

Military Family Services (Europe)



Programs and Services 2018-2019

What is MFS(E) and how can we
help you and your family?



OUR PROGRAMS AND SERVICES

Employment,
Education
and Training
Programs

Child Programs

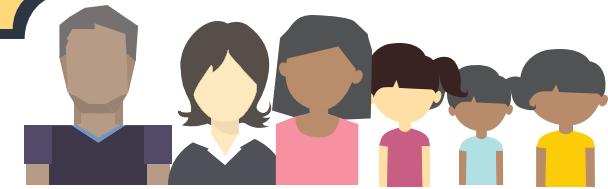
Youth Programs

French Programs

Virtual Programs

Communications
Programs

Family Separation
and Reunion
Programs



OUR VISION AND GOALS



To help families of CAF members manage the stresses associated with the unique characteristics of the military lifestyle.

To enhance the quality of life in CAF communities by supporting personal, family and community development.

To foster the active and meaningful participation of CAF families - and in particular, civilian spouses of CAF members - in the development, delivery and evaluation of military family services.

To contribute to the operational effectiveness of the CAF by strengthening CAF families and resilience.

Confident, Capable, and Resilient families
in a supportive Canadian Armed Forces (CAF) Community in Europe

EMPLOYMENT, EDUCATION AND TRAINING PROGRAMS

Career Workshops



Virtual workshops geared to help you prepare for employment during your OUTCAN posting or to help you re-enter the workforce when you return to Canada.

Youth Employment Preparation



Co-op program open to youth between 16-24 yrs focused on providing career assistance training and hands-on work experience

MFSE.EmploymentEducationTraining@cfmws.com

Individual Assistance



Job-search, resume help, labour market info, education and training referral

CHILD PROGRAMS

Craft Programs



Quarterly craft sent to children between the age of 3-9 across Europe.

Friends on a Journey



Become a host to a "friend" for a week or more.
*Bob Beaver
*Jack Bear
*Jill Bear
*Marty Moose
Record the adventures through pictures and writing in the passport.

Kids Can Cook Too



Kids between the age of 8-12 can learn new skills in the kitchen and create delicious meals in their home.

Home Alone Course



Program designed to provide children with the necessary skills and knowledge to be safe and responsible when home alone for a short period of time.

Welcome and Return Packages



Annual package delivered to each child between the age of 3 and 12 years of age as they arrive or leave Europe.
Arrival: designed to help orient and transition child to their new life in Europe.
Return: to help say "Good-bye" to Europe and reintegrate into Canada.

YOUTH PROGRAMS

Leadership Conference



Annual conference providing an opportunity for all CAF youth within Europe to gather together and:

- *Learn aspects of leadership.
- *Share their experiences.
- *Have team building opportunities.
- *Connect with other youth.

Youth Connect



Europe wide program that links youth living in Europe with youth newly posted to Europe.

- *Make a new friend.
- *Exchange emails and ask/answer questions about living in Europe.
- *Share hobbies, interests, skills and talents.

Welcome and Return Packages



Annual package delivered to each youth between the age of 13-18 years of age as they arrive or leave Europe.

Arrival: designed to help orient and transition youth to their new life in Europe.
Departure: to help say "Good-bye" to Europe and reintegrate into Canada.

Babysitter's Course



Youth gain confidence and skills needed to take care of themselves and other children when home alone.

- *Learn strategies to create a safe and positive environment.
- *Prevent injuries.
- *Learn problem solving.
- *Learn decision making skills in emergency situations and First Aid.

VIRTUAL PROGRAMS



WebEx allows MFS(E) to connect with all our Canadian families across Europe and beyond! Find out how fun and easy it is to interact virtually and become a member of our online community. Contact the Virtual Coordinator if you would like a demo or more information on our virtual programs.

We'd love to hear from you! We are always looking for new ideas!



Some of our Programs

- Travel Forum
- Book Club
- Health Series
- Coffee Morning
- Employment
- Military Briefs
- Mental Health
- Special Topics
- Your Ideas!



Rosetta Stone is the world's #1 language learning tool and it is free for you! Learn at home on your computer. Contact the Virtual Coordinator to sign up. Your MFS(E) Centre will provide a headset.



Also available on mobile!

MFSE.VirtualPrograms@cfmws.com

FRENCH PROGRAMS



French Virtual
Programming and
Resources

French Hosting and
One on One Support
to Francophone
Families

Coordination and
Support to
Translation

MFSE.FrenchPrograms@cfmws.com

FAMILY SEPARATION AND REUNION PROGRAMS

When your family will be experiencing a separation, contact us to ensure you receive the information on programs and services available to you and your family.



Support to Families During Deployment

MFS(E) provides warm line call support as well as resources and information relevant to family separation & reunion in Europe.

Emergency & Respite Child Care

Support may include:

*Reimbursement for emergency child care in case of unexpected emergency life events.

*Reimbursement for respite child care during absence of more than 21 days, with demonstrated needs.

Family Information Line

A confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management to the military community.

365 days a year, 24 hours a day.

Contact our Social Worker:
Myriam.Chebat@forces.gc.ca

Family Information Line:
Toll free from Europe: 00 800 7711 7722
or call collect: (613) 995-5234

MENTAL HEALTH SERVICES AND SUPPORT

Counselling and consultations

Generalist individual, couple and family **counselling** that is free and voluntary.

Assistance in finding appropriate resources in your community, and **advocating** on your behalf to assure the continuity of services.

Group Sessions

Consultation and briefings to MFS(E) and school staff on subjects such as:

- Family violence
- Suicide awareness
- and prevention
- Conflict resolution
- Consultation on possible child protection issues

Workshops

- Bullying
- Conflict resolution
- Managing difficult emotions
- Social skills and self- esteem
- Mindfulness and relaxation, etc.
- Anxiety
- Depression
- Grief
- Stress management
- Parenting
- Empty nesters etc.



Myriam Chebat, Social Worker
Myriam.Chebat@forces.gc.ca
+49.2451.717.206

Mental Health Library

A mental health library with informative and self-help books on different subjects such as:

- Parenting
- Enhancing your relationship
- Anger management
- Substance abuse
- Anxiety
- Depression
- Traumatic stress
- Stress management

COMMUNICATIONS PROGRAMS



MFS(E) Facebook page



MFS(E) YouTube Channel



Quarterly Newsletter, Calendar and Mid-Month Bulletins from Centres



Virtual Programs Monthly Mailer



Join the conversation with other
military families on Facebook
at #MyVoiceMaVoix

Send an e-mail to mfse.communications@cfmws.com with your home email address to sign up for our communications distribution list!