

# Resource directory

Want to keep learning? Here is a list of various resources available for youth from military and Royal Canadian Mounted Police (RCMP) Families in Canada.

## Camp Maple Leaf

Camp Maple Leaf offers a dedicated one-week camp session for children of military members or first responders affected by an operational stress injury because of their service. The session is hosted in collaboration with the Petawawa Military Family Resource Centre's Mental Health Services Team. There are also other more general sessions available for children of military Families.

[campmapleleaf.ca](http://campmapleleaf.ca)

905-338-5200

[info@campmapleleaf.ca](mailto:info@campmapleleaf.ca)

**Type of resource:** Activity

**Location:** Ontario

**Language:** English

**Cost:** \$145 deposit at minimum. Funding options available

## Crisis Text Line for Kids

Canadian Forces Morale and Welfare Services (CFMWS) works with Kids Help Phone and Lockheed Martin Canada to offer a crisis texting service for kids from military Families living in Canada.

[Learn more](#)

Text CAFKIDS (English) to 686868  
(available 24-7)

1-800-668-6868 (available 24/7)

**Type of resource:** Service

**Location:** Phone

**Language:** English, French

**Cost:** Free

## Shoulder to Shoulder

Shoulder to Shoulder is a psychoeducational website offering various youth-based programs and products about mental health. There are evidence-informed programs, such as Heads Up! and Warrior Kids Camp, as well as other resources such as books and flashcards that are available for purchase.

[shouldertoshoulder.ca](http://shouldertoshoulder.ca)

**Type of resource:** Psychoeducational products and programs

**Location:** Online

**Language:** English

**Cost:** Varies

## Strongest Families Institute

The Strongest Families Institute offers a variety of Family-centred programs for children and youth between the ages of three to 17 who are experiencing behavioural or psychological issues. There are different programs available that can help you and your child or youth better navigate and cope with their feelings, such as anxiety or anger stemming from the military lifestyle.

[strongestfamilies.com](http://strongestfamilies.com)

1-866-470-7111

**Type of resource:** Service

**Location:** Online, phone

**Language:** English, French

**Cost:** Free

## ***The Mind's the Matter***

*The Mind's the Matter* is a series of interactive videos created by Military Family Services and the Royal Ottawa Health Care Group to build understanding of operational stress injuries and their impact on Family life. The videos are available online.

[Learn more and access the videos](#)

**Type of resource:** Video

**Location:** Online

**Language:** English, French

**Cost:** Free

## ***We Have Superpowers by Dr. Kari Pries***

*We Have Superpowers* is a book written by Dr. Kari Pries, a military spouse. The book is about how children can play an important part in the support and recovery of a loved one who has a physical or mental injury. The book is freely available through Military Family Resource Centres in a print version or as an online video read by the author.

[Access the video](#)

**Type of resource:** Book

**Location:** Online or at MFRCs

**Language:** English, French

**Cost:** Free