

## ► HEALTH & WELLNESS (CONT.)

### Personnel Support Programs (PSP)

Offers morale and welfare programs to the defence community. (DND)

- **Health Promotion:** programs and services that promote healthy living. **250-363-5621**
- **Fitness & Sports:** individual/group fitness and sports programs. **250-363-4485**
- **Recreation:** leisure and recreation programs for the DND community and their families. **250-363-1009**

## ► EDUCATIONAL & CAREER SERVICES

### Base Personnel Selection Office

Provides career counselling, second career transition services and education counselling to military members. (MIL) **250-363-4091 or 250-363-5578**

### Learning and Career Centre (LCC)

Provides classroom training to support professional development and offers access to self-directed learning resources. (DND) **250-363-5524**

## ► POSITIVE SPACE

Positive Space program aims to foster a safe and inclusive work environment for everyone, including members of the 2SLGBTQI+ community.

**esqmarpacpositivespace@forces.gc.ca**

## ► EMPLOYMENT EQUITY

### MARPAC Equity, Diversity & Inclusion Coordinator

Vanessa Nicholson

Email: **Vanessa.Nicholson@forces.gc.ca**

Phone: **250-363-1900 ext 60138**

## ► LOCAL DEFENSE ADVISORY GROUPS

Defense Women Advisory Group

**MARPADWA0@forces.gc.ca**

Defense Team Pride Advisory Organization

**MARPAC.DTPN@intern.mil.ca**

Defense Indigenous Advisory Organization

**P-ESQDAAG@intern.mil.ca.**

Defense Visible Minority Advisory Group

**P-ESQ.DVMAG@forces.gc.ca**

Defense Advisory Group for Persons with Disabilities

**MARPAC.DAGPWD@forces.gc.ca**

## ► WORKPLACE CONFLICT

### Conflict Solutions and Services (CSS)

Helps individuals, teams and units resolve and navigate conflict through rights & interests based processes.

Local: **250-418-0885**

Email: **ccmsesquimalt@forces.gc.ca**

### Good Working Relations (GWR)

Centre of excellence in harassment awareness, prevention, training and policy. (DND)

**250-363-5501**

## ► OMBUDSMAN

### CF Ombudsman

Created to increase openness and transparency in the CAF and DND, and to ensure the fair treatment of concerns raised by CAF members, DND employees, cadets and their families. (DND)

**1-888-828-3626**

## ► HR SUPPORT

### Civilian Human Resources Service Centre (CHRSC(P))

Works with civilian and military managers, offering advice and support services related to compensation, civilian human resource planning, recruitment, staffing, employee relations, learning and classification. (CIV)

HR Connect: **1-833-747-6363**

Compensation support: **1-855-686-4729** (Canada and USA)

## ► VETERANS

### Veterans Affairs Canada (VAC)

Provides services and benefits to CAF members, veterans, and their families including: rehabilitation, financial benefits, group health insurance, job placement assistance, disability awards and other allowances. (MIL)

**www.veterans.gc.ca 1-866-522-2122**

## ► UNIONS

### Union for Agriculture Workers

Local Contact: **local20064exec@gmail.com**

### Association of Canadian Financial Officers

**1-877-728-0695**

### Canadian Service Merchant Guide

Western Branch: **1-604-939-8990**

### Federal Government Dockyard Trades and Labour Council (West)

**250-383-7622**

### International Brotherhood of Electrical Workers

Local office: **250-388-7374**

### Professional Institute of the Public Service of Canada (PIPSC)

Regional office: **1-800-663-0485**

### Union of National Defence Employees (UNDE)

Toll-Free: **1-866-594-4505**

### Public Service Alliance of Canada (PSAC)

Local office: **250-953-1050 or psacunion.ca**

### National joint council (NJC)

Where to find information on travel directives.

**Njc-cnm.gc.ca/directive/d10/en**



# CFB Esquimalt Resource Contacts

Updated October 2024

## ► EMERGENCY

**Police, Fire, Ambulance**  
9-1-1

**Suicide Crisis Helpline**  
9-8-8 (bilingual FR and EN)

**Military Police (MP)**  
Police and security services to the base and its surrounding military communities. (DND)  
250-363-4032

**Fire Hall Dispatch (DND)**  
non-emergency 250-363-1990 or 250-363-1991

**Vancouver Island Crisis Line + Victoria Sexual Assault Centre** (After Hours)  
1-888-494-3888 (24hr) or 250-800-3806 (to text)

**Poison Control Centre**  
1-844-764-7669 (24hr)

## ► FAMILY VIOLENCE

**Family Violence Advisory Team (Pacific)**  
Educational briefings and referrals to community supports.  
P-ESQ.FVAT@intern.mil.ca

## ► FAMILY SERVICES

**Military Family Resource Centre (MFRC)**  
Here to support the unique parts of the military lifestyle.  
Education, child care and social work services. (MIL)  
250-363-2640 or 1-800-353-3329

## ► ACCOMMODATION

## Base Accommodations

All requests for accommodation. (MIL)  
**DND Single Quarters: 250-363-4087**  
(After Hours: 250-888-0990)

## Canadian Forces Housing Agency

Manages residential housing units for military families posted to CFB Esquimalt. (MIL) **Office: 250-363-4421**  
**After Hours Emergency: 1-800-903-2342**

## ► LEGAL

**Assistant Judge Advocate General (MIL)**  
250-363-4260

## ► ADDICTIONS

**Base Addiction Counsellors**  
Individual therapeutic care, assessments, diagnoses, treatment, follow-up, recommendations, and resource info. Service requires referral from primary care clinician. (MIL) **CAF Medical Clinic Reception: 250-363-4122**

## ► COUNSELLING & SUPPORT

### Chaplains

CAF Chaplains are available to all members, regardless of spiritual background, or none at all, race, gender or marital status. Services: Spiritual care, counselling, religious ceremonies, educational opportunities, crisis situations and exploring life's big questions. (MIL)  
**Main office: 250-363-4106**  
**After Hours (Dispatch): 250-363-4032 (24hr)**

**Employee Assistance Program (EAP)**

Provides confidential, voluntary, and neutral support to civilian employees and eligible family members who are experiencing personal or professional difficulties. (CIV).  
**24 hour line: 1-800-663-1142**

## CF Member Assistance Program (CFMAP)

Offers confidential, voluntary, short-term counselling. Available for CAF members and their family members who have concerns that affect their personal well-being and/or work performance such as marital, family, interpersonal, personal and emotional relations, stress and burn-out, harassment, sexual assault, alcohol, drugs and prescription drugs. (MIL) **24 hour line: 1-800-268-7708 (bilingual)**

## CF Health Services

Assessment, support, and treatment to regular force service members as well as reserve force personnel within the Pacific Region. (MIL)  
To access, the member must contact local CAF Medical Clinic Reception at **250-363-4122**

## Base Mental Health Services

Members are encouraged to go to sick parade or their integrated health teams (IHTs) for mental health care. (MIL)  
To access, contact local CAF Medical Clinic Reception at **250-363-4122**

## Esquimalt MFRC, Family Wellness and Counselling Team

Programs and services that serve, involve and advocate for the military community and their families and address the unique challenges of the military family lifestyle.  
**Family Wellness and Counseling Team: 778-533-7736**

**Family Information Line**

24 hour confidential, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community. Serving Canadian Armed Forces members, Veterans and their families- immediate and extended. (MIL)  
**1-800-866-4546 (within Canada)**  
**Email: FIL-LIF@cfmws.com**

## Sexual Misconduct Support and Resource Centre (SMSRC)

SMSRC counsellors are available 24/7 to provide victim-related supportive counselling, assistance and information. (MIL)  
**1-844-750-1648 (24hr)**

**Email: DND.SMSRC-CSRIS.MDN@forces.gc.ca**

## Military Police Community Liaison and Victim Services Coordinator

Victim services are available to anyone who has been the victim of a crime regardless of the severity or if they are pursuing charges. **Phone: 250-363-4032**

## Sentinel Program

Sentinels are a group of peer support members of all ranks who are trained and supervised by Chaplains and whose purpose is to increase human connectedness on a day-to-day basis.

**Sentinel Training Cell: ESQ.SENTINELTC@intern.mil.ca**

## ► SUPPORT FOR ILL/INJURED PERSONNEL

**The Canadian Armed Forces Transition Centre (Esq)**  
One-stop service for ill and injured CAF personnel, veterans and their families. Available services: Return to Work; SPHL; casualty administration; support; advocacy and transition services (MIL/VET)  
**Reception: 250-363-4483**

## Operational Stress Injury Social Support (OSISS)

A national peer support network for CAF members, veterans and their families experiencing an operational stress injury. (MIL/VET)  
**Toll Free: 1-800-883-6094**  
**Email: OSISS-SSBSO@forces.gc.ca**

## ► FINANCIAL

## Service Income Security Insurance Plan (SISIP)

Financial counselling and planning, insurance and investing. (MIL) **250-363-3301**

## ► HEALTH & WELLNESS

## CF Health Services (Pacific)

Offers outpatient care to those within the Formation (MIL):

1. **Medical reception and case management:**  
**250-363-4122**
2. **Dental reception: 250-363-4149 (Esquimalt); 250-363-2310 (Dockyard)**
3. **Physiotherapy department:**  
**250-363-4122 (option 5, then 4)**