



Important Phone Numbers

Keep these phone numbers handy for future reference

- CSMFRC (during business hours): (306) 492-2135, to contact the following:
MFRC Family Services Coordinator - extension: 4137
MFRC Executive Director – extension: 4313
MFRC Child & Youth Coordinator – extension: 4391
- CSMFRC Emergency Cell Phone: 306-227-7676
- Family Information Line (24 hours): 1-800-866-4546 (Toll-free in North America)
1-613-995-5234 (Collect calls accepted)

The Family Information Line (FIL) is a toll-free bilingual telephone service for families of Canadian military personnel, intended to provide timely and accurate information as well as reassurance, support and referrals to other resources as needed.

The Family Information Line counsellors are experienced, caring professionals familiar with Canadian Forces policies and operating procedures. During their business hours from 8:00 to midnight EST, you can expect to speak directly to a counsellor.

- Operational Stress Injury Social Support (OSISS): 1-800-883-6094
This program is available for serving or ex-members of the CF who are suffering the effects of Post-Traumatic Deployment Stress. It offers support to spouse, children and parents of these members. It also offers bereavement supports.
- Member Assistance Program (CFMAP): 1-800-268-7708
This program offers short term counselling assistance & supports to CF members and their family members. This service is confidential and operates as a separate entity. Please call for more information.

CHECK OUT OUR WEBSITE FOR UPCOMING EVENTS AND INFORMATION!

WWW.Cafconnection.ca

FIND US ON FACEBOOK! CSMFRC@HOTMAIL.CA