



HMCS Winnipeg Family SUMMARY

March –August 2017

There are three keys to a successful deployment:

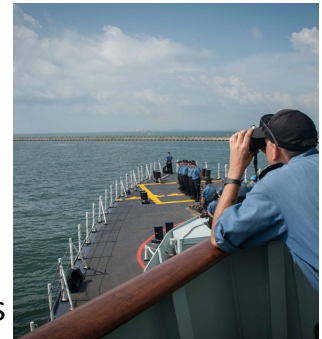
1. Families have access to timely information.

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 families had to say about access to information:

“Can't say enough how important, effective and full your sharing of information is. The HMCS Winnipeg family is fortunate to have you.”

“Thank You for Staying in Touch it means so much to us”

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. **200** Attendees
- Average number of family attendees at Sunday Session—**33**
- Staying in touch service (English & French) **501** emails, **73** phone calls
- CO’s Presentation Online—Avg number of views per month—**538**



THE IMPORTANCE OF
EMAIL
COMMUNICATION



The majority of families indicate the **family network email** is the best way to stay connected and get info on upcoming activities.



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 WINNIPEG Family

Network Web Page

- Unique page views: 1,818
- Top 10 source cities: Colwood, Victoria, Vancouver, Toronto, Brentwood Bay, Nanaimo, Sherbrook, Winnipeg, Seattle and Edmonton

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:

“It is great that parents are included thanks!”

“I did not come out for much as I had my own support network, but when I needed you I knew I could count on you!”

“It was nice to meet others like me...I am not alone!”

“My children have never met other military kids, and they liked making new friends from “dads” ship!”

What families had to say about support services and resources:

“This was my first visit to the MFRC, it was nice to be greeted by volunteers who could help me out.”

“You helped me organize my thoughts!”

What members had to say about support services and resources:

“I feel that the MFRC services worked well, specifically with regards to the care package deliveries and the updating of the loved ones at home. Both of those made my sail better.”

“I really appreciated the calls to my mom. I know she felt very isolated and does not use a computer/ internet...very awesome!”

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 phases of this particular deployment

Deployment Workshops

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

