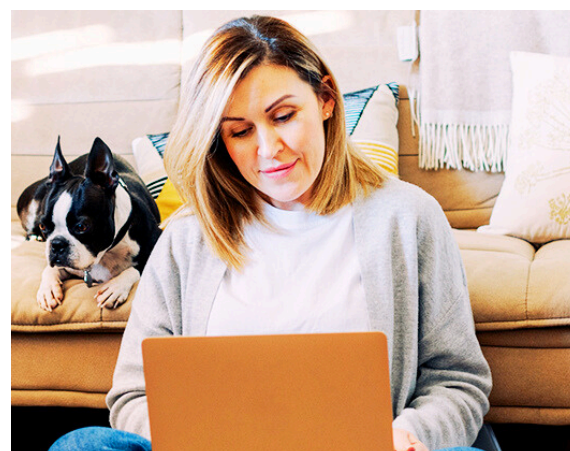
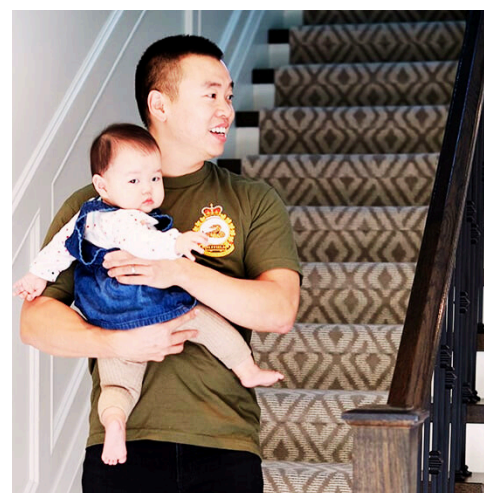


***Proudly supporting military and veteran families in
the Winnipeg and Thunder Bay areas***



Annual Report 2024-25



A steadfast support

Dylan Lee
Chairperson

The Winnipeg MFRC continues to lead nationally in delivering our three core services, as confirmed by Military Family Services (MFS) audits. This reflects the deep commitment of our staff and volunteers, who not only embrace change but champion it. In uncertain times, as the pace of military deployments increases, our MFRC remains a steadfast support for families, adapting to meet evolving needs with results-driven programming.

The Board has also evolved, introducing initiatives that strengthen governance and service delivery. These include national collaboration through Quarterly Board Chair meetings and the MFRC Advisory Council, where local voices like Jim Sandall's influence national policy.

Our close, collaborative relationship with MFS has been instrumental.

Their support, paired with the dedication of our staff, has enabled us to implement necessary changes effectively—even within tight budgets.

We sincerely thank the 17 Wing Executive, Ships Company of HMCS Griffon, and O'Kelly VC Armoury. Their unwavering support, along with generous community financial contributions, has been vital to our success.

As I conclude my term as Chairperson, I am proud to introduce Melanie Maher as my successor. With unanimous board support and deep public board experience, Melanie is well-positioned to lead us forward and meet the challenges ahead.

Finally, thank you for your continued trust, support, and active interest in your MFRC.

Committed to high standards

Allison Payne
Executive Director



The 2024–2025 fiscal year was one of excellence and growth for the Winnipeg MFRC. Our dedicated frontline team of five worked hard to support military families in Winnipeg and Thunder Bay, providing help approximately 460 times each quarter – a reflection of the strength and commitment of our staff.

Behind the scenes, a skilled team supported operations through marketing, program development, bookkeeping, reception, and leadership. We proudly report that the Winnipeg MFRC received one of the highest audit scores among MFRCs nationwide for our compliance and assurance, showing our commitment to high standards. All our efforts aimed to serve our military families' unique and evolving needs with care and professionalism.

This year, we deepened our impact in the Canadian Armed Forces (CAF) community and the Winnipeg and Thunder Bay areas by forging strong

community connections. This ensured our families get the right support from us or our trusted external partners.

This report shares stories of the resilience of the families we serve and highlights the incredible team behind our success. We could not have done this without our Board of Directors and the support of the 17 Wing Executive Team. We also thank the MFRC Child Care Centre and Nursery School staff for their important role in supporting our youngest members and their families.

We value diversity and inclusivity, creating a caring culture where staff support each other through good and bad times. A special thank you to MFS for your funding, our donors for bridging the gap, and, most importantly, the military families who trust us every day. We are who we are because of you.



The Lee Family

Striving for excellence

Your Winnipeg MFRC is committed to service delivery excellence, building a strong reputation for providing exceptional supports that prioritise the needs of the families we serve, making a real impact on their daily lives.

Vision We will ensure a community where all military families feel supported.

Mission To develop resiliency by supporting a mission-ready community of strong military families.

Core services

Whether it be for education, skill-building, peer support, counselling, or referrals to outside resources, we work together with families to help them understand and cope better with any challenges of:

Relocation

Assisting families to integrate into their new community before and during their postings as well as when they leave for their new postings

Absences

Serving families experiencing work-related separation or reunion with their loved ones due to deployment or training

Transition

Helping families of new recruits, members, and veterans transition smoothly to military or civilian life

Relocation services

Helping you thrive in your new posting

To ensure CAF members and their families feel welcomed and supported when relocating to Winnipeg, we provide personalised services from the outset. Our Client Care Coordinator (CCC) conducted 112 clear-in/intake meetings this year, offering one-on-one support to understand each family's unique needs and provide key resources for a successful relocation. These meetings allow us to share helpful information and connect newcomers with essential services and programs.

In addition to in-person support, we dedicate considerable time assisting families via email and phone before their arrival, helping to ease their move. We also offer newcomer programming designed to support both new arrivals and those still settling in, fostering connections with other relocated families and the broader community. Our support continues throughout each posting, including for those preparing to move again, ensuring families feel guided



The Shao family's intake meeting with our CCC

"You have gone above and beyond in helping our family to adjust to our new posting in Winnipeg. We have a special needs child with medical issues, and you always reach out when there are programs or relevant things for our family. It was so reassuring when we had our clear-in meeting because we knew that you would be here to support us. You are super responsive and caring, and just such an asset to the MFRC."

– a military spouse

and supported every step of the way.

Last year, several initiatives supported newcomers and families in building connections and accessing local resources. The re-branded Family Fun Fest welcomed 40 newcomers for a day of relaxation and community bonding. The Playdate in the Park connected 59 newly-posted individuals through informal gatherings for families.

Two Info-Connect events addressed community needs—one launched a Babysitter Co-op, and the other introduced local library services. The Let's Connect CAF Community helped new members and their partners begin forming local ties.

New offerings included a Virtual Relocation Information Session attended by 22 relocating individuals and the Building Blocks Program, which used LEGO to help 14 children develop social skills.



(L - R) Gabriel Lord and Carson Peel, Building Blocks Program participants



Info-Connect at St. James-Assiniboia Library

"It introduced myself and my family to a new library. My sons got to get their first library cards! I had never been to that location before, and knowing a friendly face would be there for the Info-Connect relieved my anxiety of going to a new place and allowed myself to enjoy our time spent there." – a military spouse

"Building Blocks helped my child get very confident." – a military member

Relocation services - Thunder Bay

For families about to move to Thunder Bay, our relocation service offers pre-posting packages and customised information on the Thunder Bay area.

When they arrive, visits to the MFRC are encouraged and staff reach out to families with welcome calls and emails to ensure a smooth community transition.

Our Open Doors Information Mornings were essential in building relationships with the units at the O'Kelly VC Armoury and HMCS Griffon. Families had opportunities to participate in sessions

about relocation, which were crucial for the success of this area of service. New members and families who relocated to Thunder Bay received pertinent information during our regular visits and in our briefings.



Open Doors at O'Kelly VC Armoury

Other supports and services

Lending Library

Our Lending Library provides the Winnipeg military community with day passes to various attractions in Manitoba for a minimal annual fee for the entire family.

This year, 40 families benefitted from this program that allowed them to experience the **Manitoba Museum** and **FortWhyte Alive**.

We were also able to add the **Winnipeg Art Gallery** to the selection of sites to explore this year.



Military kids exploring the woods of FortWhyte Alive

Career and employment

Employment Resource Hub (CFMWS)

The site continues to be a valuable self-serve tool for families who are experiencing changes in employment due to multiple military lifestyle challenges. Through it, we share up-to-date information about job and networking opportunities, as well as tips and tools for securing employment and enhancing resumes.



Employment Workshop

We offered employment workshops over the past year, focusing on learning transferable skills, navigating online job sites, and making job applications stand out. We also covered how to secure interviews and prepare for them, all while helping participants expand their personal employment support networks.



Employment supports - Thunder Bay

YES Employment Services and **Northwest Employment Works** remain our go-to agencies for the employment needs of relocated families. They offer one-on-one help, job-readiness workshops, and self-serve resources. Families who utilise local agencies like these find it much easier to settle in their new community. Whether for youth, persons with disabilities, or newcomers, anyone can find their path to employment success in Thunder Bay.

Second Language Training

In the past year, we served 26 clients by registering them with either the **Language Research Development Group (LRDG)** or the **Rosetta Stone**.

For LRDG, we had 22 clients studying French and four clients taking English classes. For Rosetta Stone, Bronze Catalyst licenses were exclusively available for OUTCAN family members to learn languages other than French and English.



127

children served

What parents had to say

"Our four children absolutely love going to day care, we have had our children in other centres, in other provinces, and the Winnipeg MFRC has by far, been our best experience."

"As a military family who has moved into numerous cities, we are most impressed with the care you offered in Winnipeg."

"Our baby started in the infant program; we are so impressed with the level of care and compassion from all the employees."



What kids liked best



Child Care Centre Nurturing like no other

Our Centre accommodates 127 spaces for children of military families and the local community, from 12 weeks to 12 years old. Our program uses an emergent curriculum to offer inclusive care and fun learning experiences for all ages, from infants to school-aged children.

Last year, we were grateful to Kim Dunning for stepping in as our Acting Director. Under her capable leadership, we were able to introduce new activities. Our children loved our monthly music program with **Wee Be Jammin**. They were delighted to see the performances from the **RCAF Band**, as well as from a local Indigenous drummer and a hoop dancer. We also brought in **GymKyds** for recreational gymnastics and **Star Dome** for a chance to explore and

appreciate the night sky. Additionally, we took learning outdoors by setting up outdoor classrooms for all age groups, allowing the children to learn in nature.

All our centre staff attended our annual Professional Development Day, which focused on effective communication. Additionally, they completed mandatory child abuse training and continued to take workshops on effective guidance techniques and decoding difficult behaviours.

It was such a memorable year for us, filled with new experiences, learning, and so much fun!

*"I like Day Care. They have dinosaurs, and I can nap."
– a preschool-aged child*

*"I like in services. Always fun because we can make crafts and play with LEGO."
– a school-aged child*



35

children served

16 morning class

19 afternoon class

What parents had to say

"You have been a part of our family for years and helped our littles grow. For this, we are forever grateful."

"He loves his days at Nursery and much enjoys all of the special activities you plan for them."

Nursery School

Ensuring quality care and learning

Our Nursery School is all about creating a safe, welcoming, and enriching environment where children can learn, explore and thrive.

We offer diverse learning experiences for children three to five years old. We hold morning and afternoon classes on Mondays, Wednesdays, and Fridays. Our afternoon sessions have an introduction to French, allowing students to explore the language and culture.

Our staff members are dedicated to continuous growth and professional development to provide our children with the best possible care and education. Last year, they took part in training programs, including the Circle of Security Training. This focuses on building strong relationships with the children and supporting their emotional well-being. They also joined the Manitoba Child Care Association (MCCA) Annual Conference to further their skills and knowledge in Early Childhood Education.

We extend a huge thank you to all our families and staff for your unwavering support and commitment to our nursery school community. We could not achieve this without you!

Learning event highlights

Music and dance classes - our little ones explored rhythm, movement, and creativity, enhancing their coordination and expressive skills

17 Wing Fire Hall visit - our trip introduced them to fire safety and allowed them to explore real fire trucks and interact with local firefighters

Trick or Treat - they had a wonderful time and made new memories while trick-or-treating at the MFRC offices



291

families served

Deployment services

A helping hand in your absence

We recognise the unique challenges faced by families during deployments due to training or courses, whether short or long-term. Our team is committed to providing consistent support at every stage—before, during, and after absences.

This year, we offered both individual and group-based services in person, virtually, or in hybrid formats to meet families where they are. Resources such as pre-deployment checklists, warm-line calls, connector events, and therapeutic workshops helped families prepare for and manage separation while connecting them to both internal and external supports.

To foster connection and resilience, we hosted a range of events, including the Family BBQ, the Reintegration Brunch, and the Holiday Deployment Dinner.



The Perez family during our Deployment Memory Box Workshop

*“Thanks to the strong dedication of the MFRC, I had an enjoyable Christmas with lots of treats and support during potentially lonely times. Your efforts kept a chilly troop warm in the far north. Thank you, MFRC!” – **a military member***



Workshop participants, young and old, expressing their creativity using plants

We also offered creative and mindfulness-based workshops such as the Mindful Meditation with Goats, the Being Present with Plants, and the Family Drumming.

The Canadian Forces Postal Service Workshop and the by-appointment Morale Mail Package-building Workshop helped families stay connected with loved ones.

Other by-request workshops, such as the Deployment Memory Box and the Bonding Without Borders, ensured that support was meaningful and accessible. Through it all, we remained dedicated to walking alongside families throughout their deployment journey.

"I appreciate the work you are doing to connect with families. Thank you for being my lifeline over many years and many deployments ... It reinforces my belief that the military was the right choice for our family."
– **a military spouse and mom**

Deployment services - Thunder Bay

Our staff members work hard to connect families with the MFRC resources. We do this through monthly check-in emails, calls, programs, and referrals to ensure everyone feels supported through times of absences or separations and reunions.



Families that let go of their deployment anxieties through drumbeats and sounds



Workshop attendees filling out customs form and filling up care packages for Morale Mail



Deployment Dinner held at Kelsey's Roadhouse

Last year, we saw a strong sense of community and support. Many families engaged in our Deployment Dinners, as well as in our Free Parcel Service and Pre-Deployment Briefs. Our Deployment Summer Family Connector event and the Parcel Drop-Off Opportunity evenings were also a success.



Deployment Summer Family Connector event held at Boulevard Lake

Transition services

Fostering resilience through change



105

families served

Supports for new recruits

We connect with the families of new recruits to welcome them into the military community. It is important for us to help them feel at ease and answer basic questions they might have about their new life, military training, and what to expect.

We are excited to have them join our community and are here for the information and support they might need along the way.



Veteran Family Services

We are committed to supporting medically-released and medically-releasing veterans and their families as they transition to civilian life—a journey that can be challenging and complex.

Our focus is on making this transition smoother by helping veterans navigate available resources, access appropriate referrals, and achieve their personal goals in areas such as mental health, education, finances, physical wellness, and social connection.

Over the past year, we delivered a range of workshops designed to support wellness and build resilience. We also re-introduced two in-house therapy-based workshops aimed at promoting overall well-being. These included the Introduction to Pet Therapy, allowing participants to interact with therapy dogs as a way to manage stress. The Shadow Box Art Therapy gave participants a creative outlet to explore emotions and healing. Through these efforts, we continue to stand by our veteran clients, offering support and balance as they move forward in their new chapter.

The Mental Health First Aid course equipped our attendees to recognise and

“Your Veteran Family Program is offering a wider variety of local events than others may. As a veteran and former client of MFRCs, I appreciate what you all do for CAF members and veterans and their families.”

– Office of the Veterans Ombud



Retired Captain Tarra Anderson with her personal shadow box

respond to mental health challenges. Finally, we hosted the Veteran Family Virtual Summit online, which provided valuable mental health and well-being insights to the veteran community.



25
families served

Services for families of members who are ill, injured, and have fallen

We welcomed Stefy Reed back from maternity leave this past year, and she has stepped into the role of Family Liaison Officer (FLO).

The families we serve often go through illness, injury, and loss-related grief. It can be tough for our clients as they navigate the release process, adjust to new roles and realities following health challenges, change identities, and adapt to life outside of the CAF, all while striving to maintain a sense of belonging.

Our main services include counselling, mental health support, and parenting resources. Additionally, we proactively connect families with outside resources and provide crisis counselling in times of distress. We work closely with the 17 Wing's Designated Assistants and Padres to ensure our clients get the support they need when it is most critical.

Our FLO also shares her expertise with the Transition Centre (TC) staff. On top of this,

What spouses had to say

"You are patient, kind, creative and easy to work with. You give a perfect balance of listening, validating, and teaching."

she is involved in the 17 Wing's Helping Professionals (HP) Committee. This Committee works on Gender-Based Violence (GBV) programs on base. This year, she has taken on extra tasks, such as managing the budget and leading several projects. She helped create new domestic violence resource cards and organised workshops focused on GBV. It is truly wonderful to see the teamwork and shared learning happening for all of us at 17 Wing!



"Simply the best. Grateful for the service and dedication to military families."

97

clients served

Mental health supports

Enhancing your well-being



"You have been consistently patient and understanding. You strike a perfect balance between validating my experience and challenging me to grow. As someone living with BPD, ADHD, and PTSD, I've learned practical skills to calm my mind and regulate my emotions, which has improved both my relationships and my daily life." – a military spouse

Our Social Worker (SW) assisted clients facing marital stress, parenting challenges, and the emotional difficulties that arise from postings, deployments, and various adjustments with life in the CAF.

We offer mental health and psychosocial support for military members and their families as they go through these challenges as a child, spouse, parent, or single individual. We use a holistic approach, believing that everyone in the family has a role in each other's mental health and well-being, which is essential for service success.

Lifestyle changes can put a strain on relationships. We provide Couples Therapy to address this. It is a safe and supportive space to rebuild

communication, work through conflicts, and reconnect emotionally.

Changes in environments can impact children's emotional well-being. This is where Play Therapy comes in. It gives children a chance to express their feelings freely and process what is happening at home.

Another essential support is our parenting program. We help caregivers in single and dual-parent households strengthen their bonds with their children and better understand their emotional needs.

When needed, we connect families to external resources to ensure comprehensive support. And in emergencies, we work with base partners on immediate safety and stabilisation while long-term plans are arranged.

Our SW also serves on the 17 Wing's HP Committee. Being part of this diverse group of professionals on base enhances care coordination and keeps us informed on community needs. This way, we can ensure families feel supported from all sides.

"The consistent, reliable support provided to our teenager has enabled them to be comfortable to say what is going on with the knowledge they won't be judged. Because of this they have opened their minds to other perspectives, and they are growing to be their own person, not just following the crowd at school." – a military member and mom of a teenager

Positive Program

Twenty-five families took part in the program, where we tackled mental health, relocation, and deployment challenges. Participants learned tools and tips and engaged in peer-to-peer discussions. These offered valuable support for coping with the struggles they faced.

“The program gets me out of the house and enjoy the company of like-minded people with military connections. It helps remind myself to think positively, and the activities we do are very helpful in my daily routines.”
– **a military family member**



Strategic initiatives

Gender-based Violence (GBV)

Aside from recognising and supporting national and local awareness campaigns against GBV, we worked together with the 17 Wing's HP Committee to organise the following learning events:

Discussing the Impact of GBV – in this event organised in collaboration with the 17 Wing's Defence Women's Advisory Organisation (DWAOW), Dr. David Delay from the University of Manitoba highlighted the effects of GBV and presented recent research that informs treatment and attitudes toward it

Incorporating Sound and Music into Self-care Workshop – this two-part workshop allowed participants to explore the transformative potential of sound and music therapy in self-care



Lateral Violence Training – attendees learned about lateral violence and kindness, conflict interaction styles as well as how to prevent lateral violence

Diversity, Equity, Inclusion, and Belonging (DEIB)

We also recognised and supported both national and local campaigns and ensured that DEIB are integrated into our daily operations. This year, we continued our participation in the 17 Wing Health Promotion's Positive Space Program, ensuring that we provide a welcoming and safe environment for everyone who engages with us.

Community outreach

To raise awareness of our supports and services, we provided tailored information to various organisations and groups, including:

- CAF Bereaved Spousal Support Group
- Canadian Rangers
- Commissionaires Manitoba
- École Roméo-Dallaire
- Local branches of the Royal Canadian Legion
- Magellan Aerospace Winnipeg
- Transition Centre Winnipeg



Our Executive Director (ED) at Transcona Legion's General Meeting

Community engagement

We ensured our presence at community-wide events and created opportunities for families to connect and build community connections. This year, we participated in and hosted numerous events, including:

- 17 Wing Government of Canada Workplace Charitable Campaign (GCWCC)
- 435 Squadron Family Day
- First Nations Veterans Summit
- MFRC Coffee Breaks
- MFRC Open House
- RCAF Centennial celebrations
- RCAF Run
- Royal Canadian Logistics Service 57th Anniversary Celebration
- Stonewall Veterans Cup Tournament
- Veteran's Ombudsman Town Hall
- Veterans Alliance Wind-Up event
- Winnipeg Goldeyes games



Our staff at 17 Wing's Toonie Walk, in support of GCWCC

Partnership and relationship-building

We focused on increasing awareness of available supports and strengthening our relationships so that we can connect our clients to the right supports efficiently. From providing briefings to sharing best practices and resources, as well as cross referrals, we collaborated with a multitude of organisations and groups to maximise resources and minimise overlaps in services. They included:



- 17 Mission Support Squadron
- 17 Operational Support Squadron
- 17 Wing Health Promotion
- 17 Wing Helping Professionals
- 17 Wing Defence Women's Advisory Organisation
- 402 Squadron
- 435 Squadron
- Art City
- Atlas Institute for Veterans and Families
- Aurora Farm
- A Woman's Place
- Canadian Forces Health Services Group
- Canadian Forces Recruitment Centre
- Cards 4 Charity
- Carefully
- Children's Hospital
- Designated Assistants
- Director General Military Personnel Research and Analysis
- Downtown Community Safety Partnership
- Dreams Take Flight
- Kidthink
- Klinik
- Family Mediation Manitoba
- Global Pet Foods
- Government of Manitoba Policy Secretariat for Executive Council
- Hold Me Tight Program
- HOPE Peer Support Program
- Legal Help Centre of Winnipeg
- Manitoba Brain Injury Association
- Mind Matters
- Mood Disorders Association of Manitoba
- New Directions
- Padres
- Pluri-Elles (Manitoba) Inc.
- Personnel Support Program
- Rady JCC Centre
- Respect Canada
- Royal Canadian Airforce Band
- Salvation Army's Community Venture
- SISIP Financial
- St. James Assiniboia Library
- Starting Strong
- Support our Troops Tutoring Program
- Transition Centre
- The Neon Dragon
- True Patriot Love
- Veterans Affairs Canada
- Veterans Association
- Veterans Transition Network
- The Dakota Inn
- University of Winnipeg - PACE
- Winnipeg Humane Society
- Winnipeg Police Service
- Winnipeg School Division

Thunder Bay

- 211
- 17 MSS DET Thunder Bay Clothing Store
- CF Member Assistance Program
- Family Information Line
- L'Accueil francophone de Thunder Bay
- Northwest Employment Works
- Royal Canadian Legion Branch #5
- Slovak Legion
- St. John's Ambulance
- Sullivan and Associates Clinical Psychology
- Together We Stand Foundation
- YES Employment Services



Selkirk Legion (Br. 42) members with former Community Services Advisor Tamika Reid and our ED



Our funders, donors, and sponsors

Investing in our community's growth

We are funded by the Military Family Services through the Military Family and Veteran Services Program (MFVSP)

ANAF # 283 Over 55 and Retired Club

Magellan Aerospace Winnipeg

Royal Canadian Legion # 9
Ladies' Auxiliary

Royal Canadian Legion Branch 12

Royal Canadian Legion Branch 30

Royal Canadian Legion Branch 42

Royal Canadian Legion Branch 90

Royal Canadian Legion Branch 215

Royal Canadian Legion Branch 252

Stonewall Veteran's Cup

Stonewall Minor Hockey & Ringette Association

United Way Winnipeg

Janet Heming

Len Matiowksy

and our many generous anonymous supporters

We made every effort to ensure that the above is an accurate list of donors and sponsors who contributed to us from April 1, 2024, to March 31, 2025. Please let us know if there are errors or additions by emailing our Executive Director, Allison Payne, at allison.payne@winnipegmfr.ca.

Contributing to diverse experiences

Community BBQ

We welcomed 155 community members in for a BBQ at the MFRC and allowed them to get to know our staff and services. Thank you to BMO for sponsoring this event and coming out to volunteer.



Holiday Gift Shop

This year's event was made possible through the generous sponsorship from Magellan Aerospace - Winnipeg. We had an amazing team of 45 volunteers, including 12 from Magellan, helping over 110 children belonging to 61 military and veteran families shop for over 450 gifts for their loved ones at an extremely affordable cost.

"The boys had a blast shopping for each other and us. They loved the independence of being able to pick a gift all on their own. The hardest part for them will be keeping it secret!"

– Lesley Devost, military spouse and mom of two



The Devost family

17 Wing International Women's Day

This event, supported by GBV funds, featured an inspiring talk from Dr. Tina Chen of the University of Manitoba on women's rights and the need for accelerated action. The 17 Wing's DWAO and our FLO collaborated to provide over 100 attendees with an uplifting event, including booths from local women business owners and an honour wall for the remarkable women of 17 Wing.





Our Winnipeg volunteers

Our volunteers

Enriching our community

Winnipeg

Our volunteers come from a variety of backgrounds, from military spouses, parents and extended family to veterans and active military members. All of them have two things in common, and that is their tie to the CAF and their drive to contribute and have a positive impact on their community.

Over the past fiscal year our Winnipeg volunteers donated their time in various capacities whether it be by helping in the delivery of programs, special events administrative assistance, preparation of materials or serving on our Board of Directors.

We look forward to continuing to engage our volunteers in unique and enriching opportunities to contribute and connect with the CAF community.



Our Thunder Bay volunteers

"I enjoy volunteering at the MFRC. After decades of being on the receiving end of the services provided, it's really a great feeling to be able to give back to the new generations." – a Winnipeg volunteer

Thunder Bay

Our volunteers in Thunder Bay had a profound and lasting impact on military families that accessed our services over the past year.

They contributed significantly to the collective quality of life for the military community. They generously gave numerous hours of their time supporting families, organising programs at outreach, absence and relocation services and participating in Thunder Bay's Advisory Committee.

Their involvement strengthens our military community and creates a strong foundation for our families.

Financial highlights

Winnipeg Military Family Resource Centre

Statement of Financial Position

March 31, 2025

	2025	2024
ASSETS		
CURRENT		
Cash	\$ 912,399	\$ 687,573
Short-term investments (Note 4)	73,395	71,359
Accounts receivable (Note 5)	5,921	12,885
Prepaid expenses	12,300	2,062
	1,004,015	773,879
CAPITAL ASSETS (Note 6)	569	1,190
	\$ 1,004,584	\$ 775,069
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities (Note 7)	\$ 52,236	\$ 49,433
Repayable funding for unspent MFS programming (Note 8)	50,462	12,376
	102,698	61,809
DEFERRED REVENUE (Note 9)	336,324	104,771
	439,022	166,580
NET ASSETS		
Unrestricted	564,993	607,299
Invested in capital assets	569	1,190
	565,562	608,489
	\$ 1,004,584	\$ 775,069

ON BEHALF OF THE BOARD

Director

Director

Winnipeg Military Family Resource Centre

Statement of Revenue and Expenses

Year ended March 31, 2025

	2025	2024
REVENUE		
Department of National Defence - MFSP Directorate	\$ 962,886	\$ 947,039
Nursery operations (<i>Schedule 1</i>)	127,235	173,345
MFSP supplemental funding	73,603	-
Donations	29,557	41,083
GBV programming	12,956	-
Fundraising	2,337	1,178
Programs	2,061	9,650
Other	2,036	-
Interest	1,280	945
Miscellaneous	532	8,465
MFS surplus funding repayable	(50,462)	-
	1,164,021	1,181,705
EXPENSES		
Advertising and promotion	925	-
Amortization	621	4,363
Fundraising	894	-
Insurance	6,145	9,227
Interest and bank charges	2,809	2,958
Office, postage and sundry	-	9,031
Other	34,298	21,576
Professional development	7,245	16,751
Professional fees	42,348	43,971
Program delivery	95,200	116,280
Travel	813	13,017
Wages and employee benefits	1,015,650	873,296
	1,206,948	1,110,470
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	\$ (42,927)	\$ 71,235

Winnipeg Military Family Resource Centre

Statement of Cash Flows

Year ended March 31, 2025

	2025	2024
OPERATING ACTIVITIES		
Excess (deficiency) of revenue over expenses	\$ (42,927)	\$ 71,235
Item not affecting cash:		
Amortization of capital assets	621	4,363
	(42,306)	75,598
Changes in non-cash working capital:		
Accounts receivable	6,964	(7,534)
Accounts payable and accrued liabilities	2,803	14,328
Prepaid expenses	(10,238)	10,839
Deferred revenue	231,553	(595,226)
Unused funding for MFS programming repayable	38,086	12,376
	269,168	(565,217)
Cash flow from (used by) operating activities	226,862	(489,619)
INVESTING ACTIVITY		
Purchase of short-term investments	(2,036)	(4,948)
INCREASE (DECREASE) IN CASH	224,826	(494,567)
CASH - BEGINNING OF YEAR	687,573	1,182,140
CASH - END OF YEAR	\$ 912,399	\$ 687,573

To review or request a copy of our complete audited financial statements, including the independent auditor's report, please email our Executive Director, Allison Payne, at allison.payne@winnipegmfrfc.ca.

MFRC Child Care Centre

Statement of Financial Position

March 31, 2025

	2025	2024
ASSETS		
CURRENT		
Cash	\$ 1,141,945	\$ 1,010,931
Short term investments (Note 4)	231,415	230,049
Accounts receivable (Note 5)	105,500	45,693
Prepaid expenses	6,055	4,908
	1,484,915	1,291,581
LONG TERM INVESTMENTS (Note 4)	167,687	164,399
CAPITAL ASSETS (Note 6)	169,121	166,357
	\$ 1,821,723	\$ 1,622,337
LIABILITIES		
CURRENT		
Accounts payable and accrued liabilities (Note 7)	\$ 83,818	\$ 104,487
Provincial pension advance	6,924	6,924
Deferred revenue (Note 8)	54,303	54,834
	145,045	166,245
DEFERRED CAPITAL CONTRIBUTIONS (Note 9)	5,125	11,674
	150,170	177,919
NET ASSETS		
INTERNALLY RESTRICTED NET ASSETS	365,381	365,381
INVESTMENT IN CAPITAL ASSETS	163,992	154,683
UNRESTRICTED NET ASSETS	1,142,180	924,354
	1,671,553	1,444,418
	\$ 1,821,723	\$ 1,622,337

ON BEHALF OF THE BOARD

Director

Director

MFRC Child Care Centre

Statement of Operations

Year ended March 31, 2025

	Budget 2025 (Unaudited)	2025	2024
REVENUE			
Provincial funding	\$ 1,113,389	\$ 1,480,511	\$ 1,571,407
Parent fees and subsidies	641,880	316,517	325,356
Interest income	20,000	31,302	36,250
Canada summer jobs (CSJ)	9,745	9,628	8,922
Miscellaneous	-	4,740	14,510
	1,785,014	1,842,698	1,956,445
EXPENSES			
Salaries and benefits	1,514,493	1,460,596	1,502,839
Program	99,250	66,483	76,567
Office and building	103,302	15,137	1,421
Administrative	70,969	48,832	52,267
	1,788,014	1,591,048	1,633,094
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES FROM OPERATIONS	(3,000)	251,650	323,351
AMORTIZATION			
Deferred contributions (Note 9)	-	(6,549)	(6,679)
Capital assets	-	31,064	13,216
	-	24,515	6,537
EXCESS (DEFICIENCY) OF REVENUE OVER EXPENSES	\$ (3,000)	\$ 227,135	\$ 316,814

MFRC Child Care Centre

Statement of Cash Flows

Year ended March 31, 2025

	2025	2024 (Restated)
OPERATING ACTIVITIES		
Excess of revenue over expenses	\$ 227,135	\$ 316,814
Items not affecting cash:		
Amortization of capital assets	31,064	13,216
Amortization of deferred capital contributions	(6,549)	(6,679)
	<u>251,650</u>	<u>323,351</u>
Changes in non-cash working capital:		
Accounts receivable	(59,807)	49,746
Accounts payable and accrued liabilities	(20,673)	16,488
Deferred revenue	(531)	54,564
Prepaid expenses	(1,147)	35,528
	<u>(82,158)</u>	<u>156,326</u>
Cash flow from (used by) operating activities	<u>169,492</u>	<u>479,677</u>
INVESTING ACTIVITIES		
Purchase of capital assets	(33,824)	(88,388)
Short term investments	(1,366)	102,159
Long term Investments	(3,288)	(6,301)
	<u>(38,478)</u>	<u>7,470</u>
Cash flow from (used by) investing activities	<u>(38,478)</u>	<u>7,470</u>
INCREASE (DECREASE) IN CASH FLOW	131,014	487,147
CASH - BEGINNING OF YEAR	<u>1,010,931</u>	<u>523,784</u>
CASH (DEFICIENCY) - END OF YEAR	\$ 1,141,945	\$ 1,010,931

To review or request a copy of our Child Care Centre's complete audited financial statements, including the independent auditor's report, please email our Executive Director, Allison Payne, at allison.payne@winnipegmfr.ca.



Our Board of Directors 2024-25

Building a stronger community

Executive Members

Dylan Lee, Chairperson

Melanie Maher, Vice-Chairperson

Kelly Riess, Secretary

Fiona Li, Treasurer

Regular Members

Cecil Stewart, Child Care Centre Representative

Stephanie Fan, Nursery School Representative

Chelsea Mitchell, Member-at-Large

Jim Sandall, Member-at-Large

Jennifer Rempel, Member-at-Large

Eric Pridham, Member-at-Large

Ex-Officio Members

Philippe Cousineau, Wing Commander's Representative

Matt Hamilton/Diane Brine, PSP Representative

Allison Payne, MFRC Representative



Our Staff Members

Making a meaningful impact

Winnipeg

Allison Payne, Executive Director

Jenny Brennan, Director

Kim Dunning, Child Care Centre Acting Director

Corinne Reyes, Nursery School Director

Samanta Dubois, Child and Family Social Worker

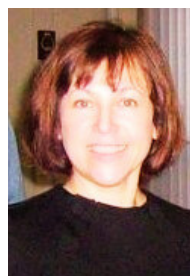
Marilyn Camaclang, Marketing and Communications Officer

Stefy Reed, Family Liaison Officer

Shelley Dykeman, Community Services Advisor and Veteran Family Program Coordinator

Jessica Jones, Client Care Coordinator

Carole Matiwsky, Administrative and Office Coordinator



Thunder Bay

(L) **Evelyn Harrison**, Director

(R) **Cindy Allen**, Program Assistant



The Levesque family

***Thank you for the important part you played
in making this our strongest year ever!***



204 833 2500 ext. 257 4500
<https://cfmws.ca/winnipeg/mfrc>
PO Box 17000 Station Forces
Winnipeg, Manitoba R3J 3Y5

Charity Number: 13310 5536 RR0001

*Please consider us when making your charitable donations
or planning your wills or estates.*