

As a member of a military family, I know first-hand the challenges of balancing your family life while your spouse is away. The impending absence from home for training exercises or deployments can be exhausting. To add to this, the fear of Covid-19 may compound your feelings of stress or anxiety.

As a result, I've reached out to our friends at the Military Family Resource Center for them to share with us some of the services they have available to our military families during this unprecedented and challenging time.

- Mrs. Carr



While we don't know how long this unique time will last our New Brunswick Military Family Resource Centre team feels it is important that you know that we're still here for families in our community and across our province.

Our staff is monitoring our voicemail messages at (506) 422-3352 and answering emails that come through to mfrcnb@gmail.com .

Our New Brunswick MFRC Mental Health Team are available for telephone counselling services. It is important to clarify that our team will be able to extend counselling, not therapy, remotely, with a focus on feelings that arise through the COVID-19 crisis including uncertainty and isolation.

You can reach out to members of our mental health team directly by email or telephone.

- Kevin Doucet, Family Liaison Officer (FLO) Kevin.doucet@forces.gc.ca or (506) 357-2112
- Nicole Ouellette, Family Liaison Officer (FLO) Nicoleouellette.nbmfr@bellaliant.com or (506) 357-2923
- Christie Frenette, Prevention Support Intervention (PSI) Christiefrenette.nbmfr@bellaliant.com or (506) 357-5002
- Abigail Clarke, Prevention Support Intervention (PSI) Abigailclarke.nbmfr@bellaliant.com or (506) 357-2217

We are also ready to answer messages that come through our Facebook page.

We hope that your family is safe and healthy. We look forward to days to come, knowing that when this is all over we'll be together again.