

There are three keys to a successful deployment:

1. Families have access to timely information.

2. Families are connected

3. Families know about and have access to support resources/services

The partnerships between CANFLTPAC/Ship, MFRC and the Family Network aims to ensure that families have access to all three success indicators.

The following information provides a qualitative and quantitative summary of the impact the MFRC had on your unit's deployment



What members had to say about Support services and resources:

“Your updates on the family page were good for those at home.”

“The informative emails sent to families were greatly appreciated. So was the mail.”

“My spouse spoke highly of the coordination and organization of the briefs to family members that took place at COAC. Providing child care services enabled her to attend without putting a burden on friends for additional child care support”

The drop in childcare on weekends provided time for my spouse to accomplish a significant amount of tasks in a much shorter period of time. it was much appreciated.”

1 Access to Information



The Pre-Deployment briefings and Sunday Sessions are the primary activities or vehicles for sharing information with families. Staying in Touch service, Sunday Sessions, Webex Follow-Ups, Family Network emails and the 24 hour information line are other venues families use to stay informed. There is a direct correlation between the quality and timeliness of information provided to families and the family's ability to cope during deployment

- Pre-deployment briefing
-approx. **127** Attendees
- Average number of family attendees at Sunday Session –**42**
- Staying in touch service (English & French) **540** emails, **56** calls
- CO's Presentation Online—Avg number of views per month—**753**





The majority of families indicate the **family**

network email is the best way to stay connected and get info on upcoming activities.

Thank you for your efforts in keeping us connected with the ship and family

Volunteer's Tori & Sophia were super helpful !



2 Keeping Families Connected

Families that are isolated struggle the most during deployments. The key goal of the family network program is to provide opportunities to keep families connected. Families love seeing photos of their CAF family members at sea and members enjoy receiving similar reminders of home. MFRC programs facilitate the exchange and provide the venue to keep the connections strong

HMCS OTTAWA Family

Network Web Page

- Unique page views : **2400**
- Top 10 source cities: Colwood, Victoria, Ottawa, Vancouver, London, Toronto, Kingston, Abbotsford, Surrey, Cordova Bay and Calgary

MFRC Family Events

- Average number of attendees at weekly coffee nights - **12**
- Number of family network activities and attendees—**46** activities with **573** attendees
- Average number of attendees to monthly deployment dinners— **18**

What families had to say about keeping families connected:

“Very informative and helpful on upcoming events and what the Ottawa was up to.”

“Love hearing all the info first hand!”

“I really appreciated the chance to learn more. Communication with my spouse is limited and I appreciate being able to learn, especially about LTA”

“Meeting at the MFRC for the Sunday Sessions is good because it forces us to get out of the house and visit.”



3 Support Services and Resources

The MFRC is committed to providing quality social wellness programs throughout the deployment. Workshops are built around the cycle of deployment and help families enhance their resilience and develop their own tool kit. It should be noted that our social work staff were available to provide on-going support to families during some of the more challenging aspects of this particular deployment

Deployment Workshops

- Children’s Deployment Workshops—**54**
- Families used **780** hours of Deployment Respite Childcare
- Adult Workshop attendees-**108**

What families had to say about support services and resources

Great job. Love all of the workshops.

Its nice to have the sit down event with childcare otherwise it would be difficult to watch the hour long presentation.

