

Let's ensure you're
fully prepared for
the journey ahead.



2025

DEPLOYMENT READINESS

PRE-DEPLOYMENT PACKAGE



Preparedness Starts Here!

Inside This Guide:

- Deployment Essentials:
What You Need to Know
- Important Contacts & Resources
- Morale Mail Information
- Family Support Services
- Tips for Navigating Emotional
Well-Being During a Deployment

613-687-2104 x 0 | FamilyNavigator@PetawawaMFRC.com



CFMWS.CA

PMFRC MILITARY FAMILY NAVIGATORS



A Trusted Connection You Can Always Rely On

Build a lasting relationship with your Navigator—a dedicated point of contact who knows your family, understands your goals, and offers consistent support.



Solutions That Empower You and Your Family

From coaching and goal-setting to walking alongside you through decision-making, Navigators offer a safe, friendly space where your family feels heard. You'll leave with practical options, empowering tools, and a plan tailored to your needs.



Supporting You Every Step of the Way Through Military Life

The Navigator team is your one-stop resource to guide you through the unique challenges of military life, which may include Deployment, Special Needs, Second Language Training and more.



Contact a Military Family Navigator Today

Whether you're facing a big question or just need advice, our caring and knowledgeable Navigators are here to listen, provide personalized support, and connect you to the right resources.

613-687-2104 x 0 | FamilyNavigator@PetawawaMFRC.com





4 easy steps to sending **MORALE MAIL**

1

**Place contents
in a sturdy box.**

**Note: the PMFRC does not provide boxes.*



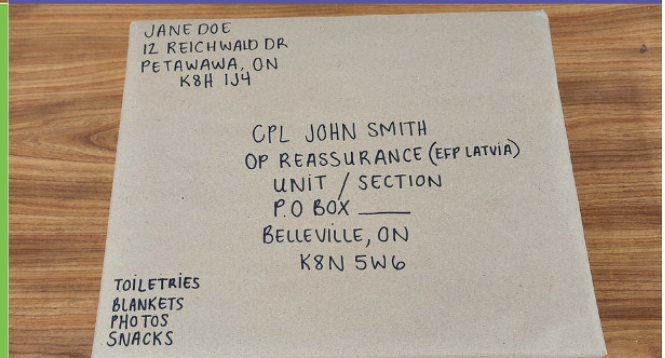
2

**Tape box closed and
wrap in brown paper.**

**Note: brown paper is available at the
PMFRC North Side and South Side
Community Centre.*

3

**Write the return address in
the top left corner, recipient
address in the center and list
of contents in the bottom left
corner of the box.**



4

**Fill out a customs
form and attach to
the side of the box.**

**Note: customs forms are available at
PMFRC North Side and the South Side
Community Centre.*

Questions: Information@PetawawaMFRC.com

Drop-off Locations:

PMFRC North Side
10-16 Regalbuto Ave.
Monday – Friday / 8 AM - 4 PM
(613) 687-1641

South Side Community Centre
1578 Wolfe Ave.
Monday – Friday / 8 AM - 4 PM
(613) 687-2104

Base Mailroom
Bldg. S-111, CFB Petawawa
Monday – Friday /
8 AM - 12 PM & 1 - 3:30 PM

Let's stay connected



PMFRC NEWSLETTERS

Sign up for the PMFRC newsletter today and get monthly updates on what is happening in your community

- What's happening at the PMFRC?
- Deployment Newsletter
- Veteran Family Program (VFP) Newsletter
- Volunteer Newsletter
- Play Troop / EarlyON Newsletter



Scan the code
to sign up now!

Are you following the PMFRC on social media yet?

It is a great way to stay up to date with our programs and services and learn about upcoming events!



Facebook @pmfrc



Instagram @pmfrc



YouTube @pmfrc



Deployment
Pinterest Board
@deploymentservices



DEPLOYMENT SERVICES CATALOGUE

Access exactly what you need -- when you need it --
before, during and following a deployment.



Deployment Services Catalogue

- ✓ One-on-one programs
- ✓ Virtual programs
- ✓ Virtual resources
- ✓ Deployment wall
- ✓ Homecoming boxes
- ✓ The 5 Love Languages®



Add-On Deployment Services for Children

- ✓ Kids & Deployment
- ✓ Parenting support
- ✓ Virtual resources
- ✓ Access to workbooks
- ✓ Deployment Dolls
- ✓ Children's storybooks



Questions?

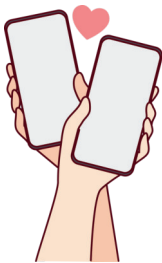
FamilyNavigator@PetawawaMFRC.com

Tips for Keeping Connected



Self-Care

- Book your partner an appointment for some self-care (nails, hair, massage) so they can fill up their cup
- Order them their favourite meal and have it delivered
- Send them an e-gift card to treat themselves at one of their favourite stores



Virtual Connection

- Watch a movie together using apps like Teleparty
- Make each other a playlist of songs that remind you of each other and share
- Plan a virtual video call date to have coffee or a meal together and catch up



At home

- Create a deployment wall with a family photo and mail station (contact the PMFRC for supplies)
- Get Deployment Dolls from the PMFRC for children
- Have the CAF member record voice notes or stories for children to play while they're away



Special Events/Holidays

- Decorate "together" over video call (as an added bonus, consider sending decorations to the CAF member for them to use)
- Put a care package together as a family to send along with seasonal goodies or gifts
- Open gifts together over a video call

Important Information & FAQs

Pre-Deployment Checklist

- Is your family **listed on your benefits** prior to departure?
 - Do you have **power of attorney (POA)** set up for bank accounts?
 - Does your family know **where to access support** or information?
 - Have you set up partners/family as **authorized members** on accounts (benefits/Canada Life, insurance, etc.)?
 - Does your family have **up to date contact information** for medical professionals, school, specialists etc.?
 - Does your family have **seasonal maintenance** organized?
 - Does your family have **financial information** for bills and authorized payments including account numbers, passwords, important dates, etc.?
-

Frequently Asked Deployment Questions

Q: Do I need the military member with me to access PMFRC supports (navigators/childcare/mental health)?

A: No, family members can receive support from the PMFRC with or without the CAF member present. These could include mental health support (walk in clinic or continued services), navigational support and childcare. *When registering for some services, a Navigator may ask for the last 3 digits of a member's service number and unit. It's a good idea to discuss this information with the member before they leave. If you do not have this information, please don't hesitate to contact the PMFRC for support regardless.*

Q: Is there a cost for PMFRC Services?

A: There is no cost to Military families for services including mental health support, Military Family Navigator support and programs such as Prenatal and Postnatal Support, Kids Deployment Support Group and others. Childcare services do have a cost associated. Please contact us for a full list of services or fee inquiries.

Q: Will the PMFRC shovel my driveway or cut my grass?

A: The PMFRC does not provide seasonal services. Our Information Services team is able to provide a list of local businesses offering these services and others.

Q: Does the PMFRC provide transportation (pick up my children, etc.) ?

A: No, the PMFRC does not provide transportation support for Military families.

Get help when
you need it
no appointment
or referral
required



Available to
military families,
adults, kids, teens,
and couples

PMFRC Mental Health Walk-In Clinic



4-7 PM

last intake at 5:30 PM
first come, first served



1st Wednesday of the month

PMFRC Family Wellness Centre
12 Reichwald Cres.



3rd Wednesday of the month

South Side Community Centre
1578 Wolfe Ave.

We can help with

- FAMILY RELATIONSHIPS, PARENTING
- COUPLES CONFLICT
- ANXIETY, DEPRESSION, WORRIES
- STRESS, ANGER
- SELF-ESTEEM, LIFE CHANGES
- SETTING GOALS FOR CHANGE

Youth Counsellor available
1st session of each month

Services in French are available upon request

For more information, contact the PMFRC Mental Health team



MHSUPPORT@PETAWAWAMFRC.COM



613-687-7587 EXT. 3226

PMFRC
Petawawa Military Family
Resource Centre



CRFMP
Centre de ressources pour les familles
des militaires de Petawawa

MFSP
MILITARY FAMILY
SERVICES PROGRAM



PSFM
PROGRAMME DES SERVICES
AUX FAMILLES DES MILITAIRES

Important Contact Information

Family Information Line

Available 24 /7

1-800-866-4546

Providing free, confidential
and bilingual support

Emergency Family Care Assistance

Monday to Friday / 0800 - 1600:

613-687-1641 x 2230

Holidays and After Hours:

613-687-5511 x 5611

Duty Chaplain: 613-687-5511 x 5611

CF Member Assistance Program: 1-800-268-7708

**South Side Community Centre &
PMFRC Military Family Navigator:** 613-687-2104 x 0

PMFRC Mental Health Team: 613-687-7587 x 3226

PMFRC Specialized Care Program: 613-687-2104 x 231

PMFRC North Side Child Care: 613-687-1641 x 2225

Canadian Forces Housing Agency (CFHA): 613-687-0000

PSP Recreation Complex: 613-687-2932

SISIP Financial: 613-687-0025

Other Important Numbers

Military Member Information

Unit:

Deployment/OP Name:

Section:

Service Number: