

### Third Annual



6 - 7 May 2010

Background note  
(PMFRC)

Ottawa-Petawawa 2010

The purpose of *Commissionaires Ottawa's* annual RUN FOR MILITARY FAMILIES event is to raise **AWARENESS and FUNDS** in support of the Petawawa Military Family Resource Centre (PMFRC) and its mission – which is to enrich the lives of individuals and families of the military community through positive action, education, and support.

- Incorporated in 1992, the **Petawawa Military Family Resource Centre (PMFRC)** is a non-profit agency whose motto is “Caring for Families”. It is governed by a Board of Directors, of which at least 51% must be spouses of military members. The agency offers relevant, innovative and accessible programs and services related to Personal Development and Community Integration; Child, Youth Development and Parenting Support; Family Separation and Reunion (Deployment); and Prevention, Support and Intervention.
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- In 2008 and 2009, nearly **\$70,000** raised during *Commissionaires Ottawa's* annual RUN FOR MILITARY FAMILIES events was directly channelled into the **PMFRC's Child Care Program**.
- The PMFRC's Child Care Program provides short-term respite, emergency childcare placement and back-up care for children 0-6 years of age. The PMFRC is licensed by the Ministry of Children and Youth. The service currently has about **1000 families** registered and represents about **1,300 children**. It is offered at two locations within the same community where military families reside.
- **Some examples of how the PMFRC's Child Care Program assists military families:** A) Support to new military families as they house-hunt, visit schools, etc. B) In-house placements for emergency and emergency respite child care. C) Back-up care when a regular care provider is unavailable. D) Child care whenever a Canadian Forces member becomes ill, is injured or dies while serving. E) Care for families who attend memorial ceremonies/services of a CF member who dies in the line of duty. F) Child care to relieve the burden of a grieving family. G) General childcare for parents/caregivers who need to run errands, attend medical appointments, increase their physical fitness, address general lifestyle issues – particularly when their military partner is away. H) Opportunities for parents/caregivers to participate in life skills or parenting courses. I) Support for military families who volunteer in PMFRC programs so they can give back to their community, increase their networks and build skills.
- In 2009, thanks in large part to donations received from the **RUN FOR MILITARY FAMILIES**, the **PMFRC was also able to offer its Child Care Program on Saturdays and provide support to working parents**. In the third annual event to be held on May 6-7, 2010, *Commissionaires Ottawa* is counting on the generosity of corporate sponsors and donors to continue enhancing and expanding the PMFRC's Child Care Program. To donate or for more information, please visit: [www.commissionaires-ottawa.on.ca](http://www.commissionaires-ottawa.on.ca)

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