



Annual Report

APRIL 1, 2024 – MARCH 31, 2025



Board of Directors

Kaetlyn Corbould (Board Chair)
Alan Markewicz (Vice Chair)
Samantha Maloney (Secretary/Treasurer)
Jacqueline Alderton
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CWO Bill King (1 CMBG Rep)
CWO Frederick Morissette (1 Health Services Grp Rep)
CWO Dan Marlow (408 Sqn Rep)

MFRC Patron

J'lyn Nye

Edmonton MFRC Board Members as of August 1, 2025

Our Path Forward



"The strength of the team is each individual member. The strength of each member is the team."

- Phil Jackson

How fortunate we are to have such a dedicated, skilled and collaborative team at the MFRC, who, on a daily basis, work to enrich the lives of our military and Veteran families. Their sense of purpose and commitment to delivering programs and services that are both relevant and appropriate to our family's needs is commendable – thank you!

To fully support our families we need to draw on resources from the community, which align with the Centre's philosophy of responsive family support. We work tirelessly to maintain our successful relationships with key partners, which include the chain of command, community and service agencies, local school boards and government departments. We take this opportunity to acknowledge the cooperation and support of our valued partners.

CFB Edmonton experienced a high tempo of operations and exercises which placed significant demands on families. Our focus at the MFRC was to provide strong and consistent deployment support to families during these periods of separation. Between April 2024 and March 2025, our team supported over 1,000 families through the challenges of preparing for the departure and return home of loved ones from overseas deployments. That tempo is unlikely to change.

It is widely known the Canadian Armed Forces (CAF) will undergo significant change over the coming years, and, while the impact of those changes on our families is not yet known, be assured that the MFRC is ready. We've developed a strategic plan that is agile allowing us to respond to changes as they happen, we have the right team in place to support families through any change and the resources to do so. With the shared vision and dedication of our staff, volunteers, partners, and our generous donors, I believe we will be able to amplify our impact.

As always, thanks to my board colleagues for their unwavering support amidst the competing pressures of family and work, it is appreciated.

And, finally on behalf of the Board of Directors, thank you for being an essential part of this journey. Together, we are not just making a difference — we are helping to build strong military families.

Kaetlyn Corbould

Board Chair, Edmonton MFRC

The MFRC at a Glance

ABOUT US

The Edmonton Military Family Resource Centre (MFRC) is a not-for-profit, charitable organization committed to enriching the lives of individuals and families in the Canadian Armed Forces (CAF) through positive action, education and support.

The Edmonton MFRC is the only local non-profit organization nationally mandated as the frontline service provider to Canadian military families.

Absences from family support systems, difficulties during deployments, solo parenting or coping with an injury or loss are realities for military families; realities which can have a significant impact on family well-being.

For over 35 years the MFRC has been committed to supporting military families as they navigate these unique challenges through programs and services in the areas of mental health and wellness, deployment support, community integration and outreach, relocation support to families as they move from one location to another, child and youth programs and support services, and preventative workshops and programs.

OUR STRUCTURE

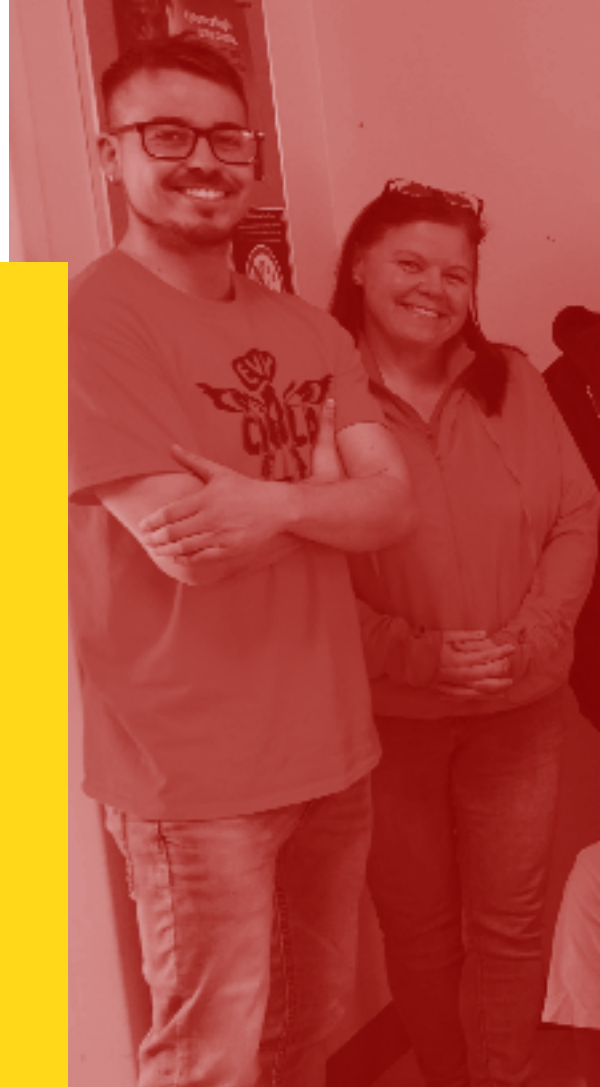
The MFRC is governed by a volunteer Board of Directors comprised of military and Veteran family members, CAF members, and ex-officio members. The MFRC depends on the talents and skills of these dedicated volunteers to make guiding decisions. At least 51% of the Board membership must be family members of full-time serving CAF personnel. 43 qualified staff from a variety of backgrounds direct and coordinate MFRC programs and services.

MISSION

The Edmonton Military Family Resource Centre supports military families as they navigate the unique challenges of military life through programs and services that enhance their strength and resilience.

CORE VALUE STATEMENT

Strong military families are the foundation of the Canadian Armed Forces.





RELOCATIONS

Postings can be a difficult and emotional time. Information and referral services are available for military families who are moving and settling into their new community.



ABSENCES

Deployments and work-related absences can be difficult, not only for the person deploying, but for those who are left behind. Military families can access support through essential programs and services before, during and after an absence.



TRANSITIONS

Moving to civilian life and releasing from the military can be challenging for not only the member but also for the family, and even more so when the release is the result of an illness or injury. Support is provided to help ease that transition for both the releasing member and the Veteran family through enhanced information and referral services, and specialized transition programs.

Relocations

COMMUNITY INTEGRATION

Military members move often to get a wide range of training and experience. The faster a military family gets settled into and connected with their new community, the better they fare.

Our Relocation team offers pre-posting packages, information on the Edmonton area and welcome packages either for singles or families that are customized for new baby, youth and/or pets. CAF members can also ask our Relocation team to reach out to their families with welcome calls and emails.

The MFRC offers a variety of programs and events that focus specifically on community engagement and integration. In 2024/25, our Community Meet Ups program and annual events such as Fall Fest and Month of the Military Child - Teal Up provided members and families with opportunities to connect and build their support system within the military community.

OUTREACH

Raising awareness of the MFRC and ensuring we are a part of our community is crucial to helping families know how we are there to support them.

The MFRC's e-newsletter and social media channels continue to be an effective way to reach families, as well as briefings with military and community groups.

Event organizers and community partners generously donated tickets to entertainment events which helped families explore their community.

SUPPORT FOR FAMILIES WITH SPECIAL NEEDS

From the point a family is posted to Edmonton to well after they've moved in, the MFRC provides assistance for families as supports for special needs differs greatly between provinces.

The MFRC helps families navigate what programs, services and financial support are available, and connects families with local support systems to suit their needs.

EDUCATION AND EMPLOYMENT

Military families relocating to a new community may need support for education, employment or entrepreneurship.

The MFRC helped individuals with resume updates, job search strategies, employment agency referrals, and entrepreneurial resources to those interested in owning a business. In 2024/25, 366 individuals accessed employment, education and special needs programs and services.

Once again, the MFRC offered in-person practicum students through partnerships with MacEwan University and the University of Alberta. Three practicum students completed nearly 750 hours in the areas of Child Care, Child & Youth and Community Services.

Over \$11,000 in funding was received by the Support Our Troops Fund to provide funding for military spouses to take short-term recertification, training or education courses to secure employment.

FRENCH SERVICES

Relocating to a new community where the language is unfamiliar to you can be challenging. The MFRC provides information and resources to connect military families to the local Francophone community and offers self-directed online English/French language training.

To help our Francophone community feel at home, the MFRC once again hosted events in celebration of French heritage and culture such as Saint-Jean Baptiste and Sugar Shack. In addition, 263 individuals accessed second language programs like Café Frenchy.

French Services supports many MFRC programs and services, to be able to deliver MFRC programming in a bilingual format.



Child and Youth

CHILD CARE

The MFRC's Daycare, Playschool and Terrific Twos and Threes programs provides an inclusive, encouraging environment for children to learn through play.

In 2024/25, the Terrific Twos and Three became a licensed program to offer families the opportunity to access the province's Affordability Grant and apply for fee subsidies.

As the field of child care education is constantly evolving with new research, methodologies and regulations, our team continues to engage in professional development opportunities to keep up with industry changes and enhance their professional skillset.

CHILD CARE NAVIGATION

With frequent moves to new locations and family members often away for work, military families face unique challenges when it comes to accessing child care services.

The MFRC provides navigational support to military families who are experiencing child care related challenges by sharing tools, resources and information to assist them in their search for child care options in the community. This includes child care and teen babysitter registry lists to assist families who were looking for private and licensed child care and/or babysitting services in the Edmonton area.

In 2024/25, the MFRC provided:

- 34 families received direct child care navigation support
- 28 families received child care navigation assistance and referrals

CHILD AND YOUTH PROGRAMMING

The MFRC offers a variety of activities and programs to promote healthy child and youth development as well as parenting support programs.

Our weekly drop in space known as Play Café remains a popular gathering place for military families to connect with one another, and many have shown their appreciation for the safe, clean space to bring their children. Families attending Stay and Play continue to support each other and build friendships through the connections they have made in the program.

In 2024/25, the MFRC introduced a new sustainable shopping experience called Shop N Swap for families to trade their gently used items they no longer need and discover unique finds all while connecting with each other, saving money, and reducing waste in a fun, eco-friendly environment.

Our Family Connections program offered families many opportunities throughout the year to meet and connect with each other through different activities such as movie nights, bowling and more.

The MFRC youth programs continued to see consistent growth in attendance for Kids Connection Corner, Youth Explore Zone and Teen Takeover. In January, the Youth Drop-In program expanded to include after school hours and saw a 63% increase in attendance.

2024/25 saw the return of popular family events such as the Family Sweetheart Dance and Holly Jolly Holiday event which were also well-attended and appreciated by families during the winter months.

636

individuals
accessed child,
youth and
parented
programs and
services

1,421

children, youth
and teens visted
the MFRC youth
centre for our
Youth Drop-In
program

1,537

families attended
community
intergration and
engagement
events at
the MFRC

11,455

requests
for support,
information and
assistance were
received from
military families

Absences

Military families face frequent postings across the country, exercises and deployments. On average, military members spend one quarter of their service time away from home on duties which include training, courses, military exercises, and deployments.

During deployment, families and loved ones may face challenges of being separated. Returning home from deployment can also be challenging in a variety of ways - not only adjusting to a new routine, but also from experiences while deployed.

In the 2024/25, the MFRC welcomed a Deployment Project Assistant to help support the large volume of deployments throughout the year. This addition to the team helped increase the ability to fully support members and their families before, during and after all work-related absences and phases of deployments. The team offered check ins, building tours, one-on-one meetings, briefings, workshops, information, referrals and resources such as Deployment Readiness Binders to families while advocating for them when challenges arise. Deployment support also included attending departures and arrivals to see the members off and welcome them home upon their return, alongside their families and pets.

This past year, the Canada Post Mail Strike posed a challenge for many families trying to get parcels to their loved ones overseas during the holiday season. The team supported families by working in collaboration with Base Mail to provide mailing instructions, packing supplies and a drop off location for families at the MFRC.

Absences programs and events included Stronger Relationships with the 5 Love Languages to provide families with techniques to develop positive communication with each other and support healthy relationships, as well as OP Coffee and Canvas and Connection Paint Nights to help families build their support system amongst peers within the military community. The team also hosted a Deployment Family Appreciation event to honour current-serving members and their families.

1,515

**individuals accessed
deployment and
absences services**

714

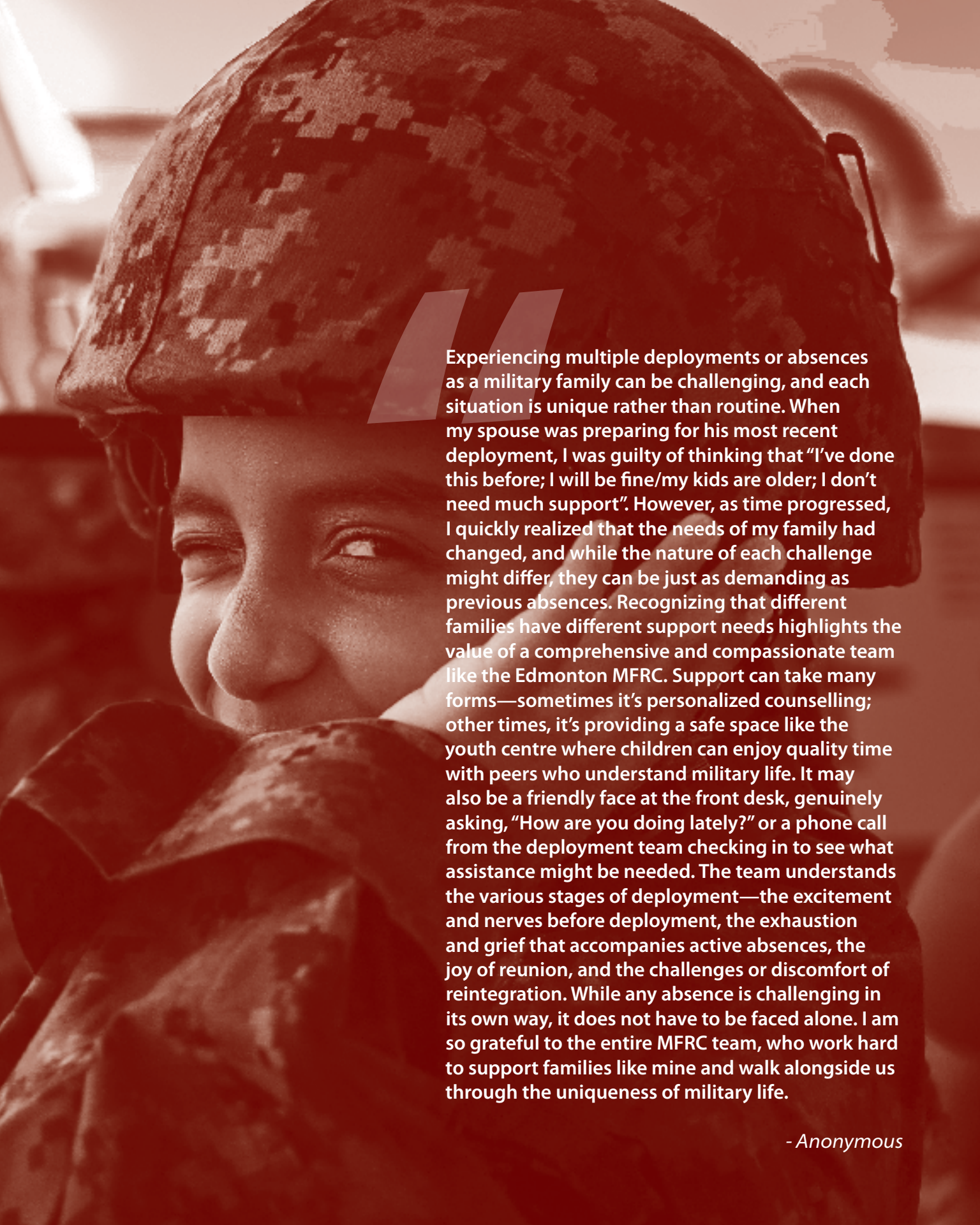
**individuals visited the
MFRC prior to their
absence or deployment**

500

**individuals preparing for
a deployment attended
a MFRC briefing**

447

**referrals were made
to community partner
organizations**



Experiencing multiple deployments or absences as a military family can be challenging, and each situation is unique rather than routine. When my spouse was preparing for his most recent deployment, I was guilty of thinking that “I’ve done this before; I will be fine/my kids are older; I don’t need much support”. However, as time progressed, I quickly realized that the needs of my family had changed, and while the nature of each challenge might differ, they can be just as demanding as previous absences. Recognizing that different families have different support needs highlights the value of a comprehensive and compassionate team like the Edmonton MFRC. Support can take many forms—sometimes it’s personalized counselling; other times, it’s providing a safe space like the youth centre where children can enjoy quality time with peers who understand military life. It may also be a friendly face at the front desk, genuinely asking, “How are you doing lately?” or a phone call from the deployment team checking in to see what assistance might be needed. The team understands the various stages of deployment—the excitement and nerves before deployment, the exhaustion and grief that accompanies active absences, the joy of reunion, and the challenges or discomfort of reintegration. While any absence is challenging in its own way, it does not have to be faced alone. I am so grateful to the entire MFRC team, who work hard to support families like mine and walk alongside us through the uniqueness of military life.

- Anonymous

Mental Health and Wellness

Military and Veteran families face unique barriers and due to the nature of the military lifestyle, navigating some of these challenges can be isolating.

The MFRC Mental Health and Wellness team offers confidential, short-term counselling and crisis support for military family members, with immediate intake and no waitlist.

Being responsive and adaptable to the needs of our military and Veteran families allows the team to pivot their focus quickly to prioritize programs and services. The team participated in Applied Suicide Intervention Skills Training (ASIST), a two-day interactive workshop that teaches how to recognize when someone may have thoughts of suicide.

Through a partnership with the Town of Morinville FCSS, the team supported the Eat Well program in 2024/25 by providing a pick-up location for 196 military families. The program provides families with affordable and accessible monthly food hampers of fresh fruit, vegetables and meat.

Each year, the MFRC and other base partners work to raise awareness of the national Healthy Relationships campaign which provides resources to CAF members and their families on how to navigate their everyday relationships.

EMERGENCY FAMILY CARE ASSISTANCE (EFCA)

Military families are encouraged to have a Family Care Plan (FCP) to support their child care needs when the member is required to be at work. Even with a plan in place, families may sometimes face situations where conditions of service in the CAF prove too challenging for the FCP to accommodate. When this happens, additional child care support may be available through the MFRC by way of subsidizing a child care request through direct child care services, expense reimbursement or through the coordination of independent care services on a short term basis.

TRANSITIONS

The transition from military to civilian life can be complex, and the MFRC helps releasing members, Veterans and their families through this time.

FAMILY LIASON OFFICER

Family members who are coping with a military member's illness, injury or death can work with the MFRC Family Liaison Officer (FLO) for free short-term assistance throughout a members' recovery, rehabilitation, reintegration or transition.

The Family Liaison Officer, along with the Mental Health and Wellness team, once again hosted an open house for Transition Centre staff to enhance partnerships and provide more comprehensive support to transitioning members and their families.

The Family Violence Advisory Team supported a number of base partners, including MFRC staff, Transition Centre, FCSS and Military Police to attend the Diverse Voice Conference. The Family Liaison Officer was also a guest on PSP Health Promotion's podcast to discuss Healthy Relationships and available MFRC services.

VETERAN FAMILY PROGRAM

The MFRC supports medically releasing CAF members, medically releasing Veterans, and their families by helping to ease the transition and provide enhanced information and referral services, specialized transition programs, access to community-based education and prevention programs, supports and services.

Through community partnerships, the VFPC committed nearly 250 hours to community engagement and outreach activities in support of Veteran families.

In addition, the Mental Health First Aid (MHFA) program ran two full cohorts, one virtually and one in-person, and certified 31 new Mental Health First Aiders.

118

new adult
and youth
counselling
clients

407

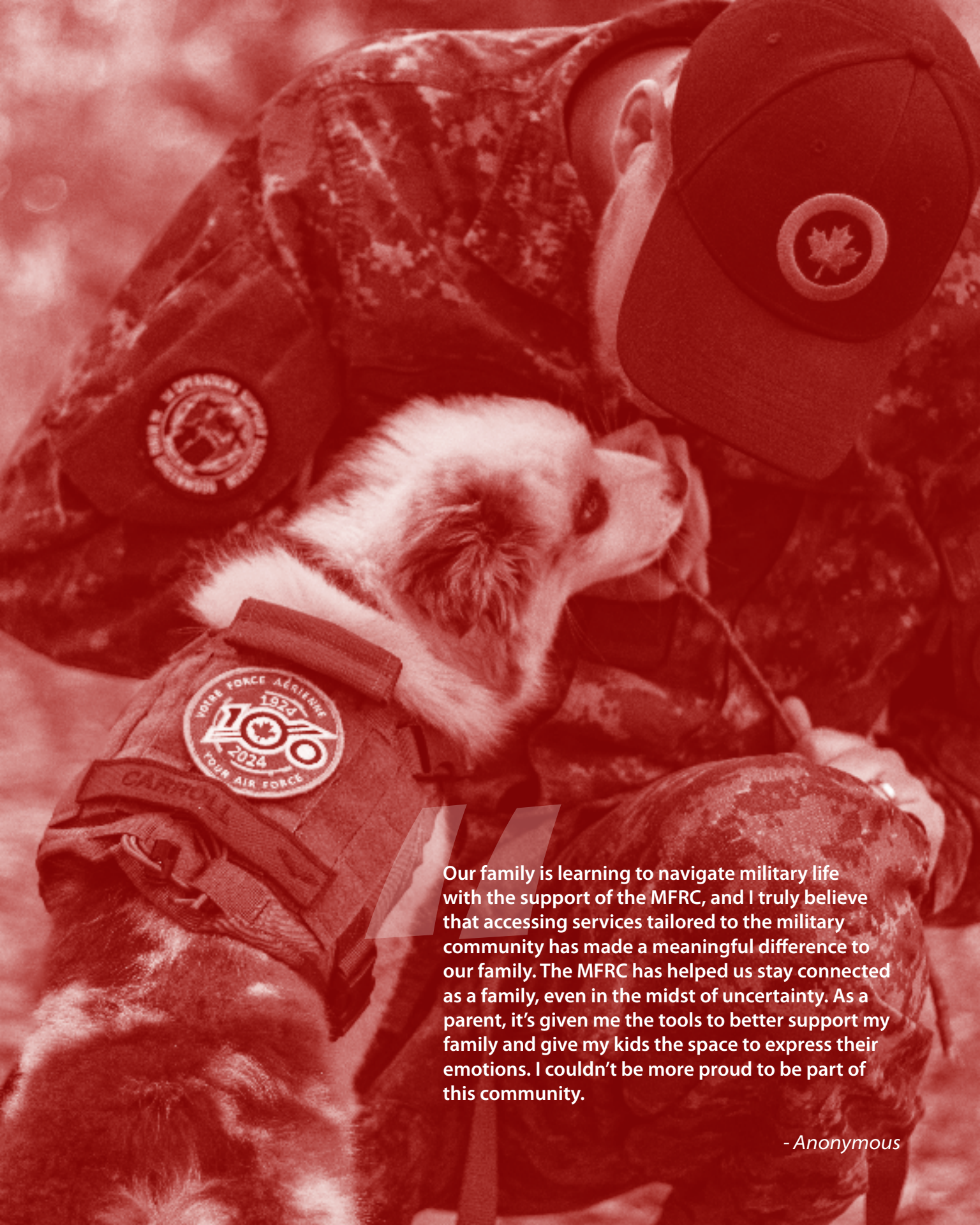
individuals
accessed mental
health programs
and services

539.50

hours of care
through the EFCA
program for
20 families

4,800

hours of direct
client care to
military and
Veteran families



Our family is learning to navigate military life with the support of the MFRC, and I truly believe that accessing services tailored to the military community has made a meaningful difference to our family. The MFRC has helped us stay connected as a family, even in the midst of uncertainty. As a parent, it's given me the tools to better support my family and give my kids the space to express their emotions. I couldn't be more proud to be part of this community.

- Anonymous

Funding Our Vision

The MFRC is funded through four separate but equally important sources: the CFB Edmonton Base Commander; Military Family Services (MFS); program fees/other; and fund development.

BASE COMMANDER

10% of the annual operating budget came from the Base Commander. This funding is directed to site-specific and enhanced mandated services.

MILITARY AND FAMILY SERVICES (MFS)

Military and Veteran Family Services (MFSVP), a division of Canadian Forces Morale and Welfare Services (CFMWS), provides 48% of the annual operating budget to enable the MFRC to implement the Military and Veteran Family Services Program and support Canadian Armed Forces (CAF) and Veteran families.

Funding is provided for mandated services set out in the annual funding application submitted to MFS. This process ensures that all military families may access similar programs of consistent quality at any CAF base. These mandated services for 2024/25 included:

- Supporting families while members are on work-related absences
- Supporting families relocating to the Edmonton area
- Mental health and wellness
- Child and youth development
- Veteran family support

PROGRAM FEES AND OTHER FUNDING

27% of the annual operating budget came from provincial funding as well as fees collected directly from families enrolled in user-funded programs and services.

FUNDRAISING

15% of the annual operating budget came from funds raised through a variety of sources including donations, proceeds from the sale of yellow ribbon merchandise, and special events.

FUND DEVELOPMENT

Through funding and donations, the MFRC provides and facilitates support that is essential for families to remain strong members of their communities.

2024/25 was a successful year for our annual fundraising events and third-party activities which allows the MFRC to continue to provide programs and services our military families rely upon. The 18th Annual Yellow Ribbon Gala and Silent Auction, the MFRC's largest annual fundraiser, was once again held in June to bring public awareness about the importance of supporting military families.

48%

Military Family
Services

27%

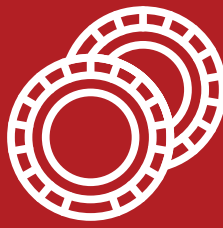
Provincial Funding

15%

Fundraising

10%

Base Commander



\$89,357
Gaming Funds



\$5,054
RCA Band Holiday
Ornament Sales



\$2,499
Other Fundraising
Initiatives



\$3,872
Third-Party
Golf Tournaments



\$2,550
Fountain Head
Tattoo Fundraiser



\$53,272
Yellow Ribbon
Gala Dinner



\$14,659
Base Commander's
Golf Tournament



\$27,190
Everyday Impact
Donations

Our Giving Community

The support of our sponsors and donors is critical to the MFRC’s ability to maintain the existing quality of essential programs and services. Thank you to the individuals and corporate sponsors for their generous support of the MFRC during the 2024-2025 fiscal year!

Every effort has been made to ensure recognition for all sponsors and donors who contributed this fiscal year. If any errors or omissions have occurred; please contact MFRC Fund Development Coordinator at 780-973-4011 ext. 528-6324.

\$15,000+

Edmonton Salutes

\$5,000 - \$14,999

Army, Navy and Airforce Veterans Association,
Sir Winston Churchill Unit 3
Connect First and Servus Credit Union
First in the Field
Royal Canadian Legion Branch # 176 Alberta – NWT Command

\$1,000 - \$4,999

Alan Markewicz
Arbor Memorial Evergreen Funeral Home
Boston Pizza Foundation
Boston Pizza Namao Centre
Canadian Corps of Commissionaires Northern Alberta Division
Carolyn and Will Patton
Dave Gilbert
Doug and Joanne Edgar
Edmonton Oil Kings Alumni Association
Edmonton Regional Search and Rescue Association
Jehad Torbeih Professional Corporation
Kal Tire
Marquis JV Ltd.
Namaste Wellness and Spa
Robin and Armande McCormack
Royal Canadian Legion Branch #37
Sojourn Psychology
The Adams Agency
The Fountain Head Tattoo Inc.

\$100 - \$999

CINCO
Amanda Rosychuk
Andrew Lions Club
Anthony Scozzafava
Chad Rizzato
Cheryl Fuhrer
D. Gibbs
Dale Nordin
Darcia Arndt
Elana Graham
Francesco Mannarino
James Bennett
Jennifer Gray
Julie Sinclair
Kaetlyn and Andre Corbould
Kirstine and Graeme Hull
Laurel Petrovic
Lois Nahirney
Mark Comerford
Mary Bludd
Matheson Tenants Association
Melissa Flaherty
Michael Killick
Morgan Bissegger
Marc Drolet
Plaziers Auto Service
Raelyn Kruitbosch
Robert and Carol Snyder
Ross Nairne
Samantha and Kris Maloney
Shawn Stevens
Susan Ancel
The Mattress and Sleep Company Inc.
Trevor Friesen







Military Families. Strength Behind the Uniform.