



**Military Family  
Resource Centre**  
Montreal Region

WELCOME • SUPPORT • UNITE

# ANNUAL REPORT

## 2024 - 2025



credit photo







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Military Family Ressources Centre Montreal Region

Centre de ressources  
**pour les familles  
des militaires**  
Région de Montréal



**Military Family  
Resource  
Centre**  
Montreal Region



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# ACKNOWLEDGMENTS



Francine Habel  
Executive Director

The 2024–2025 year was characterized by the commitment of the MFRC team, who worked hard to provide support services to military families and guide them through the challenges of this lifestyle. Thanks to our services and programming, we helped strengthen the resiliency of families, enhance the feeling of belonging in the community and create ties or a support network. Whether at the welcome party or the Christmas brunch, we are proud to have brought together a large number of family members.

This year also saw the awarding of the King Charles III Coronation Medal, which highlighted the outstanding contributions of certain individuals in their respective fields. Three of our team members and three volunteers were honoured, a great source of pride for the MFRC.

I would like to express my gratitude to the members of the Board of Directors, whose strategic vision and commitment are essential to our success. A big thank you also to our partners and volunteers, whose involvement and energy are at the heart of the success of many activities. Finally, I would like to thank the team for their continuous effort throughout the year and for their creativity in adapting to a constantly changing environment. Thanks to all of these individuals, we were able to complete a year full of projects, and I am deeply grateful to you all.

Happy reading and thank you once again for your commitment to our mission.

As the President of the Board of Directors, I am proud to bring you the summary of the year that was. Having returned to Quebec after a number of years away, I wanted to get back in touch with the MFRC, and I was pleased to see all the achievements made, in line with our strategic planning. I would like to take this opportunity to mention two of them in particular.

The first is the Escale project, a couples retreat for military members and veterans transitioning to civilian life for medical reasons. The project has been improved over time and was presented at the Canadian Institute for Military and Veteran Health Research's annual forum in Winnipeg in October 2024. For the first time, an MFRC was selected to present a workshop for this specific clientele. The activity was also promoted during the Veteran Family Summit, organized by the Atlas Institute in January 2025, an opportunity to directly reach a national audience.

Our mental health retreat for youth, made possible through the support of Lockheed Martin, is also an initiative we are proud of. In addition to doubling the number of participants, this year we also reached a difficult target audience: teens. The teens used this opportunity to build ties with other young people going through similar things.

These events demonstrate the increasing impact of MFRC in supporting military families and show our commitment to continuously improving our services. On behalf of the members of the Board of Directors, I thank you for joining us and demonstrating solidarity and determination in supporting our community. I would also like to thank the team at MFRC and all the stakeholders for their unwavering involvement. Happy reading!



Vickie Archambault  
President of  
the Board of Directors

# MEMBERS OF THE BOARD OF DIRECTORS



## EXECUTIVE MEMBERS

- President:**  
Vickie Archambault
- Vice-Président:**  
Nathalie Prud'homme
- Treasurer:**  
Isabel Markert
- Secretary:**  
Safia Benkrittly

## MEMBERS

- Isabelle Marquis  
Daniel Tatone  
Matthew Trottier  
Dianne Gaze  
Lauren McTaggart  
Catherine Dandonneau  
Chantal Lussier

## GUESTS

- Francine Habel  
Lcol Olivier Sylvain  
Jacques Coiteux  
Major Frederic Viau

**35**  
participants at  
the Annual General Assembly

**135**  
Volunteer hours  
for the Board of Directors





## OUR MISSION

The goal of the MFRC is to promote the well-being of military family members in their development as individuals, families and a community. We do this through a competent and dynamic team.

## OUR VISION

Community development is at the heart of our mission. We promote collaboration with the community to enhance collective well-being through citizen engagement. The CRFM aims to be an agent of change and a unifying force, supporting individual initiative and the full potential of each person.

## OUR VALUES

Our team adheres to a code of ethics based on **respect, honesty, integrity, thoroughness, altruism, personal commitment and solidarity with the community**. We believe that **respect** is our core **value** and it is expressed in various ways, including open-mindedness, consideration, trust and regard for others. Every family needs support and resources; such resources and support increase the family's ability to grow and change; such resources and support must be provided based on the needs defined by the families, with due regard and respect for each individual's unique character.



# STRATEGIC PLANNING 2023-2029



### SERVICES OFFER

- ✓ Implement a culture of service evaluation and satisfaction;
- ✓ Expand service territory;
- ✓ Offer diversified services (absence, transition, relocation);
- ✓ Develop a youth community integration service;
- ✓ Support family relocation.



### COMMUNICATION

- ✓ Ensure accessibility to our services for the following clientele: veteran, reservist, regular, recruit, officer cadet;
- ✓ Promote the MFRC's expertise to clients and partners;
- ✓ Support the relocation of families to the Montreal region;
- ✓ Encourage the participation of English-speaking clients in our services.



### FINANCIAL

- ✓ Maintain sound financial management;
- ✓ Aim for a balanced budget;
- ✓ Anticipate risks;
- ✓ Increase external financing.



### HUMAN RESOURCES

- ✓ Ensuring a vibrant organizational culture;
- ✓ Attraction;
- ✓ Retention.



# HIGHLIGHTS



**6** Members of our organization

received the King Charles III Coronation Medal in recognition of their outstanding involvement in the community.

**Volunteers:**

- Lise Berteau
- Nathalie Prud’homme
- Léo Gravelle

**Employees:**

- Catherine Bourassa, CHRP
- Estelle Auger
- Audrey Gallant, S.W.



**200** People

attended the CFLRS Band concert at the Saint-Athanase Church in Saint-Jean-sur-Richelieu, a new project to promote services and fundraise (an initiative by the MFRC and the RCAF Association).



**2228** Clicks

on our digital advertising in provincial and regional media during the advertising campaign to raise awareness about the Veteran Family Program.



**117** Visites

to our virtual kiosk on the Escale project during the Veteran Family Summit organized by the Atlas Institute for Veterans and Families.

Presentation of the Escale project (workshops on transitioning to civilian life) during the annual Canadian Institute for Military and Veteran Health Research Forum in Winnipeg in October 2024. **For the first time**, the MFRC was selected to give a presentation on a major project for this type of clientele.



# CONNECTION OPPORTUNITIES

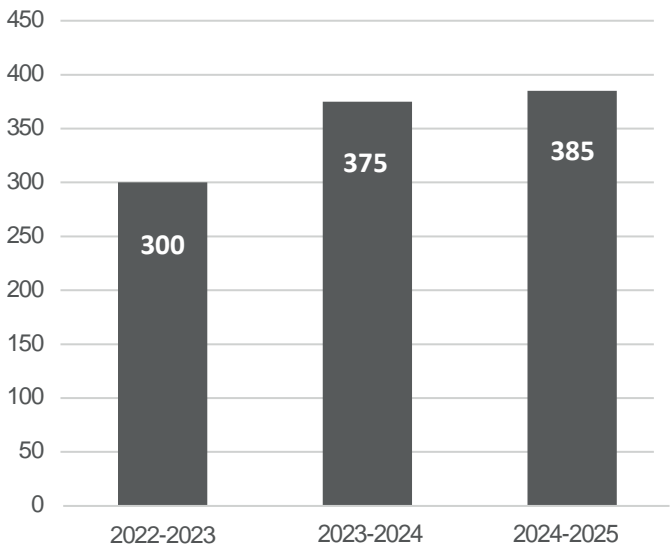
- **875** people in total during the 5 Unit Celebrations and MFRC kiosks;
- **350** participants at the welcome party;
- **250** participants at the Fusiliers de Sherbrooke Band dance night (outreach and fundraising opportunity).



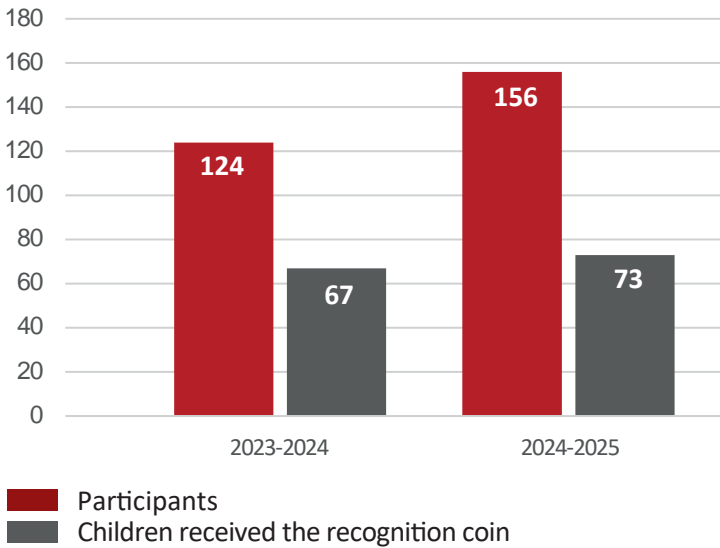
## TESTIMONY

*“Continue your excellent work supporting families. It’s essential and greatly appreciate! A big thank you for organizing this day!”*  
Anonymous

Number of participants at holiday gatherings



Number of participants at the Military Children Recognition Gala



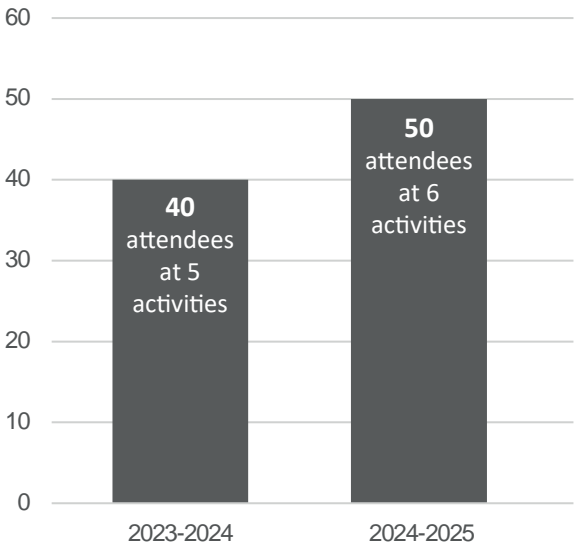


# COMMUNITY INTEGRATION

## VOLUNTEERS

- **1,439** volunteer hours;
- **80** attendees at our 27 creative evenings, a volunteer initiative;
- **46** volunteers, including 13 new volunteers;
- **17** attendance at the volunteer recognition dinner.

Number of attendees in community integration activities



## VOLUNTEERS

Vickie Archambault  
Safia Benkrittly  
Lise Berteau\*  
Diane Bérubé\*  
Laura Biehn  
Frédéric Blanchard\*  
Laurence Boily\*  
Mélanie Campbell  
Vanessa Cinquino  
Linda Côté\*  
Alain Dubé\*  
Sherley Dubé  
Elisabeth Dyckow  
Isabel Gagné Markert  
Dianne Gaze\*  
Bibiane Guertin  
Francine Isabel\*  
Maxime Joyal  
Stéphanie L. Sauvé\*  
Yvette Labrie  
Marie-Danielle Lafrenière  
Chantal Lussier  
Mary Louise Macdonald

Ann Marcotte  
Isabelle Marquis  
Nicole Marsh  
Ivana Matovina  
Lauren McTaggart  
Jennifer More\*  
Josée Payeur  
Melissa Pereira  
Myrienne Poulin  
Nathalie Prud'homme  
Marie-Joanie Raymond  
Darlene Ritchie\*  
Carole-Anne Roux  
Joanne Saccomani\*  
Michèle Seguin\*  
Nohémy St-Laurent  
Daniel Tatone  
Matthew Trotter  
Amanda Trundle  
Marion Turbide\*  
Kamille Vallée  
Caroline Vandoremalen

\*Volunteers who received a recognition award this year for their involvement.



## TESTIMONY

*"It was a real pleasure to meet other spouses that I might not have encountered otherwise as they work during the day."*  
Military spouse

*"I really liked taking part in this activity, from a social standpoint, because I don't often have the chance to have this kind of experience."*  
Stay-at-home mom

*"The volunteer projects are very inclusive. They give us the chance to stay busy and help others while socializing with our neighbours. Without volunteering, I never would have been able to experience this feeling of belonging to the military family community."*  
Volunteer

*"The MFRC is an outstanding organization that offers numerous services and advantages. For me, it is important to give to the next person by becoming involved in turn."*  
Volunteer

*"Volunteering gives you a chance to meet new community members, whether they are people who have just arrived or who were recently posted here, and meet new people. Each week, it's a fun and rewarding experience to get together and take part in the activities organized throughout the year."*  
Volunteer

## HIGHLIGHTS

**53** welcome kits sent to military families reassigned to CFLRS prior to their arrival in order to help them prepare for their move to the region.



# EMPLOYMENT AND EDUCATION

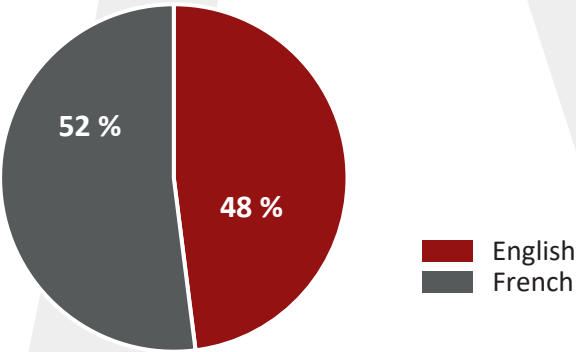
- **272** people received education services;
- **75** people received job search assistance;
- **22** participants in the federal public service employment workshop.



## NEW

- Change in partnership for second language courses, providing total flexibility with no limitations on the number of licences:
  - 49 people used the *second language learning* services.
- Guide designed on the recognition of prior learning and acquired competencies.

Education services users

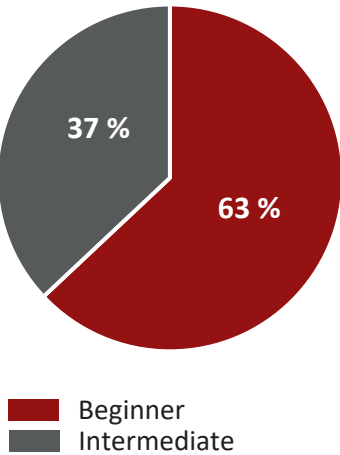


## TESTIMONY

“As an Anglophone, my move to Quebec gave me the chance to take the MFRC French courses. These courses were an excellent way to improve my ability to interact with the community, broaden my professional opportunities and meet other military spouses in the region.”  
Laura Biehn

“Thanks to the workshop organized by the MFRC, I learned a great deal about job opportunities for military spouses in the federal public service. I now feel much more confident about how to start my job search, both here in Quebec and when we move to our next posting.”  
Laura Biehn

Level of second language learning

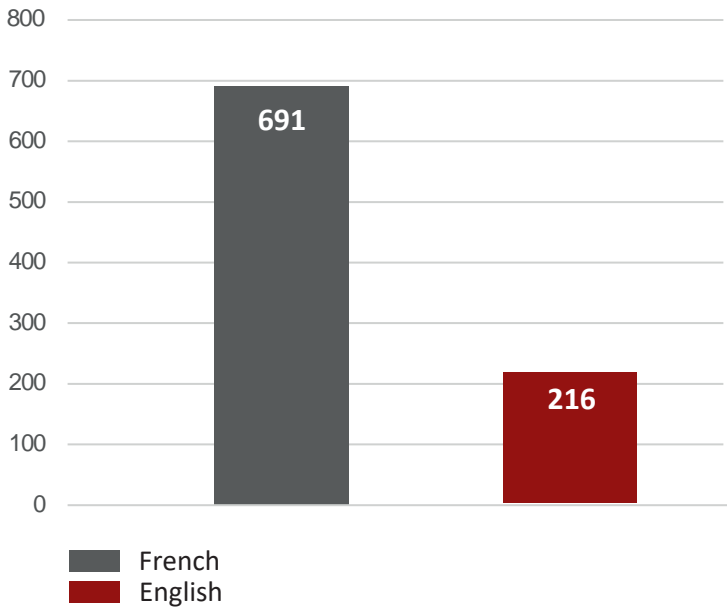


# CHILDHOOD

- **1,688** periods (half-day) were used:
  - **1,108** uses of regular drop-in daycare service ;
  - **373** uses of full-time transitional daycare ;
  - **207** periods for volunteers and client meetings.
- **381** discussions with clientele regarding parental support in connection with the drop-in daycare.



Distribution of books by selected language



## TESTIMONY

“My children love reading and eagerly await their book every month. My 4-year-old son can already read a little English and is starting to learn to read in French. He uses rich and varied vocabulary. My 2-year-old daughter is able to concentrate for longer and longer periods of time when we read together. These periods of reading bring us a lot of joy and are precious moments of connection and reflection as a family. Thank you!”  
Anonymous



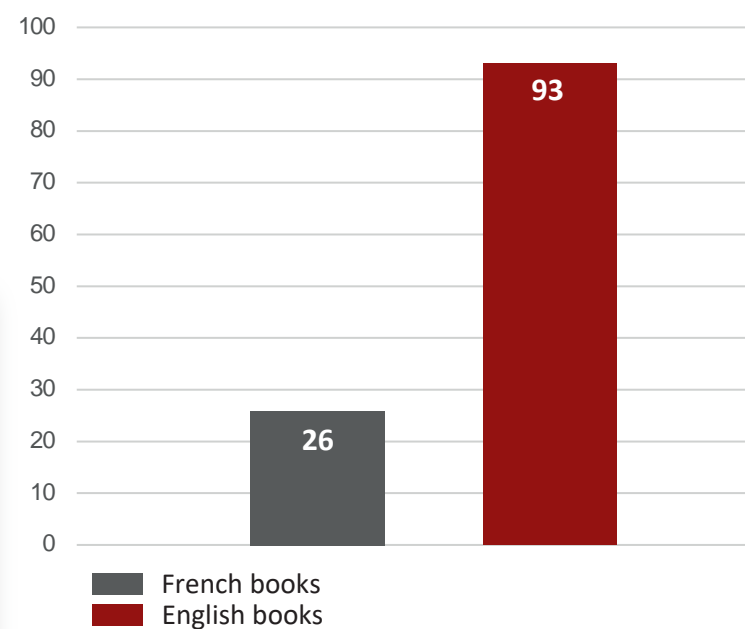
**907** books were distributed through the Early Reading Program for children aged 5 or under.

# YOUTH

- **417** opportunities for connection through the Youth Connect platform across 22 MFRCs;
- **101** participants in the *second language program*;
- **97** welcome kits delivered to youth who had recently arrived in the region;
- **32** attendees during activities in Saint-Jean;
- **14** participants registered in the *Stay Safe!* course;
- **8** participants registered in the *babysitting* course.



Number of books distributed



French books  
English books

# YOUTH COMMUNITY INTEGRATION CENTRE

- **301** attendees at 39 *youth integration workshops*;
- **233** attendees during 47 periods of operation during the summer.



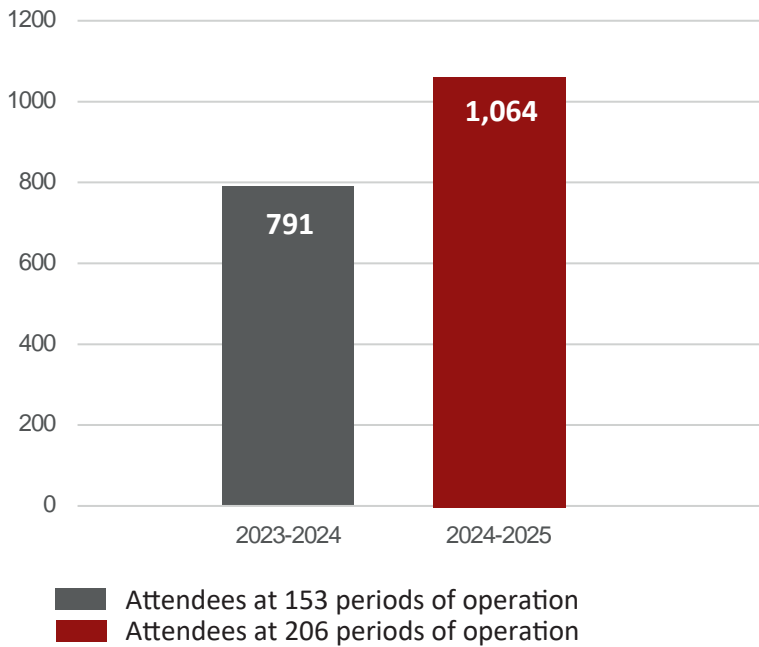
## TESTIMONY

*“The team of leaders is very professional, and my children love them.”*  
Anonymous

*“Just wanted to say a big thank you for this initiative, which is of great help to military families. It’s truly very appreciated.”*  
Anonymous

*“My children have really enjoyed the Loft since the beginning, so I think the activities and facilitation is great. I think I already mentioned this, but it’s one of the best things about living here—our children having access to this place.”*  
Anonymous

Number of attendees per period of operation



Attendees at 153 periods of operation  
Attendees at 206 periods of operation

## HIGHLIGHTS

- **12** participants at the 2nd mental health retreat for youth sponsored by Lockheed Martin;
- **8** of the participants had never used our services before.



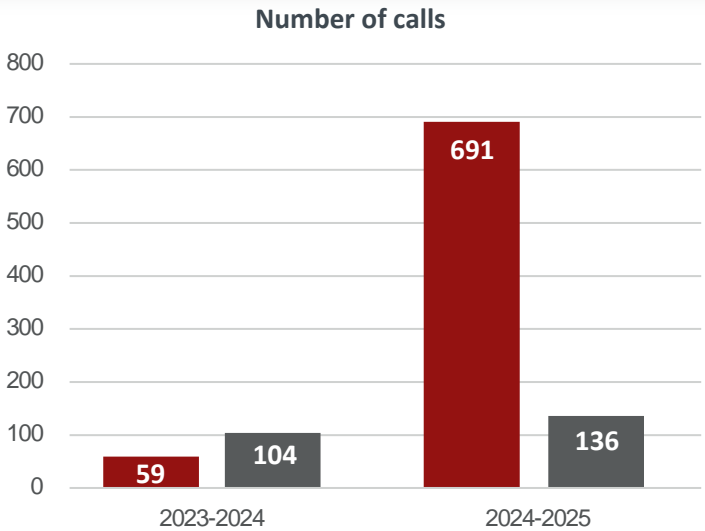
# ABSENCE

- **1,480** letters and emails sent;
- **225** people filled out an absence form;
- **127** packages sent overseas so loved ones could stay connected with deployed members;
- **101** absence return calls;
- **22** participants at absence services presentations;
- **19** participants at the *deployment story time*, in collaboration with the drop-in daycare;
- **16** families reached during absence presentations;
- **13** participants at the 3 *support groups* in Sherbrooke.



## HIGHLIGHTS

**6** families accessed our direct intervention support services during an absence.



■ Courtesy calls  
■ Warm line calls

## NEW

**80** participants during the *absence themed family camp*.

# PSYCHOSOCIAL SUPPORT

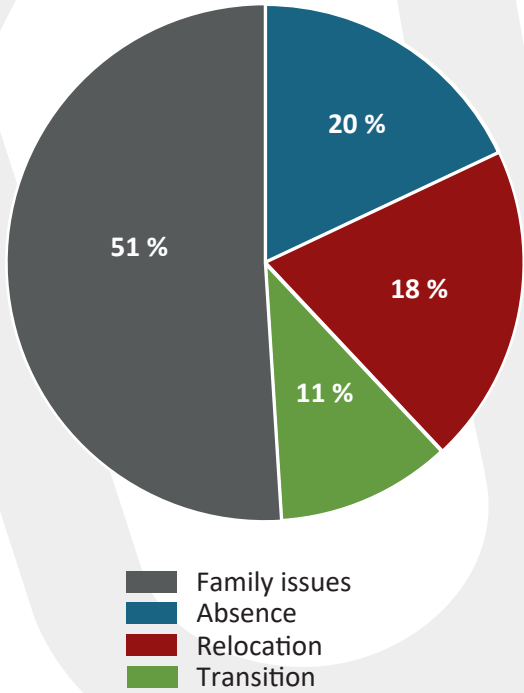


## HIGHLIGHTS

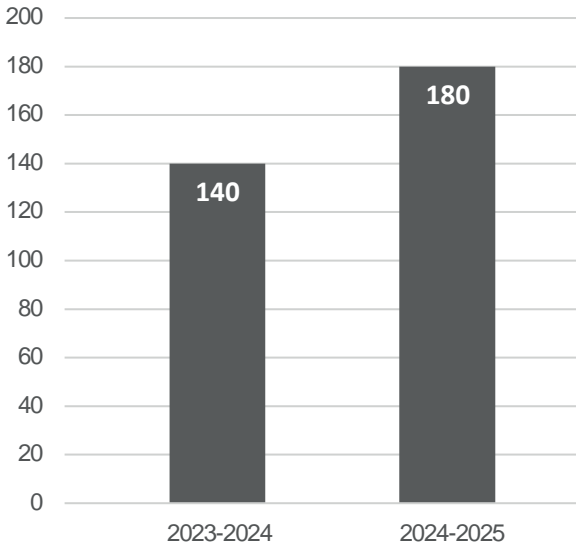
- **536** people received services through Psychosocial Support, including 172 military members;
- **418** discussions—227 by telephone, 180 by email and 11 in person;
- **147** requests from new families;
- **10** families received emergency financial assistance through the Together We Stand Foundation.



Breakdown of issues by services received



Number of requests for psychosocial support



## TESTIMONY

*"I can't thank you enough for all the help you have given me. This situation was very stressful, and you really helped me lighten my load. A huge thank you."*  
S.R.

## TESTIMONY

*"Thank you very much for the resources you sent me, by email and standard mail. I looked at them today, and they will be a great help to my family and me. Thank you again for your support."*  
M.C.



# PREVENTION, SUPPORT AND INTERVENTION

370  
hours of direct intervention

- 136 hours with spouses;
- 120 hours with military members;
- 97 hours with children;
- 17 hours with military next of kin.



207  
hours of indirect intervention

108  
people used intervention services

34  
new files

SENTINEL

- 159 attendees at Sentinel meetings;
- 54 hours of Sentinel training on:
  - Conflict resolution;
  - Family dynamics;
  - Emotional management.

- 33 participants at the *work-life balance* training at 3 CSU (in collaboration with PSP)

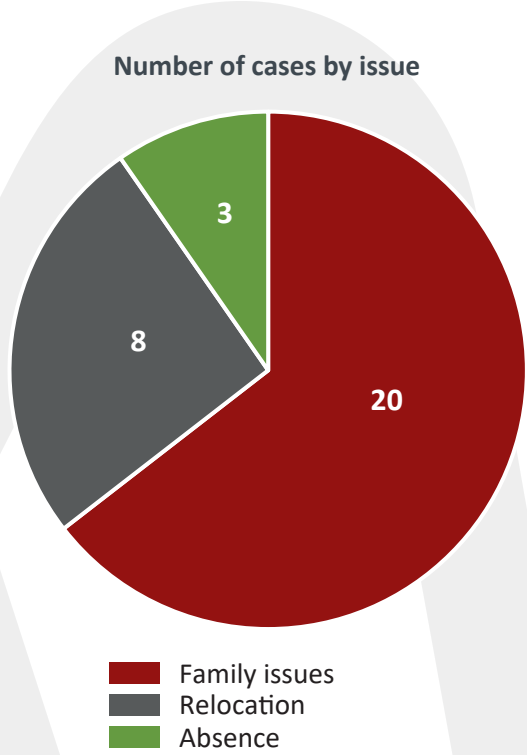
- 9 participants at the presentation on the realities of military family life and available services at the organization l'Éclusier Saint-Jean

VIOLENCE COMMITTEE

- 28 attendees at the “*Sexualité conjugale positive*” seminar;
- 19 attendees at the “*Le secret du succès des couples heureux*” seminar;
- 9 meetings with the Family Violence Advisory Team.

# SPECIAL CARE COUNSELLING

- 193 hours of direct services;
- 254 hours of indirect services;
- 43 participants during 8 art therapy workshops;
- 31 new files.



- NEW
- 41 participants for educational workshops at the drop-in daycare;
  - 7 participants at the *Briller dans ta solo ou coparentalité* training.

 HIGHLIGHTS

24 licences were provided for the following training sessions:

- *The Birds and the Bees to Netflix and Chill*;
- *Apprivoiser le développement sexuel enfance-préadolescence*;
- *Navigating Childhood—Your Toolbox to Respectful Parenting*.

TESTIMONY

“We feel much more in control, and I feel like I now have tools that I can use without compromising our long-term relationship. I just wanted to say a huge thank you for your help. I am extremely grateful. Thank you again!”

Anonymous



# VETERAN FAMILY PROGRAM

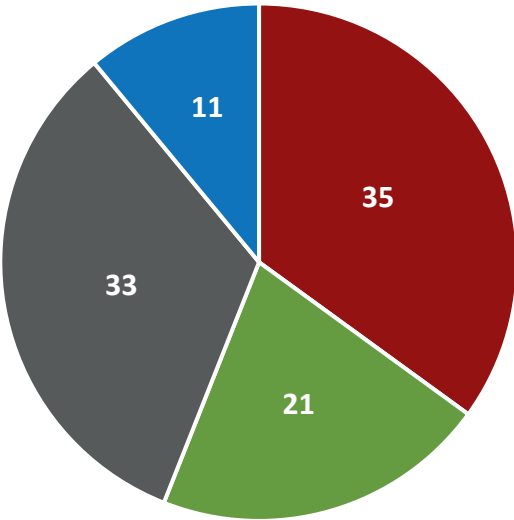
- **185** hours of direct services;
- **107** people used VFP services including 39 families;
- **97** hours of indirect services;
- **53** new files—12 follow-up files and 41 support files;
- **20** veterans received information as part of a medical release;
- **16** attendees at the *transition* workshop;
- **15** participants at the *mental health first aid* workshop.



## HIGHLIGHTS

- Wreaths were laid in 6 cities during Remembrance Day ceremonies;
- Creation of a video testimonial of a couple (military veteran and spouse) on the transition from military life to civilian life.

Types of interaction



- Telephone intervention meetings
- In-person interventions
- Virtual interventions
- Email interventions

To raise awareness about our services, we participated in the following:

- The Royal Military College alumni evening;
- The Transition Centre's Partners' Day;
- Montréal Respect Forum;
- Guest on the Vet'Errant and Le Balancier podcasts;
- Presentation and kiosk at SCAN to help military members transitioning to civilian life;
- Haut-Richelieu mental health round table;
- Presentation at the Canadian Institute for Military and Veteran Health Research's national forum;
- Presentation at the Veteran Family Summit organized by the Atlas Institute;
- Presentation given as part of the Osside Institute's CWO course.

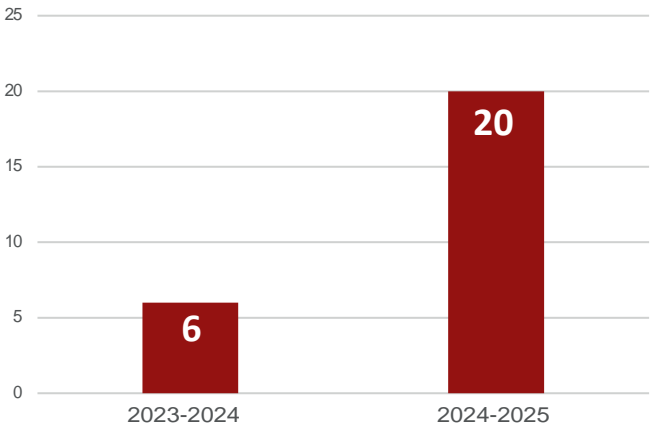
All these events resulted in more than 500 discussions with veterans and their families.

# ILLNESS, INJURY AND DEATH

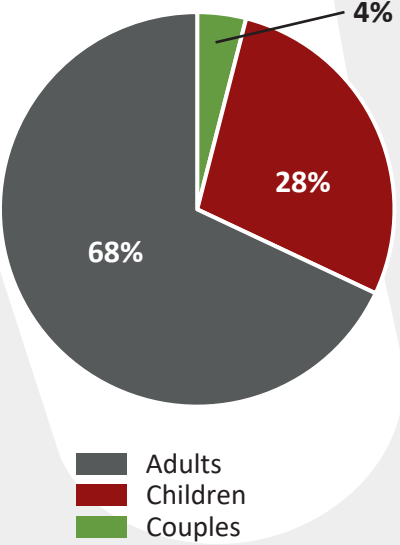
- **143** hours of direct intervention;
- **108** people used the intervention services provided by the Family Liaison Officer:
  - **39** families including 9 bereaved;
- **101** hours of indirect intervention;
- **47** military members and 61 families were provided with information and guidance according to their needs;
- **25** files in total;
- **16** new files.



Number of participants at the Escal: transition to civilian life weekend



Types of clientele



- Adults
- Children
- Couples

## TESTIMONY

"As a veteran, without Myriam's help, I could never have worked on managing the emotions connected to my PTSD. She is attentive, listens and respects your pace. I am immensely grateful to you, and all your colleagues at the MFRC, for your commitment and exemplary contribution to planning and running the Escal weekend."

Veteran and their spouse

"On behalf of myself and my wife, I would like to express my sincere gratitude to you, all your colleagues at the MFRC, for your commitment and exemplary contribution to planning and running the Escal weekend."

Maj Daniel Parenteau, MMM, CD



# OUTREACH

- **14,838** contacts with families;
- **9,499** interactions with families;
- **5,654** people reached during the 96 presentations at the Canadian Forces Leadership and Recruit School ;
- **5,016** courtesy emails;
- **3,174** courtesy calls;
- **2,165** courtesy letters;
- **755** interactions during 48 presentations at the Canadian Forces Recruiting Centre.



## HIGHLIGHTS

**20** people present during the presentation at the Order Group to raise awareness about our programming.

## COMMUNICATION

- **3,572** contacts receive our special and monthly newsletters;
- **38 %** average open rate for the monthly newsletter;
- **33 %** increase in LinkedIn followers.

## SHERBROOKE



- **170** families during the presentation of the Ordre de la Croix des Fusiliers de Sherbrooke;
- **35** people at the *Military Life 101* workshops;
- **30** military members at the 3 presentations to units;
- **20** people at the *Daddy & Me* activity;
- **13** participants at absence support groups.

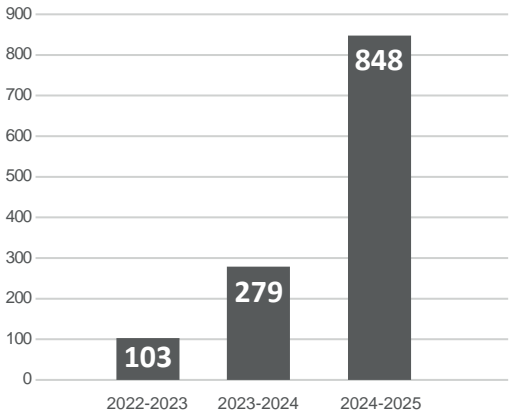
## NEW

**72** views of the free *Military Life 101* workshop video

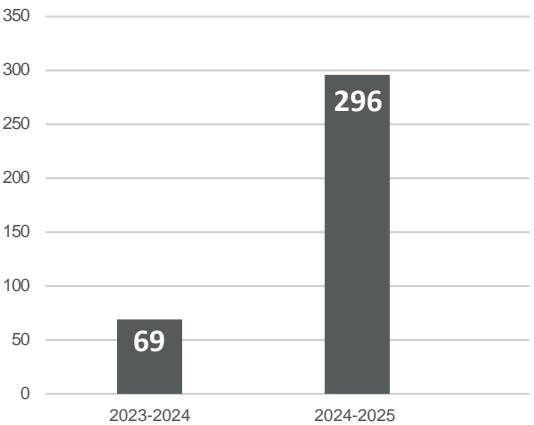
## PRESENCE

- **1,200** reached during Remembrance Day;
- **85** people reached at the Legion supper for Remembrance Day;
- **50** people reached during Legion fundraising.

Number of people reached at swearing-in ceremonies



Number of courtesy calls



## TESTIMONY

“ Given the diversity of the families and the range in the level of knowledge, this workshop provides a reassuring and enlightening foundation. Thank you for the information shared and the calm and caring approach you have toward the families of new military members, regardless of age.”  
Anonymous

“A big thank you especially to everyone who organizes this type of community service for us. It is extremely appreciated work that they are doing for others. As families of CAF members, it is a privilege and a benefit for all families to come together and never feel alone. I always respect their efforts and support them wholeheartedly.”  
A military mom



# HUMAN RESOURCES

- Our Employment and Education Coordinator participated in Cannexus, Canada’s largest bilingual conference focused on career development, education and employability. Training took place over three days in January 2025;
- Recognition of employee seniority:
  - **15** years: Audrey Gallant, S.W.
  - **10** years: Sébastien Monette-Vaskelis
  - **10** years: Noémi Trépanier
  - **5** years: Josianne Laguë



## More than **275** hours of Training

- Youth intervention conference
- Preventing suicide among people aged 14 and over: raising hope and estimating danger
- Training: Addiction, when you want everything right now
- Bonsai program on hypersensitivity
- CPR First Aid
- ISSO
- USS
- La Ruche conference: More strategic management
- Équilibre et résilience : stratégies de la gestion de la santé mentale [Balance and resilience: mental health management strategies]
- AHGCQ conference
- Self-compassion through organization well-being
- My peaceful tribe
- Focus on youth volunteers
- Perimenopause and menopause Q & A
- Eco-anxiety
- Recordkeeping and note-taking: reflection of the clinical process and professional attitude
- Introduction to different grief theory models and exploration of intervention tools
- Consent, confidentiality and protection of vulnerable individuals
- Practising social workers and marriage and family therapists and the legislative framework and standards of practice
- Training on positive parenting and mental health
- Positive discipline and positive mental health
- WHMIS
- Extinguisher
- Wellness day
- Cannexus25
- R2MR
- CDC wellness day
- HR Café Salary Forecast
- Bill 42
- Joëlle Charpentier CNESST+ infant CPR
- Domestic violence webinar, working with all those involved
- Provincial conference on suicide prevention
- Intellectual self-defence
- ALE
- l'UT
- To each their own

## LIST OF EMPLOYEES

Habel Francine  
*Executive Director*  
Bourassa Catherine, CHRP  
*Human Resources Director*  
St-Elie Lincey  
*Human Resources Officer*  
Monette-Vaskelis Sébastien  
*Financial Management Assistant*  
Gariépy Sarah  
Roux Carole-Anne  
*Customer Service and Operations Officers*  
Brassard Maude  
*Web Content Officer*  
Neagu Ana-Maria  
*Communications Officer*  
Auger Estelle  
*Employment and Education Coordinator*  
Lao Me Sai Caroline  
Laroche Lynn  
Piyau Arsène  
*Second Language Teachers*  
Falardeau Karyne  
*Psychosocial Intake Employee*  
Lemaire Sabrina  
*Absence Services Employee*  
Gallant Audrey, S.W.  
Rivard Gabrielle, S.W.  
*Family Liaison Officers*

Beaudin-Tessier Aryanne, S.W.  
Crago Batholomew, S.W.  
Houle Alain, Psychotherapist  
Michaud Karyne, S.W.  
Rivard Gabrielle, S.W.  
*Prevention, Support and Intervention Coordinators*  
Jean Éliane  
Lafleur Félix  
*Social Work Interns*  
Laguë Josiane  
Otis St-Gelais Marie-Pier  
*Special Care Counsellors*  
Dutour Myriam, S.W.  
*Veteran Family Program Coordinator*  
Bourgeois Caroline  
*Community Integration Officer, Family Connection*  
Laflamme Maude  
Meunier Marie-Belle  
*Community Integration Officers*  
Chabot Carolanne  
Kabanga Ladouce  
Lafrenière Marie-Danielle  
Munyanza Alphonse  
*Outreach Officers*

Seigny Catherine  
*Outreach Officer, Sherbrooke*  
Gagnon Laurie  
Thériault Yuri  
*Outreach Clerk*  
Gaucher-Morel Caroline  
Handfield Allyson Annabelle  
Trépanier Noémi  
*Child and Youth Coordinators*  
Fortier Maxime  
*Youth Community Integration Centre Coordinator*  
Gagnon Laurie  
*Responsible for Special Activities at the Youth Community Integration Centre*  
English Charron Annie  
Frappier Alexa  
Gagnon Laurie  
Hatungimana Patrick  
Ignat Maria  
Lafrance Félix  
Levasseur Nicolas  
Saint-Jean Jenny Doorine  
Saint-Pierre Anaïs  
Trépanier Thomas  
*Youth leaders and floating employees*





# BALANCE SHEET



Current assets

	2025	2024
	\$	\$
Cash	748 546	1 122
Temporary investment	681 080	807 066
Accounts receivables	110 539	129 413
Prepaid expenses	17 573	43 377
Total	<u>1 557 739</u>	<u>980 978</u>

Current liabilities

	\$	\$
Accounts payable and accrued liabilities	195 809	195 216
Amount reserved - YCIC	472	607
Deferred contributions	599 500	10 000
Total	<u>795 781</u>	<u>205 823</u>

Net assets

	\$	\$
Changes in net assets	761 958	775 155
Total	<u>761 958</u>	<u>775 155</u>
	<u>1 557 739</u>	<u>980 978</u>

# INCOME STATEMENT

INCOME

	Budget (\$)	Actuals (\$)
MFS Funding	1 768 839	1 827 121
2nd Canadian Division	235 850	258 547
Daycare   Preschool programs	30 000	20 135
Ministère de la Famille	223 913	227 629
438 Tactical Helicopter Squadron	50 000	50 000
Fundraising, donations and others	14 982	17 747
Investment	55 000	24 014
True Patriot Love	10 000	0
Royal Bank of Canada	10 000	3 765
Canada Summer Jobs	4 496	4 372
Canada Post	25 000	0
Quebec Veterans Foundation	5 500	0
Total	<u>2 433 580</u>	<u>2 433 329</u>

EXPENSES

	Budget (\$)	Actuals (\$)
2nd Canadian Division		
Management & Administration	7 000	9 057
Salaries	211 300	231 795
Emergency House	11 850	13 997
Cleaning services - YCIC	4 500	3 698
Telemedicine	1 200	0
Ministère de la Famille	223 913	227 629
438 Tactical Helicopter Squadron	50 000	50 000
Paid by MFRC funds	232 952	74 919
True Patriot Love	10 000	0
Royal Bank of Canada	10 000	3 765
Canada Summer Jobs	4 496	4 372
Canada Post	25 000	0
Quebec Veterans Foundation	5 500	0
Total	<u>797 711</u>	<u>619 232</u>

MFS EXPENSES

	Budget (\$)	Actuals (\$)
Management & Administration	231 587	306 504
Program delivery	1 372 446	1 329 607
Veteran Family Program	125 106	130 178
Gender-based Violence Funding	19 700	14 732
Lockheed Martin	10 000	10 000
Rural Grant	10 000	10 000
Supplementary Funding	0	26 273
Total	<u>1 768 839</u>	<u>1 827 294</u>
Total expenses	<u>2 566 550</u>	<u>2 446 526</u>
Excess (deficiency) of revenues over expenses	<u>(132 970)</u>	<u>(13 197)</u>



# FUNDERS AND DONORS

The Montreal Military Family Resource Centre gratefully acknowledges the support and donors. These great achievements are the fruit of your support.

## FUNDERS



Military Family Services  
Program (MFSP)



438 Tactical  
Helicopter Squadron



Base CMDT  
(2nd Canadian Division)



Employment and Social  
Development Canada  
Canada Summer Jobs



Family Ministry

## DONORS



Government of Canada  
Workplace Charitable Campaign  
(GCWCC)



Lockheed Martin



Légion royale canadienne Greenfield Park #94  
Légion royale canadienne Pointe-Claire #57



Sherbrooke Fusiliers Regiment

**Make a donation today** and actively support our mission to assist military families, a vital commitment that improves their daily lives and strengthens our community. A tax receipt will be issued for any amount of \$20 or more.

