



RCD Support
Family Incident

Family Support (PMFRC)
Confidential

The Family Centre
613-687-7587

PMFRC Crisis Support
- (613) 687-2104 ext. 224 (Marital & Family issues)

PMFRC Emergency Child Care:
613-687-1641 ext 2226 Mon - Fri 8:00 am - 4:00 pm, after hours, evenings, weekends, holidays call the Duty Padre

Family Support (External Resources and confidential)

Family Information Line -1-800-866-4546 24/7

Canadian Forces Member Assistance Program (CFMAP)
1-800-268-7708 24/7

Financial Resources
SISIP: 613-687-0025

RCD REAR PARTY DEPLOYMENT SUPPORT

Through RCD Duty Centre
613-687-5511 Ext 5632

Chaplain Support

Base Chapel Office:
613-687-5511 Ext 5434 (During Hours)

Duty Chaplain:
Through 613-687-5511 Ext 5611 (After Hours and Weekends)

RCD Chaplain
Padre Won
613-687-5511 Ext 5750