



# MHWS



## Collaboration and Referral Guide **2025**

# Welcome to the 2024 MHWS Collaboration and Referral Guide



First published as an alternative to service fairs during the pandemic, the 2025 MHWS Collaboration and Referral Guide carries on as a comprehensive compendium for those seeking information on health and welfare resources in our community. The guide, available in print or online, is a living document, developed, populated and updated by our Health and Wellness Team members.

Flip or scroll through the pages and you will find the results of the many long hours put in by the Strategy members to create this guide, fueled by the passion for volunteering and service back to our MARPAC community. Congratulations on another successful and great product.

## **LCol Andrew Currie**

Formation Surgeon  
Chair MARPAC Health & Wellness Team





As part of your MARPAC Health & Wellness Team (MHWT), I am pleased to present this year's edition of the *MARPAC Health & Wellness Strategy Collaboration and Referral Guide*.

This Guide serves as a centralized resource to promote health

and wellness programs within MARPAC, making it easier for Canadian Armed Forces (CAF) members, their families, and civilian employees to be informed about the existing support services. By consolidating available resources into a single reference, the Guide empowers individuals to take charge of their well-being and encourages active

participation, fostering a culture of proactive health management across the organization.

The MHWT's multidisciplinary approach advocates for healthy living principles, including creating supportive environments, building beneficial policies, and enhancing personal skills. This guide is integral to supporting these principles by connecting individuals with the right programs and services at the right time. Whether seeking mental health resources, fitness programs, or family support services, the guide aims to ensure that accurate, accessible information is readily available as a means to enhancing the health of our Formation.

**Capt(N) Jeff Hopkins**

Chief of Staff MARPAC/JTFP

## Welcome to our Culture of Collaboration

I hope you find this edition of the MARPAC Health and Wellness Strategy's Collaboration and Referral Guide helpful and that you use it regularly in your work.

Fifteen years ago when the MHWS was launched, the Collaboration Forum was created and entrenched in policy (via the MHWT MARPACORD) as a bi-annual event that would bring together all service providers in one location for Command Teams to access so they could learn more about the vast number of resources available. The Collaboration Forum was an important culture change instrument. Not only did it showcase all of the resources available to the Defence team in one place, it also signaled a very important message we want people to understand: in MARPAC, we collaborate. This is how we serve our team. We work together, we break down barriers, and we support our

colleagues no matter what organization we belong to.

In 2020 our world changed and we moved the Collaboration Forum online and in print to this Referral Guide. Since then, operation tempo and availability of personnel has made gathering challenging so I am so pleased to present to you the 3rd edition of the MHWS Collaboration and Referral Guide. Please share this guide widely and learn about the resources available to you in our community.

**Maryse Neilson,  
MSW RSW**

Health Promotion  
Manager  
Vice Chair MARPAC  
Health & Wellness  
Team



Welcome to the MARPAC Health and Wellness Strategy's Collaboration and Referral Guide. This document provides you with information about the Formation's Health and Wellness resources and programs.

It is also available online at

[www.lookoutnewspaper.com/wp-content/uploads/2024/04/MHWS\\_CRG\\_2024\\_EN.pdf](http://www.lookoutnewspaper.com/wp-content/uploads/2024/04/MHWS_CRG_2024_EN.pdf)

## What is the MARPAC Health and Wellness Strategy (MHWS)?



The MHWS aims to improve the health and wellness of the Defence Team (CAF members and their families and all civilian employees). The Strategy is led by the MARPAC Health and Wellness Team which is made up of representatives from the following organizations:

### Executive

**Formation Chief of Staff Support**  
Capt(N) Jeff Hopkins

**Chair/Formation Surgeon**  
LCol Andrew Currie

**Vice Chair/Manager of Health Promotion**  
Maryse Neilson

**Formation Chief**  
CPO1 Arvid Lee

**Formation Sailor First Class**  
MS Haley LeClaire



### Member Positions

**Base Chief Petty Officer**

**Canadian Fleet Pacific Surgeon**

**CF Health Service (Pacific) – Commanding Officer**

**CF Health Services (Pacific) – Base Surgeon**

**Local Geographic Leader HR Civ**

**Commanding Officer Military Police Unit (ESQ)**

**Fleet Chief Petty Officer**

**Formation Chaplain**

**Health Promotion Specialists**

**MHWS Working Group Co-Chairs**

**Military Family Resources Centre Executive Director**

**Naval Personnel & Training Group Representative**

**Personnel Support Programs (PSP) Manager**

**Public Affairs Officer**

**Union Representative – VP Union of National Defence Employees (UNDE)**

## Working Groups

**The MHWS has five priority areas in which it works:**

1. Active Living
2. Addictions-Free Living
3. Healthy Nutrition
4. Mental and Social Wellness
5. Organizational Wellness

Each priority has a dedicated Working Group co-chaired by a Civilian leader and a Military Senior Chief. A Health Promotion Specialist is embedded in each Working Group as a subject matter expert and advisor. Each Working Group is championed by a Formation Senior Leader.

## A Brief History

The MARPAC Health & Wellness Team – and its principle initiative, the MARPAC Health & Wellness Strategy – celebrated ten years in 2022. As we culminate this important milestone year, it's important to recognize that collaboration is not new in MARPAC. In fact, for the last 30 years, since 1993, our Defence Community has been working together in health and wellness.

The Defence Community Wellness Advisory Team (DCWAT) stood up in 1993 to monitor and advise Command of health and wellness trends in the Formation. It also provided a platform for collaborating and networking among member programs and organizations. In the fall of 2012, DCWAT held the first Bi-annual

Collaboration Forum for Leadership teams throughout the Formation and showcased a wide array of services available to personnel. A survey was conducted at the Forum asking Command Teams to identify their three pressing health and wellness priorities. Following the results of the survey and a Strategic Planning Session, the DCWAT revised its terms of reference, changed its name and adopted the MARPAC Health and Wellness Strategy in January 2013.

The Collaboration and Referral Guide we provided during COVID was so well received that we are updating and providing it again.

Name of Organization:

# Base Personnel Selection Office

## CONTACT INFORMATION

<b>Contact Name:</b>	BPSO: LCdr Steve Brown
<b>Phone Number:</b>	250-363-4090
<b>Email:</b>	Steven.Brown@forces.gc.ca
<b>Positional +box:</b>	+ESQ BADM BPSO MSGS@BADM@Esquimalt <ESQBADM-BPSO-MSG@forces.gc.ca
<b>Website:</b>	<a href="http://esquimalt.mil.ca/badm/BPSO/index.htm">http://esquimalt.mil.ca/badm/BPSO/index.htm</a>

### Eligible Clients:

Any/all CAF members, but predominantly those members servicing under JTFP.

**Fee for service (if any):** No fees.

### Services Provided:

*Personnel Selection Officers apply behavioural science knowledge and procedures to evaluate the factors that affect working relationships. They provide professional advice to military commanders, particularly in the areas of recruiting, selection, leadership, performance appraisal and other human resource issues.*

The main thrust of our services revolve around the annual in-service selections programs. It is understood that not everyone enrolled into their dream jobs, so in the spirit of Force Generation, we look at providing comprehensive career counseling to help members find 'fit' within the organization, to assist with organizational retention. The CAF also has a number of specialist training opportunities such as the SOFCOM environment or Clearance

### Hours of Operation:

The BPSO falls under the normal daytime operating hours for CFB Esquimalt, generally in the 0800-1600 window.

Diver. BPSO duties also include counseling for members who are unsuccessful in their training for their occupation, and also members who are medically unable to stay in their enrolled occupation.

The BPSO is a service provider to the unit COs, to assess their members' suitability for organizational change, and/or to assist in any/all transition plans.

The BPSO is also a conduit for life-long learning. All members enroll with a baseline education that matches their occupational choice. For those that need education to meet eligibility criteria for other occupations, to commission, or even as part of transition plan beyond their CAF career, the BPSO can assist members with educational plans, and how to access funding through CDA's Education Reimbursement programs.



The BPSO also works closely with the Transition Group BC and Health Services, to assist medically releasing members in their transition plans. This involves individual counselling that revolves around medical employment limitations, but also to work on transition plans for the Voc Rehab Program for Serving Members. This also includes group programs. The BPSO facilitates bi-annual SCAN (Second Career Assistance) seminars, as well as CTWs (Career Transition Workshops) focusing on self-assessment, interviewing skills, job search, and resume building.

The BPSO is responsive to any/all requests from members or leadership, for all human resources issues.

### **Anything else clients should know?**

The BPSO is not a Recruiting Centre. In-Service occupation availability is different from out-service, and occupation availability will be based on the needs of the organization.

The In-Service Selection programs are voluntary, both for the members to make an application if they meet the eligibility requirements, but also for the organization to move people from one occupation to another. The organization always reserves the right to remain healthy... there is no entitlement for occupational change.

The BPSO is a Service Provider. Our mandate is to serve all of our clients who are serving under the JTFP Commander, at all levels.



Name of Organization:

# Canadian Armed Forces Transition Unit British Columbia (CAF TU BC)

Transition Center (TC) Esquimalt | TC Vancouver | TC Comox

## CONTACT INFORMATION

**Phone Number:** 250-363-4169 (Esquimalt Number)

**Email:** P-CAF.TUBC@forces.gc.ca

**Address:** CFB Esquimalt Building N34

**Website:** <http://esquimalt.mil.ca/CAFTUBC/>

## Hours of Operation:

0800-1530

## Eligible Clients:

Ill or injured CAF members and their families

**Fee for service (if any):** Nil

## Services Provided:

One does not need to be posted to a TC to access their services. Services include:

- **Return to Duty** coordinator assistance
- **Casualty Tracking**
- **Outreach**
- **Information, support, and advocacy services** for administration, benefits, and programs
- **Administrative support to families of CAF casuality.**
- **TC Support Platoon** – The Support Platoon is the section of the TC to which supported members are posted. The Support Platoon works with the Services Section and Partners to provide the best possible support to the member.

- **Training / Outreach** – CAF TU BC offers Command Team briefs, or Professional Development briefs to explain our services. CAF TU BC offers the following training:

- ▶ **Designated Assistant (DA)** - Prepares members to act as DAs if there unit has a casualty.
- ▶ **Return to Duty (RTD)** - Prepares members to act as and RTD unit representative to assist ill or injured members returning to work, do so safely and are fully supported.









## EMPLOYEE ASSISTANCE PROGRAM

DND's Employee Assistance Program (EAP) is a free, professional, confidential and proactive service to support DND public service employees and their family members with a wide range of personal, family and work-related concerns.

### Crisis and Short-Term Counselling

Short-term counselling is available in person, over the phone, by video or online (chat or email).

Call: **1-800-663-1142**, or **1-888-384-1152**  
(for people with hearing impairments).



### Coaching

Life Smart coaching is available by phone for topics such as parenting support, eldercare, nutrition, financial guidance, stress solutions and many more!

Call: **1-800-663-1142**, or **1-888-384-1152**  
(for people with hearing impairments)

### Peer Support

EAP Peer Advisors (PA) are trained and skilled to refer DND employees to relevant and available resources and supports.

To connect with a PA, contact  
[eap-pae@forces.gc.ca](mailto:eap-pae@forces.gc.ca)



### Digital Mental Health Platform

You can book appointments on-line and access resources, self-guided courses and internet-based cognitive behavioural therapy (known as iCBT). Sign up for an account at [www.homeweb.ca](http://www.homeweb.ca) using code DND743.



Services for CAF members and their families are available through the Canadian Forces Member Assistance Program ([CFMAP](#)).



For more information, contact:  
[eap-pae@forces.gc.ca](mailto:eap-pae@forces.gc.ca)

Name of Organization:

# Employee Assistance Program (EAP)

## CONTACT INFORMATION

<b>Homewood Health:</b>	1-800-663-1142 or 1-888-384-1152 (for people with hearing impairments).
<b>Organizational Well-Being SharePoint:</b>	<a href="https://018gc.sharepoint.com/sites/ORG-2295-0006">https://018gc.sharepoint.com/sites/ORG-2295-0006</a>
<b>Website:</b>	<a href="http://www.canada.ca/en/department-national-defence/programs/defence-employee-assistance-program.html">www.canada.ca/en/department-national-defence/programs/defence-employee-assistance-program.html</a>
<b>Positional email:</b>	EAP-PAE@forces.gc.ca

## What is an Employee Assistance Program?

Homewood Health's Employee and Family Assistance Program (EFAP) is a professional, confidential and proactive service to support you and your family members with a wide range of personal, family and work-related concerns. These services are designed to enable a proactive approach to supporting your well-being.

DND's EAP also includes Peer Support. This service is provided by our volunteer Peer Advisors, who are DND colleagues trained and skilled in active-listening, supporting and providing internal and community resources.

DND employees can connect with a Peer Advisor listed on the Organizational Well-Being SharePoint (requires D365 login) or by emailing the EAP positional mailbox. Peer Advisors are available during regular working hours from Monday to Friday.

## What tools, resources and services are available?

The Organizational Well-Being SharePoint has information about mental health and well-being services. The site includes:

### Mental Health and Well-Being Services for Employees

- Crisis and Short-Term Counselling Services
- Life Smart Coaching
- Digital Mental Health Platform
- Peer support

### Mental Health and Well-Being Services for Managers

- Key Person Advice Line (KPAL)
- Specialized Team Service

### Learning Tools and Resources

- Webinars and Events
- Educational Resources: Job aides, Articles & Let's Talk Workplace Wellness learning series
- Foundational Mental Health Training: For Employees and Managers

Name of Organization:

# Employment Equity Defence Advisory Groups

## Services Provided:

Five specific Defence Advisory Groups (DAGs) have been created to provide unfettered advice and grass roots insight to DND and the CAF leadership on issues relevant to their respective designated group on the implementation of Employment Equity.

## Eligible Clients:

All military members and civilian employees may participate in any of the DAGs regardless of the individuals' ethnicity or gender. Please contact the specific co-chairs to get involved.

**Fee for service (if any):** None

## The DAG roles may affect or assist:

- Policy development on issues related to recruitment, retention, promotion and training.
- Employment equity initiatives
- Identification of systemic barriers

## Anything else clients should know?

Most DAGs meet virtually on a fixed day each month. For DAG members the general time commitment amounts to two hours per month. Supervisors are expected to allocate a reasonable amount of time to their employees to attend the meetings of the DAGs. This was emphasized in a joint DM/CDS letter signed in November of 2016.

Solving inter-personal conflict issues does not fall within the mandate of the DAGs, however, CAF members and DND employees will likely come to the DAGs for advice and it is important that they be heard. DAGs should however encourage resolution at the lowest level and that the CAF member/DND employee uses the chain of command to help address the conflict.



## MARPAC Employment Equity, Diversity, and Inclusion

<b>Coordinator:</b>	Vanessa Nicholson
<b>Services Provided</b>	Provides support to the MARPAC Defence Advisory Group
<b>Positional email:</b>	Vanessa.Nicholson@forces.gc.ca

### Defence Indigenous Advisory Group (DIAG)

The DIAG represents Indigenous CAF members and DND public service employees. Members of the DIAG share information with the Defence Team on Indigenous issues, provide advice on how CAF/DND policies and programs affect Indigenous members, and help promote successful interactions between the CAF/DND and Indigenous people across the country.

**Email:** +ESQ DAAG@MARPA HQ@Esquimalt

**Positional email:** P-ESQDAAG@intern.mil.ca

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### Defence Advisory Group for Persons with Disabilities (DAGPWD)

The DAGPWD represents persons who have a long-term or recurring physical, mental, sensory, psychiatric, or learning impairment that may cause them to be disadvantaged at work. Members of the DAGPWD provide advice to Defence Team leadership on barriers that prevent an equitable representation of persons with disabilities – both visible and invisible - and recommend relevant policy and procedural changes.

**Email:** +MARPA HQ DAGPWD@MARPA HQ@Esquimalt

**Positional email:** MARPA.DAGPWD@forces.gc.ca

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### Defence Team Pride Advisory Organization (DTPAO)

Members of the DTPAO provide advice and guidance to senior leadership on how to address, prevent and combat systemic discrimination on the basis of sexual orientation and gender diversity.

**Email:** +ESQ MARPA DTPAO@MARPA HQ@Esquimalt

**Positional email:** MARPA.DTPN@forces.gc.ca

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### Defence Visible Minorities Advisory Group (DVMAG)

The DVMAG represents the visible minority communities within the Defence Team. Members of DVMAG enable dialogue between and among the Defence Team members and personnel who belong to a visible minority. They share their unique insights with leadership about issues affecting visible minorities' access to employment equity and the negative impacts of lingering discrimination and racism within the organization.

**Positional email:** P-ESQ.DVMAG@forces.gc.ca

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### Defence Women's Advisory Organization (DWAO)

The DWAO represents women in the Defence Team. Members of DWAO provide advice on how to dismantle barriers to the full inclusion of women in the Defence Team and how to address issues and policies that may be discriminatory on the basis of sex or gender.

**Positional email:** MARPA DWAO@forces.gc.ca

Name of Organization:

# Esquimalt MFRC, Family Wellness and Counselling Team

## CONTACT INFORMATION

**Contact Name:** Family Wellness and Counselling Team

**Phone** 778-533-7736

**Email:** Intake@emfrc.com

**Contact Name:** Esquimalt Military Family Resource Centre (MFRC)

**Phone Number:** 250-363-2640

**Email:** info@emfrc.com

**Website:** [cfmws.ca/esquimalt/mfrc-family-wellness-and-counselling-team](http://cfmws.ca/esquimalt/mfrc-family-wellness-and-counselling-team)

### Services Provided:

Our goal is to enhance resilience in military families through provision of programs and services that serve, involve and advocate for the military community and their families and address the unique challenges of the military family lifestyle resulting in enhanced quality of life and enabling military operations.

Services fall under the following categories:

- Deployment support
- Mental Health support
- Volunteer program
- Information & Referral
- Children's Services
- Parenting supports
- Personal Development
- Community Integration
- Community Engagement

### Hours of Operation:

#### Colwood Pacific Activity Centre

2610 Rosebank Road, Colwood

**MON-FRI – 0830-1600**

*Closed on Saturdays, Sundays and all statutory holidays.*

#### Signal Hill

1505 Esquimalt Road, Esquimalt (closest location to Dockyard) .

**MON-FRI 0830-1630**

*Closed weekdays for lunch between Noon-1pm. Closed on weekends and statutory holidays*

### Eligible Clients:

All military and veteran families, anyone who is connected to a military member. Some of our programs such as Daycare and Out of School Care require that the recipients be part of a military family.

**Fee for service (if any):** None except for Daycare and Out of School Care.

### Anything else clients should know?

Virtual and in-person counselling appointments can be arranged.

Name of Organization:

# Family Violence Advisory Team (FVAT)

## Member Positions

- **Team Leads** – Jessie Wyllie, Health Promotion Specialist  
+ Base Psychosocial Team Lead
- **Family Liaison Officer, Transition Unit**
- **Social Worker, Military Family Resource Centre**
- **Mental Health Team Members, CF Health Services**
- **Military Police, Victim Services**
- **Chaplains**
- **Community Professionals**

**Positional email:** p-esq.fvat@forces.gc.ca

## Services Provided:

- Unit and leadership educational briefings on healthy relationships and the impact of family/intimate partner violence.
- Referrals to support and community resources.

**Fee for service (if any):** None.

## Anything else clients should know?

### Healthy Relationship Campaign

#### Resources:

<https://cfmws.ca/support-services/health-wellness/healthyrelationships>

## Eligible Clients:

The FVAT serves in an advisory capacity, making recommendations to CAF Leadership on matters related to family violence. The team serves in a front-end role for education, prevention and awareness of family violence. Units can request unit or leadership briefs by contacting the FVAT email or reaching out to one of the team members.

### **The FVAT is not a crisis/response team.**

They may, however, provide general guidance or offer best practices in system navigation and information pertaining to available community resources to support those who may be experiencing family violence.



Name of Organization:

# Formation Safety and Environment

## CONTACT INFORMATION

**Contact:** [https://collaboration-navy.forces.mil.ca/sites/MARPACFSE/SitePages/FSE-Staff\(1\).aspx](https://collaboration-navy.forces.mil.ca/sites/MARPACFSE/SitePages/FSE-Staff(1).aspx)

**Address** Third Floor Dockyard D-199

**Positional +box:** I +ESQ MARPAC FSE-Central Registry@MARPA@Esquimalt

**Website:** <https://collaboration-navy.forces.mil.ca/sites/MARPACFSE/SitePages/Home.aspx>

### Services Provided:

- Assistance to Chains of Command and DND/CAF members in interpreting and applying safety and environment legislation and policy
- Occupational Health and Safety training
- Occupational Health and Safety assessment support
- Establishment and maintenance of the MARPAC Safety and Environmental Management System and associated directives
- Guidance on developing and implementing a Workplace Harassment & Violence Prevention program

### Formation Safety and Environment Programs supporting the MARPAC Health and Wellness Strategy:

- Ergonomics
- Occupational Health
- Communicable Disease Prevention
- Prevention of Workplace Harassment and Violence
- Hazardous Occurrence Prevention, Investigation, and Reporting
- Safety Hazard and Environmental Aspect Identification and Risk Assessment

### Hours of Operation:

Mon-Fri 0800-1600.

### Eligible Clients:

DND employees, CAF members and contractors

Fee for service (if any): None.





Name of Organization:

## CF Health Services Pacific Region

### CONTACT INFORMATION

**Contact:** 250-363-4122

**Address** Naden 97, 1200 Colville Rd, Victoria, BC V9A 4P7

**Website:** <http://esquimalt.mil.ca/fhsu/index.htm>

### Services Provided:

Mental Health, Addictions Treatment, Primary Care, Dental, Physiotherapy, Pharmacy, Lab / X-ray / Immunizations

### Hours of Operation:

Mon–Fri 0730-1530.

(closed for lunch from 1200-1300)

### Eligible Clients:

Military Members only

**Fee for service (if any):** None.

### Anything else clients should know?

Patients visiting the clinic may be required to wear a medical grade mask.

Hours for some individual services may differ from hours listed above. Visit the webpage or call the clinic for specific information.



Name of Organization:

# Conflict Solutions and Services Program

## CONTACT INFORMATION

<b>Contact Name:</b>	CCMS Supervisor - Grant Whittla
<b>Duty Phone Number:</b>	250-418-0885
<b>Email:</b>	Grant.whittla@forces.gc.ca
<b>National Toll Free:</b>	1-833-328-3351 (0700-1900 EST)
<b>Positional +box:</b>	++CCMS Esquimalt@CPCC DGCPR@Esquimalt CCMSEsquimalt@forces.gc.ca
<b>Intranet:</b>	<a href="http://intranet.mil.ca/en/organizations/vcds/conflict-management.page">http://intranet.mil.ca/en/organizations/vcds/conflict-management.page</a>
<b>Internet:</b>	<a href="https://www.canada.ca/en/department-national-defence/services/benefits-military/conflict-misconduct/conflict-solutions-services.html">https://www.canada.ca/en/department-national-defence/services/benefits-military/conflict-misconduct/conflict-solutions-services.html</a>

### Services Provided:

The Conflict Solutions and Services program (formerly the Integrated Conflict and Complaint Management (ICCM) program) serves as a first point of entry for those experiencing harassment, grievances, human rights issues, or those requiring Alternative Dispute Resolution (ADR) to obtain support, information or guidance in working towards resolving workplace conflicts or complaints.

Education, training and awareness in Conflict and Complaint Management for CAF members, DND employees, and all levels of leadership

### Hours of Operation:

Mon–Fri 0800-1600

Accessible via telephone, email, MS Teams (virtual) or in person.

48 hour (two business days) turnaround for Email/telephone inquiries

### Eligible Clients:

CAF Members and DND Civilian employees and their respective Chains-of-Command

**Fee for service (if any):** No.

### Anything else clients should know?

CCMS Centres are not a crisis centre – if anyone requires immediate assistance, they are to utilize other time-sensitive services.

CCMS centres offer confidential services, and act as a third-party neutral organization.

CCMS is a first point of entry to deliver on Defence Policy objectives to improve culture and improve support to our people by providing a simplified and integrated complaint/conflict management system that is responsive to and trusted by CAF members, employees and the CoC/Management.

In order to help Defence Team members address workplace conflict early, locally,

and informally (where appropriate), Conflict and Complaint Management and Conflict Resolution Services to include interest based and rights based approaches, sixteen (16) Conflict and Complaint Management Services (CCMS) offices have been created across Canada in order to provide local guidance and support. CCMS agents are specifically trained to provide assistance to Defence Team members, managers, and chains of command to appraise and understand issues, and to explore appropriate options available to them to resolve the issue or situation.

Our goal is to create an environment through the CCMS centres where members of the Defence Team feel comfortable bringing forward their concerns, with the knowledge that matters will be dealt with in confidence, and in a fair and timely manner.



#### Name of Organization:

## Learning and Career Centre (LCC)

#### CONTACT INFORMATION

**Phone Number:** 250-363-5505

**Email:** ESQLCC.CAC@forces.gc.ca

**Positional +box:** +LCC@CHRSC(Pac)@Esquimalt

**Website:** [http://lcc-cac.forces.mil.ca/lcc-cac/en/ncc\\_home\\_e.asp](http://lcc-cac.forces.mil.ca/lcc-cac/en/ncc_home_e.asp)

**Address:** Naden - Bldg N136

#### Services Provided:

- Provides classroom and online training to support professional development and offers access to self-directed learning resources (DND)
- Classrooms and computer labs available for unit bookings

#### Hours of Operation:

Mon-Thur 0730-1530

\*subject to change

#### Eligible Clients:

CAF and DND Civilian employees

**Fee for service (if any):** None.

Name of Organization:

# Esquimalt Chaplain Team

## CONTACT INFORMATION

<b>Contact:</b>	Formation Chaplain
<b>Phone number:</b>	250-363-4106 <b>After Hours / Weekends:</b> 250-363-4032
<b>Email:</b>	+ChaplainBCAumônerieCB@Esquimalt (ChaplainBC-AumonerieCB@forces.gc.ca)
<b>Website:</b>	Formation Chaplaincy (FChap).
<b>Address:</b>	Naden Bldg 35, CFB Esquimalt, PO Box 17000 Stn Forces, Victoria, BC V9A 7N2

### Services Provided:

Chaplains provide spiritual and religious support to all CAF members and their families regardless of religious affiliation. Chaplains will listen without judgement, refer to other religious, helping and healthcare providers and facilitate religious services (wedding, funeral, religious rituals, etc.). Chaplains also provide 24/7 emergency care and work with the chain of command to ensure the operational effectiveness of members and units. Services available in English and French.

Roman Catholic services are normally provided at Our Lady Star of the Sea Chapel in Belmont Park. The Protestant Chapel is not holding regular services for the foreseeable future.

### Hours of Operation:

Office hours: 0800-1500; after hours emergency care 24/7

### Eligible Clients:

CAF members and their families; will respond to all Defence Team members for referral and emergency support.

**Fee for service (if any):** None.

### Anything else clients should know?

Chaplains can assist with obtaining religious resources in English and French, according to availability from civilian sources.

Name of Organization:

# Military Police Unit Esquimalt

## CONTACT INFORMATION

<b>Contact:</b>	Cpl Guo
<b>Phone number:</b>	250-363-4399
<b>Email:</b>	maning.guo@forces.gc.ca

### Services Provided:

Police-based victim services provide information, support, assistance, referral, and court orientation to victims of crime.

### Anything else clients should know?

For 24/7 emergency support please contact **9-1-1**

### Hours of Operation:

Mon-Fri 0800-1600.

**Fee for service (if any):** None.



Name of Organization:

# Office of Disability Management

## CONTACT INFORMATION

**Contact:** Office of Disability Management (mil.ca)

**Phone number:** 1-833-893-3388

**Positional Email:** odm-bgi@forces.gc.ca

### Services Provided:

The Office of Disability Management (ODM) provides collaborative and inclusive services that support Department of National Defence (DND) public service employees and their managers with disability-related matter due to illness, impairment and injury.

Claims Management Advisors and Disability Management Advisors provide personalized case management services, guidance and tools to support employees and their managers. Each service follows a unique process.

ODM's services include support for:

- Injury on duty (occupational injury, illness, or impairment)
- Non-occupational injury, illness or impairment
- Stay at work and return to work
- Extended sick leave (more than 10 days)
- Medical accommodation (duty to accommodate)
- Medical retirement
- Government of Canada Accessibility Passport

ODM Advisors may liaise with worker's compensation boards, disability insurance companies, Health Canada, and human resource professionals.

### Process:

All DND public service employees and military and public service managers can contact the ODM at odm-bgi@forces.gc.ca or by calling 1-833-893-3388 and provide the following information:

### Eligible Client:

ODM Services are available to all Public Service employees regardless of their work environment or location.

### Information sessions:

The ODM can present information sessions to your team to learn about services and process. To schedule a session, send the following information to odm-bgi@forces.gc.ca:

- Anticipated number of attendees
- Preferred date and time
- Location (in person or virtual)

Name of Organization:

# Personnel Support Programs

Health Promotion



## CONTACT INFORMATION ON ALL PROGRAMS

<b>Contact:</b>	Maryse Neilson
<b>Phone number:</b>	250-363-5680
<b>Email:</b>	Maryse.Neilson@forces.gc.ca
<b>Website:</b>	<a href="https://cfmws.ca/support-services/health-wellness/health-promotion">https://cfmws.ca/support-services/health-wellness/health-promotion</a>
<b>For course registration:</b>	
<b>Contact:</b>	Lisa Jeffery
<b>Phone number:</b>	250-363-5621
<b>Email:</b>	Lisa.Jeffery@forces.gc.ca
<b>Address:</b>	Health Promotion, CFB Esquimalt, N88 Naden Athletic Centre PO Box 17000, Stn Forces, Victoria, BC V9A 7N2

### Overview:

Health Promotion is the process of enabling people and communities to take control of their own health. The Health Promotion team at CFB Esquimalt works in all five pillars of a Health Promotion approach by helping individuals develop increased knowledge and change their health behaviours, strengthening community action, creating supportive healthy environments, building healthy public policy, and encouraging and advocating for prevention resources in all health matters.

### Hours of Operation:

Mon-Fri 0800-1600.

### Eligible Clients:

CAF, DND civilian and NPF employees, veterans and military spouses.

**Fee for service (if any):** Our courses are free of charge.

### Services Provided:

The Health Promotion team facilitates a robust calendar of individual behaviour change courses, as well as delivers briefings, presentations and workshops to groups and organizations throughout the Formation. The team also delivers the Respect in the CAF workshop, aimed at eliminating sexual misconduct. Lastly, the team guides and oversees the MARPAC Health & Wellness Strategy and is embedded in its Executive and all five Working Groups. Health Promotion's four priority areas are:

1. Addictions Free Lifestyle
2. Active Living & Injury Prevention
3. Healthy Nutrition
4. Mental and Social Wellness

**See next page for courses**

Name of Organization:

# Personnel Support Programs

Health Promotion



## Courses are:

- Stress Take Charge
- Mental Fitness and Suicide Awareness
- Managing Angry Moments
- Alcohol, Other Drugs, Gambling and Gaming
- \*New\* Essential Nutrition
- RESPECT in the CAF workshop

For information on briefings in one of our four priority areas, please contact: Maryse.Neilson@forces.gc.ca

Name of Organization:

# Personnel Support Programs



## CONTACT INFORMATION ON CFB Esquimalt Wurtele Arena

<b>Contact:</b>	Roger D'amour
<b>Phone number:</b>	250-363-4297
<b>Email:</b>	roger.D'Amour@forces.gc.ca
<b>Website:</b>	<a href="https://cfmws.ca/sport-fitness-rec">https://cfmws.ca/sport-fitness-rec</a>

## Services Provided:

We provide clean and safe well-kept facilities which include a full size ice rink, ball diamonds and soccer fields. These are also complimented by outdoor volleyball and tennis courts.

## Hours of Operation:

General hours are from 0630-0015 at the arena and various time frames for the remaining facilities

## Eligible Clients:

All Military, Retired Military, DND Employees, Staff of Non Public funds and family members along with the General public are eligible to access the facilities, however priority for reservations are given to Military Units/Personnel.

## Anything else clients should know?

There is no smoking on DND Property and no dogs allowed on base with the exception of Service Dogs only.





Name of Organization:

## Personnel Support Programs – Fitness & Sport



### CONTACT INFORMATION

<b>Manager – Fitness &amp; Sport</b>	Alyssa Jesson
<b>Phone number:</b>	363-4067
<b>Email:</b>	alyssa.jesson@forces.gc.ca
<b>A/Fitness Coordinator</b>	Paul Meakin
<b>Phone number:</b>	363-4485
<b>Email:</b>	Paul.meakin@forces.gc.ca
<b>Sports Coordinator</b>	Sabastian Robinson
<b>Phone number:</b>	363-4068
<b>Email:</b>	sabastian.robinson@forces.gc.ca
<b>A/Reconditioning Manager:</b>	Ryan Veysey
<b>Phone number:</b>	363-4372
<b>Email:</b>	ryan.veysey@forces.gc.ca
<b>Facilities Coordinator:</b>	Mina Gardner
<b>Phone number:</b>	363-4213
<b>Email:</b>	Minako.gardner@forces.gc.ca
<b>Aquatics Supervisor:</b>	Ligia Brolo
<b>Phone number:</b>	363-4070
<b>Email:</b>	ligia.brolo@forces.gc.ca
<b>Kiosk Facilities Coordinator:</b>	Vacant

### Fitness Services Provided:

#### Naden Athletic Centre (NAC) Gym:

drop in individual workouts and daily group fitness classes. Access to squash, badminton, volleyball and basketball courts. PSP fitness also offers FORCE and specialty testing and unit/fleet school group fitness classes.

#### NAC Aquatics:

drop-in lap and open swim times.

#### Dockyard Gym:

drop in individual workouts and daily group fitness classes.

### Hours of Operation:

#### NAC:

Mon-Thurs 0530 to 2130

Fri 0530 to 1900

Sat-Sun 0800 to 1800

#### NAC Aquatics:

Mon 0600-0730 1100-1300 1630-2000

Tues 0600-0730 1100-1300 1630-2000

Wed 0600-0730 1100-1300 1630-2000

Thurs 0600-0730 1100-1300 1630-2000

Fri 0600-0730 1100-1300

#### Dockyard Gym:

Mon-Fri 0530-1800

### **Eligible Clients:**

All Military, Retired Military, DND Employees, Staff of Non Public funds and family members along with the General public are eligible to access the facilities, however priority for reservations are given to Military Units/Personnel.

Fee for service (if any): NAC only. Please see website or contact Naden Athletic Centre front desk for most current fee scheduling.

### **Anything else clients should know?**

- Must check in with kiosk upon arrival and show valid ID
- Patrons are responsible for sanitizing equipment before and after use with products supplied.
- Please do not come to the gym if you are feeling unwell
- For questions relating to gym access, contact the Naden Athletic Centre front desk at 250-363-5677 during operational hours
- For facility rental inquiries, contact [minako.gardner@forces.gc.ca](mailto:minako.gardner@forces.gc.ca)



Name of Organization:

## Personnel Support Programs – Clubs



PSP Recreation

**Website:** <https://cfmws.ca/sport-fitness-rec/recreation-programs>

*For information concerning: hours of operation, eligible clients, fee for service (if any) or any other inquiries, please check the websites or email the contact(s) listed below.*

### **Aquarius Dive Club**

Contact: Dustin Renz  
info@aquariusdiveclub.com  
www.aquariusdiveclub.com

### **Aquatics Programming**

Contact: Ligia Brolo  
Ligia.brolo@forces.gc.ca

### **Auto Hobby Club**

Contact: cfbesqautoclub@gmail.com  
Facebook page: CFB Esquimalt Auto Club

### **Birthday Parties**

Contact: CPAC PSP Front Desk  
250-363-1009  
recreationcpac@forces.gc.ca

### **CFMETR Boat Club**

Contact: Pony Moore  
cfmetr.boatclub@gmail.com

### **CFSA Sailing**

#### **Canadian Forces Sailing Association**

Contact: Ben Sproule  
commodore@cfsaesq.ca  
Membership Committee Email:  
membership@cfsaesq.ca  
www.cfsaesq.ca

### **CPAC Facility Rentals**

Contact: Gillian Larsen  
250-363-1008  
Gillian.Larsen2@forces.gc.ca

### **Golf Association**

Contact: Steve Wist  
steve.wist@forces.gc.ca  
www.cfbega.ca

### **Gym memberships**

NAC or CPAC Front Desk  
250-363-5677 or 250-363-1009

### **Kayak Club**

Contact: Glen Ereat  
info@pfkc.ca  
www.pfk.ca

### **Model Railway Club**

Contact: Ken Silvester  
250-474-1316  
kbsilvester@telus.net

### **Naden Hockey Club**

Contact: nadenhockeyclub@gmail.com



Name of Organization:

## Personnel Support Programs – Clubs



### **Power Boat Club**

Contact: 250-360-0905

workpointboatclub@gmail.com

www.boatclub.ca

### **Recreation Programming**

**Adult** (Arts, Fitness);

**Youth & School Age** (Dance, Science, Cooking, Friday Night Activities);

**Early Years** (Kindergym);

**Camps** (Summer, Spring Break, Pro D Day, Winter Break and Francophone),

**Family events** (Gingerbread, Pumpkin Carving, Easter Etc)

**Contact:**

CPAC PSP Front Desk

recreationcpac@forces.gc.ca

### **RV Compound**

Contact: Laurel Koslowski

250-363-1008

laurel.koslowski@forces.gc.ca

### **Work Point Garden Club**

Contact: workpointgardenclub@gmail.com

Name of Organization:

# Personnel Support Programs – SISIP



## CONTACT INFORMATION

<b>Contact:</b>	Craig York
<b>Phone number:</b>	250-363-3301 or 1-800-267-6681
<b>Email:</b>	york.craig@cfmws.com
<b>Website:</b>	<a href="https://cfmws.ca/insurance-finance/insurance">https://cfmws.ca/insurance-finance/insurance</a>
<b>Address:</b>	CANEX Bldg.

*(closed temporarily for renovations, scheduled to re-open in 2025)*

### Services Provided:

Financial planning & investments, financial counselling, insurance, and financial education.

### Hours of Operation:

Mon-Fri 0800–1600.

### Eligible Clients:

Serving Reg. and Res. force, Spouses, Veterans

**Fee for service (if any):** None.

### Anything else clients should know?

Can offer virtual and phone appointments.

Craig York (he/him), AFCC  
Financial Counsellor  
SISIP Financial  
Canadian Forces Morale & Welfare  
Services

**Branch:** 250-363-3301  
T: 250-363-3276 | F: 250-360-0020  
Email: York.Craig@cfmws.com







# MHWS

Collaboration and Referral Guide 2025

