Releasing from the Canadian Armed Forces can be challenging, but even more so when it is as a result of a medical condition. The Veteran Family Program is meant to support approximately 1,200 CAF members who medically release each year, as well as approximately 700 military spouses and 900 children impacted by their release and transition into the civilian world.

1 EASING YOUR TRANSITION

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This resource and many others that are relevant to medically-released members and their families are readily available online at www.FamilyForce.ca. FamilyForce.ca is an important access point for military families that provides useful information and connection to the Family Information Line and Military Family Resource Centres.

3B Release is a CAF term used to describe the process of releasing from the military due to an illness or injury. There is no defined timeline to healing and each of the phases shown in the timeline below will vary based on individual situations.

AR/MEL - Administrative Review / Medical Employment Limitations  
CAF - Canadian Armed Forces  
DMed Pol - Director Medical Policy  
DMCA - Director Military Careers Administration  
PCat - Permanent Category  
TCat - Temporary Category  
VAC - Veterans Affairs Canada
Support is available to Veterans and their families throughout this transition.

Services are available locally at Military Family Resource Centres (MFRC). A complete list of MFRC locations can be found at: www.FamilyForce.ca

Family Information Line
1-800-866-4546
The Family Information Line (FIL) is a confidential, personal and bilingual service offering information, support, referrals, reassurance and crisis management to the military community. FIL serves Canadian Armed Forces members, Veterans and their families — immediate and extended. Trained FIL Counsellors are available 24 hours a day, 7 days a week, by phone (1-800-866-4546) or email FIL@familyforce.ca to assist you.

VAC Assistance Service
1-800-268-7708
A voluntary and confidential service to help all Veterans and their families as well as primary caregivers who have personal concerns that affect their well-being. The service is available free of charge. You can reach a mental health professional at any time, 24 hours a day, 7 days a week.

Canadian Forces Member Assistance Program
1-800-268-7708
A confidential service initiated by the Canadian Armed Forces to help members and family members who have concerns that affect their personal well-being. This service is available 24 hours a day, 7 days a week.