

Programs and Supports for CAF Families during Tasking/Training & Deployment

- Warm line calls & e-mails – The CSMFRC will stay in touch with your family while you are away, if they wish. Typically, an e-mail or phone call is sent every month. The purpose of this is to ensure families are navigating deployment/separation successfully.
- Care Packages – The CSMFRC will send away care packages to the CAF member when deployed overseas. This is to help mitigate the extra costs families can incur while on deployment.
- R2MR – This course is designed to help families with the deployment cycle and be prepared for typical obstacles when someone returns from deployment.
- Reintegration Support – Sometimes, when the CAF member returns from a long-period of being away from the family members, reintegrating into the home can be challenging for everyone. The CSMFRC will help connect you with counsellors who are familiar with transitions and the unique military lifestyle.
- Counselling & Support Services – The CSMFRC will help connect your family with free counselling and support services during your deployment, should the need arise.
- Emergency Child Care – In the event of an emergency, and your family care plan has failed, the CSMFRC will provide free emergency child care.
- Emergency Support – should an unforeseen circumstance arise, or an emergency occur, the CSMFRC can provide assistance to the family as needed.
- Other Supports & Services – The CSMFRC has the unique ability to support families with their individual needs. Services and programs can be adapted to suit the family and the situation. If you or your family have an issue during separation due to task/training or deployment, simply call or e-mail:

Kary Williams
Program Coordinator
CSMFRC
(306) 492-2135 ext: 4137
(306) 227-7676
Kary.williams@forces.gc.ca