

# November 2025



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## News

### Veterans' Week and Remembrance Day 2025 in review

During [Veterans' Week](#), Canadians came together in communities across the country to honour Veterans and Canadian military personnel. Each year during this special week and on Remembrance Day, we pay tribute to those who have served throughout our country's long military history—from the First and Second World Wars and the Korean War to modern conflicts, humanitarian relief and peacekeeping missions.

This year's Veterans' Week theme, [Canadian Armed Forces in the Americas](#), highlighted contributions here at home and throughout the Americas.

Here are some of the powerful moments from this special week:

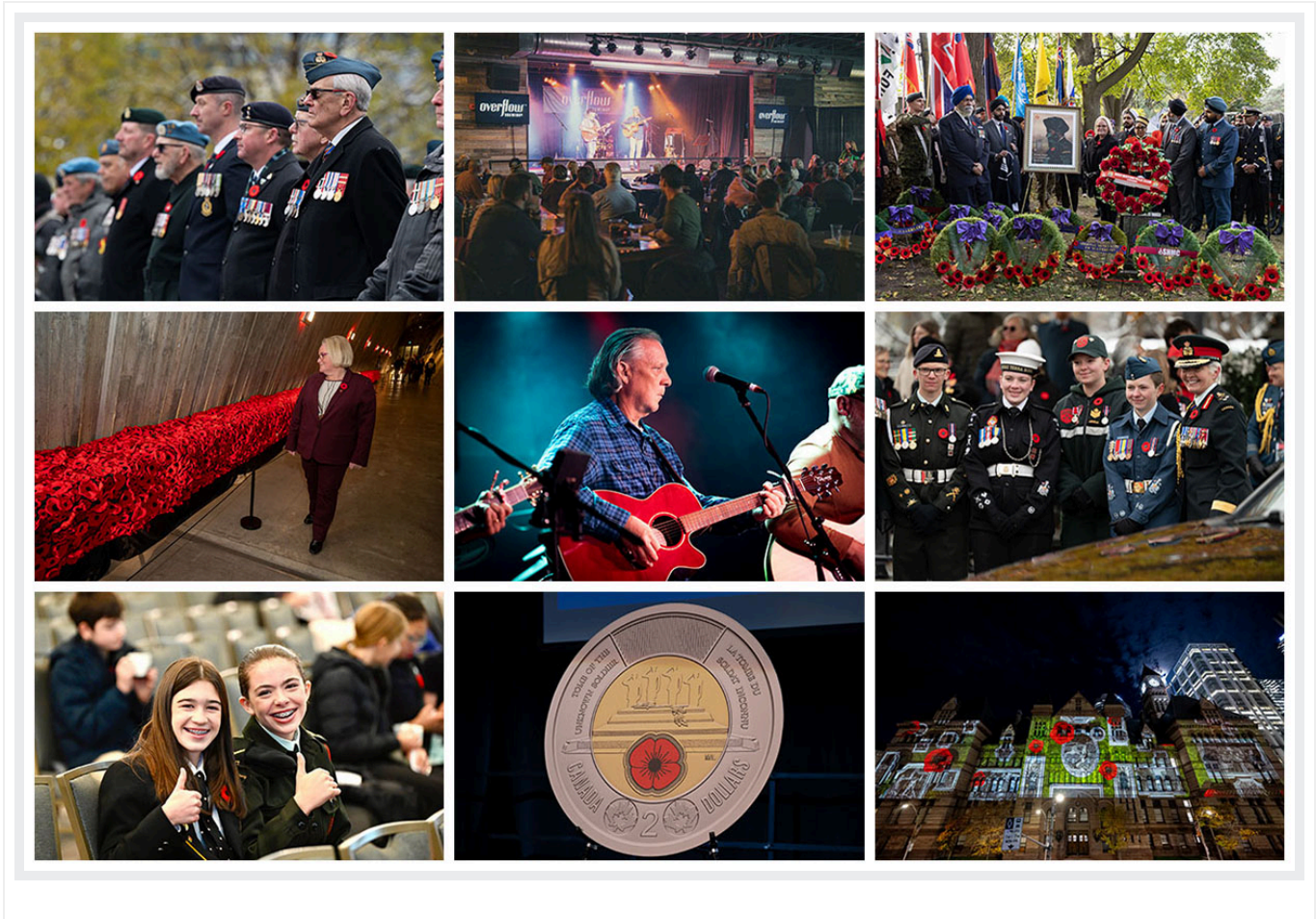
### Communities carrying on the torch of remembrance

Remembrance is more than a day on the calendar. It is a commitment that shapes how we honour, support and remember those who served, all year round. Organizations and communities across the country create opportunities for Canadians to remember and honour Veterans. This year, our [Commemorative Partnership Program](#) supported more than 100 projects across 10 provinces with more than \$600,000 in funding.

Remembrance is a shared effort, and we are proud to support commemorative initiatives that help keep the memory of those who served Canada alive.

Thank you to everyone who contributed to another successful Veterans' Week.

[Visit our website](#) to learn more and [read the stories of Veterans](#).



## Programs and services

### Supporting Veterans through the Veteran Homelessness Program

A year into the implementation of the Veteran Homelessness Program (VHP), while there is still much to do, Veterans and their families are seeing meaningful benefits.

Launched in April 2023 through close collaboration between Infrastructure and Communities Canada and VAC, the program provides critical support to Veterans at risk of or experiencing homelessness.

The Veteran Homelessness Program provides rent supplements and other supports such as counselling, mental health care, and treatment for substance use. It also funds research and improved data collection and builds capacity for organizations to deliver tailored services to Veterans in need.

According to one Veteran whose name is being withheld for privacy reasons, the program is already making a difference. His life took an unexpected turn after his transition to life after service. He separated from his spouse and his pensions, though

steady, weren't enough to secure stable housing. With few options and facing homelessness, a family member suggested he reach out to VAC.

That conversation changed everything.

He visited his local VAC office and met with a Case Manager who introduced him to the VHP. With the program's support, he was able to get a rent supplement, enabling him to find housing and regain a sense of stability and security.

Today, he feels safe and supported. He is deeply grateful for the help he received and wants other Veterans to know that support is out there.

"This has been more than I expected, and I am able to carry on with what I have."

You can connect with the Veteran Homelessness Program through [one of the VHP Service providers](#) or a VAC Case Manager. Learn more about the [Veteran Homelessness Program](#).

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## Tools for supporting Veteran-focused chronic pain research



A new toolkit is available through the Chronic Pain Centre of Excellence for Canadian Veterans (CPCoE) which aims to support meaningful collaboration in Veteran research.

By consulting with Veterans, families, researchers and clinicians, the Centre found that if researchers better understood the Veteran experience, their research would more closely reflect Veterans and their needs.

This toolkit is designed to help research teams, including Veteran Research Partners, work together, stay consistent in their approach, and produce relevant and responsive results for the Veteran community.

It includes three modules developed with Veterans:

- Research Foundations for Veterans
- Veteran Foundations for Researchers
- Engagement Foundations for Veterans and Researchers

Create a free profile in the [CPCoE Education Centre](#) to access the modules.

The toolkit is free and updated regularly with new evidence and best practices. With this resource, the CPCoE aims to strengthen the quality and impact of chronic pain research, improving care and outcomes for Canadian Veterans. [Access the full Research Toolkit.](#)

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## **Help with sleep health research: Veteran family members needed for study**

The [Atlas Institute for Veterans and Families](#) is looking for Veteran family members to take part in a study about the sleep health of Veterans and Veteran family members.

This study is co-led by a Veteran. They are involved in all aspects of the project, ensuring it is relevant and meaningful to the Veteran community. The study will help researchers better understand:

- the factors that affect sleep health;
- how sleep affects daily activities; and
- what should be included in resources for sleep health.

You can take part by filling out an online survey. The survey is open to all CAF and RCMP Veteran family members, even if they do not have sleep problems. It takes about 30 minutes to complete. You will be asked questions about your sleep quality, habits, routine and information needs.



[Learn more about the study and participate.](#)

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## **Register today for the Atlas Institute's fourth annual Veteran Family Summit**



The Veteran Family Summit is a free, virtual event focusing on the unique needs of the CAF and RCMP Veteran families.

Topics this year include:

- Overcoming grief and practicing the act of self-love
- Mental health and brain fog
- Substance use
- Discovering hope and healing within a community that truly understands—because they've lived it too

Hear from inspiring keynote speakers, including Veteran and Invictus Games athlete Master Corporal (Ret'd) Natacha Dupuis who will share her powerful story of overcoming post-traumatic stress disorder (PTSD) and finding strength in her family and Veteran community; and Sheri Lux, author of *Finding My Fire*, who will speak on grief, healing and the act of self-love after loss.

[Register today for the Veteran Family Summit](#), happening January 22 to 23, 2026.

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## Engagement

### **Chastity Kooses: Canadian Rangers—Protect and Serve**

For Chastity Kooses, being a Canadian Ranger is more than just a job, it's a calling rooted in service to her community. Originally from Kashechewan First Nation and now living in Timmins, Ontario, Kooses brings heart and resilience to everything she does.

Canadian Rangers stand on the front lines of emergency response—located in 200 remote, isolated and coastal communities across Canada. They are part-time reservists who are responsible for protecting Canada's sovereignty as well as defending our coastal interests.

#### **From junior Ranger to leader**

Kooses' journey began when she joined the Junior Canadian Rangers (JCR) program when she was about 12 years old. "I never really heard of the JCR program until my friend introduced me."

[Read Chastity's full story.](#)





## Veterans' stories

### Desmond James: Meaningful military service close to home

When most Canadians picture the military, they think of far-away combat zones. Soldiers in desert fatigues, fighter jets soaring or warships patrolling foreign waters.

But for retired Public Affairs Officer Desmond James, some of his most intense and meaningful military service took place right here at home.

"Our military isn't just about deployments overseas. We're ever-present in Canada, even when people don't realize it. From search and rescue to disaster response, we're quietly watching over the country."

James grew up in Hamilton, Ontario, and spent years stationed on Canada's West Coast. [Read his full story.](#)





## Commemoration

### Nominate someone for the Minister of Veterans Affairs Commendation



Earlier this month, Canadians across the country took part in commemorative events during Veterans' Week and on Remembrance Day. Behind the scenes, many volunteers worked hard to organize these events and ceremonies in their communities.

People like 17-year-old Antoine Chiasson, who is on his school's student council and helps organize activities throughout Veterans' Week. Or 100-year-old Joy Crotinger, who has supported many Poppy Campaigns and Remembrance Day ceremonies. Both have been recognized with the Minister of Veterans Affairs Commendation for their outstanding volunteer service to Canadian Veterans.

Do you know someone who goes above and beyond for Canadian Veterans? You can [nominate them for the Minister of Veterans Affairs Commendation](#).

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## Commemoration calendar

### December

#### December 1:

The first Canadian Armed Forces members arrived in the war-torn country of Afghanistan (2001)

#### December 6:

Canadian forces helped with relief efforts after the Halifax Explosion (1917)

#### December 8-25:

Japan invaded Hong Kong, which was held by Commonwealth troops, including Canadians (1941)

#### December 12:

CAF members responded to the Arrow Air Flight 1285R disaster in Newfoundland (1985)

#### December 13:

Canadian soldiers crossed the Rhine for occupation duties in Germany following the end of the First World War (1918)

#### December 18:

Soldiers of the Princess Patricia's Canadian Light Infantry arrived in Pusan during the Korean War (1950)

#### December 20-28:

Canada's 1st Infantry Division infantry took Ortona, Italy, after a week of urban fighting (1943)

#### December 24:

RCN Minesweeper HMCS Clayoquot was torpedoed off the coast of Nova Scotia by U-806 (1944)

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

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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.

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