supporting clients with a direct or family link to the Royal Canadian Navy (RCN). The temporary fund is entirely dedicated to services, programs and projects that support the naval community and replaces the former assistance arrangements whereby the RCNBF provided clients with individual grants that targeted basic needs, medical expenses, relocation, and other necessities of life (<https://rcnbf.ca/getting-help/rcnbf-community-support-program/>). 2022-23 grants were provided for:

- \$10,000 to Support Our Troops' Special Needs Program, specifically earmarking these funds for Canadian naval families with special needs dependents.
- \$25,000 for the Equipment Grant Program offered by Soldier On, allocated to naval members on the waitlist.
- \$25,000 for Operation Emergency Fund, directed towards naval families experiencing financial hardship. This initiative was established in 2020 by the charitable organization Together We Stand Foundation.

1.2. *Educational Bursary Program*

The RCNBF Bursary Program provides eligible post-secondary students with financial assistance to help cover gaps between the amount of financial support a student needs to attend school and any available government assistance they may receive. The Program Planning and Review Committee (PPRC) amended the criteria and the application process, removing the eligibility of grandchildren of naval veterans and serving members. The application deadline for 2022 was October 28th, and four \$1,500 bursaries were awarded in November 2022. (<https://rcnbf.ca/getting-help/bursaries/>)

1.3. V/Adm Mark Norman Leadership Award (VAMNLA)

Established in 2020, the annual Vice-Admiral Mark Norman Leadership Award recognizes a serving shipmate of the Royal Canadian Navy (RCN) whose outstanding efforts and leadership contribute significantly to the broader naval community's overall quality of life and wellbeing. The 2023 award process begins in November 2022, with the award ceremony to coincide with the Battle of the Atlantic commemorative activities. The \$5,000 cash award is donated to the recipient's approved charity of choice. (<https://rcnbf.ca/getting-help/leadership-award/>)

1.4. Capital/Commemorative Projects

Funding commemorative and capital projects constitute new ways of contributing to the Navy family's wellbeing and have the added benefit of enhancing visibility for the RCNBF. For 2022/2023, the RCNBF contributed \$50,000 to each of the following projects:

- Homes for Heroes Tiny Home Village in Kingston: to build a house for homeless RCN veterans in a place of community, camaraderie, and celebration. (<https://homesforheroesfoundation.ca/kingston/>)
- National Naval Reserve Monument Revitalization Project: to support the complete renovation of the monument and surrounding plaza to coincide with the 100th anniversary of the Naval Reserve in 2023. These efforts ensure a safe, accessible, and appropriate gathering place to celebrate Canada's Naval Reserve, and will be completed ahead of a re-dedication event in the fall. (<https://nnrma-anmrn.ca>)

2. Naval Association of Canada

The modernized Naval Association of Canada (NAC) has a three-part mission:

- Public Education on the Canadian Navy and what it needs if it is to continue to contribute effectively into the future to Canada's security, prosperity, and other interests. NAC also supports Sea Cadets through an annual contribution to the Royal Canadian Sea Cadet Education Foundation.
- Under Maritime Heritage, NAC is undertaking to work with the fifty-or-so maritime museums and trusts across the country to both bring Canada's remarkable maritime history and accomplishments to everyone's attention, at the same time as contributing to their preservation.
- Under Camaraderie, NAC members enjoy the spirit and comradeship derived from shared service to Canada and an affinity for the sea. Additionally, NAC member camaraderie extends to the active support of less-fortunate members and those suffering the loss of a loved one. (<https://www.navalassoc.ca>)

2.1. Naval Affairs

The Naval Affairs program, through research, national and local programs, provides a voice to educate Canadians and their leaders on the importance of Canada's Navy to our nation's well-being, economic prosperity, sovereignty, and defence. (<https://www.navalassoc.ca/naval-affairs/about-naval-affairs/>)

2.2. NAC Endowment Fund

These grants provide support for initiatives that promote the past, present, and future naval needs. (<https://www.navalassoc.ca/nac/nac-endowment-fund/our-legacy/>)

2.3. NAC Children's Books

Books for children that tell fictionalized accounts about real things that the Royal Canadian Navy and the RCAF Maritime Air do. (<https://www.navalassoc.ca/nac/nac-childrens-book/>)

2.4. NAC Awards

The NAC offers a series of Medals and Certificates.

- There are three levels of Medals awarded to NAC members and meant to provide recognition at the local Branch level, then at the Branch and Community level with a national interest and finally to recognize service that brings credit to the member at a National level for combined contributions to the Association and the Nation.
- Various Levels of Certificates are also available to provide recognition and express appreciation to both members whose service deserves recognition below that given by a medal and for non-members who support the Association.

(<https://www.navalassoc.ca/nac/nac-awards/>)

2.5. The Admirals' Medal

The Admirals' Medal is bestowed upon individuals to recognize the advancement of maritime affairs in Canada. (<https://www.navalassoc.ca/the-admirals-medal/>)

3. Navy League of Canada

A non-profit volunteer lead organization that supports youth education and leadership programs as well as promotes the maritime interests of Canada. Registered Charity: #119246635RR0008. (<https://navyleague.ca>)

3.1. Navy League Cadets

This program welcomes youth between the ages of 9 and 12 for fun, naval-themed activities. (<https://www.navyleague.ca/navy-league-cadets>)

3.2. Royal Canadian Sea Cadets

This program is a civilian youth program delivered by the Department of National Defence, supported by the Navy League of Canada. The Sea Cadet program is open to youth between the ages of 12 and 18. There are nearly 8,000 Sea Cadets active in 230 communities across Canada. (<https://www.navyleague.ca/royal-canadian-sea-cadets>)

3.3. Awards and Scholarships

- Rear-Admiral Fred Mifflin Memorial Scholarship: Each year, the Navy League of Canada issues one Maritime Affairs Scholarship valued at \$3,000 to an active Sea Cadet entering an accredited post-secondary program of a maritime focus. (<https://navyleagueofcanada.org/files/documents/EF-55.pdf>)
- Royal Canadian Sea Cadet Education Foundation: Funds a variety of scholarships valued at \$5,000, \$3,000, \$2,000 and \$1000, including the Chief Petty Officer Jack Scholarship. (<https://canadianseacadetscholarships.ca>)

4. Oshawa Naval Veterans' Club

Oshawa Naval Veterans' Club is a veterans club affiliated with the Royal Canadian Naval Association, offering services for veterans, and help with pensions and medical issues. It also does community service for food banks, women's shelters, and other registered charities. (<http://oshawanavyclub.ca>)

5. UNTD Association of Canada

The UNTD Association celebrates the naval and civilian contributions of participants in the Canadian Naval Reserve. It identifies, preserves, and promotes the history and values of the UNTD program and its successors with an emphasis on citizenship, leadership, honesty, commitment, service, and personal discipline. It also provides opportunities for members to support the Navy and for convivial social interaction. (<https://untd.org>)

6. Submariners Association of Canada

A volunteer lead organization that connects Submariners who served to protect Canada through a network of three regional chapters. (<https://saoc.ca>)

7. Crow's Nest

The Crow's Nest Officers' Club, in St. John's Newfoundland, served as a retreat during World War II where allied naval and merchant officers could relax, share their stories of victory and loss, and have a home-cooked meal. The Club has become a living museum, owned and supported by volunteer members, that commemorates the contribution of the Royal Canadian Navy, the Royal Canadian Naval Reserve, and the Royal Canadian Navy Volunteer Reserve during World War II. The Crow's Nest Military Artifacts Association (a registered charity) conserves, preserves, documents, and displays the hundreds of artifacts related to the War that have been collected. (<https://crowstnestnl.ca>)

8. Canadian Institute of Marine Engineering (CIMarE)

CIMarE was created in 1976 to advance and promote the science and practice of marine engineering, naval engineering, naval architecture, and other associated professions. They help foster the next generation of marine engineers by offering greatly reduced student membership rates as well as scholarships and awards provided through various educational institutions. (<https://cimare.ca>)

9. Canadian Naval Technical History Association

The Canadian Naval Technical History Association (CNTHA) is a volunteer organization, many of whom are retired Naval Engineers, working in support of the Directorate of History and Heritage (DHH) in Canada's Department of National Defence. DHH has an ongoing project to capture and preserve Canada's naval technical history. The organization's goals are to:

- Collect and document information on Canada's Naval technical history with a focus on:
 - » Progression of the use of new or different technology in naval technical activities
 - » Effects of the Navy's procurement and construction activities on the defence industry

- » Technical infrastructure supporting naval platforms and equipment
- » Recruitment, training, and development of naval engineers
- Increase accessibility to Canada's Naval technical history

(<https://www.cntha.ca>)

10. *Royal United Services Institute of Nova Scotia (RUSI(NS))*

The Royal United Services Institute of Nova Scotia is a not-for-profit association of retired and serving members of the Canadian Armed Forces, Royal Canadian Mounted Police, other government departments and agencies, and people who support the advancement of Canadian defence, security, and safety affairs. Members participate in presentations and discussions, and correspond with government and the public, educating our communities and generally raising awareness of the importance of military, security, and safety services. (<https://rusi-ns.ca>)

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PROGRAM REVIEW – CANADIAN ARMED FORCES FOCUS

1. Veterans Affairs Canada

Veterans Affairs Canada provides targeted services and benefits to current and former members of the CAF or their family members. The services and programs offered are extensive as outlined below.

1.1. Disability Benefits

Tax-free financial payment dependent on the degree to which the condition is related to an individual's service (entitlement) and the severity of the condition, including its impact on the individual's quality of life (assessment required). (<https://www.veterans.gc.ca/eng/health-support/hearing-loss-and-tinnitus/compensation-hearing-loss-tinnitus>)

1.2. Treatment Benefits

Provides coverage for such things as home health or hospital services, nursing services, appointments with specialists (such as physiotherapists, audiologists, and mental health providers), medical equipment, prosthetics, and prescriptions. (<https://www.veterans.gc.ca/eng/health-support/hearing-loss-and-tinnitus/coverage-hearing-loss-tinnitus>)

1.3. Health-Related Travel Expenses

Travel expenses incurred by a veteran when travelling to receive healthcare services or benefits may be reimbursed, including items such as transportation, parking, meals, lodging, out of province travel and, when required, an escort to accompany when travelling to receive treatment. (<https://www.veterans.gc.ca/eng/health-support/hearing-loss-and-tinnitus/health-related-travel-expenses>)

1.4. Caregiver Recognition Benefit

A monthly tax-free payment for an informal caregiver, such as a family member or friend, who provides daily personal care support. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/caregiver-recognition-benefit>)

1.5. Exceptional Incapacity Allowance

Additional monthly payment for a disability pensioner if their illness or injury impacts quality of life. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/exceptional-incapacity-allowance>)

1.6. Clothing Allowance

Relates to special clothes required to accommodate a disability. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/clothing-allowance>)

1.7. Critical Injury Benefit

A tax-free lump-sum payment that recognizes the immediate impact of the most severe and traumatic service-related injuries or diseases. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/critical-injury-benefit>)

1.8. Additional Pain and Suffering Compensation

Tax-free monthly payments in recognition of any severe and permanent disability related to military service, which creates a barrier to life after service, payable for life. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/additional-pain-and-suffering>)

1.9. Attendance Allowance

Allowance for a serious disability that may need the help of a caregiver daily. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/compensation-illness-injury/attendance-allowance>)

1.10. Veterans Independence Program

Provides annual tax-free funding for services such as grounds maintenance, housekeeping, meal preparation, personal care, and professional health and support services. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/help-at-home/veterans-independence-program>)

1.11. Veterans Independence Program for Survivors

Provides annual tax-free funding to help cover the cost for services such as grounds maintenance and housekeeping. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/help-at-home/veterans-independence-program-survivors>)

1.12. Veterans Independence Program for Primary Caregivers

Provides annual tax-free funding to help cover the cost for services such as grounds maintenance and housekeeping. This program helps the primary caregivers – of a veteran who was receiving the Veterans Independence Program and who has now moved to long term care or is deceased – remain in their home and community. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/help-at-home/veterans-independence-program-caregivers>)

1.13. Long-Term Care

All health systems in Canada provide some level of long-term care support in provincially licensed or regulated facilities. Financial support from Veterans Affairs Canada may be available when the veteran has been admitted to 24-hour care in a community bed (available to any provincial resident) or contract bed (only available to Second World War or Korean War veterans). (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/long-term-care>)

1.14. Group Health Insurance

Offers access to group health insurance through the Public Service Health Care Plan. Participants are responsible for paying monthly premiums, which depend on the type and level of coverage chosen. (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/medical-costs/group-health-insurance>)

1.15. Rehabilitation Services

This plan can include treatments from medical rehabilitation (services to fully improve health), or psycho-social rehabilitation (health services to help regain independence). (<https://www.veterans.gc.ca/eng/health-support/physical-health-and-wellness/rehabilitation-services>)

1.16. Operational Stress Injury (OSI) Clinics

Each OSI clinic provides in-person and virtual assessment, treatment, and support to address service-related mental health issues through a team of psychiatrists, psychologists, social workers, mental health nurses, and other specialized clinicians. The team also works closely with health care providers or organizations in the community to help ensure follow-up is available when needed. Family members may also receive or participate in some of the services provided through the clinic. DND offers similar services through a network of clinics called operational trauma and stress support centres. (<https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness/assessment-treatment/osi-clinics>)

1.17. Mental Health Benefits

The new Mental Health Benefits initiative, launched on 1 April 2022, is designed to provide immediate coverage to veterans for the treatment of certain mental health conditions, such as anxiety disorders, depressive disorders, and trauma-and-stressor-related disorders. The goal is to support veterans' mental health while their disability benefits application is being processed. Coverage will last for two years from the date a disability benefits application is received or until a veteran receives a favourable disability benefits decision. (<https://www.veterans.gc.ca/eng/financial-support/medical-costs/treatment-benefits/mental-health-benefits>)

1.18. Talk to a Mental Health Professional

Veterans, their family members, and caregivers can speak to a mental health professional right now or use the online chat to set up an appointment. This is a confidential and free service available 24/7. (<https://www.veterans.gc.ca/eng/contact/talk-to-a-professional>)

1.19. Speak to a Chaplain

Veterans and their immediate families can get spiritual support when the need arises through VAC's pastoral outreach service. (<https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness/counselling-services/speak-to-a-chaplain>)

1.20. Peer Support

The Operational Stress Injury Social Support (OSISS) is a peer support network for CAF members, veterans and their families experiencing an operational stress injury. (<https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness/counselling-services/someone-who-can-relate>)

1.21. Veteran Family Program

Offers medically releasing CAF members and their families continued access to the Military Family Resource Centres and to a suite of transition-support programs and services, including group sessions on transition topics, mental health first aid course, and a program coordinator that will help develop a family's "care plan". (<https://www.veterans.gc.ca/eng/health-support/mental-health-and-wellness/counselling-services/veteran-family-program>)

1.22. Case Management

One-on-one support to help with significant life challenges including transition to civilian life. (<https://www.veterans.gc.ca/eng/health-support/case-management>)

1.23. Funeral and Burial Assistance

Funeral and burial assistance is provided through the Last Post Fund (see section 20. Last Post Fund) – a non-profit organization – to help pay for funeral and burial services, including a military gravestone, for eligible veterans. (<https://www.veterans.gc.ca/eng/financial-support/death-and-bereavement/funeral-burial-assistance>)

1.24. Income Replacement Benefit

A taxable, monthly benefit that ensures total income will be at least 90 percent of gross pre-release military salary, until the age of 65, while participating in the Rehabilitation Services and Vocational Assistance Program or if having a Diminished Earning Capacity (DEC). (<https://www.veterans.gc.ca/eng/financial-support/income-support/income-replacement-benefit>)

1.25. Income Replacement Benefit for Survivors and Orphans

The Income Replacement Benefit is a taxable, monthly benefit provided to the survivor (spouse or common-law partner) and orphans of a deceased CAF member or veteran. (<https://www.veterans.gc.ca/eng/family-caregiver/death-and-bereavement/income-replacement-benefit-survivors>)

1.26. Educational Assistance for Children

Provides tax-free financial support to a student enrolled in a full-time post-secondary education program for up to four calendar years or 36 academic months, whichever comes first. Educational assistance includes costs such as tuition, registration fees, exam fees, student activity fees, lab, field, or activity course fees, instrument rentals, library fees, and information technology fees. The funding also includes a basic monthly allowance. (<https://www.veterans.gc.ca/eng/family-caregiver/death-and-bereavement/educational-assistance-children>)

1.27. Death Benefit

Paid to a spouse or common-law partner and the dependent children of a CAF member who died because of a service-related injury or illness. (<https://www.veterans.gc.ca/eng/family-caregiver/death-and-bereavement/death-benefit>)

1.28. Survivor's Pension

To provide financial stability, survivors continue to receive their spouse's disability pension for a full year following their death, and the full amount of Prisoner of War Compensation, Exceptional Incapacity Allowance or Attendance Allowance benefits if applicable. In the following year, they will automatically receive the survivor's pension. (<https://www.veterans.gc.ca/eng/family-caregiver/death-and-bereavement/survivors-pension>)

1.29. Canadian Forces Income Support

A tax-free monthly benefit to help low-income survivors, and orphan children if they previously received the Earnings Loss Benefit or their spouse/parent was receiving Canadian Forces Income Support when they passed away. (<https://www.veterans.gc.ca/eng/family-caregiver/death-and-bereavement/canadian-forces-income-support-survivors>)

1.30. War Veterans Allowance (WVA)

A tax-free monthly payment that can vary based on sources of income, marital status and if there are dependents. Those qualified for this allowance can also access emergency funding through the Assistance Fund, which provides grants of up to \$1,000 (per calendar year) to help pay for an unexpected issue that affects health or safety. Survivors (spouses, common-law partners, and dependent children) continue to receive the WVA after the qualified veteran has passed away. (<https://www.veterans.gc.ca/eng/financial-support/income-support/war-veterans-allowance>)

1.31. Veterans Emergency Fund

Provides prompt financial support to veterans, their families, and survivors, who are facing an unforeseen financial emergency that is threatening their health and well-being. (<https://www.veterans.gc.ca/eng/financial-support/emergency-funds/veterans-emergency-fund>)

1.32. Veterans Organizations Emergency Support Fund

Temporary funding for non-profit organizations and registered charities supporting veterans and their families that need financial assistance because of COVID-19. (<https://www.veterans.gc.ca/eng/financial-support/emergency-funds/emergency-support-organizations>)

1.33. Assistance Fund

Provides grants of up to \$1,000 (per calendar year) to help pay for an emergency situation that affects health or safety. Assistance Fund cash grants are only for genuine emergencies and unexpected circumstances which create a need that can't otherwise be met. (<https://www.veterans.gc.ca/eng/financial-support/emergency-funds/assistance-fund>)

1.34. Detention Benefit

A tax-free lump-sum payment for veterans or CAF members who were detained by an enemy, opposing force or terrorist group while serving in the CAF. (<https://www.veterans.gc.ca/eng/financial-support/prisoner-of-war-benefits/detention-benefit>)

1.35. Prisoner of War Compensation

A tax-free benefit for veterans who were detained or evaded capture for at least 30 days prior to 1 April 2006. Spouses, common-law partners, and dependent children of former prisoners of war may also qualify for this compensation. (<https://www.veterans.gc.ca/eng/financial-support/prisoner-of-war-benefits/prisoner-of-war-compensation>)

1.36. Career Transition Services

This service provides one-on-one career counselling, help with resume writing, interview preparation, job-searching and, in some cases, job-placement. (<https://www.veterans.gc.ca/eng/education-and-jobs/finding-a-job/career-transition-services>)

1.37. Jobs in the Federal Government

Includes preference for externally advertised federal public service jobs (job postings open to the general public), ability to apply on internally advertised federal public service jobs (jobs which are open only to current Federal public service employees), statutory priority for veterans whose medical

release was due to a service-related injury or illness, and regulatory priority for veterans whose medical release was not due to a service-related injury or illness. (<https://www.veterans.gc.ca/eng/education-and-jobs/finding-a-job/federal-government-jobs>)

1.38. Vocational Assistance

Provides skills development, education or training and other supports to help establish a new career. (<https://www.veterans.gc.ca/eng/education-and-jobs/finding-a-job/vocational-assistance>)

1.39. Job Bank for Veterans

Helping veterans transition to meaningful careers in the civilian workforce with information about services that can assist in a job search and job postings. (<https://www.jobbank.gc.ca/veterans>)

1.40. Connecting Canadian Veterans with Canadian Jobs

Veterans Affairs Canada and the Canadian Armed Forces Transition Group work closely to support transitioning service members by providing multiple ways to connect with private and public sector employers. (<https://www.veterans.gc.ca/eng/education-and-jobs/finding-a-job/veteran-job-seekers/employers>)

1.41. Vocational Rehabilitation

Provides skills development, education or training and other supports to help establish a new career. Vocational rehabilitation services can include help to identify a suitable career path (with consideration of your health condition), financial support for training and related costs (such as tuition and books), and job search skills development (such as résumé writing and interview skills). (<https://www.veterans.gc.ca/eng/education-and-jobs/finding-a-job/vocational-rehabilitation>)

1.42. Education and Training Benefit

Provides financial help to go to college, university, technical school, or a short-term program after a career in the military. (<https://www.veterans.gc.ca/eng/education-and-jobs/back-to-school/education-training-benefit>)

1.43. At-Risk Housing Situation

A contact number for homeless veterans or at risk of homelessness. (<https://www.veterans.gc.ca/eng/housing-and-home-life/at-risk-housing>)

Overall Impact (2021-2022)¹

The following sampling of indicators have been selected that demonstrate direct impact scope:

- Three months into the Veteran Telemedicine pilot (where medically releasing veterans and their families who do not have a family physician can use TeleHealth services) saw 220 registrants (plus 48 dependants) having 104 consults completed with an average wait time of 10 minutes.
- 10,875 clients accessed services from OSI Clinics, including 3,676 new clients.

¹ The 2021-2022 Departmental Results Report provides an overview of results achieved. (https://www.veterans.gc.ca/eng/about-vac/publications-reports/reports/departme_ntal-results-report/2021-2022/results-achieved).

- The Veteran and Family Well-being Fund (VFWF) disbursed \$8M in 2021–22 to help 36 organizations lead research, initiatives and projects supporting veterans and their families during the post-COVID-19 recovery.
- 27,722 veterans and families were provided with Income Replacement Benefits (IRB) of \$962,850,512 to support their financial well-being, rehabilitation and re-establishment to post-military life.
- An additional 2,100 veterans were approved for the Education and Training Benefit (ETB).
- Over 1,200 were also approved for a new formal program plan.
- Over 1,000 were approved for new short courses designed to support personal and professional development.
- Increased virtual outreach and launched a new Hire A Veteran LinkedIn group in July 2021 to connect veterans with interested employers (2,300+ members, including 200 private sector employers).
- Career Transition Services (CTS) helped 1,317 veterans with resume writing and interview prep, as well as providing one-on-one career counselling.
- Approximately 1,000 veterans/transitioning members participated in a series of national and regional seminars, and over 2,000 registrants with access to the recorded sessions.
- 1,300+ registrants for a five-day private sector webinar with presentations from over 40 employers, with approximately 100 viewers at each presentation.
- The Veterans Emergency Fund (VEF) provided financial support on 736 occasions to 574 Veterans and their families. This included 65 veterans who were homeless.
- Reached out to 2,800 high-risk veterans to ensure basic needs were met, and they could access the support they need.
- Committed \$62.2 million over three years, beginning in 2024–25, for Infrastructure Canada, with support from VAC, to launch a new Veteran Homelessness Program. This program will provide services and rent supplements to veterans experiencing homelessness, in partnership with community organizations. This builds on the Budget 2021 announcement of \$45 million over two years for the development of a veteran homelessness pilot program.
- The disability application backlog has been reduced by 50% since the spring of 2020.
- 4,900 applications completed per month with the help of both our permanent and temporary employees, in late 2021 and early 2022. That is a 40% increase over the average for the previous three fiscal years.
- 356,998 calls responded to by the national call centre.
- 314,758 secure messages responded to via My VAC Account.

2. Canadian Forces Morale and Welfare Services

Canadian Forces Morale and Welfare Services (CFMWS) operates as a social enterprise², with the fundamental goal being to create programs and services that positively impact the health and well-being of those served (regular and reserve force, veterans, families, and all others eligible for CFOne membership). Working on behalf of the Chief of the Defence Staff and under the authority of the Defence Minister, CFMWS is a separate agency of the Defence team. CFMWS employs over 4,000 people and includes the following business units:

- Personnel Support Programs (PSP) – promotes a culture of fitness and healthy active living by researching, developing, and delivering programs and services that contribute to the operational readiness of the Canadian Armed Forces (CAF) and enhance the wellness of their families and the military community.
- Military Family Services (MFS) – offers a range of support and services for families including resources on employment, parenting, health, and education. Many programs and services are available and delivered through local Military Families Service Centres. 24/7 support is offered to military families via the Family Information Line.
- Canadian Forces Exchange System (CANEX) – provides 35 brick and mortar stores across Canada and an ecommerce online platform (www.canex.ca) offering unique products and services exclusive to the CAF community.
- SISIP Financial – provides expert advice and solutions across pensions, investing, insurance, spending, borrowing and more.
- CFOne/CFAppreciation – provides exclusive discounts and savings, earned rewards, and access to personalized financial, fitness and wellness programs exclusive to the military community.

The CFMWS website (<https://cfmws.ca>) provides a central resource hub for services provided by both the organization and other entities. The following annual report and strategic plans provide insights into the current and future direction of the organization:

- CFMWS 2021-22 Annual Report: (<https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/8.4%20Policies%20and%20Publications/8.4.2/8.4.2.2/CFMWS-Annual-Report-2021-EN.pdf>)
- CFMWS Strategic Plan 2022-2025: (https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/8.1%20What%20We%20Do/8.1.3/2022-CFMWS_StrategicPlanBook-EN-220614- WEB.pdf)
- CFMWS Strategy 2030: (https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/8.1%20What%20We%20Do/8.1.3/CFMWS_Strategy-2030_brochure_8-5x11_FEB2020_DPS.pdf)

2.1. Child Care Strategy – for Military Families

CFMWS has created a Child Care Primary Office, which is a temporary team responsible for analyzing military families' current and future childcare needs to develop possible solutions and

2 Social Enterprise is defined as an organization, that is directly involved in the production and/or selling of goods and services for the blended purpose of generating income and achieving social, cultural, and/or environmental aims. Social enterprises are one more tool for non-profits to use to meet their mission to contribute to healthy communities. Social Enterprise Council of Canada (SECC).

recommendations to address child care accessibility challenges. (<https://cfmws.ca/support-services/families/family-child-care-plans/child-care-strategy>)

2.2. COVID-19 Emergency Family Care

Provides military families with financial assistance to help offset costs associated with the care of a family member resulting from the impacts of COVID-19. A representative guides the family to assess eligibility for support under the Emergency Family Care Assistance policy, or redirects to other possible support services. (<https://cfmws.ca/support-services/families/family-child-care-plans/emergency-family-care>)

2.3. Family Care Assistance

Designed to assist CAF single parents and service couples by offsetting increases in the normal costs for child care or attendant care when service requires a CAF member to be absent from home for 24 hours or longer. (<https://cfmws.ca/support-services/families/family-child-care-plans/family-care-assistance>)

2.4. Family Care Plan

Helps CAF members to complete a Family Care Plan that prepares families to be taken care of in case of unforeseen events, emergency callouts and planned deployment by identifying primary and secondary caregivers who should be contacted in the event of an emergency or military tasking. (<https://cfmws.ca/support-services/families/family-child-care-plans/family-care-plan>)

2.5. Family Information Line

A confidential, personal, bilingual, and free service offering information, support, referrals, reassurance and crisis management to the military community, available 24/7.

Call: 1-800-866-4546 (in Canada)

Call: 00-800-771-17722 (International)

Email: FIL@CAFconnection.ca

(<https://cfmws.ca/support-services/family-information-line>)

2.6. A Family Guide to the Military Experience

This Guide by Military Family Services is intended for the spouse, partner, parent, grandparent, sibling and/or child of a serving member. It provides a general overview of the resources to plan and prepare for the lifestyle associated with service, including information about programs, services, contacts, and other useful tips.

(<https://cfmws.ca/CFMWS/media/images/documents/3.0%20Support%20Services/3.1/3.1.4/3.1.4.7/A-Family-Guide-E.pdf>)

2.7. “Joey’s Mom is Going Away” Book

Supports children who are separated from a parent. Using text, illustrations, and activities the story takes children into Joey the beaver’s world as he copes with his mother’s absence. (https://cfmws.ca/CFMWS/media/images/documents/3.0%20Support%20Services/3.5%20Education/Joey-Mom-is-Going-Away_En_WEB.pdf)

2.8. “My Mom is a Soldier” Book

For parents and educators of military children ages 4 to 8 years, the book is intended to educate and support children during the often emotional and stressful posting season. (https://cfmws.ca/CFMWS/media/images/documents/3.0%20Support%20Services/3.5%20Education/My-Mom-is-a-Soldier_FINAL_EWEB.pdf)

2.9. Guide to Working with Military Kids

A free resource full of useful information for everyone who works with military kids, including teachers, childcare providers, tutors, coaches, and counsellors for kids. (https://cfmws.ca/getattachment/ec7354a9-d19a-4179-9c06-8bdcee93323d/EN-WorkingWithKidsGuide_web.pdf)

2.10. Crisis Texting Service for Kids of CAF Families

CFMWS works with Kids Help Phone and Lockheed Martin Canada to offer a crisis texting service for kids from military families living in Canada. Children, youth, and young adults from military families can access free mental health and well-being support by texting the keyword CAFKIDS at 686868 for service in English. (<https://cfmws.ca/support-services/families/children-youth/crisis-texting-service>)

2.11. Caregiver Resources

Resource links include:

- Mental Health Caregiver Guide. (https://cfmws.ca/getattachment/38ae9c7f-796f-4155-9e92-b38b7b93b9a4/Mental-Health-Caregiver-Guide_E.pdf?lang=en-CA)
- National Defence information on a Caregiver Assistance Benefit. (<https://www.canada.ca/en/department-national-defence/services/benefits-military/pay-pension-benefits/benefits-ill-injured/caregiver-assistance-benefit.html>)
- Operational Stress Injury Resource for Caregivers online course. (http://cfmwsmsfs.com/caregiver/story_html5.html)
- Caregiver Zone supporting veterans in Canada. (<https://caregiverzone.ca/#!/forefront/home>)
- Caregivers Brigade. (<https://canadianfamilies.wixsite.com/caregivers-brigade>)

2.12. Parent Resources

Resource links include:

- FAQs for parents of new recruits. (<https://cfmws.ca/support-services/families/parents-of-caf-members/faq-for-parents-of-new-recruits>)
- Facebook groups. (<https://www.facebook.com/groups/MyVoiceMaVoix/> and <https://www.facebook.com/groups/Supporttoparents>)
- National Defence information about basic training. (<https://www.canada.ca/en/department-national-defence/services/benefits-military/education-training/basic-training.html>)
- Basic Up YouTube videos. (<https://www.youtube.com/playlist?list=PL68jwUQHlxI9rdKbjDDQCoQt2OZ-ZSXA9>)

- National Defence information on mental health services. (<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/mental-health.html>)

2.13. Bereavement & Grief Resources

Resource links include:

- National Defence information about Canadian Forces Member Assistance Program (CFMAP) and Bereavement Services. (<https://www.canada.ca/en/department-national-defence/programs/member-assistance.html>)
- National Defence information about obtaining Designated Assistance support. (<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/casualty-support/designated-assistant.html>)
- Office of the National Defence and Canadian Armed Forces Ombudsman information about what happens after a CAF member dies. (<https://www.canada.ca/en/ombudsman-national-defence-forces/education-information/military-families/board-inquiry.html>)
- Information about the CAF – Transition Group. (<https://cfmws.ca/support-services/families/bereavement-grief/navigating-the-system#section-2>)
- Information about Family Liaison Officers. (<https://cfmws.ca/support-services/families/bereavement-grief/navigating-the-system#section-3>)
- National Defence information about Military Death Benefits. (<https://www.canada.ca/en/department-national-defence/services/benefits-military/pay-pension-benefits/benefits/military-death-benefits.html>)
- Information about Casualty Support Services. (<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/casualty-support.html>)
- National Defence information on Chaplain Services (<https://www.canada.ca/en/department-national-defence/services/benefits-military/health-support/chaplain.html>)
- Veteran Affairs Canada information on pastoral outreach services. (<https://www.veterans.gc.ca/eng/family-caregiver/death-and-bereavement/speak-to-a-chaplain>)
- HOPE Program - peer support for bereaved military families. (<https://cfmws.ca/support-services/families/bereavement-grief/hope-program>)

2.14. Guide to Relocating

Provides timelines, tools, checklists, and resources to help plan and make the move process more manageable. (<https://cfmws.ca/support-services/moving-housing/guide-to-relocating>)

2.15. Information about Military Housing

Resource links associated with military and off-base housing. (<https://cfmws.ca/support-services/moving-housing/military-housing>)

2.16. Relocation Resources

Resource links include:

- Canadian Forces Integrated Relocation Program (CFIRP). (<https://www.canada.ca/en/department-national-defence/corporate/policies-standards/relocation-directive/cafrd.html>)

- Commander Military Personnel Command (CMPC) Benefits (link is only accessible to CAF members through the Defence Intranet).
- Compensation and Benefits Instructions (CBI).
- Post Living Differential Areas / Geographical Boundaries (link is only accessible to CAF members through the Defence Intranet).
- CAF Relocation Coordinator (link is only accessible to CAF members through the Defence Intranet).
- 2019 Accommodation and Car Rental Directory.
- Contingency cost moves for personal reasons, compassionate status and compassionate posting (DAOD 5003-6). (<https://www.canada.ca/en/department-national-defence/corporate/policies-standards/defence-administrative-orders-directives/5000-series/5003/5003-6-contingency-cost-moves-for-personal-reasons-compassionate-status-and-compassionate-posting.html>)
- Relocation resources for children. (<https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children>)

2.17. Deployment Resources

Resource links include:

- Parcel Service free mail delivery. (<https://cfmws.ca/support-services/deployment/parcel-service>)
- Information and resources for pre-deployment, deployment, and post deployment. (<https://cfmws.ca/support-services/deployment>)
- Home Leave Travel Assistance (HLTA) assists a member who is deployed or assigned to a place of duty outside Canada to reunite on leave with an eligible family member, by paying or reimbursing eligible transportation expenses. (<https://cfmws.ca/support-services/deployment/deployed/home-leave-travel-assistance>)
- Operation Santa Clause care packages for deployed troops. (<https://cfmws.ca/support-services/deployment/operation-santa-claus>)

2.18. Releasing from the Military Resources

Resource links include:

- Vacations for Vets is an initiative spearheaded by Shell Vacations Club, and the Wyndham Worldwide members, who donate excess timeshare points to offer one-week complimentary lodging to eligible serving and former members of the Canadian Armed Forces. (<https://cfmws.ca/support-services/releasing/vacations-for-vets>)
- General resources for medically releasing CAF members and their families, including links related to health and well-being, compensations and benefits, provincial medical resources, career transition, and testaments, wills and estate planning. (<https://cfmws.ca/support-services/releasing/medically-releasing-member>)
- Veteran Family Program coordinator information. (<https://cfmws.ca/support-services/releasing/veteran-family-program>)
- Medically released veteran information. (<https://cfmws.ca/support-services/releasing/medically-released-veteran>)
- Resources for families. (<https://cfmws.ca/support-services/releasing/resources-for-families>)

- The Veteran Family Journal is a tool designed to assist the medically releasing CAF members, medically released veterans and their families make a successful transition from military life to civilian life. (<https://cfmws.ca/support-services/releasing/veteran-family-journal>)

2.19. Military Family Services (MFS) Education Team

MFS is launching an Education Team in January 2023, with the vision of ensuring CAF families feel supported and equipped to navigate their unique educational pathways. It will offer responsive, complementary services to those of Children's Education Management (educational claims; OUTCAN educational screenings and the operation of CAF Schools). (<https://cfmws.ca/support-services/education/>)

2.20. Second Language Training

For families having been posted to a community where the language is unfamiliar. Includes options for in-class teacher instruction, online courses, and tutoring. (<https://cfmws.ca/support-services/education/second-language-training>)

2.21. Education Tools

Resource links and tools related to education. (<https://cfmws.ca/support-services/education/education-resources-guide>)

2.22. Employment for Military & Veteran Spouses

Employment services customized for spouses/partners of CAF members and spouses/partners of veterans. Search the online job bank, build your business, take a virtual course, access career advice, and get support for job relocation, including to the U.S. and Europe. (<https://cfmws.ca/support-services/employment>)

2.23. Military Spousal Employment Network

Free for spouses and partners of CAF members, the Network is a self-directed resource with direct access to explore committed employers and their available employment opportunities, an online job board, and participate in virtual and in-person career fairs – uniquely for military spouses/partners. (<https://msen.vfairs.com>)

2.24. Health Promotion Program

Provides information and resources for both individuals and CAF leadership and units to address barriers to health and wellness. Health Promotion courses are available to all CAF members and may be extended to the immediate family of CAF members and other members of the Defence Team (includes addictions awareness and prevention, anger management, communication, healthy eating, injury prevention, mental fitness and suicide awareness, sexual misconduct, tobacco cessation, and stress management). (<https://cfmws.ca/support-services/health-wellness/health-promotion>)

2.25. Mental Health Resources

Resource links include:

- Operational Stress Injury Social Support (OSISS), a national peer support network for Canadian Armed Forces members, veterans and their families who are experiencing an Operational Stress Injury (OSI). ([https://cfmws.ca/support-services/health-wellness/mental-health/operational-stress-injury-social-support-\(osiss\)](https://cfmws.ca/support-services/health-wellness/mental-health/operational-stress-injury-social-support-(osiss)))
- Mental health resources. (<https://cfmws.ca/support-services/health-wellness/mental-health/mental-health-resources>)

- Mental health programs and services. (<https://cfmws.ca/support-services/health-wellness/mental-health/mental-health-programs-services>)

2.26. Healthy Relationships Tip Sheets

Provides helpful tips to CAF members and their families on how to navigate through their everyday relationships. (<https://cfmws.ca/support-services/health-wellness/healthyrelationships>)

2.27. Health Care Resources

Resource links include:

- Health care information by province and territory. (<https://cfmws.ca/support-services/health-wellness/health-care/health-care>)
- Virtual doctor support for military families. (<https://cfmws.ca/support-services/health-wellness/health-care/virtual-doctor-support-for-military-families>)
- Veteran family telemedicine service. (<https://cfmws.ca/support-services/health-wellness/health-care/veteran-family-telemedicine-service>)
- Calian military family doctor network. (<https://cfmws.ca/support-services/health-wellness/health-care/calian-military-family-doctor-network>)
- Other useful links. (<https://cfmws.ca/support-services/health-wellness/health-care>)

2.28. PSP Plan Membership

PSP is focused on ensuring the operational readiness of CAF Members, with access capacity of fitness facilities being available to the wider military community. Access to quality recreational programming and activities like family skates and swims are offered. Revenues generated from PSP PLAN are re-invested back into the CAF Community, supporting things like Summer Day Camp, Winter Carnivals and new Splash Pads. (<https://cfmws.ca/sport-fitness-rec/psp-plan>)

2.29. Recreation Programs

Offers military families opportunities to be physically active together and participate in programs that meet their needs and interests. (<https://cfmws.ca/sport-fitness-rec/recreation-programs>)

2.30. Fitness Training Resources

Resource links include:

- Military fitness training programs. (<https://cfmws.ca/sport-fitness-rec/fitness-training/military-fitness-training>)
- Personal training. (<https://cfmws.ca/sport-fitness-rec/fitness-training/personal-training>)
- Becoming a fitness leader. (<https://cfmws.ca/sport-fitness-rec/fitness-training/fitness-courses-qualifications>)
- PSP Reconditioning Program. (<https://cfmws.ca/sport-fitness-rec/fitness-training/psp-reconditioning-program>)
- Fitness program for reserve units. (<https://cfmws.ca/sport-fitness-rec/fitness-training/reserve-physical-fitness-program>)
- CAF physical fitness award for aerobic excellence. (<https://cfmws.ca/sport-fitness-rec/fitness-training/cf-physical-fitness-award-of-aerobic-excellence>)
- Virtual fitness. (<https://cfmws.ca/sport-fitness-rec/fitness-training/caf-fitness>)

2.31. Military Fitness Evaluation

Provides information on the CAF minimum operational standards and specialty trade evaluations. (<https://cfmws.ca/sport-fitness-rec/fitness-testing>)

2.32. Sports Resources

Resource links include:

- CAF Sports Strategy. (<https://cfmws.ca/CFMWS/media/images/documents/8.0%20About%20Us/Strategies/CAF-Sports-Strategy-English-221004-web.pdf>)
- CAF sports listing. (<https://cfmws.ca/sport-fitness-rec/sports/caf-sports>)
- Athletic Trainer Program. (<https://cfmws.ca/sport-fitness-rec/sports/caf-athletic-trainer-program>)
- CAF sports awards. (<https://cfmws.ca/sport-fitness-rec/sports/sports-awards>)
- Conseil international du sport militaire (CISM) & international sports. (<https://cfmws.ca/sport-fitness-rec/sports/csim-international-sports>)
- Coaches program. (<https://cfmws.ca/sport-fitness-rec/sports/caf-coaches-program>)
- Sports newsletters. (<https://cfmws.ca/sport-fitness-rec/sports/caf-sports-newsletters>)
- Out service request. (<https://cfmws.ca/sport-fitness-rec/sports/out-service-request>)
- Officials program. (<https://cfmws.ca/sport-fitness-rec/sports/caf-officials-program>)
- Sports policies. (<https://cfmws.ca/sport-fitness-rec/sports/caf-sports-policies>)

2.33. Clubs

Provides a listing on local and national clubs, club resources, and information on how to create a community club. (<https://cfmws.ca/sport-fitness-rec/clubs>)

2.34. SISIP Financial

Provides advice and solutions across pensions, investing, insurance, spending, borrowing and more. (<https://cfmws.ca/insurance-finance>)

2.35. Discounts & Shopping

Provides listing of discounts for CFOne members. (<https://cfmws.ca/discounts-shopping>)

Overall Impact (2021-2022)

- 930 virtual MFRC counselling sessions
- 1,356 mental health crisis calls answered by the Virtual MFRC
- 2,871 members/families accessed an OSISS virtual workshop
- 959 ill/injured members supported on Soldier On
- 58 youth accessed the Kids Crisis Text Line
- 2,392 Operation Santa packages for deployed members
- 6,120 registrants for recreation day camps
- 142 children with special needs sent to summer camps
- 10,000 Canada Army Run participants

- 62,093 participants of national recreation programs
- 45.9% CAF members completed their FORCE Evaluations
- 4,756 CAF Regular Force members referred to PSP's Reconditioning Program
- 63,701 participants attended 1,596 virtual health promotion workshops
- 3,890 online consultations with physicians through the Maple Telemedicine Program
- 5,141 new SISIP Financial group life insurance clients
- 3,868 SISIP Financial in-person and virtual counselling sessions
- 27,000 No-Interest CANEX Credit Plan purchases
- 2,626 CAF members/families assisted financially with a loan or grant
- 174 Support Our Troops Emergency Grants totalling \$137K

3. Support Our Troops

Support Our Troops operates within the CFMWS envelope (see section 2.0 Canadian Forces Morale and Welfare Services for more information). It focuses on the unique needs and special challenges faced by CAF members. Target audiences include regular and reserve force members, veterans, trainees, and their families. (<https://www.supportourtroops.ca>)

3.1. Holiday Hamper Program

Support Our Troops has worked with the Royal Canadian Chaplain Services across the country to provide holiday hampers to military members and families in need, and now reaches 97% of Bases/Wings/Units nationally. Last year over \$135,200 in gift cards were distributed to 766 members and families in 10 provinces. Local Chaplains are the point of contact for more information. (<https://www.supportourtroops.ca/Get-Support/Emergency-financial-assistance/Holiday-Food-Hamper-Program>)

3.2. COVID-19 Emergency Grant

Provides a one-time* \$200 (maximum) grant per household to members and their families for specific basic needs during the global pandemic. This is to provide applicants with additional time to determine other available solutions. Applications are submitted to the applicant's padre, SISIP Financial Counsellor, Support Our Troops contact, or MFRC. (<https://www.supportourtroops.ca/Get-Support/Emergency-financial-assistance/COVID-19-Emergency-Grant-1>)

3.3. Distress Loan or Grant

Provides a low-interest loan of up to \$25,000 or a grant of up to \$5,000 for financial distress (i.e., when eligible applicants lack the necessities of life, or when personal debts cannot be met due to sickness, accident, death, or other misfortune). Assistance for serving members is available through the local SISIP Financial Counsellor, for veterans through Veterans Affairs Canada and/or the Legion. (<https://www.supportourtroops.ca/Get-Support/Emergency-financial-assistance/Distress-Loan-or-Grant-1>)

3.4. Small Preventative Loan

Provides a small loan of up to \$8,000 to assist with:

- emergency situations such as compassionate travel
- urgent home and car repairs

- prevention of financial distress
- health and safety related issues
- education, if applicant has been denied through the BMO Student Line of Credit Program.

Assistance for serving members is available through the local SISIP Financial Counsellor, for veterans through Veterans Affairs Canada and/or the Legion. (<https://www.supportourtroops.ca/Get-Support/Emergency-financial-assistance/Small-Preventive-Loan-1>)

3.5. Emergency Grant

Provides up to \$2,000 in financial support during an immediate (within the next 24-72 hours) financial distress situation. For example: to assist with transportation costs to essential health services or place of employment during an emergency; to prevent eviction or foreclosure; to assist with necessary uninsured medical or dental services costs; to prevent disconnection of essential utilities like heat or hydro; to purchase groceries or other basic necessities; for other emergency needs not defined above. Assistance for serving members is available through the local SISIP Financial Counsellor or Support Our Troops contact, for veterans through Veterans Affairs Canada and/or the Legion. (<https://www.supportourtroops.ca/Get-Support/Emergency-financial-assistance/Emergency-Grant-1>)

3.6. Special Needs Grants

Military families with special needs dependents can apply year-round for a Special Needs Grant to assist with assessments and reassessments (up to \$1,000), as well as to offset some of the extraordinary costs associated with things like specialized devices, respite care, therapy, and medical travel (up to \$1,000). Applications are submitted to the SISIP Financial Counsellor, Support Our Troops contact, or MFRC. (<https://www.supportourtroops.ca/Get-Support/Special-Needs-Grant>)

3.7. Soldier On

Provides a link to the Soldier On program, which offers grants for eligible applicants to acquire sporting or recreational equipment; and/or participate in structured group activities (*see section 4.0 Soldier On for more details*).

3.8. Hospital Comforts

Ensures that members of the CAF who are hospitalized due to illness, injury, accident, or surgery for longer than 48 hours are made comfortable for the duration of their stay through grants associated with amenities, parking and/or taxi/Uber fees. (<https://www.supportourtroops.ca/Get-Support/Ill-and-injured-support/Hospital-Comforts>)

3.9. Assistive Equipment Grants

Ensures that ill and injured CAF members have access to the necessary equipment to aid their recovery and rehabilitation through limited grants for such items as, but not limited to:

- Additional counselling (limited number of sessions)
- Tool and/or safety equipment related to future employment
- Courses for adaptive equipment
- Deck extensions

- Mattresses
- Mental health therapy equipment
- Essential minor home modifications
- Vehicle purchases and modifications

Serving CAF members submit applications through their local CAF Transition Centre, and veterans submit their applications through Veterans Affairs Canada. (<https://www.supportourtroops.ca/Get-Support/Ill-and-injured-support/Education-Assistance-Loan-Program>)

3.10. National Scholarship Program

A minimum of seventy-five (75) scholarships are available, ranging between \$500 and \$3500 in value for post-secondary education. Applications are sent to the Military Family Services Family Programs Coordinator at scholarships@cfmws.com. (<https://www.supportourtroops.ca/Get-Support/Education/Scholarships>)

3.11. Education Assistance Loan Program

Provides a low-interest study loan (minimum \$500, with increasing increments of \$500 to a yearly maximum of \$5,000 per eligible student). The lifetime maximum loan amount is \$20,000, which may be used for consecutive years of instruction. Applications can be submitted through a SISIP Financial Counsellor or sent directly to supportourtroops@cfmws.com. (<https://www.supportourtroops.ca/Get-Support/Education/Education-Assistance-Loan-Program>)

3.12. George and Helen Vari Foundation Education Bursary Program

Offers education bursaries every spring to eligible applicants, including one \$3,000 bursary allocated to the Toronto Scottish Regiment and several bursaries of varying amounts to a maximum of \$3,000 allocated to active members of the CAF. (<https://www.supportourtroops.ca/Get-Support/Education/George-and-Helen-Vari-Foundation-Education-Bursary>)

3.13. National Summer Camps Program

Eligible serving military families receive reimbursement for their dependents to attend an accredited summer camp of their choice. Available grants include:

- Up to a maximum of \$500 towards day camp for each dependent
- Up to a maximum of \$700 towards residential camp for each dependent
- Up to a maximum of \$1,100 towards residential OR day camp for a special needs dependent

(<https://www.supportourtroops.ca/Get-Support/National-Summer-Camps-Program>)

3.14. Community Development Grants

Boomer's Legacy community development grants fund humanitarian initiatives, which range from helping a family, a school, a hospital, or a community, to providing opportunities for women and improving health care or education conditions. The goal of these projects is to build local capacity to create lasting impact. The grants are managed by Canadian Forces Morale and Welfare Services. (<https://www.supportourtroops.ca/Get-Support/Boomers-Legacy>)

3.15. Region-Specific Grants

Local corporate partners and donors support region-specific initiatives.

Alberta

Military families in Alberta can apply for the following initiatives:

- Recertification, training or education grant of up to \$3.5K for spouse/significant other to increase success of securing employment;
- Club, activity or sport grant of up to \$300 for spouse/children within the first year of the new posting;
- Helping Children Stay in Touch - a one-time grant per household of up to \$250 to assist with the purchase of an iPad or Tablet for the family of a deployed member; and
- Miscellaneous grants to assist members who are transitioning to civilian life.
- CAF Transition Groups within Alberta can apply for the following initiatives:
 - Support for local activities to ensure members feel connected to the community; and
 - Support to serving ill and injured members to address a medical need. Injury / illness must be related to service or have commenced while a member of the CAF.

Military members and their families currently residing in Alberta contact their local Financial Counsellor, local MFRC or local Support Our Troops contact for more information.

Manitoba

\$10,000 is disbursed annually to Manitobans from military families pursuing post-secondary education in the province through the National Scholarship Program.

Saskatchewan

Military families in Saskatchewan can apply for the following initiatives:

- Support for medical travel for specialized appointment. Information on how to apply is available through the local MFRC; and
- Annual Scholarships

Overall Impact (2021-2022)

- 7800 members and families supported overall
- 133 families with a child with special needs received funding
- 192 military children went to summer camp (\$167,800 distributed)
- 75 scholarships awarded to military spouses and dependents
- 372 military families received emergency financial assistance (\$180,969.32 distributed through emergency grants)
- 871 military families supported through the holidays (\$154,000 distributed through the Holiday Food Hamper Program)
- 400 families accessed programs and services in support of enhanced mental health and well-being
- 549 members received support through the license plate program

- 458 military spouses attended entrepreneurship and employment training
- 2105 operational stress injury social support program
- 129 offered support while in hospital
- 1049 Soldier On members supported through equipment grants
- 156 Soldier On members supported through camp grants
- 9 projects funded by boomer's legacy

4. **Soldier On**

A program of the CAF, Soldier On contributes to the recovery of ill and injured CAF members and veterans by providing opportunities and resources through sport, recreational, and creative activities. Generous Canadians support the program through donations and fundraising to the Soldier On Fund, which is managed by the CFMWS (see section 2.0 Canadian Forces Morale and Welfare Services for more information). (<https://www.soldieron.ca>)

4.1. **Soldier On Grant Program**

Provides short-term financial support to help with acquiring sporting or recreational equipment (currently on pause); and/or participating in structured group activities. (<https://www.soldieron.ca/Get-Support/Soldier-On-Grant-Program>)

4.2. **Activities and Events**

Offers a wide variety of activities ranging from snow and ice sports such as alpine skiing, and hockey to land and water-based activities such as cycling, fishing and golf. (<https://www.soldieron.ca/Get-Support/Activities-and-Events>)

Overall Impact (2021-2022)

- 1,771 Soldier On members were able to access the support they needed
- \$910,390.02 provided in equipment and camp grants

5. **Military Family Resource Centre (MFRC)**

Military Family Resource Centres are arm's-length, independent charities that provide a range of support services to Canadian Armed Forces (CAF) members and their families including transition programs, referral services, intervention support and advocacy. All MFRCs may be accessed through, and are thoroughly integrated with, the CFMWS website (see section 2.0 Canadian Forces Morale and Welfare Services for more information). As independent entities, their programs, resources, and service levels vary, although the MFRC's are funded to deliver many CFMWS initiatives. Resource levels, financials, programs, and activities of note are highlighted below where information was readily available. Esquimalt and Halifax MFRCs focus on Naval members.

5.1. Esquimalt MFRC

CFB Esquimalt, located west of Victoria, British Columbia, is the third largest base in Canada (by population) and is home to the Pacific Fleet, one of two Naval Formations. The Esquimalt MFRC has two offices locations. Colwood Pacific Activity Centre is home to a daycare and Signal Hill is located close to the Dockyard Gate in Esquimalt and is the primary location of counselling offices. The MFRC also has a facility in Colwood for Out-of-School Care. Charitable tax number: 138070578 RR0001

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- <https://esquimaltmfrc.com/wp-content/uploads/MFRC-Annual-Report-2021.pdf>

Activities/resources of note

- Podcast: <https://esquimaltmfrc.com/the-military-lifestyle-podcast/>
- Homecoming Statue: [https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)/purchase-a-brick](https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc)/purchase-a-brick)

Key website links

- <https://esquimaltmfrc.com>
- <https://www.facebook.com/esquimaltmfrc/>
- <https://cfmws.ca/esquimalt>
- [https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))

5.2. Halifax and Region MFRC

CFB Halifax, home of Canada's East Coast Navy and the country's largest military base, provides administrative, logistics, IT and executive services support as well as port operations and emergency services to Maritime Forces Atlantic (MARLANT) and assigned lodger units. This MFRC supports all three branches of the CAF: the Royal Canadian Air Force at 12 Wing Shearwater, the Canadian Army - 5th Canadian Division, and the East Coast Fleet of the Royal Canadian Navy.

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- https://www.halifaxmfrc.ca/assets/docs/HR_MFRC_AGM_Report_20-21.pdf

Key website links

- <https://www.halifaxmfrc.ca>
- <https://www.facebook.com/hrmfrc/>
- <https://cfmws.ca/halifax>
- <https://cfmws.ca/halifax/halifax-region-military-family-resource-centre>

5.3. Bagotville MFRC

Located in the Saguenay region of Quebec, 3 Wing Bagotville is one of two fighter aircraft units in Canada.

Key website links

- <https://www.facebook.com/profile.php?id=100064870141004>

- <https://cfmws.ca/bagotville>
- [https://cfmws.ca/bagotville/bagotville-military-family-resource-centre-\(mfr\)](https://cfmws.ca/bagotville/bagotville-military-family-resource-centre-(mfr))

5.4. Borden MFRC

CFB Borden is the largest training establishment in the CAF and is home to a variety of other military and Defence Team organizations.

Key website links

- <https://www.facebook.com/BordenFamilyResourceCentre/>
- <https://cfmws.ca/borden>
- <https://cfmws.ca/borden/borden-family-resource-centre>

5.5. Calgary MFRC

Provides support to families of CAF members within the service area of Southern Alberta, including Red Deer and south to Lethbridge.

Key website links

- <https://www.facebook.com/cmfr/>
- <https://cfmws.ca/calgary>
- [https://cfmws.ca/calgary/calgary-military-family-resource-centre-\(mfr\)](https://cfmws.ca/calgary/calgary-military-family-resource-centre-(mfr))

5.6. Central Saskatchewan MFRC

Provides support to families of CAF members within the service area of Central Saskatchewan.

Key website links

- <https://www.facebook.com/CSMFRC/>
- <https://cfmws.ca/central-saskatchewan>
- <https://cfmws.ca/central-saskatchewan/central-saskatchewan-military-family-resource-centre>

5.7. Cold Lake 4 Wing MFRC Society

4 Wing Cold Lake is the busiest fighter base in Canada. It provides general purpose, multi-role, combat capable forces in support of domestic and international roles of Canada's Air Force. It hosts Canada's world-class tactical fighter force training and deploys and supports fighter aircraft at a moments notice to fulfill the domestic and international roles of Canada's Air Force.

Key website links

- <https://www.facebook.com/coldlake.mfr>
- <https://cfmws.ca/Cold-Lake/>
- <https://cfmws.ca/cold-lake/4-wing-military-family-society>

5.8. Comox MFRC

19 Wing Comox is located at Canadian Forces Base Comox on Vancouver Island with a squadron located in Winnipeg. It keeps watch over the Pacific Ocean looking for illegal fishing, human trafficking, drugs and pollution in addition to foreign submarines. It also carries out search and rescue (SAR) operations and train aircrew and maintainers on the CC-295 fixed wing SAR aircraft.

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- <https://cfmws.ca/getattachment/ee606780-538b-4b77-9e01-c2f681e31ce2/2020-2021-MFRC-AGM-Report.pdf>

Activities/resources of note

- Newsletter: <https://cfmws.ca/CFMWS/media/Comox/PSP/Totem%20Times/TT-Current-Issues.pdf>

Key website links

- <https://www.facebook.com/comoxmfrc/>
- <https://cfmws.ca/comox>
- <https://cfmws.ca/comox/mfrc>

5.9. Edmonton MFRC

3rd the Canadian Division Support Base Edmonton (commonly referred to as Edmonton Garrison) plans and manages the delivery of a range of support and services that are needed by other Canadian Armed Forces units and their members.

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- https://cfmws.ca/CFMWS/media/Edmonton/documents/Annual%20General%20Reports/AGR-EGMFRC-2021-2022_Pages.pdf

Key website links

- <https://www.facebook.com/EdmontonMFRC>
- <https://cfmws.ca/edmonton>
- [https://cfmws.ca/edmonton/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/edmonton/military-family-resource-centre-(mfrc))

5.10. Gander MFRC

Among its many roles, 9 Wing Gander is responsible for providing search and rescue services throughout Newfoundland and Labrador as well as north-eastern Quebec.

Activities/resources of note

- Lending Library: <https://cfmws.ca/gander/gander-military-family-resource-centre/lending-library>

Key website links

- <https://www.facebook.com/groups/165019140274433/>
- <https://cfmws.ca/gander>
- <https://cfmws.ca/gander/gander-military-family-resource-centre>

5.11. Goose Bay MFRC

5 Wing Goose Bay conducts and supports a wide variety of operations including both joint and combined training. It is in Labrador, on the northeast coast of Canada. Its strategic location helps the Canadian Armed Forces and the North American Aerospace Defense Command (NORAD) to protect North American airspace.

Key website links

- <https://www.facebook.com/profile.php?id=100078524107608>
- <https://cfmws.ca/goose-bay>
- [https://cfmws.ca/goose-bay/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/goose-bay/military-family-resource-centre-(mfrc))

5.12. Greenwood MFRC

14 Wing Greenwood is the largest air base on the East Coast. It conducts airborne intelligence, surveillance, reconnaissance and control and transport and rescue in global, joint and combined operations.

Key website links

- <https://www.facebook.com/GMFRC/>
- <https://cfmws.ca/Greenwood/>
- [https://cfmws.ca/greenwood/greenwood-military-family-resource-centre-\(gmfrc\)](https://cfmws.ca/greenwood/greenwood-military-family-resource-centre-(gmfrc))

5.13. Kingston MFRC

Supports Canadian Forces Base (CFB) Kingston, which provides support services in order to allow lodger units to focus on their primary missions.

Key website links

- <https://www.facebook.com/KingstonMFRC/>
- <https://cfmws.ca/Kingston/>
- [https://cfmws.ca/kingston/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/kingston/military-family-resource-centre-(mfrc))

5.14. Mainland BC MFRC

Supports those living on mainland British Columbia, including families from the Army Reserve, Naval Reserve, HMCS Discovery stationed in Stanley Park, and an Air Force Reserve unit, 192 Construction Engineering Flight in Aldergrove. Charitable organization (138724430RR0001)

Activities/resources of note

- Dolly Parton Imagination Library: <https://cfmws.ca/mainland-bc/services-for-families/dolly-parton-imagination-library>

Key website links

- <https://www.facebook.com/BCMFRC/>
- <https://cfmws.ca/Mainland-BC/>
- <https://cfmws.ca/mainland-bc/about-mainland-bc-mfrc>

5.15. Meaford MFRC

The current 4th Canadian Division Training Centre (CDTC) role includes being a training facility for Regular and Reserve soldiers in Ontario and hosts a variety of other countries' military units and non-military agencies.

Key website links

- <https://www.facebook.com/MilitaryFamilyResourceCentreMeaford/>
- <https://cfmws.ca/Meaford/>
- <https://cfmws.ca/meaford/military-family-resource-centre-meaford>

5.16. Montreal Region MFRC

Supports many Canadian Armed Forces organizations, with the majority located at the Saint-Jean and Montreal Garrisons and at the Saint-Hubert site.

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- <https://cdn.flipsnack.com/widget/v2/widget.html?hash=cp3gf3co7k>

Activities/resources of note

- Military Community Guidebook: https://issuu.com/journal-servir-newspaper/docs/guidecommunaute_militaire_2021-2022

Key website links

- <https://crfmmfrcmtl.ca/en/home>
- <https://www.facebook.com/CRFMMFRCMTL/>
- <https://cfmws.ca/montreal-region>
- <https://cfmws.ca/montreal-region/military-family-resource-centre-montreal-region>

5.17. Moose Jaw MFRC

15 Wing Moose Jaw is the centre of Royal Canadian Air Force (RCAF) aircrew training and is under the operational command of 2 Canadian Air Division. It is the principal site of the NATO Flying Training in Canada (NFTC) and Contracted Flight Training and Support (CFTS) programs.

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- <https://cfmws.ca/CFMWS/media/MooseJaw/documents/2021-2022-Annual-Report-english-updated.pdf>

Activities/resources of note

- Welcome package: <https://cfmws.ca/CFMWS/media/MooseJaw/documents/1-Welcome-Package-2022.pdf>
- Podcast: https://open.spotify.com/show/3tFmTb3ZqSHa8fyjbJuids?si=ZNA88reqTRKHca65W3--hg&dl_branch=1&nd=1

Key website links

- <https://www.facebook.com/mfrc.moosejaw/>
- <https://cfmws.ca/moose-jaw>
- <https://cfmws.ca/moose-jaw/moose-jaw-military-family-resource-centre>

5.18. National Capital Region MFRC

Canadian Forces Support Group Ottawa-Gatineau (CFSG (O-G)), is the base for the National Capital Region (NCR). It provides administrative support to approximately 24,000 NCR military and civilian personnel, and oversees primary military, first aid, and safety training for all military personnel within the NCR.

Activities/resources of note

- Sensory Lending Library: <https://cfmws.ca/national-capital-region/military-family-services/complex-needs/sensory-lending-library>

Key website links

- <https://www.facebook.com/mfsncr/>
- <https://cfmws.ca/National-Capital-Region/>
- <https://cfmws.ca/national-capital-region/military-family-services>

5.19. New Brunswick MFRC

5th Canadian Division Support Base Gagetown (5 CDSB Gagetown) is the second largest military base in Canada and the largest military facility in Eastern Canada. It provides personnel, operational, logistical, financial, safety and environmental services to all Base units as well as military units across all four Atlantic Provinces and the Canadian Combat Support Brigade. It is the centre of excellence for Army individual training.

Key website links

- <https://www.facebook.com/CRFMGagetownMFRC/>
- <https://cfmws.ca/gagetown>
- [https://cfmws.ca/gagetown/new-brunswick-military-family-resource-centre-\(nbmfrc\)](https://cfmws.ca/gagetown/new-brunswick-military-family-resource-centre-(nbmfrc))

5.20. North Bay MFRC

22 Wing is located at Canadian Forces Base North Bay (known as the Canadian Air Defence Sector (CADS)), is responsible for providing surveillance, identification, control and warning for the aerospace defence of Canada and North America at the Sector Air Operations Centre.

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- <https://www.northbaymfrc.ca/wp-content/uploads/2022/11/MFRC-AGM-September-22-2022-Final-Presentation2.pdf>

Activities/resources of note

- Welcome package: <https://www.northbaymfrc.ca/wp-content/uploads/2021/06/Welcome-To-North->

[Bay-ENG-Revised-June-22-2021.pdf](#)

- Medical Clinic: <https://www.northbaymfrfc.ca/22-wing-family-medical-clinic/>

Key website links

- <https://www.northbaymfrfc.ca>
- <https://www.facebook.com/NorthBayPSP?mibextid=LQQJ4d>
- <https://cfmws.ca/north-bay>
- [https://cfmws.ca/north-bay/military-family-resource-centre-\(mfrfc\)](https://cfmws.ca/north-bay/military-family-resource-centre-(mfrfc))

5.21. Petawawa MFRC

4th Canadian Division Support Base Petawawa provides support services and is home to 2 Canadian Mechanized Brigade Group (2 CMBG), the Canadian Special Operations Regiment, 1st Canadian Field Hospital, 450 Tactical Helicopter Squadron, 427 Special Operations Aviation Squadron and a multitude of other Units.

Activities/resources of note

- Podcast: <https://militaryfamilylife.buzzsprout.com>

Key website links

- <https://www.facebook.com/pmfrfc/>
- <https://cfmws.ca/petawawa>
- [https://cfmws.ca/petawawa/petawawa-military-family-resource-centre-\(pmfrfc\)](https://cfmws.ca/petawawa/petawawa-military-family-resource-centre-(pmfrfc))

5.22. Prince Edward Island MFRC

The Prince Edward Island Regiment (RCAC) is a Primary Reserve armoured reconnaissance regiment of the Canadian Armed Forces, headquartered in Charlottetown, PEI.

Activities/resources of note

- Media Kit: <http://www.peimfrfc.ca/wp-content/uploads/2021/09/MFRC-Media-Kit-Updated-09-2021.pdf>

Key website links

- <http://www.peimfrfc.ca>
- <https://www.facebook.com/pei.mfrfc1>
- <https://cfmws.ca/pei>
- [https://cfmws.ca/pei/military-family-resource-centre-\(mfrfc\)](https://cfmws.ca/pei/military-family-resource-centre-(mfrfc))

5.23. Portage la Prairie MFRC

Programs and services in Portage la Prairie for Canadian Armed Forces members, veterans, and their families. The MFSC partners with the local Portage Family Resource Centre to help deliver important programs and services.

Key website links

- <https://www.facebook.com/FamilyResourceCentrePortage>
- <https://cfmws.ca/portage-la-prairie>
- [https://cfmws.ca/portage-la-prairie/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/portage-la-prairie/military-family-resource-centre-(mfrc))

5.24. Shilo MFRC

Home to the First Regiment Royal Canadian Horse Artillery (1RCHA) and the Second Battalion Princess Patricia's Canadian Light Infantry (2PPCLI). It is also home to lodger units such as 3 Cdn Div TC C Coy, 3 CDSG SS Det Shilo, and 11 CF Health Services Centre. The Shilo MFRC, established in 1990, serves the families of the Canadian military and civilian employees of CFB/ASU Shilo, military families residing in the city of Brandon, Manitoba and the Rural Municipalities of Cornwallis, North Cypress and Oakland-Wawanesa.

Key website links

- <https://www.facebook.com/Shilomfrc/>
- <https://cfmws.ca/shilo>
- [https://cfmws.ca/shilo/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/shilo/military-family-resource-centre-(mfrc))

5.25. Southwestern Ontario MFRC

The MFRC is focused on meeting the changing needs of military families throughout Southwestern Ontario from Windsor to Hamilton and the Niagara Region. Includes programs and services for Canadian Forces regular and reserve members, veterans, spouses and partners, children and youth community engagement, education and employment services, family separation and reunion services, crisis, and intervention.

Key website links

- <https://cfmws.ca/southwestern-ontario/military-family-resource-centre>

5.26. St. John's MFRC

The MFRC provides information and referral services, educational workshops, personal development workshops, short term confidential crisis counseling, emergency child care, spousal employment, reservist outreach, deployment services, children and youth and parenting programs.

Activities/resources of note

- Hero in Training Activity Book for children: <https://cfmws.ca/support-services/moving-housing/relocation-resources-for-children>

Key website links

- <https://www.stjohnsmfrc.com>
- <https://www.facebook.com/stjohnsmfrc/>
- <https://cfmws.ca/st-johns>
- [https://cfmws.ca/st-johns/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/st-johns/military-family-resource-centre-(mfrc))

5.27. Suffield MFRC

Located in Southeast Alberta, approximately 50 kilometres west of Medicine Hat, CFB Suffield has been the site of military training in the region since 1972. The MFRC serves a very unique and diverse population made up of both Canadian Armed Forces and British Army families from around the globe.

Key website links

- <https://www.facebook.com/smfrcl/>
- <https://cfmws.ca/suffield>
- [https://cfmws.ca/suffield/military-family-resource-centre-\(mfrcl\)](https://cfmws.ca/suffield/military-family-resource-centre-(mfrcl))

5.28. Toronto MFRC

The Toronto MFRC is a community-based, non-profit charitable organization chartered, under a Memorandum of Understanding with the Department of National Defence, with the delivery of the Military Family Services Program. The Centre employs approximately 30 full-time, part-time, and casual (supply) staff in the delivery of serving member, veteran, member/veteran family support, and child care services.

Key website links

- <https://www.facebook.com/TorontoMFRC/>
- <https://cfmws.ca/toronto>
- <https://cfmws.ca/toronto/toronto-mfrc>

5.29. Trenton MTRC

8 Wing is located at Canadian Forces Base (CFB) Trenton. From delivering supplies to the high Arctic to airlifting troops, equipment, and humanitarian loads worldwide, 8 Wing/CFB Trenton is the hub of Royal Canadian Air Force air mobility operations in Canada. CFB Trenton is home of the Joint Rescue Coordination Centre (Trenton), responsible for search and Rescue operations over a large area of central and northern Canada.

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- https://trentonmfrc.ca/uploads/2022/11/J17866_61681-10inch-ENGLISH-V2.pdf

Key website links

- <https://trentonmfrc.ca>
- <https://www.facebook.com/TrentonMilitaryFamilyResourceCentre/>
- <https://trentonmfrc.ca>
- <https://cfmws.ca/trenton/trenton-mfrc>

5.30. Valcartier MFRC

2nd Canadian Division Support Base Valcartier has long been a training site: the Valcartier assembly camp was opened for the first time in 1914 to train Canadian expeditionary forces. The VMFRC website aims to facilitate access to their services, resources and activities through a digital and

interactive portal. Includes elements complementary to those on the national website (<https://cfmws.ca/valcartier>), such as online registrations or payments, appointments, preventive tools etc.

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- https://crfmv.com/wp-content/uploads/2022/09/Rapport_annuel_CRFMV_21-22_Final.pdf

Activities/resources of note

- Blog: <https://crfmv.com/en/blog/>

Key website links

- <https://crfmv.com/en/>
- <https://www.facebook.com/CRFMValcartier>
- <https://cfmws.ca/valcartier>
- [https://cfmws.ca/valcartier/military-family-resource-centre-\(mfrc\)](https://cfmws.ca/valcartier/military-family-resource-centre-(mfrc))

5.31. Wainwright MFRC

Garrison Wainwright is one of the busiest Army bases in Canada and training ground for the Army's field force units in Western Canada.

Activities/resources of note

- YouTube channel: <https://www.youtube.com/@wainwrightmilitaryfamilyre5981/featured>

Key website links

- <https://www.facebook.com/WainwrightMFRC/>
- <https://cfmws.ca/wainwright>
- [https://cfmws.ca/wainwright/wainwright-military-family-resource-centre-\(wmfrc\)](https://cfmws.ca/wainwright/wainwright-military-family-resource-centre-(wmfrc))

5.32. Winnipeg MFRC

17 Wing is located at Canadian Forces Base Winnipeg and generates, delivers, and sustains air missions and provides ab initio aircrew training, specialized education, and aircrew environmental skills training.

Key website links

- <https://www.facebook.com/WinnipegMFRC>
- <https://cfmws.ca/winnipeg>
- <https://cfmws.ca/winnipeg/mfrc>

5.33. Yellowknife MFRC

Situated in Yellowknife, Joint Task Force North (JTFN) provides a Canadian Armed Forces presence in the Yukon, the Northwest Territories and Nunavut. JTFN HQ is a joint headquarters capable of coordinating, supporting, and conducting operations. The MFRC serves veterans, military members and their families in Iqaluit, Whitehorse and Yellowknife.

Key website links

- <https://www.facebook.com/northof60mfrc/>
- <https://cfmws.ca/yellowknife>
- <https://cfmws.ca/yellowknife/military-family-resource-centre>

MFRCs can enhance services to military families through various strategies such as fundraising, provincially licensing daycares and partnering with local government departments. Out of the country, this setup is not legally possible, which is why Military Family Services delivers mandated services directly to these military families.

5.34. Military Family Services (Europe)

Key website links

- <https://mfsecommunications.wixsite.com/blog>
- <https://www.facebook.com/MFSEurope/>
- <https://cfmws.ca/europe>
- [https://cfmws.ca/europe/military-family-services-\(europe\)](https://cfmws.ca/europe/military-family-services-(europe))

5.35. Military Family Services (Global/Rest of World)

Key website links

- <https://cfmws.ca/outcan-global>
- <https://cfmws.ca/outcan-global/military-family-services-global-support>

5.36. Military Family Services (United States)

Key website links

- <https://cfmws.ca/united-states>
- <https://cfmws.ca/united-states/resources>

6. Wounded Warriors Canada

Wounded Warriors Canada is a national mental health service provider, which uses clinical best practices and evidence-based care to create an environment of compassion, resilience and hope for veterans, first responders and their families. They provide a wide range of programs and services benefiting individual members, couples, spouses, and children affected by operational stress injuries such as PTSD. Approximately 1,000 veterans and their family members receive care through Wounded Warriors Canada programming each year. Services are both in-person and via virtual program delivery. Charitable#: 82808-2727-RR0001 (<https://woundedwarriors.ca>)

6.1. Trauma Resiliency Program (TRP)

A clinically facilitated program that helps veterans and first responders acquire the necessary tools to overcome the natural and understandable effects of traumatic exposure based on a clear understanding of the physical and social effects of traumatic injury. (<https://woundedwarriors.ca/our-programs/trauma-resiliency-program/>)

6.2. Core Trauma Concepts Program

A unique mental health program that introduces trauma fundamentals to organizations and trauma exposed professionals. (<https://woundedwarriors.ca/our-programs/core-trauma-concepts/>)

6.3. Couples Overcoming PTSD Everyday (COPE)

COPE is Canada's leading clinically facilitated couples-based trauma program and is Wounded Warriors Canada's first internationally recognized program. (<https://woundedwarriors.ca/our-programs/couples-overcoming-ptsd-everyday/>)

6.4. Couples Resiliency Program (CRP)

Developed to assist couples impacted by Post Traumatic and Operational Stress injuries to improve their relationship with their spouse/partner. A combination of Equine Assisted Learning, Psychological intervention, combined with tools to reduce conflict, manage anger, and improve communication. (<https://woundedwarriors.ca/our-programs/couples-resiliency-program/>)

6.5. Warrior Kid Camp and Virtual Program

This program combines the essential knowledge around the impact operational stress injuries can have on children and youth in families with a veteran or first responder parent. The Warrior Kids Camp and Virtual programs consist of two formats – a six-week psycho-educational virtual group and a two-day in-person overnight camp delivered at various locations in Canada. The programs have been developed to support children aged 8-16. (<https://woundedwarriors.ca/our-programs/warrior-kids-camp/>)

6.6. PTSD Service Dogs

Wounded Warriors Canada provides funding to support the training and pairing of PTSD Service Dogs nationally. (<https://woundedwarriors.ca/our-programs/ptsd-service-dogs/>)

6.7. Facility Dog Program

Facility Dogs goal is to mitigate the impacts of traumatic events and help reduce the risk of members of the first responder community developing long term PTSD. The dogs promote the improvement of physical, social, and emotional ability in first responders. Facility dogs work with a handler who helps to direct that emotional support. (<https://woundedwarriors.ca/our-programs/operational-stress-intervention-dog/>)

6.8. Before Operational Stress (BOS)

BOS is a group-based intervention program providing participants the opportunity to receive and offer support in a group context with issues related to operational stress. (<https://woundedwarriors.ca/our-programs/before-operational-stress/>)

6.9. Trauma Resiliency Training (TRT)

TRT is a clinically facilitated group-based training program that combines the power of a team approach with effective, trauma-resilient skill development. Participants learn the basic skills of trauma management to begin using immediately. (<https://woundedwarriors.ca/our-programs/trauma-resiliency-training-trt/>)

6.10. Peer Support Training

The Peer Support Training program is designed to help first responders become confident, capable, well-informed peer supporters, with increased personal resiliency for the rigors of their frontline and peer support roles. (<https://woundedwarriors.ca/our-programs/peer-support-training/>)

6.11. Trauma Informed Practice (TIP)

TIP is a four-hour course that helps participants understand trauma and increase their effective supports. (<https://woundedwarriors.ca/our-programs/trauma-informed-practice/>)

6.12. Warrior Health

A new platform that provides Occupational Awareness Training to clinicians (social workers, psychologists, physicians, and case managers) to help provide insight into the unique nuances of stoic service cultures that are typical of Military and First Responder work environments. Additionally, Warrior Health will serve as a resource to connect veterans, first responders and their family members with occupationally aware clinicians from a national AirBnB-style healthcare provider directory. (<https://warriorhealth.ca>)

6.13. Awareness and Fundraising Events

Several events including:

- Walk for the Wounded. (<https://www.walkforthewounded.ca/about>)
- Ruck for Remembrance. (<https://ruckforremembrance.ca>)
- Wounded Warrior Run BC. (<https://woundedwarriors.ca/events/wounded-warrior-bc-run/>)
- 24 Hours of Heroes. (<https://www.24hoursofheroes.com>)
- Battlefield Bike Ride. (<https://bbrseries.ca>)
- Ride for Mental Health. (<https://rideformentalhealth.ca>)
- Park of Reflection. (<https://woundedwarriors.ca/for-donors/park-of-reflection/park-of-reflection/>)

Overall Impact (2022)

- 84% of participants found group therapy valuable
- 97% participant satisfaction with Wounded Warrior Canada (WWC) programs
- 89% WWC programs helped reduce feelings of shame or stigma for participants
- 95% of participants felt supported and understood
- 330,000 hours of clinical treatment provided
- \$35,000,000 funds invested in program delivery
- 2,000 veterans, first responders and family members supported
- 150 uniformed service partners nationally
- 181 COPE program graduates
- 62 lives changed through spousal programs
- 582 Warrior Kids Camp and Virtual Program graduates
- 150 service dogs paired

- 483 Trauma Resiliency Program graduates
- 141 Couples Resiliency Program graduates

7. Royal Canadian Legion

The Royal Canadian Legion is committed to making a difference in the lives of veterans and their families, providing essential services in communities, and remembering the men and women who sacrificed for our country. Legion Branches are the cornerstone of communities across Canada and provide one of the largest volunteer bases in the country. With 1,350 Branches from coast to coast to coast, members provide local services and supports to build a stronger Canada. Whether helping local veterans, supporting seniors, providing youth sports programs, raising funds, volunteering to help those in need, or simply offering a place to gather for fun and celebration, Legionnaires provide essential services in their communities. (<https://www.legion.ca>)

7.1. Remembrance Day

The Legion organizes and conducts the National Remembrance Day service in Ottawa, as well as hosts ceremonies in communities across the country and abroad. (<https://www.legion.ca/remembrance/remembrance-day>)

7.2. The Poppy Campaign

The Poppy Campaign is a local initiative, conducted by Legion Branches in cities, towns, and communities across the country. Donations collected during the Poppy Campaign are held in trust at the branch level to directly support veterans and their families within their community and to help ensure Canadians ‘never forget.’ (<https://www.legion.ca/remembrance/the-poppy-campaign>)

7.3. Youth and Remembrance

Legion Branches support youth involvement in Remembrance in a variety of ways. From holding Remembrance ceremonies at schools, speaking with students and youth organizations about veterans, inviting youth to participate in community and Branch commemorative services, to inviting Cadets to help with the Poppy Campaign, etc. (<https://www.legion.ca/remembrance/youth-and-remembrance>)

7.4. Remembrance All Year

The Legion provides resources to promote Remembrance throughout the year. (<https://www.legion.ca/remembrance/remembrance-all-year>)

7.5. National Silver Cross Mother

The National Silver Cross Mother is chosen as a memento of personal loss and sacrifice on the part of widows and mothers of Canadian sailors, aviators and soldiers who died for their country during the war. (<https://www.legion.ca/remembrance/silver-cross-mother>)

7.6. Advocating for Veterans

To develop positions and messages to effectively advocate for veterans and their families, the Legion supports and conducts research, and consults with their members, other veterans, and their families, and with subject matter experts. (<https://www.legion.ca/advocating-for-veterans>)

7.7. Assistance with VAC

Branch Service Officers assist veterans by identifying those with unmet health needs and possible benefits from VAC and then by making appropriate referrals to Command Service Officers, who provide:

- Information and advice on available VAC programs and benefits
- Assistance with the preparation and submission of disability claims
- Assistance with the claims process from the first application up to and including a Request for Reconsideration with the Veterans Review and Appeal Board
- Professional advice and assistance in accessing other programs and benefits

These services are free of charge and offered to veterans, still serving Canadian Armed Forces members, RCMP members, and their families. (<https://www.legion.ca/support-for-veterans/assistance-with-vac>)

7.8. Adjusting to Civilian Life

Provide support to veterans retiring from the military or RCMP in transitioning back to civilian life through guidance in accessing immediate and long-term supports and services. (<https://www.legion.ca/support-for-veterans/adjusting-to-civilian-life>)

7.9. Financial Assistance

The Legion provides financial assistance to serving and former Canadian Armed Forces members, RCMP, and their families who are in financial distress. Grants are available for food, heating, clothing, prescription medication, medical appliances and equipment, essential home repairs and emergency shelter or assistance. Smaller comforts can also be provided to veterans and surviving spouses who are hospitalized. (<https://www.legion.ca/support-for-veterans/financial-assistance>)

7.10. Mental Health and PTSD

Although they can't assist directly in the specialized area of mental health, the Service Officer Network aids in finding the help needed. (<https://www.legion.ca/support-for-veterans/mental-health-ptsd>)

7.11. Homeless Veterans

Trained Legion Command Service Officers can assist with the following:

- Finding suitable accommodation: working closely with Veterans Affairs Canada, shelters, and community organizations to get veterans off the street and into temporary and/or long-term accommodations.
- Financial assistance: through the Poppy Fund, housing support is provided through financial assistance for items such as first and last month's rent, rental arrears, and furnishings.

In addition, Legion Branches and Commands across the country support numerous initiatives to help homeless and near-homeless veterans in their communities. This includes:

- The "Leave the Streets Behind" Program that provides immediate financial assistance and support and connects them with social and community services to establish a long-term solution to meet their needs.

- Partnering with other organizations to advocate for supports and solutions for homeless veterans.

(<https://www.legion.ca/support-for-veterans/homeless-veterans>)

7.12. Outreach and Visitation Initiative

The Royal Canadian Legion delivers the Outreach and Visitation Initiative (OVI) on behalf of VAC. Through this partnership, the Legion facilitates face-to-face visits with these veterans in long-term care facilities, providing them with an opportunity to have a social visit with a Legion volunteer and to raise concerns or identify needs that might be addressed by Veterans Affairs Canada. (<https://www.legion.ca/support-for-veterans/outreach-and-visitation>)

7.13. Support for Families

Supports families through a range of programs and referral services. (<https://www.legion.ca/support-for-veterans/support-for-families>)

7.14. Support for Seniors

The Legion assists veterans, their spouses, and dependents in accessing benefits and supports available through VAC. As well, they can refer veterans and their spouses to a variety of national, provincial and community programs, services and supports for seniors. (<https://www.legion.ca/support-for-veterans/support-for-seniors>)

7.15. Peer Support Programs

The Legion offers veteran peer-to-peer support programs to encourage veterans and their families to connect with others in their community in a supportive environment. Initiatives include:

- Operation VetBuild that is led by the Legion's Operational Stress Injury Special Section (Legion OSI), using hobbies, such as scale model-building kits, in a veteran-to-veteran support environment.
- Buddy Check Coffee is a veteran-run peer program offering comradeship in a relaxed environment, encouraging veterans to network and share experiences and stories.

(<https://www.legion.ca/support-for-veterans/peer-support-programs>)

7.16. Canadian Veterans Abroad

The Legion assists Canadian veterans who live outside Canada in accessing available benefits and services, free of charge. (<https://www.legion.ca/support-for-veterans/canadian-veterans-abroad>)

7.17. Allied Veterans

The Legion national office coordinates all applications originating in Canada to the Royal Commonwealth Ex-Services League in the United Kingdom on behalf of allied veterans and widows. (<https://www.legion.ca/support-for-veterans/allied-veterans>)

7.18. Articles from the Legion

The Legion writes articles of interest for veterans, including serving military and RCMP members, and their families, for publication in the "Serving You" section of Legion Magazine. (<https://legionmagazine.com/en/category/our-veterans/serving-you/>)

7.19. Funding for Veteran Support Organizations

Through donations to the Poppy Trust Fund, the Legion provides funding to eligible organizations undertaking veteran support initiatives. (<https://www.legion.ca/remembrance/the-poppy-campaign/funding-for-organizations>)

7.20. Legion Riders

The Legion Riders offer a great opportunity for members to support their community while enjoying their love of motorcycling. (<https://www.legion.ca/communities-youth/legion-riders>)

7.21. Youth Education

The Legion promotes youth-specific education regarding veterans and Remembrance through a range of local and national initiatives. Resources include a teaching guide, Remembrance contests, and bursaries and scholarships. (<https://www.legion.ca/communities-youth/youth-education>)

7.22. Youth Leadership and Sports

The Legion works closely with Canadian cadet organizations in the promotion of leadership, fitness, and the spirit of service to the country. They also support youth sports in communities and help channel athletes into the Legion's Provincial and National track and field programs. (<https://www.legion.ca/communities-youth/youth-leadership-and-sports>)

7.23. Ladies' Auxiliaries

The Ladies' Auxiliary, a separate non-profit organization, contributes to the day-to-day life of Legion Branches and provides financial and volunteer support to Legion programs. (<https://www.legion.ca/communities-youth/ladies-auxiliaries>)

8. The Legion National Foundation

The Legion National Foundation, with its national scope, fosters initiatives that enhance the lives of veterans who have served or continue to serve in the Canadian Armed Forces and the Royal Canadian Mounted Police. Organizations providing support programs for veterans may apply for financial support in specific categories. Charitable Registration Number: 774374524RR0001 (<https://lnfcanada.ca>)

8.1. Veterans' Health and Wellness

The Foundation supports national and local organizations that empower veterans. This work includes finding meaningful work, locating accommodations that meet their unique needs and increasing their wellness through programs that understand their specific requirements. (<https://lnfcanada.ca/how-you-help/veterans-health-and-wellness/>)

8.2. Scholarships and Bursaries

The Foundation supports families of active and retired members of the Canadian Armed Forces or the Royal Canadian Mounted Police who wish to pursue their education. Scholarships and bursaries cover tuition, books, associated educational fees and room and board at post-secondary educational institutions. The scholarships include students attending universities, colleges, technical trade schools, and vocational or professional training. (<https://lnfcanada.ca/how-you-help/scholarships-and-bursaries/>)

8.3. Pilgrimages of Remembrance

Every two years Canadians travel to battlefields, military cemeteries, museums, and memorial services in France, Belgium, and the Netherlands. Those who participate in the Foundation's Pilgrimage spend two weeks taking in the devastation of First World War 1 trenches and the beaches of Normandy. They participate in ceremonies of Remembrance at cemeteries where many young Canadians found their final resting place, and learn about Canada's military history, heritage, and the contributions of our veterans. (<https://lnfcanada.ca/how-you-help/pilgrimages-of-remembrance/>)

8.4. Remembrance Contests for Children and Youth

Canadian youth and children express Remembrances in meaningful ways. The Legion National Foundation, in partnership with The Royal Canadian Legion and schools across the country, invites students in Grades 1 through 12 to enter national literary and poster contests. (<https://lnfcanada.ca/how-you-help/remembrance-contests-for-children-and-youth/>)

8.5. Remembrance Island

The Legion National Foundation and Fortnite created a custom Fortnite Island where players could take time away from their battles to honour Canada's Fallen. Players on Remembrance Island experience First World War trenches, D-Day beaches, a Canadian military cemetery, and the Vimy Ridge Memorial cenotaph. Players will discover 30 information plaques and follow the poppies to a memorial cenotaph. (<https://lnfcanada.ca/how-you-help/remembrance-island/>)

8.6. Digital Poppy

The Legion National Foundation raises funds to support veterans and their families. The Digital Poppy is a way Canadians can support those who served while honouring the Fallen. (<https://lnfcanada.ca/how-you-help/digital-poppy/>)

9. Project Trauma Support

Project Trauma Support offers a residential program that addresses PTSD and moral injury in first responders (police, paramedics, firefighters, corrections officers) and military members/veterans. The organization is beginning to welcome front-line healthcare providers: physicians, nurses and others who have been affected by working through the COVID pandemic. A registered charity BN 896568417RR0001, supported financially by the Royal Canadian Legion. (<https://projecttraumasupport.com>)

9.1. Project Trauma Support Program

Each program "cohort" is 6 days in length and is located on a 250-acre property which is bordered by the Tay River in Perth, Ontario. This is a comprehensive psychological program using evidenced-based therapies for PTSD, such as cognitive processing and exposure therapy. Narrative and logos therapies are also utilized. Schema therapy and a family systems approach are used to identify issues contributing to complex PTSD. In addition to the psychological components, the curriculum also includes physical exercise, meditation, and healthy nutrition. Experiential and educational sessions help the participants to develop a greater understanding of PTSD and moral injury, how they have been affected, and a pathway to healing. Workshops are included that assist individuals in clarifying their values and priorities and set occupational, relational and life goals. Tools that aid in recovery, well-being and return to full participation in multiple life roles are introduced and practiced. (<https://projecttraumasupport.com/information/>)

10. Veterans Transition Network

The Veterans Transition Network offers group counselling designed specifically for veterans to overcome trauma, improve mental health and well-being, strengthen family life, stabilize employment, and aid the transition from soldier to civilian. Charity #81799 8503 RR0001. (<https://vtncanada.org>)

10.1. Transition Skills Course

This five-day, in-person, retreat-based workshop assists with transition skills and the challenges of COVID-19. Program participants practise safe physical distancing protocols with the right personal protective equipment (PPE). (<https://vtncanada.org/course-schedule/>)

10.2. Veterans Transition Program

This program takes place over three weekends within two months of its start date. The team works to ensure participants leave with the skills and plan for reaching the life they want to live. Currently unavailable due to Covid-19.

10.3. National Para Support Team

A veteran-to-veteran peer support service is provided via phone or secure video chat. Training and coaching for peer supporters led by VTN clinicians. This program is sponsored by the Atlas Institute for Veterans and Families. Under development.

11. No Stone Left Alone Memorial Foundation (NSLA)

The organization's mission is to honour the sacrifice and service of Canada's military by educating students and placing poppies on the headstones of veterans every November. In 2022: 9,778 students from 168 communities honoured 79,896 veterans in 226 events. Registered Charity: 82212-5506 RC0001. (<https://www.nostoneleftalone.ca>)

11.1. Teacher Resources

Provides in-depth guides for teachers and students, as well as links to additional resources and a sample lesson plan. (<https://www.nostoneleftalone.ca/teacher-resources>)

11.2. NSLA Expense Assistance Fund

The Expense Assistance Fund aims to help cover NSLA event expenses for organizers in cases where those costs would otherwise form a barrier to participation. The fund is primarily focused on costs for student transportation to and from the event, but other expenses will be considered and may be funded if they are deemed critical to the event's success. (<https://www.nostoneleftalone.ca/expense-assistance>)

11.3. Cemetery Resources

Provides information about how cemeteries can register and participate in the event. (<https://www.nostoneleftalone.ca/for-cemeteries>)

11.4. Ceremony Organizer Resources

Provides resources for event organizers. (<https://www.nostoneleftalone.ca/ceremony-organizer-resources>)

12. True Patriot Love Foundation

True Patriot Love is a Canadian Foundation for the military community, working to support members, veterans, and their families at every stage of their journey. Areas of focus include supporting stronger military families, prioritizing well-being, improving the rehabilitation and recovery journey, and fostering connection with the community. Charitable Business #:81464 6493 RR0001. (<https://truepatriotlove.com>)

12.1. Afghan Resettlement Fund

Fund to assist in resettlement in Canada of Afghan interpreters, locally employed people and their families. The fund will also be used to provide support for the many Canadian veterans who served alongside these people and are struggling with the deteriorating conditions in Afghanistan. The fund will be distributed across Canada to local organizations working directly with Afghan refugees and their families as they adapt to life in Canada, providing support for legal costs, housing, language training, mental health supports, employment and education training and more. (<https://truepatriotlove.com/press/17266-2/>)

12.2. Captain Nichola Goddard Fund

Provides national funding to directly benefit community programs that support servicewomen, female veterans, and their families, which help address the unique challenges related to military life. (<https://truepatriotlove.com/granting-and-programs/captain-nichola-goddard-fund/>)

12.3. Local Community Fund

This Fund is open year-round to provide community-based organizations with an opportunity for continuous support. Grants (\$5,000-\$50,000) are provided to enhance service/program delivery, capacity building, and systems change that directly support and enhance the lives of serving members, veterans, and their families. This includes camps for children from military and veteran families. (<https://truepatriotlove.com/granting-and-programs/true-patriot-love-local-community-fund/>)

12.4. Military Creative Arts Initiative

An investment in community-based arts programming for military members, veterans, and their families. The project will increase access to alternative creative arts programs that have been shown to positively impact the physical and mental wellness of active military and those who are transitioning to civilian life. (<https://truepatriotlove.com/granting-and-programs/true-patriot-love-local-community-fund/true-patriot-love-military-creative-arts-initiative/>)

12.5. Veteran Network

The True Patriot Love Veteran Network, open to all veterans across Canada, will provide a virtual connection for the military community as well as online resources and tools to support wellbeing, resiliency, peer support, training and employment information, information on local and virtual events and volunteer opportunities. Under development. (<https://truepatriotlove.com/granting-and-programs/true-patriot-love-veteran-network/>)

12.6. Bell True Patriot Love Fund

This Fund is a \$1 million, multi-year initiative that provides annual grants of \$5,000 to \$75,000 to community mental health programs for serving military members, veterans, and their families. (<https://truepatriotlove.com/granting-and-programs/bell-tpl-fund/>)

12.7. Invictus Games 2025

The Invictus Games in February 2025 in Vancouver and Whistler will incorporate winter adaptive sports for first time. It will bring together over 500 competitors from 20 nations to compete in adaptive sports, including the new winter sports: Alpine Skiing, Nordic Skiing, Skeleton, and Wheelchair Curling, in addition to the core Invictus Games sports of indoor rowing, sitting volleyball, swimming, wheelchair rugby and wheelchair basketball. The Invictus Games 2025 are working closely to ensure they respond to Canada's Truth & Reconciliation Commission Calls to Action, and ensure Indigenous protocols are respected in all aspects of the Games. (<https://truepatriotlove.com/invictus-games-2025/>)

Overall Impact (2020-2021)

- \$1M in funds granted to 20 community programs across Canada
- \$1.2M invested in the development of national services and supports
- 243 corporate donors
- 1680 individual donors
- \$5.9M raised to provide critically needed funds to programs in need
- 4600+ lives changed through various programs

13. The Military Casualty Support Foundation

The Military Casualty Support Foundation (MCSF), in cooperation with the Department of National Defence, provides emergency financial relief to meet the needs of the victims of peacekeeping conflicts that are beyond government programs, as expeditiously as possible. The foundation provides additional funding for needs such as:

- psychiatric and medical care to meet the needs of the wounded, their children and/or spouses,
- sports equipment for permanently wounded military to enhance their lifestyle and enable them to participate in such programs as the Paralympics,
- any medical devices to improve their way of life and provide them the means to interact independently on a daily basis, and
- any other requirements and/or wants as needed.

Charitable Registration No. 84680 8780 RR0001. (<https://mcsf.ca>)

14. Together We Stand Foundation

Together We Stand serves Canada's military families by celebrating their contribution to our country, supporting families in need of a hand up, and educating the civilian population about the pivotal role these families play in the country's safety and security. Charitable Registration no.: 777820085 RR 0001. (<https://twsfoundation.ca>)

14.1. The Command Post

A regular webcast series featuring military family members as guests. This series brings the military family community together, discussing prominent themes such as grief, raising children in the military, reintegration, operational stress injuries and posting season. (<https://twsfoundation.ca/the-command-post/>)

14.2. Military Family Appreciation Day

Created to celebrate, acknowledge, and honour those who stand beside the uniform. The goal is to raise awareness of the challenges, sacrifices and resiliency military families face as they support their loved ones who are currently serving, or have served in the Canadian Armed Forces. (<https://twsfoundation.ca/operation-mfad/>)

14.3. Operation Care Package

Began the initiative in 2017 by sending gift boxes filled with coupons and gift cards donated by corporate Canada to military families with a loved one deployed overseas during the holiday season. (<https://twsfoundation.ca/operation-care-package/#>)

14.4. Operation Emergency Fund

Created in October 2020, this Fund was established to support military families in crisis. To confront the needs of emergency housing, critical mental health services, emergency childcare, or food security, the organization has worked closely with CAF Padres and Military Family Resource Centres to ensure that families in need of immediate financial assistance get the support they so deserve. To date, this program has assisted over 500 families across 22 bases Canada-wide for a total of over \$120,000. (<https://twsfoundation.ca/operation-emergency-fund/>)

14.5. Operation Fallen

Using social media as a platform, the organization created Operation Fallen, allowing the civilian population to send messages of support to families, units, squadrons, and crew members. With these messages, Together We Stand creates custom flags and delivers them to those closest to the fallen member, in hopes that they serve as an everlasting reminder that we honour their memory and will never forget their sacrifice. (<https://twsfoundation.ca/operation-fallen/>)

15. Mental Health First Aid (MHFA) – Veteran Community

The MHFA Veteran Community course goal is to improve our collective capacity to recognize and assist with addictions, as well as mental health problems and illnesses, by supporting veterans in the application of evidence-based practices in service delivery, the workplace, and personal interactions. (<https://mentalhealthcommission.ca/training/mhfa/veteran-community/>)

16. Homes for Heroes Foundation

Their mission is to integrate all our homeless military Veterans into the community through the provision of housing and support services across Canada by building unique and affordable urban villages in major cities across Canada and providing the resources, services and training tenants will need to achieve the goal of living independently in the long term. Each village will provide 5,000 to 9,000 bed-nights per year for Veterans experiencing homelessness. Registered charity (#727544892RR0001). (<https://homesforheroesfoundation.ca>)

16.1. Home and Community Design

To date, villages have been built in Calgary and Edmonton, with another planned for Kingston. Each home has a footprint under 300 square feet and is fully equipped with all the features of a larger home. Communities are designed to create a sense of connection among our residents with a central

resource centre and community garden. Villages include:

- On-site social workers providing advocacy and assistance to social supports
- A central amenity/resource centre
- Peer-to-peer support programs
- Professionally maintained grounds
- Easy access to public transportation

(<https://homesforheroesfoundation.ca/homes-and-community-design/>)

16.2. Veteran Moral and Well Being Fund

The fund assists resident veterans with direct funding for medical supplies & fees (e.g., doctor forms), pharmaceutical supplies, bus passes, employment training, emergency transportation, replacement identification costs, etc. (<https://homesforheroesfoundation.ca/well-being-fund/>)

17. Veterans' House Canada

Helps homeless veterans build a better future by providing permanent, affordable, and supportive housing. The first building opened on February 1st, 2021, in Ottawa. Registered charity BN 896568417RR0001. (<https://www.veteranshousecanada.ca>)

17.1. Andy Carswell Building, Canso Campus, Ottawa

The Andy Carswell Building is Canada's first residential complex purpose-built exclusively for veterans. It comprises 40 bachelor units for veterans who are homeless or at risk of homelessness. (<https://www.veteranshousecanada.ca/take-a-tour/>)

17.2. \$25 Million National Campaign

In 2023, Veterans' House Canada will be launching the Helping Homeless Veterans Campaign to raise \$25 million to help build the next four Veterans' House residences. Based on need and local support, cities under consideration include Halifax, Montreal, Toronto, Winnipeg, Calgary, Edmonton, Vancouver, and Victoria. (<https://www.veteranshousecanada.ca/the-campaign/>)

18. Aboriginal Veterans Autochtones

The Aboriginal Veterans Autochtones (AVA) is a nationally incorporated organization that represents the interests of Canadian Aboriginal veterans and serving members who are of Aboriginal descent. Its mission centres on advocacy, community service, and remembrance. (<https://avavets.com>)

19. Anavets Dominion Command

The organization's purpose and objects are to: unite fraternally; increase the public influence of veterans; stimulate the spirit of patriotism; assist the British Commonwealth of Nations when occasion requires in enlisting recruits for Her Majesty's forces; acquire, maintain and operate clubs, homes and meeting places for the benefit of veterans; and acquire and maintain museums in connection with any premises of the Association for the interest, education, or benefit of its members. (<https://anavets.ca>)

19.1. Scholarships

A variety of scholarships are offered:

- Judge Daniel F. Foley Memorial Scholarship – \$1,000 USD available to direct descendants (children, grandchildren, great-grandchildren) of members of The Army, Navy, and Air Force veterans in Canada attending any year of university or college courses leading to a degree or diploma. (<https://anavets.ca/scholarships/judge-daniel-f-foley-memorial-scholarship/>)
- Colonel Frank R. Kossa Memorial Scholarship – \$1,000 bursary awarded annually in a draw at our annual Board of Directors meeting. To qualify for the draw, an applicant has to have earned the prestigious Cadet “ANAVETS Medal of Merit” and be entering any year of a university or community college course leading to a degree or diploma. (<https://anavets.ca/scholarships/colonel-frank-kossa-memorial-scholarship/>)
- Dominion Civil Service War Veterans Association Scholarship – \$3,000 split equally over two consecutive years of study to former members of the Canadian Armed Forces, Regular or Reserve component, who have been honourably discharged. (<https://anavets.ca/dominion-civil-service-war-veterans-association-scholarship/>)

19.2. Shoulder to Shoulder Magazine

Provides articles that feature historical perspectives and issues, and news associated with today’s contemporary military. (<https://anavets.ca/publications/>)

19.3. Advocacy and News

The website provides links to items of interest to veterans. (<https://anavets.ca>)

20. Last Post Fund

The Last Post Fund’s mission is to ensure that no veteran is denied a dignified funeral and burial, as well as a military gravestone, due to insufficient funds at the time of death. Its primary mandate is to deliver the Veterans Affairs Canada Funeral and Burial Program, which provides funeral, burial, and grave marking benefits for eligible Canadian and allied veterans. Non-profit corporation BN: 119009181RR0002. (<https://www.lastpostfund.ca>)

20.1. Funeral and Burial Program

Ensures that eligible veterans receive dignified funeral and burial services. The program is administered on behalf of VAC. (<https://www.lastpostfund.ca/the-funeral-and-burial-program/>)

20.2. Unmarked Grave Program

The objective of the Unmarked Grave Program is to provide a permanent military marker for eligible veterans who lie in unmarked graves. The program is available to eligible veterans whose grave has not had a permanent headstone or foot marker for five years or more, and who have not previously received funeral and burial funding from the Last Post Fund or Veterans Affairs Canada. (<https://www.lastpostfund.ca/unmarked-grave-program/>)

20.3. DND Marker Program

The Last Post Fund works with the Department of National Defence (DND) to provide headstones,

markers, or memorials for eligible Canadian Forces members. (<https://www.lastpostfund.ca/dnd-marker-program/>)

20.4. Lost Veterans Initiative

Introduced in February of 2021 as a means of providing support for the many volunteers who assist in researching unmarked veterans' graves. The Initiative supports volunteers by providing a platform for researchers to share tools and access support from the Fund. (<https://www.lastpostfund.ca/lost-veterans-initiative/>)

20.5. Indigenous Veterans initiative

The initiative has two components:

- Indigenous Unmarked Graves: To provide grave markers to Indigenous veterans deceased for over 5 years and in unmarked graves.
- Indigenous Traditional Name Marking: To add traditional names of Indigenous veterans to existing military grave markers.

Both components require research and community support from members of Indigenous communities throughout Canada. (<https://www.lastpostfund.ca/indigenous-veterans-initiative/>)

20.6. National Field of Honour

Provides a perpetual burial right to all eligible members who choose the National Field of Honour as their final resting place. The Last Post Fund is committed to providing perpetual care and maintenance for this cemetery and hosts two annual ceremonies to honour and remember the sacrifices of those men and women. (<https://champhonneurnational.ca/home>)

20.7. Provincial Columbaria and Local Fields of Honour

Various Columbarium projects and local Fields of Honour have been established across the country to provide a dignified final resting place for veterans. (<https://www.lastpostfund.ca/provincial-columbaria-and-local-fields-of-honour/>)

20.8. Commemorative Ceremonies

Every year, on the first weekend of June, three commemorative ceremonies are held on the St. Lawrence River, on Mount Royal and at the Last Post Fund National Field of Honour in Pointe-Claire, QC, as a tribute to Canadian and allied veterans and to the Canadian Forces veterans. (<https://www.lastpostfund.ca/commemorative-ceremonies/>)

21. Canada Company

Canada Company is a nationally registered charity (Charitable Registration Number: 838516094RR0001) that delivers meaningful programs to serve the men, women, families, and veterans who have served our country. (<https://www.canadacompany.ca/en/>)

21.1. Scholarship Program

Provides up to \$5,000 per year, for up to four years, to support post-secondary education for children who qualify. (<https://www.canadacompany.ca/en/our-initiatives/scholarships/>)

21.2. Project Hero

Facilitates learning institutions in providing free tuition or services to the children of the Fallen. This project is directly linked to the Scholarship Program and only available to students eligible for the Scholarship program.

21.3. Je me souviens Program

Program intent is to teach the Quebec secondary school students the special role military members from the province of Quebec played during the Great War. The program offers easy to use tools to the teachers. In collaboration with the RMR and R22eR, the program is supported by artifacts from their regimental museum which offers the extra benefit of illustrating history with concrete and local examples. (<https://jemesouviens.org/en/>)

21.4. A Day in the Life Of... Program

Provide unique opportunities for civilian leaders to experience the leadership and intricacies of the military life first-hand. Spending time with the Air Force, a day doing combat maneuvers with the Army or three days at sea with the Navy are great team building activities that we make available to our contributors. (https://www.canadacompany.ca/en/our-stories/photos/gallery/?gallery_id=2687)

21.5. Cadets & Junior Rangers Bursary Program

Recognizes cadets and Junior Canadian Rangers (JCRs) who exemplify attributes of leadership and citizenship and are motivated to pursue post-secondary education, vocation, or other learning opportunities through bursaries of \$1,000. (https://www.canadacompany.ca/en/our-stories/photos/gallery/?gallery_id=2899)

21.6. Junior Canadian Rangers Support Program

Support Junior Canadian Rangers facing financial challenges by helping to pay for travel to attend the funeral of a parent or guardian, learning pursuits, and other unique opportunities. (https://www.canadacompany.ca/wp-content/uploads/2021/12/ICR_SupportProgram_Application-Form_ENGLISH.pdf)

21.7. Camps for Children of Military Members Program

Program intent is to support children of military members, including children with special needs or living with a parent suffering from PTSD, to attend summer camps where they can evolve in a carefree environment filled with opportunities to learn, grow, create, and play. (https://www.canadacompany.ca/en/our-stories/photos/gallery/?gallery_id=3192)

21.8. LAV III Monument Program

On November 5, 2014, the Light Armoured Vehicle (LAV) III Monument Program was launched to recognize the 40,000 Canadians Armed Forces (CAF) who served in Afghanistan and to commemorate the 162 Canadians who lost their lives. The program closed after awarding 33 monuments to communities from coast to coast who met all requirements and agreed to pay for the production and transportation cost. (<https://www.canadacompany.ca/en/our-initiatives/lav-iii-monument-program/lav-iii-monuments/>)

21.9. Play Hard Fight Hard Exhibit Project

In collaboration with Canada's Sports Hall of Fame, this is a three-year project supporting a 2D Exhibit on sports in the military. The exhibit outlines the storied relationship between athletic pursuit and military service in Canada from the 1880s to today. Fourteen sports played within the military

and by military teams and athletes are represented. (https://www.canadacompany.ca/en/cadcomp_gallery/play-hard-fight-hard-exhibit-project/)

21.10. Commemoration Events

Provide support to the organization of commemorative events, across Canada and abroad, recognizing the sacrifice made by the Canadian military in the past and recent years. This includes events related to military history and events celebrating our military.

21.11. Aye Ready Program

Provides timely, pointed, and meaningful support for specific activities or requirements in support of military members and/or their families, either financially or through contacting the responsible authorities. Donations to Military Family Resource Centers, Padre Benevolent Funds, and to regimental organizations are just a few examples. (https://www.canadacompany.ca/en/our-stories/photos/gallery/?gallery_id=3639)

21.12. Appreciation Program

The different Chapters of Canada Company organize celebration events to offer thanks for their service to retired and serving members as well as their families. Events like ski days and picnics are just a few examples. They also facilitate participation in diverse sport events offered to military members and their families across Canada. (https://www.canadacompany.ca/en/our-stories/photos/gallery/?gallery_id=2771)

21.13. ExecConnect Program

Provide opportunities for leaders of industry and communities to meet with members of the Canadian Armed Forces in convivial settings to discuss subjects of joint interest and/or to learn about the military traditions and history. The program includes round table discussions, luncheons with guest speakers, and military events such as Air Shows, mess dinners, etc. at locations across Canada. (https://www.canadacompany.ca/en/our-stories/photos/gallery/?gallery_id=3216)

21.14. Strategic Knowledge Exchange Program

The program brings together Canada's military and business leaders to engage in "real" conversations on shared topics of interest.

22. Canadian Peacekeeping Veterans Association

The CPVA is a longstanding veterans' organization, national in scope, which welcomes veterans of all generations, of all conflicts, men and women, regular or reserve, military or police, serving or retired, who participated in peace support, peacekeeping, anti-terrorist, or war operations, national and international, overseas or on the home front. (<https://www.cpva.ca>)

22.1. Advocacy

The organization has been involved in advocating for veterans and works with all levels of government. (<https://www.cpva.ca/advocacy>)

22.2. Blue Beret Newsletter

A publication focusing on issues of importance to those serving or having served Canadian peacekeepers. (<https://www.cpva.ca/publications>)

23. The Memory Project

An initiative of Historica Canada, the Memory Project is a volunteer speakers bureau that arranges for veterans and Canadian Forces members to share their stories of military service at school and community events across the country. Speakers have reached more than 3 million Canadians of all ages since 2001. BN: 885434720RR0001 Registered as: Historica Canada. (<https://www.thememoryproject.com>)

24. War Amps of Canada

The Association serves war amputees, and all Canadian amputees, including children, and has many programs and services to serve this broad cross-section. It specifically serves war amputees and seriously disabled veterans by acting as a navigator to help them access their benefits and services, sharing expertise on all aspects of amputation, advocating for amputees, and effecting legislative change. In addition, through formalized collaborative partnerships with the Department of National Defence and Veterans Affairs Canada, the organization provides expert advice to shape standards and policies for prosthetics and care to best meet the needs of our traditional and modern-day war amputee veterans, as well as still-serving war amputees. Charitable Registration Number: 13196 9628 RR0001. (<https://www.waramps.ca/ways-we-help/war-amputees/>)

24.1. Education and Expertise

Educates those who work with war amputees to bolster their knowledge of amputation and help them stay up-to-date on the evolving field of prosthetics, ensuring appropriate amputee care can be accessed within military services. Provides information to amputees and their families on living with amputation, with expertise on a range of topics, including limb care and hygiene, back pain, gait, phantom limb pain, driving and employment. Expertise is also shared with Veterans Affairs Canada and the Department of National Defence to ensure war amputees receive the services and artificial limbs they need and other support, such as home/vehicle adaptations and daily living aids, now and in the future.

24.2. Advocacy

The War Amps advocates for individual amputees who have encountered discrimination or red tape in accessing health care, important financial benefits and/or legal rights. Those facing roadblocks in securing benefits or services through Veterans Affairs Canada/Department of National Defence can obtain help. (<https://www.waramps.ca/ways-we-help/advocacy/>)

24.3. Legislative Change

The War Amps works in close collaboration with The National Council of Veteran Associations in Canada (NCVA) (<http://www.ncva-cnaac.ca/en/>) to ensure the position and concerns of seriously disabled veterans and, more particularly, veteran amputees are identified and recognized in the NCVA Legislative Program for submission to the Government/Veterans Affairs Canada/Department of National Defence.

25. Veterans Benevolent Fund

The organization is a not-for-profit organization founded in 2016 to assist veterans - and their families - in times of crisis, for service-related injuries or conditions. It provides emergency financial assistance to veterans whose needs are either not compensated by VAC, or veterans whose application to VAC

is pending or under review, and who require urgent and immediate funding to meet their needs and avoid undue financial hardship (i.e., ordinary necessities of life, travel costs, funeral and burial costs, medical costs, etc.). (<https://www.vbfcanada.com>)

26. Strongest Families Institute

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. The organization received \$1,050,000 in November 2022 to improve access to e-mental health services for veterans and their families, specifically targeting anxiety and depression, behavioural challenges at home or school and night-time bed-wetting. This program provides mental health support for up to 3,500 individuals and families over the next three years. Charitable #: 842152282RR0001. (<https://strongestfamilies.com/veterans-and-their-families-are-now-eligible-for-care/>)

27. Mood Disorders Society of Canada

The Mood Disorders Society of Canada (MDSC) has a mandate to improve access to treatment, inform research, and shape program development and government policies to improve the quality of life for people affected by mood disorders (depression, bipolar disorder, and PTSD). MDSC offers three program options for veterans and their family members to ensure they maintain their sense of well-being. (<https://mdsc.ca/supporting-veterans-and-family-members/>)

27.1. Companionship Phone Calls

Companionship calls are available for veteran family members and veterans of all ages to connect and engage in one-on-one phone calls with a volunteer. Phone calls offer private and trust-based conversations where one can share thoughts and feelings or discuss everyday events, speaking informally with a caring person.

27.2. Peer Support Training

Veterans and family members who express an interest in virtual peer support training will be connected with the Peer and Trauma Support Services (PATSS) team for regularly scheduled training.

27.3. Mental Health Resources

Programs, resources, tools and supports are available through this program.

27.4. Resource Book on Operational Stress Injuries and Other Traumatic Stress: Therapies and Treatment for Veterans

(<https://mdsc.ca/edu/Operational-Stress-Injuries-and-Other-Traumatic-Stress-Therapies-and-Treatment-for-Veterans/introduction/>)

28. Quilts of Valour Canada

Quilts of Valour gift Canadian military members, past and present, who are ill or injured as a result of their service and sacrifice, with a quilt created by volunteers to recognize the sacrifices they have made in support of our country. Registered Charitable (BN) Number: 802946699RC0001. (<https://www.quiltsofvalour.ca>)

29. Rainbow Veterans Canada

Rainbow Veterans Canada serves LGBT purge survivors and CAF veterans who identify as LGBTQ+. The organization has a national mandate. The board is run by LGBT purge survivors who volunteer their time, giving the organization a unique perspective and reach. Their mission is to provide a supportive and safe space for CAF veterans impacted by the LGBT Purge, along with other CAF veterans who identify as LGBTQ2+, while educating and advocating for the rights, benefits, and recognition their members deserve. (<https://rainbowveterans.ca>)

30. Canadian Legacy Project

The organization was formed in 2008 with the goal to support Canadian veterans in their time of need and to advocate and educate on their behalf. Their mission is to develop and fund programs that are not currently being offered, or that are underfunded by Veterans Affairs. Registered charity # 82478 8202 RR0001. (<https://www.canadianlegacy.org>)

30.1. Entrepreneurial Training

The Veteran Business Boot Camp is a free interactive distance education program offered to Canadian military veterans to develop a business idea and the skills required to create and sustain a business. (<https://www.canadianlegacy.org/entrepreneurial-training/>)

30.2. University Bursary

Offers an annual bursary to those having served or continue to serve in the Canadian Armed Forces and /or their immediate family members, who are experiencing financial need. (<https://www.canadianlegacy.org/university-bursary/>)

30.3. Education

Providing sponsorships to the Hanger Flight Museum and Canadians At Arms and working with others to speak at schools. (<https://www.canadianlegacy.org/education/>)

30.4. Recognition

Presents a free concert for veterans to celebrate and recognize those that served in the Canadian Armed Forces. (<https://www.canadianlegacy.org/recognition/>)

30.5. Mobile Canteen Program

Partners with select food trucks across Canada to present Mobile Canteen, which offers a hot meal for our veterans in need. (<https://www.canadianlegacy.org/mobile-canteen/>)

30.6. Sponsorship

Provides financial sponsorship for initiatives by other organizations, including Heroes Mending on the Fly, Homes for Heroes, Can Praxis, Red Rose Ranch, and the Veterans Association Food Bank.

31. Heroes Mending on the Fly

Dedicated to the physical and emotional rehabilitation of disabled active military service personnel and disabled veterans through fly-tying, fly-fishing and associated activities, including education and outings. (<https://heroesmendingontheflycanada.ca>)

32. Support Animal Organizations/Programs

32.1. Canadian Veteran Service Dog Unit

This organization exists to train and provide service dogs & support to military and first responder veterans suffering from posttraumatic stress disorder and operational stress injury. It is a membership-based, veteran-operated registered charity. Charity Number 839865797RR0001. (<https://cvssdu.ca>)

32.2. Citadel Canine Society

Citadel Therapy Canine Society is a British Columbia-registered not-for-profit charitable society. It provides PTSD and OSI service dogs for military Veterans and first responders (police, fire, EMT, nursing, and 9-1-1 personnel). It provides highly trained therapeutic service dogs to candidates at no cost to the recipient. In 2019, 75% of their work was for CAF/RCMP members/Veterans. The society trains rescue or surrendered dogs as part of its mission. They have teams from Newfoundland to Vancouver. CRA registration number 81339 5480 RR 0001. (<https://www.citadelcanine.com>)

32.3. Courageous Companions

Courageous Companions is a non-profit charitable organization which provides CAF members, veterans, and first responders diagnosed with an operational stress injury with a service dog. Courageous Companions is volunteer-run and governed by a board of directors, most of whom have ties to the CAF or first responder field. As of 2019, Courageous Companions has supported over 185 CAF members, veterans, and first responders in need. Charity Number 74127 1290 RR0001. (<https://courageouscompanions.ca>)

32.4. National Service Dogs

National Service Dogs breeds, trains, and places certified service dogs with children with autism and has started three new programs: Certified Service Dogs for PTSD, Canine Assisted Intervention and Companion Dog Services. Currently, they are offering this service to veterans and first responders in Ontario, British Columbia, and Alberta. Charitable Registration Number: 898029228 RR0001. (<https://nsd.on.ca>)

32.5. Veteran's Elite Canines

The organization's goal is to help Canadian military veterans who suffer from post-traumatic stress by pairing them with bred-for-purpose service dogs, providing them with resources, and helping to educate the public on issues surrounding PTSD service dogs. (<http://veteranselitecanines.ca>)

32.6. Les Chiens Togo

In existence since 2015, Les Chiens Togo operates exclusively in the Province of Québec with a focus on veterans, the military and first responders. The group trains and pairs psychological assistance dogs with persons who have generalized anxiety and PTSD and requires 4-12 months of training. Since inception, 30 dogs have been matched, including 10 to veterans. Dogs and humans are supported by two educators and the psychosocial intervener for the life of the dog. (<https://leschienstogo.com/en/les-chiens-togo-psychological-service-dogs/>)

32.7. Can Praxis

Can Praxis provides equine programs to help veterans, active service members and RCMP members, as well as their spouses, in dealing with post-traumatic stress disorder. They cover the costs of travel

and accommodations for participants to travel to Alberta to attend equine therapy. (<https://canpraxis.com>)

32.8. Red Rose Ranch

Red Rose Ranch – Veterans Horse Camp Inc. delivers horsemanship training and ranch life experiences to veterans and first responders who strive for improvement; physically, mentally, and spiritually. (<https://www.redroseranchmanitoba.com/veterans-horse-camp>)

33. Regional/Local Organizations/Programs

33.1. Perley Health Foundation

The mission of the Foundation is to raise funds to help Perley Health campus in Ottawa achieve its mission of excellence in the health, safety and well-being of seniors and veterans with a focus on innovation in person-centred and frailty-informed care and service. Registered Charitable Number 12194 8038 RR0001. (<https://perleyhealthfoundation.ca>)

33.2. Fondation Québécois des Vétérans

The organization supports therapeutic, social, and commemorative programs for veterans of the Second World War and the Korean War residing at Ste-Anne’s Hospital in Quebec. Additionally, the group supports veterans experiencing difficulties in transitioning to civilian life through programming in the areas of PTSD, operational stress injuries, homelessness, and the challenges of dependence, isolation, and suicide. (<https://fqv-qvf.ca/en/>)

33.3. Honour House

Honour House is a “home away from home” for members of the CAF, veterans, emergency services personnel, and their families to stay, completely free of charge, while they are receiving medical care and treatment in the Metro Vancouver area. (<https://www.honourhouse.ca>)

33.4. Le Pavillon des Veterans de Charlesbourg Inc

The non-profit organization offers a residence for veteran seniors at a subsidized price with services for autonomous people and those with a slight loss of autonomy. It is in the Montagnes des Roches sector in Charlesbourg and has 24 apartments. (<http://www.pavillondesveterans.com>)

33.5. McDermott House Canada

McDermott House Canada is dedicated to helping those who have served Canada. Their mission is to promote the highest quality of life for veterans, military, first responders and community patients facing the final stages of a terminal illness. As a first project, they have created an innovative and warm, home-like environment for Canadian veterans, military, first responders and community patients in the Palliative Care Unit at Sunnybrook Veterans Centre in Toronto. (<http://mcdermotthousecanada.org>)

33.6. Veterans Memorial Lodge

Veterans Memorial Lodge, a care home located in the pleasant neighbourhood of Broadmead in Victoria, provides care for veterans and seniors on Vancouver Island. (<https://www.broadmeadcare.com/care-homes/veterans-memorial-lodge-saanich>)

33.7. Ste. Anne's Hospital

Ste. Anne's Hospital is a hospital located in Sainte-Anne-de-Bellevue, Quebec, Canada. It primarily serves veterans of the Canadian Forces and is specialized in long-term and geriatric care. It also treats younger veterans for operational stress injuries and post-traumatic stress disorder. (<https://www.ciuss-ouestmtl.gouv.qc.ca/en/facilities/chsld/ste-annes-hospital/>)

33.8. The Pepper Pod

The Pepper Pod Inc. is a retreat centre for women veterans in the heart of Old Chelsea, Quebec, 15 minutes from Ottawa. It is committed to developing a strong network for women veterans, soon-to-be veterans, and spouses of military members as well as the RCMP. (<https://pepperpod.ca/en/>)

33.9. RAS Retreat

RAS is a non-profit veteran retreat situated on 55 acres of old-growth forest in Wentworth Valley, Nova Scotia. Its mission is to have a safe place where veterans and serving members can come together in a non-bullying, familiar Environment to share and learn from and about each other's experiences and offer advice and direction to sailors, soldiers and aviators. It is also a safe place to share the mental and physical healing journeys, offer assistance when dealing with government agencies and enhance the lives of our shipmates. (<https://rasvets.ca>)

33.10. Legacy Place

Legacy Place provides ongoing emergency shelters to first responders, CAF members, veterans, and their families as they navigate through treatment for PTSD, operational stress injuries or other medical and personal crisis situations. The group provides vocational and family training on a variety of topics through various workshops. These services are intended to increase resiliency for individuals and families. (<https://legacyplacesociety.com>)

33.11. Markham District Veterans Association

The Markham District Veterans Association is a local community-based non-profit organization that perpetuates friendships and memories of time in military service as well as first responder service. They promote recognition of the fallen, provide members with social activities, support cadets and related youth programs, and various homelessness programs. (<http://mdva.ca>)

33.12. Ottawa Inncity Ministries

Ottawa Inncity Ministries has the mandate to improve the quality of life of homeless and at-risk veterans by offering community, advocacy, and support. They initiated a pilot project in January 2020 called "Inncity Veterans Outreach and Support." This program provides street outreach, office drop-in times and a weekly fellowship geared towards homeless and marginally housed veterans. The service it provides is run mostly by volunteers. It also provides supplies and food to homeless veterans. (<https://www.ottawainncityministries.ca/about>)

33.13. Real Canadian Recreation Society

Real Canadian Recreation Society facilitates rehabilitation, the building of life skills, and mental and physical recovery for CAF veterans. It operates an eco-adventure veterans' facility with outdoor trails for hiking, biking, and all-terrain vehicles. Veterans are engaged with nature programs through camping, fishing, and physical activity. The organization offers a center for retreats and events catering to veterans, many of whom are suffering from PTSD. Activities are aimed at healing and calming those who are suffering from PTSD by paying attention to the mind and body. (<https://realcanadianrecreation.com>)

33.14. Six Nations Veterans Association

The Six Nations Veterans Association was formed in 1949. Its mandate is to promote the general welfare and interests of Six Nations veterans and their families. The SNVA also helps support activities and positive interaction with the surrounding community Legions, encourages the fraternity of its members and recognizes the value of training our youth and developing skills. The community hall is the primary location for training sessions, social gatherings, and mourning those who have been lost. (<https://tworowtimes.com/news/local/veterans-affairs-minister-meets-with-six-nations/>)

33.15. Valour Place

Valour Place is a temporary recovery home providing free accommodations while military, RCMP, veterans and their families are in Edmonton for medical treatments. Valour Place helps reduce the stress and undue hardship during recovery and rehab for those who served. (<https://www.valourplace.ca>)

33.16. Veterans Association Food Bank

Veterans Association Food Bank is a registered charity with operating locations in Calgary and Edmonton, and it has also provided remote support to veterans in British Columbia, Newfoundland, and New Brunswick. In 2019, 365 veterans and 191 of their immediate family members were supported by way of food security, financial aid, and veteran peer support. With this support, the VAFB goal is to reduce instances of veteran homelessness and suicide. Registered Charity #719859480 RR0001. (<https://veteransassociationfoodbank.ca>)

33.17. Veteran Farm Project

The Veteran Farm Project offers veterans an opportunity to work and spend time in nature on Sweet Squish Farms in Nova Scotia. It uses nature-based activities, such as growing vegetables and flowers, as a way to heal veterans from trauma in service. All produce grown is donated to veteran families in need. Families in need of food are identified through the Nova Scotia/Nunavut Legion Command. The organization is open to all veterans, but they focus on giving women veterans a comfortable space to support the transition to civilian life. (<https://www.facebook.com/Veteranfarmproject/>)

34. Additional Scholarships Offered

The following additional scholarships not previously identified are offered to the families of fallen soldiers:

- Aboriginal Leadership Opportunities Year (ALOY): provides Indigenous persons one academic year as an Officer Cadet in the Canadian Armed Forces (CAF). During this time, participants are paid at their rank level and receive free tuition and books. (<https://forces.ca/en/programs-for-indigenous-peoples/aloy/>)
- Academy Canada Canadian Forces Military Spouses Bursary: Spouses of Canadian Forces members who have served at least three years are eligible for a total \$1,000 tuition reduction as long as their spouse remains an active Canadian Forces member. (<https://www.academycanada.com/admissions/scholarship-program/>)
- Algonquin College Military Families Fund – Sens Foundation Bursary: Supports students in full-time diploma programs at all three Algonquin College campuses, with special consideration given to military or family members who are attending Algonquin College and demonstrate financial need. (www.algonquincollege.com/military/home/mff-sens-foundation-bursary/)

- Brandon University Afghanistan Mission Memorial Award: offers a one-year full-tuition undergraduate scholarship to students whose parents were killed during their deployment to Afghanistan or while training for this mission. They are open to full-time and part-time students. (<https://webapp.brandonu.ca/pls/scholarship/f?p=101:18>)
- Canadian Armed Forces: (www.forces.gc.ca/en/training-paid-education/index.page)
- Canadian Heroes Fund: Founded by students and grads from the University of Toronto in 2009, this scholarship is open to military spouses and children of fallen soldiers. Scholarships can be used towards attendance at an accredited university, college, or trade school in Canada. Charitable Registration No.: 831221221RR0001. (<https://herofund.ca>)
- Canscribe Career College Medical Transcription Bursary Program: Offers two annual \$750 scholarships to any military spouse. (www.canscribe.com/scholarships/)
- Georgian College Operation Hero Scholarship: \$5,000 scholarship open to a dependant or spouse of serving or past members of the Canadian Forces entering any full-time post-secondary program at Georgian College. (<https://www.georgiancollege.ca/blog/newsroom/operation-hero-scholarship/>)
- Government of Saskatchewan Scholarship of Honour: Recognizes Canadian Forces members from Saskatchewan. The Scholarship is also available to family members (spouse and children) of fallen or disabled members. The value of the scholarship is \$5,000. (www.saskatchewan.ca/residents/education-and-learning/scholarships-bursaries-grants/scholarships/saskatchewan-scholarship-of-honour)
- Financial Assistance for Reservists: Student loan interest relief program. (www.canada.ca/en/employment-social-development/services/student-financial-aid/reservists.html)
- Memorial University Korea Veterans' Association Scholarship: (www.mun.ca/scholarships/scholarships/current/general.php)
- Mount Royal University Nicole Stacey Memorial Scholarship: \$565 awarded to a full-time student who will be enrolled in the second year of Aviation. Preference given to a serving member or former member of either Canadian Forces (Regular, Reserve, or Canadian Rangers), RCMP, municipal or provincial law enforcement personnel or fire fighter personnel. (<https://mtroyal.academicworks.ca/opportunities/11597>)
- Northern Alberta Institute of Technology (NAIT) Fallen Heroes Scholarship: Awarded to any full-time student who is an immediate family member of a fallen soldier. The scholarship is awarded on the basis of financial need and or academic achievement. One scholarship of \$2,000 is awarded annually. (www.nait.ca/33734.htm)
- Women in Defence and Security (WIDS) Scholarship and CGAI Fellowship: Awards up to \$10,000 annually to women pursuing careers related to Canada's defence and security. (<https://www.wids.ca/cms/Scholarship-Application>)
- Yorkville University Canadian Forces Bursary: Those currently serving in the CAF or have served more than two years in the past, may be eligible for a 25 percent tuition bursary upon proof of service. As well, those currently employed by Military Family Resource Centres may be eligible for a 15 percent tuition bursary. (www.yorkvilleu.ca/admissions/scholarships/canadian-forces-bursary/)
- Toronto Film School Canadian Forces Family Bursary: 25% tuition bursary for all programs to members of the Canadian Forces who are currently serving or recently retired and 15%

tuition bursary for all programs to spouses and children of currently serving and recently retired members of the Canadian Forces. (https://torontofilmschool.ca/app/uploads/2023/03/TFS-CanadianArmedForce.pdf?_gl=1*79ednx*_ga*MjAxNDA2NDY1MC4xNjg3MjY2NDkx*_ga_BGNC0JPCP3*MTY4NzI2NjQ5MC4xLjEuMTY4NzI2NjUxMi4zOC4wLjA.*_ga_27406196ZJ*MTY4NzI2NjQ5MC4xLjEuMTY4NzI2NjUxMS4wLjAuMA..)

- University of British Columbia Canadian Armed Forces Memorial Scholarship: Up to four scholarships of \$1,900 for undergraduate and graduate students who are serving or who have served in the Reserves or Regular Forces of Canada, are serving or have served as Cadets, or are descendants of those who have served in the Reserves or Regular Forces of Canada. (<https://students.ubc.ca/enrolment/finances/awards-scholarships-bursaries/affiliation-scholarships/descriptions-affiliation-scholarships>)
- Willis College A Soldier's Hero Military Spouse Scholarship Program: The scholarship, which is part of the College's 150th anniversary celebrations, recognizes the contributions of military spouses in supporting Canadian soldiers at home and abroad, and seeks to further empower them through education as they integrate back into the labour market. Six Scholarships are awarded to qualified recipients over a period of six years. The scholarship will be valued at a total of \$150,000 (up-to \$25,000 each). (<https://williscollege.com/willis-college-announces-a-soldiers-hero-military-spouses-scholarship-program/>)



Members of Her Majesty's Canadian Ship (HMCS) FREDERICTON Air Detachment and Ship's Team Divers, perform Rescue Diver training from the embarked Ch-124 Sea King Helicopter, while on Operation Reassurance, March 2, 2016. Photo by Corporal Anthony Chand