

# Military Family Services (Europe)



## Programs and Services 2018-2019

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



**MFS**  
MILITARY FAMILY  
SERVICES PROGRAM  
EUROPE



**PSFM**  
PROGRAMME DES SERVICES  
AUX FAMILLES DES MILITAIRES  
EUROPE

# OUR PROGRAMS AND SERVICES

Employment,  
Education  
and Training  
Programs

Child Programs

Youth Programs

Virtual Programs

French Programs

Communications  
Programs

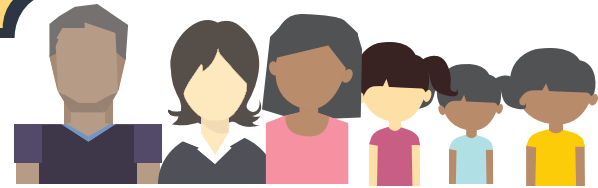
Family Separation  
and Reunion  
Programs



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# 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.

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

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# 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.

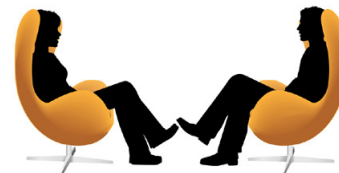
## Youth Employment Preparation



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](mailto:MFSE.EmploymentEducationTraining@cfmws.com)

## Individual Assistance



One-on-One

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.

## 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!*



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



[MFSE.VirtualPrograms@cfmws.com](mailto: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](mailto:MFSE.FrenchPrograms@cfmws.com)

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# 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](mailto:Myriam.Chebat@forces.gc.ca)

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

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# 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 awareness and prevention
- 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

CAFConnection  
Website



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](mailto:mfse.communications@cfmws.com) with your home email address to sign up for our communications distribution list!

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