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News

Support for Veterans following CAF apology for racism

On 30 October 2025, the Canadian Armed Forces (CAF) delivered a formal, public apology to current and former CAF members who experienced systemic racism, racial discrimination, and racial harassment during their military service.

Our role at VAC is to support Veterans and their families. We know many Veterans continue to live with the pain and lasting impacts of racism while they served. If you are a Veteran or family member and this apology has been difficult for you, mental health support is available.

For free, immediate psychological support with a mental health professional, call the [VAC Assistance Service 24/7](#) at [1-800-268-7708](tel:1-800-268-7708) or TTY: [1-800-567-5803](tel:1-800-567-5803) for hearing-impaired persons. You do not need to receive other services from VAC to access this assistance. You can [find more support services here](#) about racism and racial discrimination while serving.

Programs and services

Marking 10 years: The Sexual Misconduct Support and Resource Centre expanding services

As part of the Sexual Misconduct Support and Resource Centre's (SMSRC) continued growth, it will now offer support services for people affected by racism—beginning with CAF members and Veterans and later expanding to other groups. These new services are part of the Centre's ongoing commitment to help those who have experienced harm in connection with their military service.

The SMSRC is marking 10 years of service supporting CAF members and Veterans affected by sexual misconduct. Because of this new work with racialized Veterans, the current name no longer reflects everything the SMSRC does. A renaming process will begin soon, with consultations to include affected communities.

The SMSRC will lead Restorative Engagement on Systemic Racism under the CAF Systemic Racism Class Action Settlement. Veterans affected by racism are invited to take part in consultations for this. Learn more at the [Community Consultations webpage](#).

Created in 2015 following the [Deschamps Report](#) and the CAF's commitment to address sexual misconduct, the SMSRC has spent the past decade ensuring that those affected can access trusted, confidential support and resources. Because the Centre's work now goes beyond sexual misconduct, it will soon begin a renaming process that includes consultations with affected communities, including Veterans.

Explore the [SMSRC's 10-year timeline](#) and follow the Centre on [Facebook](#), [LinkedIn](#), or [X \(Twitter\)](#) for updates on consultations and services.

“The Most Painful Podcast:” Sharing knowledge, one conversation at a time

If you are looking for a safe space for honest conversations about living with chronic pain, while also hearing about research, treatment approaches, and the lived experiences of Veterans, then [The Most Painful Podcast](#) hosted by Tom Hoppe may be for you. This podcast is one of the ways the Chronic Pain Centre of Excellence for Canadian Veterans (CPCoE) connects with Veterans and their families.



Each episode features diverse voices, including Veterans, researchers and health professionals, who share practical insights and new information. Hoppe's goal is to build awareness, reduce stigma and provide tools that help Veterans and civilians manage pain and improve quality of life.

Episodes are available on major streaming platforms and directly [through the CPCoE website](#). Whether you listen to one episode or follow the entire series, *The Most Painful Podcast* offers valuable perspectives that bring together education and personal journeys.

Voices of former RCMP members and families: Mental Health Dialogue Series

The [Atlas Institute for Veterans and Families](#) is hosting online discussions about mental health with former RCMP members and their families. These sessions use questions shaped by former RCMP members to explore their mental health needs and experiences. The goal is to support future research, share knowledge, and inform public policy.

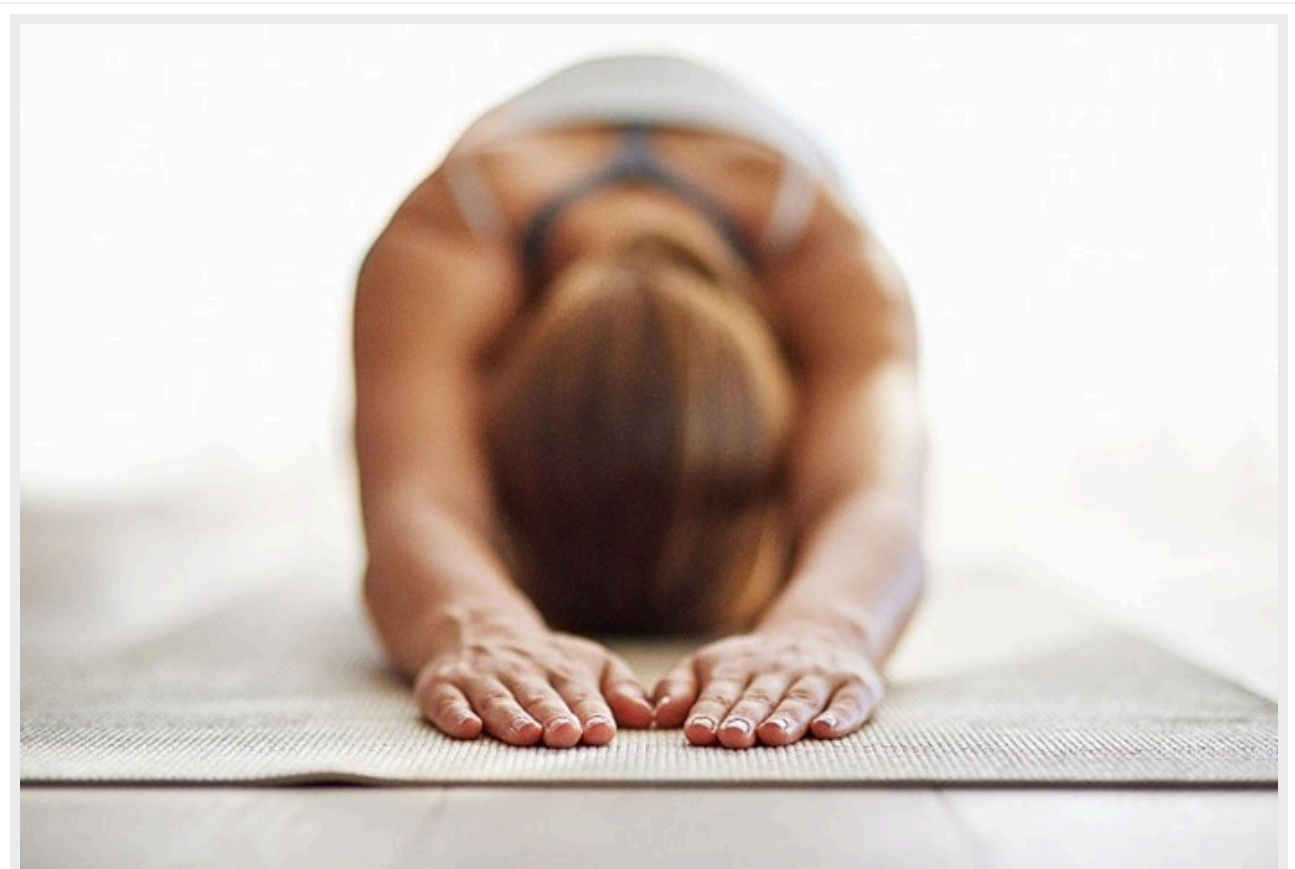
The Institute is currently seeking input from:

- family members of former RCMP members
- women who are former RCMP members.

Future sessions will focus on all former RCMP members and Francophone former RCMP members.

[Learn more and register here.](#)

Healing together: Trauma-informed yoga



Free online trauma-informed yoga classes are available for people affected by sexual misconduct and military sexual trauma through the Sexual Misconduct Support and Resource Centre, in partnership with VAC.

No prior yoga experience needed, so you can expect a safe, inclusive, and supportive space to reconnect with your body. A certified instructor guides participants through gentle and adaptable postures, including chair yoga and posture modifications for those with reduced mobility or injuries.

You do not need to go on-camera if you aren't comfortable. A mental health worker will be available for those who need additional support.

- Duration: 75 minutes
- Language: English and French
- Hosted by: A certified yoga instructor. A peer supporter may be present.

[Register here until the day before each event.](#)

Engagement

National Client Survey: Listening and improving

Among its key findings, our 2024 National Client Survey showed that 69 percent of Women Veterans were satisfied with our programs and service delivery. For comparison, 75 percent of men surveyed were satisfied with VAC programs and service delivery. Also, 70 percent of women felt that VAC programs meet their needs, versus 76 percent of men surveyed.

The survey provided valuable insight into the experiences of Women Veterans. We hold the survey every two years to assess satisfaction with our programs and services, as well as perceptions of health and well-being.

Overall satisfaction rates for women surveyed can be skewed when you look at the total survey population results because survivors (mostly women) are included in those overall findings. For example, 86 percent of survivors said VAC programs and services meet their needs.

This is why it is important to separate these populations and look specifically at the experiences of Women Veterans, to ensure we are making the right decisions to improve their experience accessing services and benefits from Veterans Affairs.

The 2026 VAC National Client Survey will further amplify Women Veterans' voices and ensure we have the data we need to make our programs, benefits, and services more inclusive and responsive for women.

Read the full report: [Veterans Affairs Canada 2024 National Client Survey: Final Report](#)

Veterans' stories

Marjorie (Worby) Stetson: A hidden hero of the Second World War

Sergeant (Retired) Marjorie (Worby) Stetson remembers hearing stories about war from her father, George Worby, who served in the First and Second World Wars.

Her father's service inspired her to enlist with the Canadian Women's Army Corps (CWAC) in 1942 at the age of 18. From her first days in the CWAC, Marjorie wanted to make a difference and learn new skills.

Her father told her that the Army provides opportunities and she should take advantage of any new roles offered. "I was scrubbing floors that first day when I was asked if I would be interested in taking a course on telegraphy."

Marjorie promptly agreed, and the next morning she boarded a train for Kingston, Ontario, with a dozen other recruits.

[Read Marjorie's story.](#)



Honorary Lieutenant Colonel, Sandra Perron CD



Thirty years ago, Major (Retired) Sandra Perron attended a women's retreat, not knowing how much it would shape her future.

Just before she deployed on a six-month peacekeeping mission to Bosnia, Perron attended a women's retreat in Quebec. She met eight women and learned useful life skills. This experience gave her the tools and friendships she would rely on soon after.

[Read Sandra's story.](#)

Commemoration

Remembrance Day and Veterans' Week 2025



Every year, from November 5 to 11, Canadians come together to mark Veterans' Week which includes Indigenous Veterans Day on November 8 and Remembrance Day on November 11. During this time, we pause to remember and recognize those who

have served our country in times of war, military conflict and peace.

This year, the Veterans' Week theme is *Canadian Armed Forces in the Americas*. The efforts of Canada's military at home and throughout the Americas have kept us safe and sovereign. They reflect our steadfast commitment to being a good neighbour and ally.


Get involved

Join us in a moment of reflection and share the message of remembrance within your communities. There are many ways to get involved:

- [find commemorative events](#) in your area
- discover [the stories of those who've served](#)
- explore our [learning resources](#), such as the iconic poem *In Flanders Fields* that is now available in more than 20 languages
- access our [Remembrance Day toolkit](#) for resources and images to share on your social media channels.

November 11: The Most Unforgettable Day of the Year

We are proud to launch our annual remembrance and recognition advertising campaign. The campaign will be featured nationwide on television, online platforms, social media, billboards and bus shelters.

 [Share this video](#)

Unforgettable Day 2025

VeteransAffairsCa



Watch on

▶ **Transcript**

Let's take this opportunity to honour the bravery and sacrifices made by our Veterans, and ensure their stories live on for generations to come.

Canada remembers.

The ELLE-vation Awards: Celebrating Women Veterans

Empowerment, support and sisterhood—that's what the Pepper Pod is all about.

The Pepper Pod created the ELLE-vation Awards—a tribute to those who uplift others during and after military service—to recognize the quiet strength and unwavering support Women Veterans offer one another.



ELLE-vation Award winners celebrated at the National Arts Centre. From left to right: Bianca Vachon, Melanie Lake, Heather Constantine, Sandra Perron, Micheline Bertrand (2024 award winner), Lizette LeBlanc and Eva Martinez.

Last month, they hosted the third annual ELLE-vation Awards, recognizing Women Veterans who have helped other women while celebrating their unique strengths and contributions. This project was made possible in part thanks to funding from the [Commemorative Partnership Program](#).

Learn more: [The ELLE-vation Awards: Celebrating the contributions of women Veterans](#)

A love for learning—Remembrance Day and Veterans' Week resources

As Remembrance Day and Veterans' Week approach, we are proud to launch a collection of new and updated learning materials.



From the Canadian Rangers to the Tomb of the Unknown Soldier and the importance of recognizing Veterans in our own communities, our materials explore many remembrance topics. There is something for everyone.

***In Flanders Fields* – now in more than 20 languages**

2025 is the 110th anniversary of the writing of *In Flanders Fields*. To mark this occasion, this iconic poem is available in more than 20 languages, including many Indigenous languages. Say thank you to a Veteran in your community by ordering free Veteran recognition cards featuring translated lines from the poem.

Educational videos

We have videos and interviews guaranteed to inspire remembrance. Check out these resources and related activities:

- Young children can learn about remembrance and recognizing Veterans with our Meet the Remembrance Club video. These animal characters also explore the ideas about symbols of remembrance and being a good neighbour.
- Through the story of Chief Joseph Dreaver in the video My Grandpa Joe, people of all ages can explore the contributions of Indigenous Veterans.
- Check out our YouTube channel for Veteran interviews and information about Canada's long and proud military history.

[Explore all our digital materials here.](#)

And that's not all

Some recipients of funding from our [Commemorative Partnership Program](#) offer learning resources, including The Gregg Centre's new [In Service of Canada](#) learning platform and The Vimy Foundation's digital exhibition [Allward: Bringing Stone to Life](#).

Happy learning!

Commemoration calendar

November

November 2:

Canadian navy began anti-terrorism duties in the Arabian Sea (2001)

November 5-11:

Veterans' Week

November 8:

Indigenous Veterans Day

November 8:

The Battle of the Scheldt ends in an Allied victory (1944)

November 10:

Battle of Passchendaele ended (1917)

November 11:

Remembrance Day

November 16:

almost 2,000 Canadian soldiers arrived in Hong Kong during Second World War (1941)

November 21:

17 Canadian soldiers died in a BC train crash en route to service in Korean War (1950)

November 22-25:

Royal 22^e Régiment saw heavy action around Hill 355 during Korean War (1951)

November 24:

First Canadian peacekeepers arrived as part of the UNEF mission in Egypt (1956)

For a more complete listing of activities please [visit our calendar of events](#).

Do you know other Veterans, family members or others who would benefit from the information in this newsletter? Feel free to share it with them.

Follow us on social media

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- [Facebook: Canada Remembers](#)
- [X \(Twitter\)](#)
- [YouTube](#)
- [Instagram](#)
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