



## HELPING YOU COPE WITH THE UNIQUE CHARACTERISTICS OF MILITARY FAMILY LIFE

The Family Information Line (FIL) is a confidential, personal and bilingual service offering information, support, referrals, reassurance and crisis management to the military community. FIL serves Canadian Armed Forces members, Veterans and their families—immediate and extended.

Trained Family Information Line Counsellors are available 24 hours a day, 7 days a week, by phone or email to assist you.

[FIL@CAFconnection.ca](mailto:FIL@CAFconnection.ca)

