



Comox Military Family Resource Centre

19 Wing Fitness & Community Centre
PO Box 310, Lazo, BC V0R 2K0
Ph: (250) 339-8290 Fax: (250) 339-8199
Website: www.comoxmfrc.com

23 April 2007

President
Courtenay Knights of Columbus
4641 McLaughlin
Courtenay, B.C. V9N 6J2

Brian Gordon,

The Comox Military Family Resource Centre is a non-profit organization that provides services to the military community. We presently offer deployment support services to married members and their families, and are now extending our mandate to include the next-of-kin of single military members who are on operational deployment.

The services we offer are explained in the enclosed brochures and posters. We are attempting to reach as many families as possible on North Vancouver Island who could benefit from these services. We are seeking ways to distribute this information, and, therefore, ask that you make this information package available to your membership. Should interest be shown in your club, we would be very happy to visit and speak in a public forum.

We appreciate any assistance you can give us, and if you feel it appropriate, you can contact us to make arrangements for a visit to discuss the services we can offer these members of your club. Please direct your inquiries or requests for additional information to the Deployment Support Coordinator or Assistant at (250) 339-8290 or toll free at 1-800-246-0222.

M.R. Spooner
Executive Director
Comox Military Family Resource Centre
(250) 339-8290

THE MISSION INFORMATION LINE 1-800-866-4546

Did you know that the Mission Information Line is a free automated service available to Canadian Forces members and their families and friends 24 hours a day, 7 days a week? We have qualified counselors available to you from Monday to Friday 8:00-16:30, who are there to support and assist you in any way you need. We have been in existence for over 12 years now, and continue to offer a quality service to CF members and families prior to, during, and after deployment. We provide much needed services such as: supportive and crisis counseling, message relay into theatre of operations, referrals, and various types of information you may be seeking. We leave no questions or concerns unanswered.

The latest rotation in Afghanistan's Op Athena brings with it a new group of people who have been leaving excellent messages in the boxes assigned to them.

The messages are, for the most part, updated weekly, and can make for very interesting listening. For the latest information from Op Athena, latest incident reports and current events, to hear about living conditions, or just to hear what day to day life is like for your loved one, pick up the phone and give us a call. The new boxes are:

1211	CO, National Command Element Task Force Kabul
1221	CO, National Support Element
1222	National Support Element
1223	National Support Element /B Company 1 PPCLI
1224	CFPSA Deployed Ops
1231	CO, Recce Squadron
1232	Recce Squadron
1241	11 Field Squadron - 2 Troop
1242	11 Field Squadron - Squadron HQ/Sp Troop
1243	11 Field Squadron - Special Messages from CO
125	CO Task Force Kabul
1261	Health Services Company
1271	Edmonton Garrison Family Support Coord Cell
1281	Camp Mirage Personnel
225	Commandant de la force à Kabul
2281	Message du Commandant

Call 1-800-866-4546 and simply press the box number to access the message. To speak to one of our qualified counselors, press "0" during regular office hours. Our counselors are there to listen, support you in times of need or simply be there when you need someone to talk to. Feel free to give us a call anytime.

1-800-866-4546

HELPING MILITARY FAMILIES DURING PRE-DEPLOYMENT

Military families need to be aware of the services that are available to them, especially in difficult times such as when the member is being deployed. The services provided by SISIP Financial Services (SISIP FS) can make this experience easier for spouses and families of deployed personnel.

Before deployment, it is important for the spouse to be involved with the member in the process of reviewing their life insurance needs, coverage, and beneficiaries. Equally important, it should also be ensured that the spouse can look after the financial obligations while the member is deployed and is aware of any pre-authorized contributions (such as RRSPs). SISIP FS Insurance Representatives, Financial Counsellors, and Financial Planners would be pleased to provide personalized financial services to military families as well as pre-deployment advice.

HELPING MILITARY FAMILIES DURING DEPLOYMENT

Military family life can be challenging, particularly when it requires loved ones to serve in operational theatres. SISIP FS provides products and services that can make this experience easier for spouses and families of deployed personnel.

While SISIP FS offers life insurance to protect families of deploying Canadian Forces (CF) members during the Departure Assistance Group session, it is also important for spouses to be aware of the services available to them while the member is deployed. Spouses need to know that a SISIP FS Financial Counsellor can provide such services as budgeting assistance, creditor negotiations, emergency funds, etc. If a financial crisis occurs, the SISIP FS Financial Counsellor is in a position to help the spouse with direct assistance in determining the nature and scope of the problem, developing an action plan to rectify the situation, and implementing the plan with the spouse.

Spouses of deployed personnel should also know that as a SISIP FS Financial Planning client, they have access to their Financial Planner, who can provide objective and unbiased investment advice as well as other related financial planning services such as tax preparation. They should also ensure that they have a power of attorney or a letter signed and dated by the CF member before deployment in order to access information on their SISIP FS life insurance contracts.

HELPING MILITARY FAMILIES POST-DEPLOYMENT

When Canadian Forces members return home from being deployed, their families experience feelings of joy, excitement, and relief. This return home is also the time in which military families need to reassess their financial situation. SISIP FS provides products and services that can ease this transition for both members and their families.

If family income and expenses are fluctuating or if they are experiencing financial problems, a SISIP FS Financial Counsellor can assist with rebalancing the family budget and provide financial guidance. Depending on circumstances, assistance through the Canadian Forces Personnel Assistance Fund programs may also be available.

As a SISIP FS Financial Planning client, members and their spouses can receive a post-deployment assessment of their financial situation. SISIP FS Financial Planners assist clients in reviewing their financial objectives and in updating their financial plan, which includes concrete recommendations for the implementation of financial strategies.

Military families should also evaluate if the amount of life insurance that the member and the spouse is carrying is adequate. Factors that can necessitate a change in the insurance coverage such as the birth of a child, marriage or divorce, or the purchase of a home may impact on the amount of insurance required to give loved ones peace of mind. SISIP FS Insurance Representatives are available to assist military families in evaluating their life insurance needs.

SISIP FS is proud to have a strong presence in the military community and to contribute to the quality of life of military families.

To find out more about how military families can benefit from SISIP FS products and services visit their web site at www.sisip.com or call 1-800-267-6681 (in Ottawa, 233-2177).

The articles above were published in *In Focus*, a C/MFRC employee newsletter, and were provided compliments of SISIP Financial Services.



Deployment Support

For Parents or Next-of-Kin of Single Military Members

Provided By:

The Comox Military Family Resource Centre

We would like to inform all parents, grandparents or primary next-of-kin of single military service personnel who are going on an operational deployment that we are available and looking forward to providing you with our deployment support services.

Keeping in touch and knowing how to receive information and assistance can help ease the stress and uncertainty of a deployment. We believe parents and grandparents need the same support that spouses and families of married service persons receive.

Some of the information or services we offer include:

- Information on - "The Emotional Cycle of Deployment"
- Drop off point for small care packages
- Access to email/video conference equipment
- Short term counselling and emotional support
- Networking opportunities with families in the same situation
- Contact by phone or email with staff of the Comox MFRC

Please feel free to contact us by any of the following methods:

Comox Military Family Resource Centre
Family Separation and Reunion Services
19 Wing Comox
PO Box 310, Lazo, BC V0R 2K0
1-888-246-0222 or (250) 339-8290
Website: www.comoxmfr.com



To obtain information about a specific deployment location,
please call the

Mission Information Line - 1-800-866-4546