



CANELEMNORAD BRIEF

Annual Posting Season 2026





CFMWS OUTCAN U.S. - Who Are We?

Building on our organizational value of a One Team Approach, CFMWS U.S. delivers support in a more seamless and collaborative way than ever! We recognize the unique realities of life in the U.S. and are here to ensure CAF members and families are seen, heard and supported along their journey.





Programs and Services

CHILD, YOUTH, & PARENTING RESOURCES

- Babysitter’s Course
- Children’s Home Alone Course
- Emergency & Respite Child Care Program
- Parenting Information & Workshops
- Referral to Strongest Families Institute

COMMUNITY ENGAGEMENT

- Cultural Events & Campaigns
- Family Advisory Committee
- Interactive Connections
- National Contests & Challenges
- Peer Support Programs
- Volunteer Opportunities

EDUCATIONAL SUPPORT

- MFS Education Guidance Counselling
- Referral to Installation School Liaisons
- Post-Secondary Navigation & Planning
- Second Language Training
- Support Our Troops Programs

EMPLOYMENT NAVIGATION

- Professional Development Opportunities
- MFS Spousal Employment Programs
- Referral to U.S. Resources

FAMILY SEPARATION & REUNION

- Family Care Assistance Program
- Information Briefings & Resources
- Warm Line Contact (Pre-During-Post)

FINANCIAL RESOURCES

- Financial Wellness Resources
- Money Mastery Portal
- Referral to SISIP Financial Services
- Tax Information

HEALTHCARE NAVIGATION

- Health Promotion Programs
- Partnership with Health Services Team

MENTAL HEALTH SUPPORT

- Counselling Services for Dependents
- Family Information Line
- Family Violence Support
- Mental Health Workshops
- Referral to Local & National Resources
- Support during Critical Events

RELOCATION SUPPORT

- Emergency Preparedness Resources
- In/Out Clearance Check-In
- Life in Location Insights
- Local Welcome/Information Briefs
- Posting Cycle Guides
- Touchpoints during HHT/Arrival

SPORTS & FITNESS

- Annual FORCE Evaluations**
- CAF Fitness Virtual Programming
- Fitness Training & Wellness Clinics
- Grants, Funding, and Awards**
- Personal Fitness Training Kits**
- Sports & Recreation Activities

Common Challenges

Spousal Employment

Employment Authorization
Documentation (EAD), Employment
Insurance (EI), Certification Transfer.
www.cfmws.ca/us-employment

New Financial Realities

Cost of living and exchange rate
fluctuations, navigating allowances,
premiums, loan options and taxes.
www.cfmws.ca/financial-education

Regional Differences

Population size, hazards and natural
disasters, language barriers, distance
from familiar support systems.
www.cfmws.ca/us-locations

Cultural Nuances

Understanding Country, State and even
Town or City cultural differences within
a new location, geo-political realities
and cultural values that may be a shift
from Canadian culture and values.

Healthcare Navigation

Insurance coverage and claims, TRICARE vs
Canada Life, MSH. Finding care on the
economy and Military Treatment Facility
(MTF) Access. www.cfmws.ca/us-healthcare

Isolation

May not be co-located in a state or location
that has a significant Canadian population.
Additionally, distance from family, and
familiar supports can create feelings of
isolation. www.cfmws.ca/us-calendar

Family Mental Health

Life's challenges can feel overwhelming, whether you're facing stress, relationship concerns, life transitions, grief or loss, anxiety or depression, or financial difficulties.

The MFS U.S. Mental Health Team is here to support you through the challenging times.

FAMILY COUNSELLOR: MARION HALL, BSW, RSW

Email: hall.marion@cfmws.com | Phone: 709-649-4296

Marion offers trauma-informed, strength-based counselling to CAF families posted to the US. Services are completely confidential, free, and offered through virtual services. If you are looking for support after-hours, please call the **Family Information Line: [1-800-866-4546](tel:1-800-866-4546)**



FS&R PROGRAMS FOR CAF

- [Personal fitness training programs \(Fortis\)](#)
- [Award of Aerobic Excellence](#)
- [Bodyweight Training System \(BTS\)](#)
- [Annual FORCE Evaluations](#)
- [Virtual fitness training classes](#) (CAF Fitness)
- Fitness training courses ie: BFTA, FE
- Wellness challenges
- Fitness training and Health Promotion clinics and workshops
- [Supplementary Physical Training Program \(SPTP\)](#)
- [Reconditioning Program for Ill and Injured](#)
- [CAF Women & Gender-Diverse Physical Fitness & Wellness Program](#)
- [Support to Sports Participation Grant](#)
- CAF Regional and National Sports Championships
- Unit sports funding/November is OUTCAN Sports Month
- [OUTCAN Athlete of the Quarter](#)
- [Women in Sports](#)
- Recreation activities during visits



FS&R PROGRAMS FOR SPOUSES

- Personal fitness training programs
- Wellness challenges
- [Bodyweight Training System \(BTS\)](#)
- Fitness training and wellness clinics/workshops
- [Virtual fitness training classes](#)
- [Virtual Yoga practices with Felix](#)
- OUTCAN Athlete of the Quarter
- Recreation activities during visits

CONTACT US



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Go-To Links

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above links & more!
cfmws.ca/us-go-to-links

