



**KMFRC**  
Kingston Military  
Family Resource Centre

**CRFMK**

Centre de ressources pour les  
familles des militaires de Kingston



# 2024/25 Annual Report

[KMFRC.COM](https://www.kmfrc.com)



# TABLE OF CONTENTS

<b>3</b>	<b>Mission, Vision, Values</b>
<b>4</b>	<b>Message from the Executive Director</b>
<b>6</b>	<b>Message from the President</b>
<b>8</b>	<b>Board of Directors</b>
<b>9</b>	<b>Les Petits Amis Childcare Centre (LPA)</b>
<b>12</b>	<b>Level 1: Information &amp; Awareness</b>
<b>15</b>	Lending Library
<b>16</b>	<b>Level 2: Navigational Support</b>
<b>16</b>	Absence Support
<b>19</b>	Employment & Education Support
<b>21</b>	Youth Support
<b>22</b>	Parenting Support
<b>24</b>	Special Needs Inclusion Support
<b>26</b>	Veteran Family Program
<b>28</b>	Mental Health & Wellness
<b>33</b>	<b>Level 3: Individualized Intervention</b>
<b>34</b>	<b>Volunteer Services</b>
<b>36</b>	<b>Donations &amp; Fundraising</b>
<b>38</b>	<b>Revenues &amp; Expenses</b>





**KMFRC**  
Kingston Military  
Family Resource Centre

**CRFMK**  
Centre de ressources pour les  
familles des militaires de Kingston

## MISSION

Deliver services and resources that enhance military family resilience and stabilization in the face of unique military challenges.

## VISION

To create a supported and connected community of military families.

## VALUES

Our services and activities are measured by the standards set out in our values. They are also the principles that shape our behaviours and actions as we strive to best support our military families.



### Trust

We build relationships based on mutual respect by listening to our clients, employees, volunteers, partners, and community members. We keep our word and provide reliable services and accurate, timely information.



### Integrity

We are honest with each other, our volunteers, our clients and our community. We are dedicated to being reliable and transparent in all that we do.



### Quality

We pursue excellence in everything we do to achieve the highest level of service for the needs of our military families and our community.



### Respect

We value people, diversity, and equality. We treat all those we partner with, employ and serve with dignity and integrity.



### Empowerment

We invest in staff and volunteers who take the initiative to support our clients and communities in enhancing their resilience and quality of life.

# MESSAGE FROM THE EXECUTIVE DIRECTOR



**It is my honour to present the fiscal year 2024-2025 Annual Report for the Kingston Military Family Resource Centre (KMFRC). This report is more than a summary of numbers, services and activities — it is a reflection of our shared commitment to the military and Veteran families we proudly serve.**

At the heart of our work is our mission: to deliver services and resources that enhance military family resilience and stabilization in the face of unique military challenges. This year, that mission has guided us through both moments of celebration and times of uncertainty, reminding us always of the strength, adaptability, and dedication of the military community.

Grounded in our vision to create a supported and connected community of military families, we have continued to build meaningful relationships, remove barriers to access, and design responsive programming that reflects the diverse needs of those we serve.

**Throughout the year, we remained focused on three key strategic priorities:**

**1.**

**Enhancing communication and outreach**

to increase awareness and engagement with KMFRC services and resources;

**2.**

**Delivering high-quality services**

that reflect the evolving needs of our local military and Veteran communities, while fostering equity, inclusivity, and diversity;

**3.**

**Attracting, developing, supporting, and retaining**

a strong team of engaged employees, volunteers, and Board members who bring our mission to life every day.



Thanks to the unwavering dedication of our staff, volunteers, Board, community partners, and funders, we have made progress across all priority areas. From expanding our mental health and wellness supports—most notably with the development of the impactful Military Dads Program—to enhancing outreach through initiatives like the popular CFB Kingston Connect-A-Thon, and strengthening our internal culture with professional development opportunities such as trauma-informed care training, we continue to grow and adapt in service of military families.

As you read through this report, I hope you feel a sense of pride in what we've accomplished together. Your ongoing trust, support, and collaboration are vital to our work. Together, we are helping to ensure that no military family ever feels alone or unsupported.

Thank you for being part of our mission and vision.

**Colleen Fairholme**

EXECUTIVE DIRECTOR



# MESSAGE FROM THE PRESIDENT



**This past year the KMFRC Board of Directors has remained dedicated to ensuring the continued success of our organization. As our staff delivered vital programs and services to military families, the Board continued our work towards governance, support, and advocacy.**

A major focus has been on upholding sound governance and responsible stewardship. In line with best practices, we have reviewed and refined policies, introduced updates where necessary, and safeguarded financial assets to ensure accountability and transparency at every level.

We take pride in the organization's strong financial standing, made possible by the generosity of our funders, donors, and community partners. Resources were allocated strategically — prioritizing front-line services for military families, and the staff and tools essential to delivering them.



Board members have continued to seek out opportunities to collaborate with community partners and engage in advocacy that reflects the evolving needs of military families and staff. Strengthening these relationships has been key to advancing our mission.

In preparation for the future, the Board will be focused on developing and implementing a new strategic plan in the coming year. This plan will help guide the organization's priorities, ensure alignment with the needs of the community, and provide a clear direction for long-term growth and sustainability.

The impact of the MFRC in the military community remains both meaningful and far-reaching. I am sincerely thankful for the collective efforts of our staff, volunteers, supporters, and fellow board members. Together, we are well-positioned to face the future with confidence and continue making a lasting difference.

### **Catherine (Beth) MacLean**

PRESIDENT





# BOARD OF DIRECTORS

Elected at AGM Sept 2024

**Catherine (Beth)  
MacLean**

**PRESIDENT**

**Yevgenia (Jennifer)  
Mykolenko**

**SECRETARY**

**Tanya Dion**

**BOARD MEMBER**

**Anna Downe**

**VICE-PRESIDENT**

**Caroline Poulin**

**BOARD MEMBER**

**Maj. Michael Arnott**

**BASE COMMANDER'S  
REPRESENTATIVE  
(EX-OFFICIO)**

**Grace LaRose**

**TREASURER**

**Denise Dubois**

**BOARD MEMBER**

**Colleen Fairholme**

**EXECUTIVE DIRECTOR  
(EX-OFFICIO)**

**Robert Hamilton**

**BOARD MEMBER**







The year 2024 has been a dynamic period of connection, celebration, and sustained growth for the Les Petits Amis Childcare Centre. We are proud to present a summary of a year marked by significant progress, enriching experiences, and a reinforced commitment to delivering high-quality early learning.



### Canada-Wide Early Learning & Child Care (CWELCC) Program

As an active participant in the CWELCC system, we successfully reduced parent fees to between \$12 and \$22 per day for children under six years of age. This initiative has been instrumental in making early childhood education more accessible and affordable for families in our community.

### Professional Development

In June, the Centre closed for a day to allow our educators to attend the City of Kingston's "Nothing Without Early Learning" conference. This inspiring event provided valuable professional development opportunities, enabling our staff to engage in workshops, network with peers, and return invigorated with fresh ideas to further enhance classroom experiences.



## Preschool Graduation

We celebrated a joyful milestone with our Second Annual Preschool Graduation, honoring the achievements of our oldest full-day learners as they transition to kindergarten. This event highlights the dedication of our educators and the promising futures of our graduates.

## 'Summer Days' Field Trips

The 2024 'Summer Days' featured memorable field trips that enriched children's learning beyond the classroom. A visit to the Water Buffalo Company offered a hands-on experience with farming and animal care, sparking curiosity and engagement. Another excursion to Gould Lake immersed children in nature, fostering teamwork, leadership, and appreciation for the outdoors. These experiences created lasting memories and valuable educational opportunities.

**"Compared to our previous daycare, LPA offers a phenomenal range of activities including crafts, song circles, and multiple outdoor playtimes daily. We couldn't ask for more."**

— ANONYMOUS, 2024 FALL SURVEY



## Community & Cultural Events

In October, children participated in a lively Halloween trick-or-treating event at the Kingston Military Family Resource Centre (KMFRC), strengthening community bonds and providing a safe, joyful celebration. In February, our children were featured in the Military Appreciation video presented during a Kingston Frontenacs hockey game, creating an unforgettable moment of pride and excitement.

## Program Enhancements and Funding

Thanks to a March Break Grant from the Child Care and Early Years Program Office (CCPO), we offered an enriched school-age program filled with engaging, hands-on activities. This success extended into our Summer Camp, maintaining momentum for an active, educational season. Additionally, ongoing funding from the City of Kingston supports our capacity to meet the diverse needs of all children, ensuring an inclusive and nurturing environment.

## Acknowledgements

We extend our heartfelt gratitude to our dedicated educators, supportive families, and community partners. Together, we continue to foster a welcoming, inclusive, and inspiring space where every child can thrive, explore, and succeed.

"I am so pleased to have my son attend Les Petits Amis Childcare Centre. He is well cared for day after day, has established meaningful connections with educators and peers, and, most importantly, he is happy. The reduced fees through CWELCC have made a significant difference for our family. All educators have been warm, knowledgeable, and welcoming. The supervisors are professional and genuinely passionate about the success of the Centre and its staff. Overall, we are very happy and hope our child continues here for many years."

"We are extremely happy with the care our child receives at LPA. He is always excited to attend and engaged when we pick him up. The meals are high quality, outdoor time is plentiful, and the detailed reports with photos and videos are greatly appreciated. It is clear that every staff member truly cares about the children. The facility is well-managed and clean. We feel grateful to have our son at LPA."



# LEVEL 1: INFORMATION & AWARENESS

Providing timely, accurate, and relevant information remains a cornerstone of the KMFRC's commitment to supporting military and Veteran families. Our team is dedicated to ensuring families are informed and empowered as they navigate relocations, absences, and transitions. In 2024–2025, we introduced and expanded several initiatives that deepened community connection and enhanced access to essential information and support.

## Community Hub

**166** Visits | **123** Individuals attended Coffee Break

The KMFRC **Community Hub** officially launched as a welcoming and inclusive space designed to encourage connection, reflection, and engagement. Within the Hub, visitors can browse the Information Corner for local and KMFRC-specific resources, relax in the Kids' Corner, or spend time in the Connection Corner. The Coffee Bar and dedicated Workstation support both casual and purposeful use of the space. Weekly Coffee Breaks, held every Wednesday morning, remain a popular opportunity for clients to meet others, build connections, and engage in meaningful conversation.

Welcoming new families to Kingston remained a top priority. In addition to in-person greetings and personalized follow-up emails, the KMFRC implemented outreach calls to provide a consistent and supportive welcome experience. These calls offer families a chance to learn about the KMFRC, ask questions, and connect with relevant services and resources. This multi-touchpoint approach helps establish trust and ensures new arrivals feel supported from the outset.

## Veterans Coffee Connections

**11** Coffees held  
Every month but Dec | **124** Attendees for the year  
Averaging 11 people per session

This year also marked the introduction of **Veterans Coffee Connections**, a monthly initiative hosted offsite at the Royal Canadian Legion, Limestone City Branch 560. Created for Veterans and their family members, these informal gatherings offer a Veteran-informed space for sharing stories, fostering peer connections, and learning about available supports—all over a complimentary cup of coffee and treats. Led by the KMFRC team, this initiative reflects our commitment to serving the Veteran community with care and respect.

## KMFRC Insider

**585** Subscribers

To enhance ongoing communication, the KMFRC launched the **KMFRC Insider** in January 2025—a monthly e-newsletter that shares upcoming events, services, and opportunities. This new publication complements our existing outreach efforts and ensures that families who subscribe at [kmfrc.com/subscribe](https://kmfrc.com/subscribe) always stay informed.

Our website, [kmfrc.com](https://kmfrc.com) (integrated with [cfmws.com](https://cfmws.com)), continues to serve as a central hub for information. It is supported by regular updates via social media, printed materials distributed throughout the community, and direct contact through phone, email, and in-person service. We also continued to distribute Welcome Packages and provide tailored guidance through our Information Services Assistants, helping families navigate military life with confidence.

In addition to our year-round efforts, the KMFRC proudly hosted several large-scale events that played a vital role in fostering connection, raising awareness, and increasing access to resources for military and Veteran families.



**280** Clear-Ins

**260** Welcome Packages handed out

**159** Outreach Calls

**105%**



**Increase in Facebook  
Total Reach 65,600**



**25.2k**

**Visits**  $\wedge$  **14.8%**



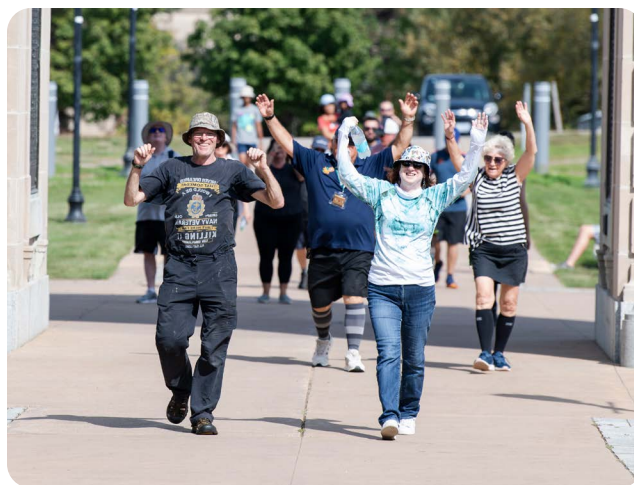


## Connect-A-Thon

The **CFB Kingston Connect-A-Thon 2024** brought together over 50 community organizations, service providers, and local partners in one vibrant space. With live music, family-friendly activities, and a free BBQ supported by generous sponsors, this event served as a one-stop resource fair where families could explore available supports, ask questions, and build meaningful connections. By spotlighting Francophone-friendly services and newcomer supports, the Connect-A-Thon strengthened community ties and amplified awareness of both on- and off-base resources.

## 7th Annual Canadian Walk for Veterans

The **7th Annual Canadian Walk for Veterans (Kingston)** provided a meaningful opportunity to honour those who serve while educating the public on the lived experiences of Canadian Veterans and their families. With strong community turnout and representation from Veteran-serving organizations—including the Royal Canadian Legion, Limestone City Branch 560—this event helped bridge the civilian-military divide, raised awareness of Veteran challenges, and highlighted the services available to support transitions after service.





## Garrison Kids' Holiday Party

The party was once again a highlight for many families, welcoming children and parents alike to a festive environment filled with activities, entertainment, and joy. Beyond the celebration, the event served as a critical touchpoint for the KMFRC to connect with families, distribute informational materials, and introduce new or returning families to the wide range of supports available. It reinforced the KMFRC's role as a trusted, approachable, and family-oriented resource within the military community.

Each of these events played a unique role in reinforcing the KMFRC's mission to deliver timely, accurate, and relevant information while fostering a sense of belonging and awareness among the families we serve.



## LENDING LIBRARY

The KMFRC Lending Library has continued to provide valuable information and support to Canadian Armed Forces families. In response to a recognized community need, we added numerous books focused on relocation, and catalogued additional titles related to absences. Our carefully chosen book collection simplifies CAF families' access to resources that address the main three military challenges; relocations, absences, transitions.

The Lending Library is regularly accessed by military children who attend Les Petits Amis Childcare Centre, whereby educators gather and read to groups of children in the Lending Library space. Our intent in sharing books about the three military challenges is to validate shared experiences and nurture resilience among military children.



Nearly **130** books related to absences, relocations, and transitions!



We have **supported several other MFRCs** across Canada in establishing their own Lending Libraries.





## LEVEL 2: NAVIGATIONAL SUPPORT

The Navigational Support team delivered vital services to military families facing the unique demands of work-related absences. Providing navigational assistance during pre-deployment, deployment, and reintegration supports families as they manage the challenges inherent to their loved one being away.

## ABSENCE SUPPORT



**356** Requests for absence support in the 2024/25 fiscal year



**261** Absences were supported by the KMFRC directly, with some CAF members and their families experiencing more than one absence in the calendar year



**41** Were supported by other MFRCs closer to their loved ones, however the KMFRC was the initial point of contact for these requests



**39** Mass emails were sent to the families who requested to be on the distribution list

These messages included absence-specific information, details about absence-focused events and activities, and general KMFRC and community information



**54** Families supported through imposed restriction or unaccompanied postings

Our biweekly Virtual Deployment Coffee group continued to be a valuable outlet for connection, exploring multiple absence support topics, and providing emotional support. These sessions, which welcomed 78 attendees over the course of the fiscal year, helped foster strength and resilience among loved ones preparing for, experiencing, or reconnecting after an absence.

We continued to offer monthly Absence Support & Connections activities until the end of Q3. After the final session in December 2024, the in-person component of these activities was redesigned and revitalized. Additional funding in Q4 allowed us to expand our support through an in-person experience that offered a new perspective and deeper engagement among families facing any stage of absence. We launched a dedicated event called Seasons of Absence on February 22, 2025. This private, three-hour event, hosted in partnership with Wonderland Board Room Café, featured information tables, resource sharing, and opportunities for military families to connect through games and conversation. The event supported six families, each of whom were experiencing a different stage of absence: pre-deployment, deployment, or reintegration.

**“Words cannot express how thankful I am for the KMFRC. I could not have made it through the past many years without KMFRC’s support. Anytime my spouse was away, I knew I could count on the KMFRC to help me. I will miss Kingston, but I’ll miss KMFRC even more. To all military spouses: we live very unique lifestyles, which can be hard to navigate and hard for others to understand. The KMFRC is there to help. Reach out.”**

“Thanks for these references, it is great information. I enjoyed the ‘Deployment Coffee’ during my wife’s first deployment. What you are doing for the military families is really important and thanks for your support!”

“I cannot say enough about the KMFRC in Kingston. They are always so welcoming and loving and supportive. I love the deployment support they give, as a wife of a military member who always deploys. It was so amazing, the support I received, from phone calls to Coffee Connections. I also love the fact that the deployment support does not stop just when they return home. The support continues, as when they come home, it is a real thing that it is hard to get used to them being around. The KMFRC helps us and we love that they offer so much support. I can’t say anything bad about them. They are amazing and we are going to miss them as we are posted again. Thank you KMFRC for all you do. You guys are amazing people, from the front desk to the departments.”



## Strengthening Connections with Base Units

Throughout the fiscal year, the Navigational Support Team presented virtual and in-person pre-deployment briefings, and supported annual briefings where an additional focus on absence was requested by the unit. Annual briefings highlight available absence services and supports for information and awareness, while pre-deployment briefings help CAF members and their families to prepare for and manage the stressors related to an upcoming deployment. In collaboration with the Information and Awareness Support Team (Level 1), Military Family Navigators also helped rebrand a deployment preparation package distributed to CAF members and their families, with essential resources for navigating all three stages of deployment, from preparing for an absence through to reintegrating as a couple or family. Absence support packages are made available following briefings, and the unit is provided with copies for individuals who cannot attend.

During pre-deployment briefings, members are encouraged to elect services to support their loved ones, through completion of an Absence Contact Sheet. CAF members or their loved ones can also contact the KMFRC directly to access absence support.

## One-to-One Absence Support

CAF members and their families are encouraged to engage with a Military Family Navigator to prepare for the three phases of absence: pre-deployment, deployment, and reintegration. This assistance bolsters the ability to adjust and cope with the reality of military life. Throughout an absence, families are offered ongoing support via warmline calls, individual meetings, and access to Road to Mental Readiness (R2MR) materials and strategies. The KMFRC also proudly continues its tradition of providing deployment bears to families expecting extended or frequent absences.

**I arrived in Canada in June 2021 and moved to Kingston. Just two months later, in August, my husband was deployed to Kuwait. During this time, [name] from Kingston Military Family Resource Centre (KMFRC) reached out to me. She was incredibly supportive with (my) deployed spouse. They guided me through the Military Family Service (MFS) spousal employment program and offered continuous encouragement and resources. When my husband was later deployed to Poland, KMFRC, especially [name], was again there to support to navigate the military life. After my husband was back from deployment, we met up with them in their office for a check-in back from deployment meeting. Most recently, [name] also supported us during our relocation process as we prepare to move to Ottawa. I am truly grateful for the guidance, support and kindness from KMFRC and [name]. They have made a significant impact on my journey as a military spouse and helped make each step a little easier. Thank you KMFRC, especially to [name]."**

# EMPLOYMENT & EDUCATION SUPPORT

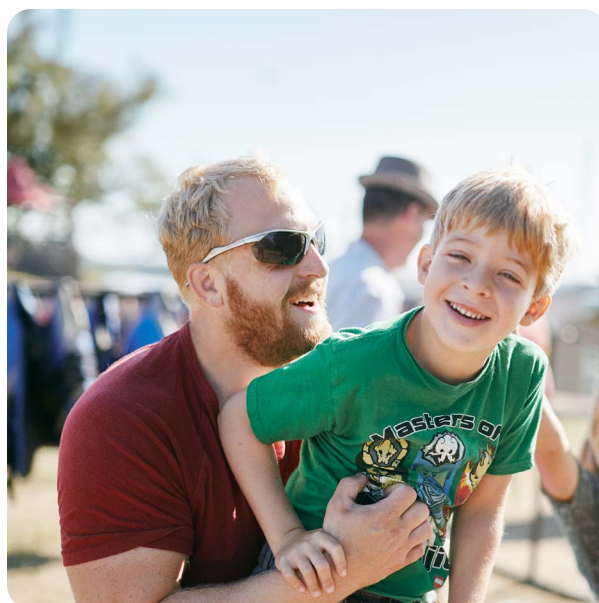
## Employment Support

**During the 2024–2025 fiscal year, the Navigational Support team enhanced partnerships with Kingston-based employment agencies that offer one-on-one career guidance.**

These strengthened connections provided valuable support to Canadian Armed Forces (CAF) spouses pursuing career transitions, seeking assistance with transferring educational credentials, or exploring entrepreneurial opportunities. Clients were also informed about targeted resources such as the Military Spouse Employment Initiative, the Military Spousal Employment Network, and CareerCOACH+, all of which offer specialized support tailored to the unique needs of CAF spouses. Such connections assist with our mission to deliver services and resources that enhance military family resilience and stabilization.

## Relocation

During the 2024-25 fiscal year, the Navigational Support team supported many families relocating to and from Kingston. Whether new to the city or preparing for an adventure elsewhere, these clients were provided with relevant information, resources and referrals. Common topics of interest included the healthcare system, school/childcare, and employment support.





## Second Language Training

The Information Services and Navigational Support teams provide details about local and national second language training opportunities that may benefit military families, for both professional and personal development.

At the national level, support is available through Rosetta Stone and the Language Research Development Group (LRDG). Rosetta Stone offers resources for learning a variety of languages; however, beginning in the 2024–2025 fiscal year, access became limited to CAF families relocating OUTCAN during the upcoming Annual Posting Season (APS). Consequently, current Rosetta Stone users learning French or English have been encouraged to access the self-directed portion of the LRDG platform to continue their language education. In Q3 and Q4, to provide additional support for Second Language Training, we successfully partnered with another MFRC to enroll a small number of learners for Module 4, which combined self-directed and online learning.

The Information Services and Navigational Support teams share information about additional local and national language learning resources that are available to CAF families, which may be free, fee-based, or funded through Military Family Services (MFS).

Beginning in June 2024, the KMFRC partnered with ACFOMI as a monthly host site for Café Franglish. This initiative created a welcoming space for improving conversational skills in either English or French, and saw participation from three military spouses and two veterans.

## Binder Workshops

Military families face the challenge of frequent relocation. As such, the Navigational Support team hosted two variations of a binder workshop during the 2024-25 fiscal year. The Relocation Binder Workshop helped families prepare for an upcoming relocation, using CFMWS' Guide to Relocating online resources. The Medical/Educational Binder Workshop assisted families with the organization and retention of medical and educational documents, which are especially important to maintain during a relocation.

Both binder workshops provided essential tools to facilitate a smoother transition. A total of nine individuals, from eight families, registered to participate in a binder workshop this past year at the KMFRC. The workshops were offered at least once in a group setting, which led to multiple requests for one-to-one support for individuals who could not participate in the scheduled group.





# YOUTH SUPPORT

## At Home Alone

Understanding the burden of the three main military challenges, and limited access to childcare, the At Home Alone with First Aid course for youth aged 10 to 13 years old has proven to be an ongoing need for military families. Throughout 2024-25, the Navigational Support Team delivered this course once per quarter, with a total of 43 attendees - above our projected participation of 40 youth. After completing the course, participants leave armed with the knowledge and confidence needed to feel safe at home alone. Parents continue to express gratitude for this opportunity for their children.

## Month of the Military Child

Our recognition of the Month of the Military Child included educating the greater Kingston community about the campaign via Global News Kingston. In addition, we provided four local school boards with Teal Up flags, and the City of Kingston lit City Hall in teal, the designated colour for military children. The KMFRC hosted an in-person event where military youth had the opportunity to plant seeds in a teal flowerpot, as a symbol of themselves growing uniquely as a military child. The event also offered fun activities for children, including face painting, popcorn and Zumba, and activities geared toward older youth, including henna tattoos, bracelet-making and playing in the Youth Connect app. We saw 128 attendees and 25 families at this event. On April 29, 2024, KMFRC staff joined the base headquarters team in raising the Teal Up flag at CFB Kingston. The base has been incredibly supportive of the focus and purpose of the Month of the Military Child.



## Read for Fun

During the 2024-25 school year, the KMFRC partnered once again with United for Literacy and the Queen's Read for Fun tutoring program. The KMFRC hosted three volunteer student tutors from Queen's University, and eight military-connected children ranging from grade 2 to grade 5. The Read for Fun program offered 11 sessions between October 2024 and March 2025, with tutoring support provided for reading, writing and comprehension. For families experiencing frequent relocations and caregiver absences, Read for Fun fills a gap in education support, with no additional expense for helping children reach their learning potential.



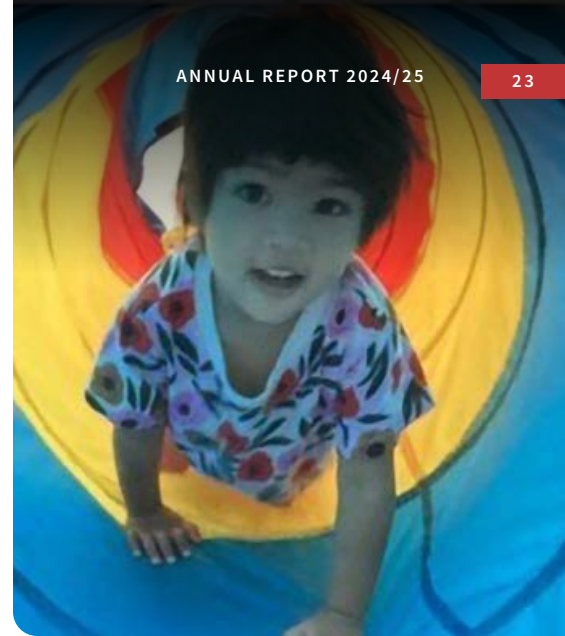
## PARENTING SUPPORT

### **Baby Shower in a Bag**

This year, perinatal support remained a key topic of interest for KMFRC clients, including thirteen military families who received a Baby Shower in a Bag while accessing parent support. This resource includes wellness information, details about local perinatal services, a book for parents to read to their infants, and a onesie that was specially designed to honour children in local military families. These small tokens acknowledge expectant and new parents in the CFB Kingston community, many of whom live far from a familiar support network of family and friends.

## A Great Start for Families (Kahwà:tsire Ronwatiyenawá:se) Centre

During the 2024-25 fiscal year, a Military Family Navigator visited A Great Start for Families (Kahwà:tsire Ronwatiyenawá:se) Centre once per month. This provided an opportunity to connect with families from the CAF community, and meet community partners who also visit that site in support of families with children from birth to 6 years old. The ongoing partnership between KMFRC and A Great Start strives to support military families, especially those who have recently relocated or are experiencing an absence.



**"I love that there is a place I can meet other moms and (my son) can meet other babies. I appreciate any opportunity to connect!"**

**"Thank you so much for sharing all those resources with me. I had a wonderful time with the drop-in group yesterday. I will try to be there as much as I can if my work is not too busy. You will definitely see me a lot when I start my maternity leave!"**



## Baby on Board

Our monthly Baby on Board drop-in group continued to engage individuals and couples embarking on their parenting journeys, while navigating the additional challenges that may accompany the military lifestyle. Baby on Board provided a space to connect with peers within the CAF community and discuss local perinatal services and resources. A total of twenty unique individuals accessed Baby on Board at least once in 2024-25, which is a 54% increase from the previous fiscal year. Participants included CAF members and military spouses, along with two veterans and their spouses. This year featured two visits from Public Health nurses, who shared information about community resources, self-care for parents, and healthy infant development. Perinatal support at the KMFRC has increased families' awareness of services that are available to the military community, and enhanced their ability to acclimatize to a new reality.



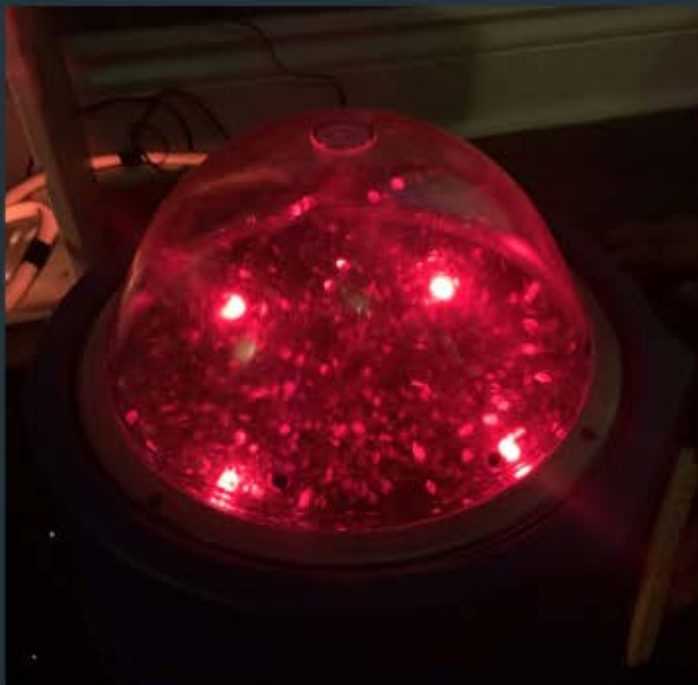
# SPECIAL NEEDS INCLUSION SUPPORT




Support our Troops reimbursed

**\$18,066**


to families with special  
needs dependents through  
the Special Needs Grant,  
with applications facilitated by  
the Navigational Support Team





In 2024-2025, there were 336 visits to the Sensory Room! This number includes 24 visits from CAF families, 226 visits by children attending Les Petits Amis Childcare Centre (nearly 100% of whom come from military families), and 86 visits from KMFRC staff. We also welcomed the CAF community into the Sensory Room during our Month of the Military Child event in April 2024, and many children and families enjoyed the space over a period of several hours. The Sensory Room continues to be a place for exploration, learning, and emotional regulation.

**Thanks to a strong partnership with Support Our Troops, we were able to assist 17 families, resulting in the approval of 20 Special Needs Grants - with a total reimbursement of \$18,066.23! Funding assistance such as the Support Our Troops Special Needs Grant plays a vital role in easing the financial burden of accessing essential services for CAF dependents with higher support needs.**



In response to an identified need in our CAF community, we launched our Family Advocacy, Inclusion & Resources (FAIR) Network in June 2024. We planned four FAIR events during the fiscal year to foster opportunities for peer connection, promote advocacy, and share knowledge and resources among military families who have dependents with higher support needs. In Q1, we hosted 5 families at the KMFRC, opening our Sensory Room for orientations, exploration, and peer support. In Q2, 12 individuals attended our social connection event in partnership with the East End Boys and Girls Club, which featured a pop-up Lending Library. While our Q3 event was cancelled due to low registration, we had planned a Make & Take event, offering several stations where families could create resources and support tools tailored to their child's specific needs. In lieu of a formal event in Q4, we hosted an information table within the Les Petits Amis Childcare Centre to promote inclusive supports and services offered by the Navigational Support team, including assistance with funding applications through Support Our Troops, 1:1 parent/caregiver support, our Lending Library of books and assistive devices, and our Sensory Room.

**We saw a nearly 44% increase in Support our Troops Special Needs Grant approvals facilitated by the Navigational Support team!**



## VETERAN FAMILY PROGRAM

Each year, the Veteran Family Program (VFP) continues to expand programming and reach more of our community of medically releasing and released members and their families. 2024-2025 is no different, and with this growth, we gained approval for an additional 0.5 Veteran Family Program Coordinator (VFPC) to join the team in February.



**VETERANS & FAMILIES**  
**FAMILLES & VÉTÉRANS**



**VFP saw 351 individuals this fiscal, 176 of which were new intakes; with a total of 931 total client interactions. The fall SCAN seminar provided an opportunity to, virtually and in-person, brief 202 members and their families on the transitional supports through VFP, with 7 individual conversations about how the VFPC can assist in their medical release transition.**

In April, we were excited to launch the Navigating Healing & Finding Centre (NHFC) program to support individuals impacted by trauma. This important and impactful program runs bi-annually, seeing participants gain deep knowledge and understanding of the why, how, and what now, as they journey with their own trauma, or that of their loved one(s). They leave armed with information and tools to help regulate their nervous systems, use their diet to support their mental health, and approach healing through a more compassionate and grounded lens. Devon Cosgrove (Holistic Nutritionist) and Larry Aiken (1st session iRest) and Sharon Ash (2nd session iRest) facilitated important aspects of this training.

We are exploring adding a monthly group to allow past participants to reconnect and reengage with each other and the practices, as this ongoing support has been noted to have incredible effects on long-term sustainable change.

In May, the VFP and MVP+ came together to take **32 Veterans and their spouses to the Ottawa Tulip Festival**. The feedback was incredible, many enjoying reconnecting with past colleagues and friends; others appreciating the opportunity to escape their solitude; all hoping for a regular adventure as they were quite grateful for the opportunity to connect with those they can relate to, enjoy time in nature and so much more.

In June, the monthly VFP Walk began, and we have watched the community grow as word slowly spread. This walk provides participants with an organic form of peer support as they connect with other families facing similar situations, as well as benefit from the studied nervous system regulating benefits of time in nature and connection to community.

After much effort, the fall saw the national VFP program, Shifting Gears, launch. With a diverse cross-section of participants, each learning how to better navigate the mental / emotional challenges this life-changing transition has on the family, we were able to provide exercises and help them develop understanding and empathy for everyone's experience. We were fortunate to have a VAC Case Manager co-facilitate this session as part of their school placement, which brought an important perspective.

During Veterans' Week, the 2nd Annual 'The Gathering' celebrated the 100th Anniversary of the RCAF. Veterans, members, families, civilian staff and service providers, all joined together to learn from our CFB Kingston Indigenous Spiritual Leader on the value of connection and learning from nature, while a Veteran RCAF helped us see his personal and professional journey through RCAF life.

**Mental Health First Aid ran in both September and March, supporting 37 individuals** in gaining an understanding of how they can assist others dealing with their mental health challenges.

In February, we invited Performance Coach, Dan de Luis, to speak to the TC Unit and others in our community, about mindset, breathwork, and how, with the right guidance and tools, we can find deeper healing, access our true potential, and lead more rich lives.



# MENTAL HEALTH & WELLNESS

## Children's School Anxiety Strategies for Support and Growth

The Children's School Anxiety – Strategies for Support and Growth workshop, which was designed to equip children with practical strategies to recognize and manage school-related anxiety, while also fostering parental awareness and community connection at the start of the school year, was **attended by seven (7) children (ages 6-11)**. The session began with an educational video explaining the causes and symptoms of school anxiety, followed by a therapeutic art activity where participants created personalized "Worry Boxes." Children decorated boxes and wrote down stress-inducing situations on slips of paper, allowing them to externalize their anxieties in a safe and creative way. The activity elicited strong engagement and meaningful psychological responses—children demonstrated emotional ownership, set personal boundaries, and expressed a desire to continue the practice at home. Notably, comments such as "Can I put it in my bedroom?" and "I will just write 'Do Not Open' on the box" reflected increased emotional regulation and self-awareness. Post-workshop ratings ranged from 6 to 10 out of 10, and follow-up feedback from parents indicated sustained use of the worry boxes at home, signifying internalized coping mechanisms and long-term emotional benefit.



## Junior Wellness Day

The Junior Wellness Day, a full-day enrichment event aimed at fostering mental, physical, and emotional wellness among children while introducing them to the mental health supports available at the KMFRC was **attended by sixteen (16) children (ages 7-12)**. Through a series of engaging and developmentally appropriate activities—including Zumba, yoga, art therapy, bracelet making, storytelling, and reflective exercises—participants explored healthy coping strategies, emotional expression, and mindfulness in a safe and supportive environment. The program emphasized key wellness goals: reducing anxiety, building confidence and peer connections, increasing awareness of available services, and supporting children facing common military lifestyle challenges such as mobility, separation, and operational stress. Parental feedback was highly positive, with many requesting a repeat of the event. Notably, art therapy and the bucket activity were the most well-received.

## Youth Wellness Day

The Youth Wellness Day was held on August 14, 2024. **Seven (7) Youth** who attended had the opportunity to explore a variety of small workshops throughout the day to help them gain new tools and skills to manage their mental health and wellness. This included yoga, I Rest, spending time outside, learning about the Medicine Wheel, and participating in Art Therapy interventions.

"It was fun to interact with others."

"Learned new coping skills to calm myself."

"Enjoyed meditating and stretching."

"Enjoyed learning about the Medicine Wheel."



## Divorce and Separation Support for Parents and Children

The Divorce and Separation – Support for Parents and Children workshop was designed to support military families navigating the challenges of divorce or separation by providing parents and children with concurrent, tailored sessions. **Three (3) parents and five (5) children participated in this dual-track workshop.** The children's session focused on emotional expression and normalization through storytelling, videos, visual workbooks, and group discussions, helping children process feelings of grief and confusion in a safe, supportive environment. The parents' session emphasized effective communication, strategies for co-parenting, self-care, and understanding children's psychological responses to family restructuring. Parents reported increased confidence and awareness in supporting their children, while children actively engaged in therapeutic conversations and expressed relief in connecting with peers facing similar family transitions.





**"Just be here and meet friends."**

**"Fun, education, and people skills."**

**"Yummy treats."**

**"I liked working with others."**



## YOUth Matter

Since the YOUth Matter team held the launch event on December 5, 2023, a weekly drop in was created starting in April 2024. During this time, KMFRC staff including Youth Counsellor Theresa Brannen and Military Family Navigators Jane Hotner, Alexa Waycik, and Laura Tessier have worked together to ensure youth from military families have a safe space to connect with youth who share this characteristic, learn how to improve their mental health and wellness, and participate in fun events/trips to places in the community. KMFRC staff also have youth fill out pre and post evaluations at drop-ins to allow youth to have a say in what is offered for them moving forward. These evaluations allow staff to advocate for what youth would like to see at future events as well as allow youth to be empowered and have their voices heard.



In the 2024-25 fiscal year, **112 youth** had the opportunity to engage in activities within the community such as swimming at the Culligan Water Park, watching a movie at the theatre, and attending Fort Fright. In addition, youth who came out to the drop-in were able to participate in STEAM night, enjoy a visit from Queen's University Engineering Connection, Ability Dogs, and local Indigenous artist Portia Chapman. During this time, youth also engaged in activities related to improved mental health and wellness such as effective communication, self-care, self-esteem, emotion regulation, and anger management.

**"I enjoyed learning new things"**

**"I made new friends!"**

## YOUTH Matter Advisory Committee

The YOUTH Matter Team, started the YOUTH Matter Advisory Committee in January 2024. The first meeting had two members in attendance and the committee has continued to meet every two weeks, recruit new members, and grow. The committee is open to youth between the ages of 13 and 20 and gives them the ability to earn volunteer hours for their secondary school diploma. The goal of the committee is to have staff and military youth work together to ensure that the services and events offered by the KMFRC are youth friendly. We work to achieve this by creating connections with military youth and getting the perspective of military youth outside the committee. The committee is ongoing and meets once per month with a total of 6 active members.

**"With the YOUTH Matter Advisory Committee, it gave me the chance to truly take the initiative on making social change in Kingston and I couldn't be happier saying that."**

**"YOUTH Matter Advisory Committee gives me a sense of purpose and responsibility. I love helping my community and making new friends."**

## Military Dads

In collaboration with the CFB Kingston Chaplaincy team, we continued to work on the delivery of the Military Dads program. Military Dads supports men to navigate stronger and healthier relationships with their children, families, and support networks and increases the safety and well-being of military children and families. Military Dads is a 10-week group-based program that has been piloted and developed at CFB Kingston and CFB Trenton. Military dads ran from February to April 2025.



**"The Military Dad's Program at the KMFRC has been an invaluable resource for me as a veteran father. The program provided me with a supportive and understanding environment. Through workshops and discussions, I've gained a better understanding of my family life. The staff were incredibly welcoming and knowledgeable. I feel more confident and connected to my family thanks to the Military Dad's Program, and I truly appreciate what John and Heather have taught me."**

**"The military dad's Program offered at the KMFRC is a great way to build relationships and share experiences with other fathers. I learned of other methods of parenting and to have resilience when going through some difficult times in my family. Overall the Program was very positive and it almost felt therapeutic in a way. I would recommend it to anyone in the CAF that has doubts or questions when trying to build a great relationship with their kids and/or improve the relationship with their partners."**





## LEVEL 3: INDIVIDUALIZED INTERVENTION

### Short Term Counselling

The Mental Health and Wellness Team continued to offer short-term counselling sessions to families of Canadian Armed Forces members.

The Mental Health and Wellness Team continued to offer short-term counselling sessions to families of Canadian Armed Forces members. The goal of this counselling is to support clients to improve their coping skills and help them with the challenges associated with being part of a military family. The Mental Health and Wellness team supported a total of **189 clients** and these clients attended counselling for a total of **389 sessions**. Clients have reported positive experiences, expressed their gratitude for the support. Parents have expressed that they have noticed improvements in their children since therapy.

### Mental Health Walk-In Clinic

The Mental Health Walk-In Clinic provides one-time, solution-focused counselling sessions designed to offer immediate psychological support to CAF family members facing challenges such as anxiety, parenting stress, adjustment difficulties, emotional regulation, and communication issues. The drop-in format lowers access barriers by offering timely, flexible, and judgment-free support. Clients often report immediate emotional relief, improved self-awareness, strengthened coping skills, and better understanding of the mental health system through tailored referrals to internal or external services when ongoing care is required.



# VOLUNTEER SERVICES

Throughout the 2024–2025 fiscal year, the KMFRC was fortunate to be supported by an incredible team of volunteers who contributed their time, energy, and enthusiasm to a number of meaningful events.

## 513.5

Volunteer hours

## 51

Hours at Canadian Walk for Veterans '24

## 87.5

Hours at Garrison Kids' Holiday Party '24

## 22

Hours at Kingston Frontenac's Chuck-a-Pep '25

## 353

Hours – Board of Directors



In April 2024, the KMFRC once again co-hosted the annual **Volunteer Appreciation Event** with PSP Kingston—this time at Garrison Lanes for an evening of bowling, fun, and celebration. A total of 44 volunteers attended and took part in some friendly competition for light-hearted prizes. Everyone enjoyed a delicious dinner from Mucho Burrito and received personalized certificates in recognition of their contributions. It was a lively and well-received evening, offering volunteers a chance to connect, relax, and feel appreciated for the meaningful impact they make throughout the year.

Volunteers continued to play a vital role in the success of KMFRC events throughout the year. At the **2024 CFB Kingston Connect-A-Thon**, members of the Fort Henry Heights Community Council volunteered their time to run our BBQ, helping serve hundreds of attendees.

At the **2024 Canadian Walk for Veterans**, 10 volunteers—including youth, adults, and KMFRC Board of Directors members—contributed over 50 hours to make the event a memorable community gathering. Volunteers assisted with route guidance, water stations, and food service, helping ensure a smooth and meaningful experience for all. The event featured live music from Music Healing Veterans, performances by the Canadian Military Wives Choir and the PWOR piper, and a presentation by the Legion Colour Party. Opening remarks were delivered by both the Base Commander and Base Chief, they were also joined by the Deputy Mayor Jimmy Hassan and MP Mark Gerretsen who shared a few words about this amazing event. During the ceremony, we also had the honour of recognizing our longest-standing volunteer, John Price, for his 16 years of dedicated support to the KMFRC. John was presented with a KMFRC-branded sport coat as a token of our deep appreciation.

The **2024 Garrison Kids' Holiday Party** brought in 126 volunteer hours, with 9 volunteers supporting set-up the night before and 18 helping during the event. Some volunteers supported both days. Their efforts helped bring the holiday magic to life, with activities, treats, and festive joy throughout the venue. Members from Fort Henry Heights Community Council and our Board of Directors joined in by handing out treats and assisting at various activity stations.

At the Kingston Frontenacs **2025 Chuck-A-Pep** for the Military Appreciation game, 4 volunteers—including a youth and a Board member—contributed 18 hours to help us achieve our most successful Pep sale in KMFRC history. Their energy and enthusiasm helped boost engagement and fundraising at this fun community event.

**From creative celebration to community connection, this year's volunteer contributions were essential to delivering impactful and well-loved programs. The KMFRC extends heartfelt thanks to each and every volunteer who helped make these initiatives possible.**





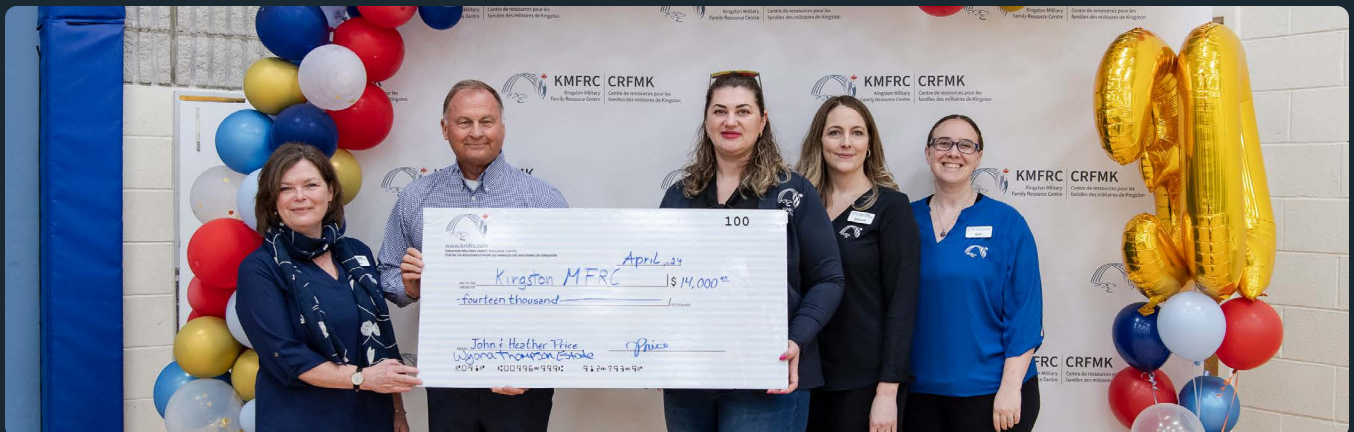
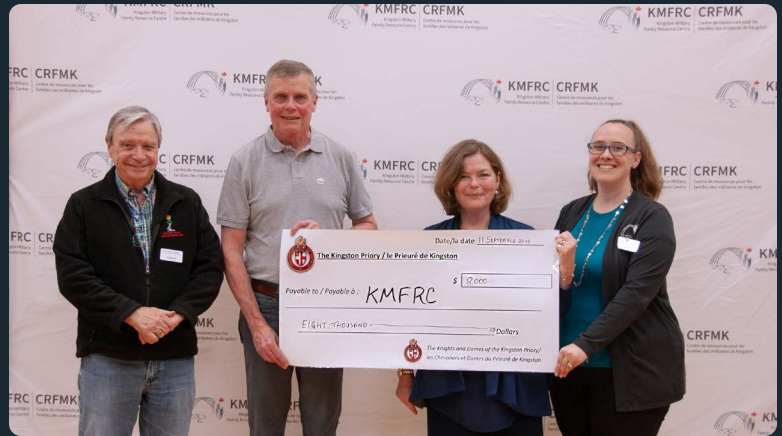
# DONATIONS & FUNDRAISING

**Thank you for your support!**

Estate of Wyona Thompson (Trustee/ John Price)	<b>\$14,000</b>	Royal Canadian Legion Limestone City Branch 560	<b>\$5,000</b>
Children's Thrift Sale Committee	<b>\$13,500</b>	Kingston Frontenac's Hockey Club	<b>\$4,863</b>
Together We Stand	<b>\$13,300</b>	United Way, KFL&A	<b>\$1,362</b>
Members of Order of St. George, Kingston Priory	<b>\$13,104</b>	Vancouver Foundation (Starbucks)	<b>\$1,350</b>
Rafflebox Technologies Inc (30th Anniversary 50/50)	<b>\$8,852</b>	Talize Inc	<b>\$1,200</b>
True Patriot Love (Canadian Walk for Veterans)	<b>\$5,122</b>	Otter Creek Kitchen & Food	<b>\$1,000</b>
		Slush Puppie Place	<b>(In-Kind)</b>
		Coca Cola Bottling, Kingston	<b>(In-Kind)</b>

## **Under \$1000** \*monetary and in kind

Kingston 1000 Island Cruises / Kingston Trolley Tours	Extreme Trampoline	MilSOBrave Box
Barriefield Meat Market	Fine Balance Brewery	Patrium Cafe
BMO	Freshii (Kingston East)	Residence Inn
Big Bob's Pizza	General Brocks Commissary	SISIP
Canadian Corps of Commissionaires- Kingston & Region Division	Hampton Inn, Kingston East	Starbucks, Rose Abbey
CANEX	Home2 Suites/DoubleTree by Hilton, Kingston	St. Lawrence Parks Commission
CFB Kingston Eco-Team	Improbable Escapes	The Personal Insurance
Coca-Cola Bottling Kingston	In Bloom	Together We Stand
	Kingsdale Chateau Retirement Community	Tourism Kingston
		United Way, Greater Toronto
		Utilities Kingston

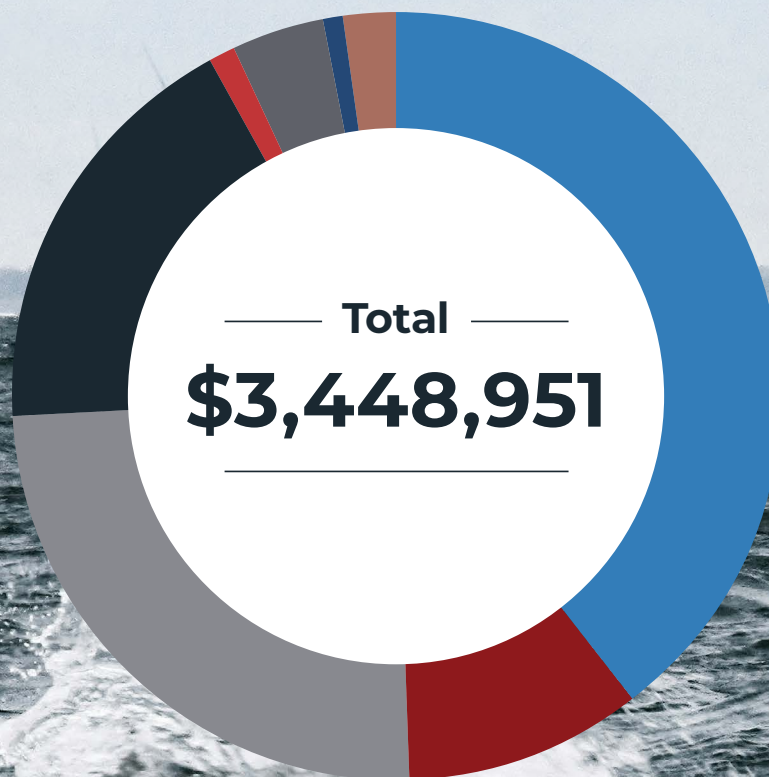




# REVENUES

Hot off the press audited numbers

MFS Funding	<b>\$1,401,367</b>	41%
CFB Funding	<b>\$331,036</b>	10%
Grants	<b>\$869,016</b>	25%
User Fees	<b>\$607,312</b>	18%
United Way	<b>\$42,058</b>	< 1%
Fundraising & Donations	<b>\$123,595</b>	3%
Amortization	<b>\$18,323</b>	> 1%
Interest	<b>\$56,244</b>	< 1%





# EXPENSES

Personnel	<b>\$2,901,745</b>	<b>87%</b>
Program Delivery	<b>\$319,777</b>	<b>10%</b>
Administration	<b>\$83,889</b>	<b>3%</b>
Amortization	<b>\$19,115</b>	<b>&lt; 1%</b>
Bad Debt (Recovery)	<b>\$0</b>	<b>0%</b>

