

# February 2026



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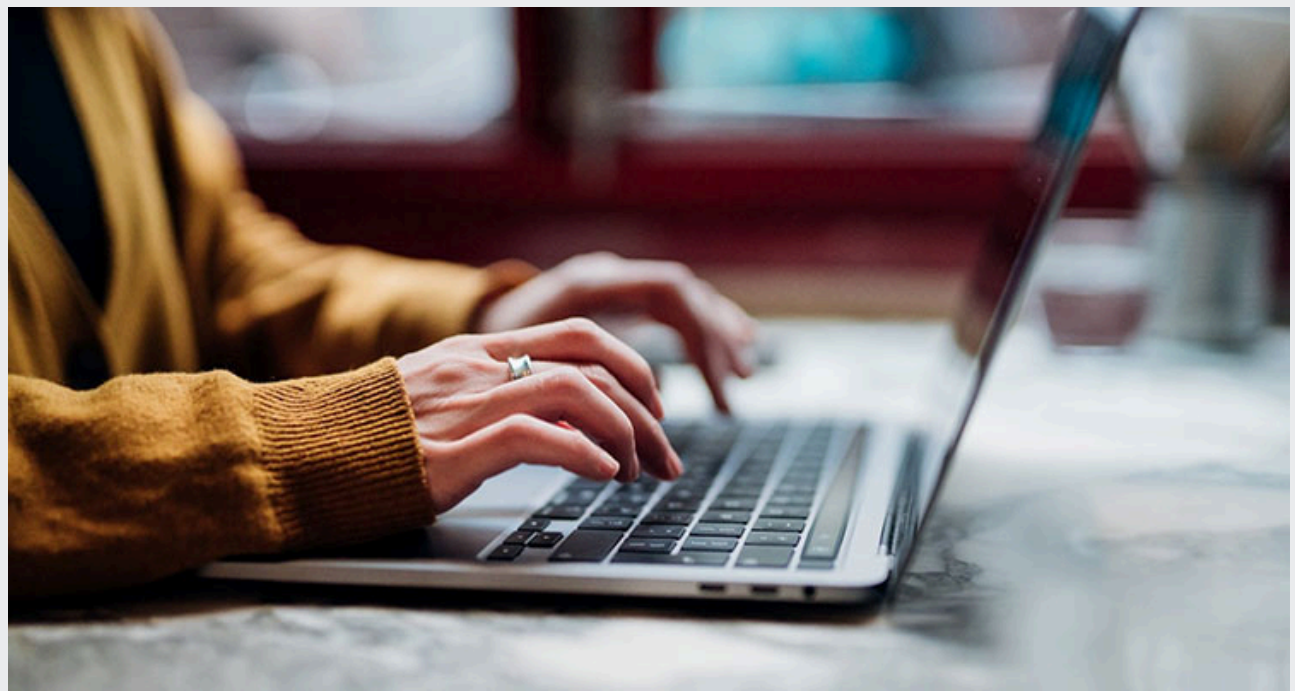
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## **News**

### **Register for March's employment webinar series**



If you are looking to learn more about the employment opportunities that are available to you after service, [please register online](#) today to join us for next month's employment webinar series. Sessions will be from 11:00 a.m. to 4:00 p.m. on 23-25 March 2026.

You'll have the opportunity to learn about Career Transition Services, the Education and Training Benefit, and the federal hiring process. You'll also hear from a variety of organizations to learn about what they do and how they can help you.

Once the series is over, you can connect with employers interested in hiring Veterans, follow up with your resume, and set up interviews. Ask your burning questions and see what career options are open to you. Once registered, a schedule will be sent to you by email closer to the event.

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## **Statistics Canada is hiring across Canada — join the 2026 Census team!**

The Census of Population helps paint a statistical portrait of Canada's diverse population and the places where we live by collecting demographic, social and economic information from households across Canada. In fact, census information can help communities plan services such as childcare, education, and healthcare.

To help carry out this important national initiative, Statistics Canada is hiring approximately 32,000 people across Canada to support the 2026 Census. By joining the census team, you'll play a key role in ensuring every person is counted and all regions are represented.

If you're interested in supporting your community, meeting new people, and earning extra income, this opportunity is for you.

Apply now at [census.gc.ca/jobs](https://census.gc.ca/jobs).

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## **Sign up now to the Veteran Family Telemedicine Service**

The [Veteran Family Telemedicine Service](#) (VFTS) is now available to all eligible Veterans of the Canadian Armed Forces, their families and survivors. Signing up is easy and free of charge.

The VFTS is funded through Veterans Affairs Canada (VAC) in partnership with the [Canadian Forces Morale and Welfare Services](#). The service connects eligible participants to Maple, a national network of Canadian-licensed doctors, nurse practitioners and healthcare providers who you can reach online via secure text messaging, audio or video.



Initially launched on 3 January 2022 for a limited time, the VFTS has been extended until 2027. Families and survivors of eligible Veterans who have released on or after 1 April 2025 can register. The registration period will end on 31 March 2027.

To learn more and register, please [visit Maple's website](#).

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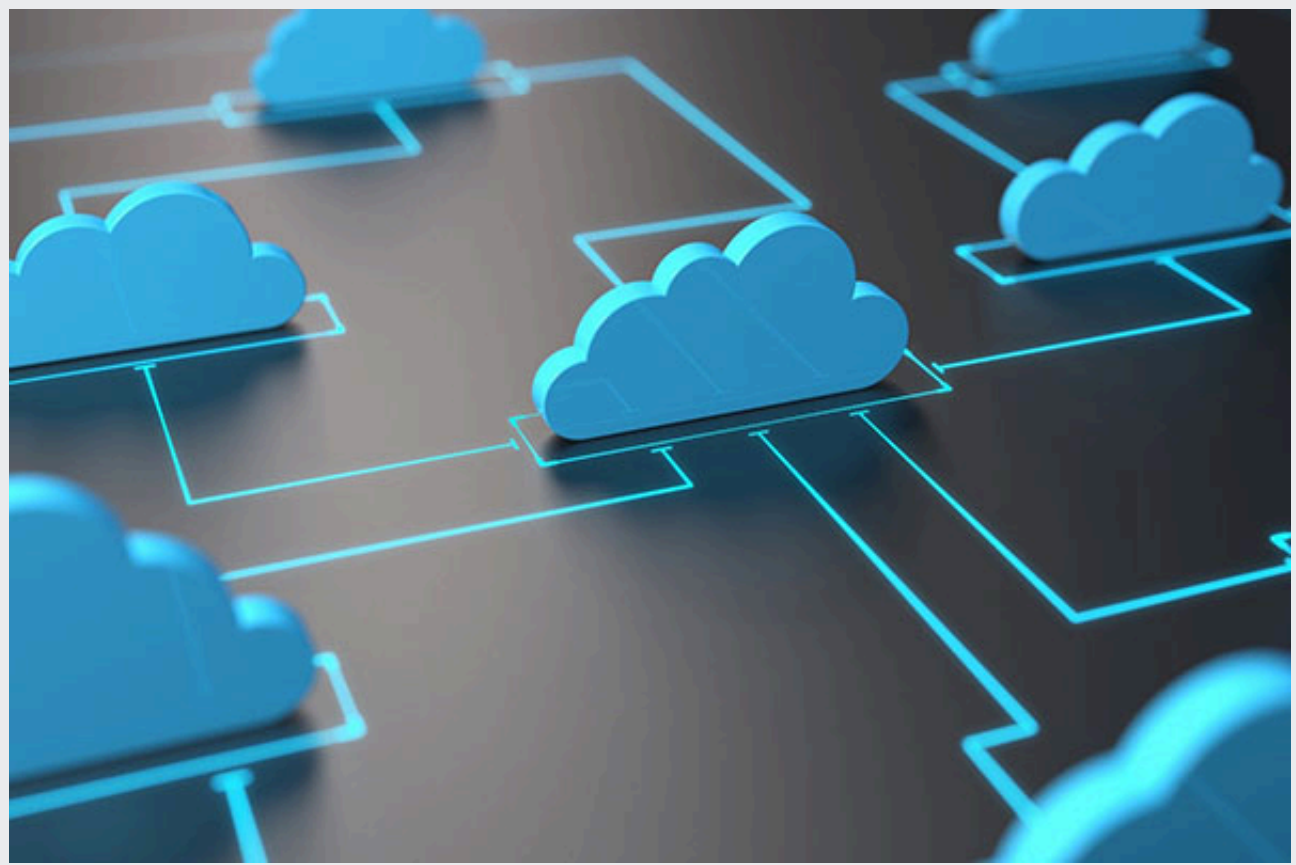
## Programs and services

### Protect your information in My VAC Account

Keeping your login details private is the best way to keep your information safe and make sure that you don't lose access to your VAC benefits and services. Please **do not share** your My VAC Account login credentials with anyone, including organizations or individuals who are working on your behalf.

If you believe a third party has access to your account, or if you no longer want them to access it, you can immediately:

- **Change your My VAC Account password**, or
- **Contact us** for support. At your request, we can:
  - Help you reset your password
  - Apply an account restriction to prevent unauthorized access



You can choose to receive email alerts whenever key personal information, such as your address, email, or direct deposit details are updated. These settings are available under 'Manage notifications' in your My VAC Account.

Please reach out if you have any questions.

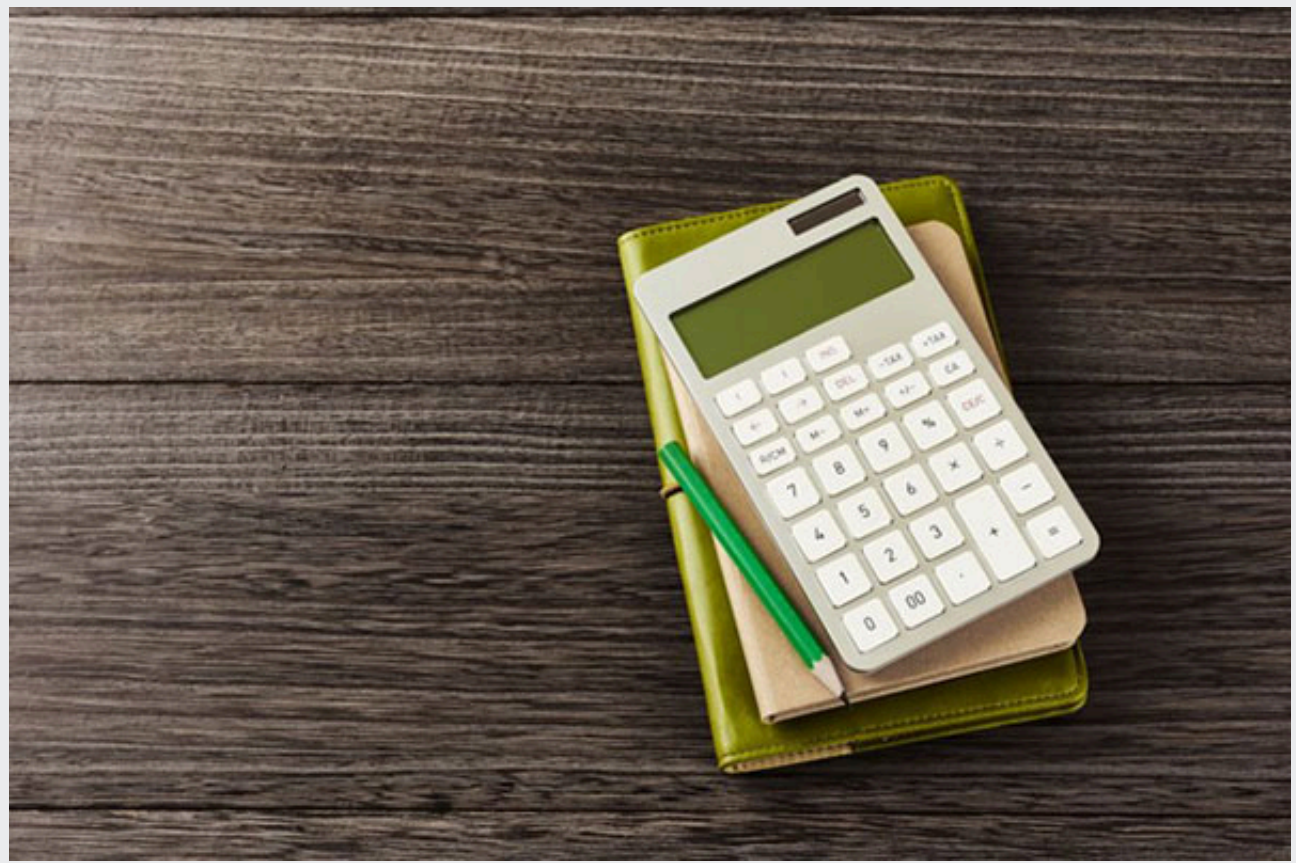
- Call us toll-free at 1-866-522-2122 (Monday to Friday, 8:30 a.m. to 4:30 p.m. local time)
- [Send us a secure message](#)
- [Use our online booking form](#) or call 1-866-522-2122 to request an in-person appointment.

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## Tax information for 2025

Tax season is just around the corner. Veterans Affairs Canada sends out tax slips for taxable financial benefits like the Education Training Benefit and the Income Replacement Benefit.

If you receive these benefits, you can expect to have your tax slip by the end of February. Your tax information will also be sent to the Canada Revenue Agency and Revenu Québec by the end of February.



If you have a [My VAC Account](#), you can access your tax slips there. If you don't have a My VAC Account already, you have until March 22 to register and have access to your tax slips in your My VAC Account Inbox.

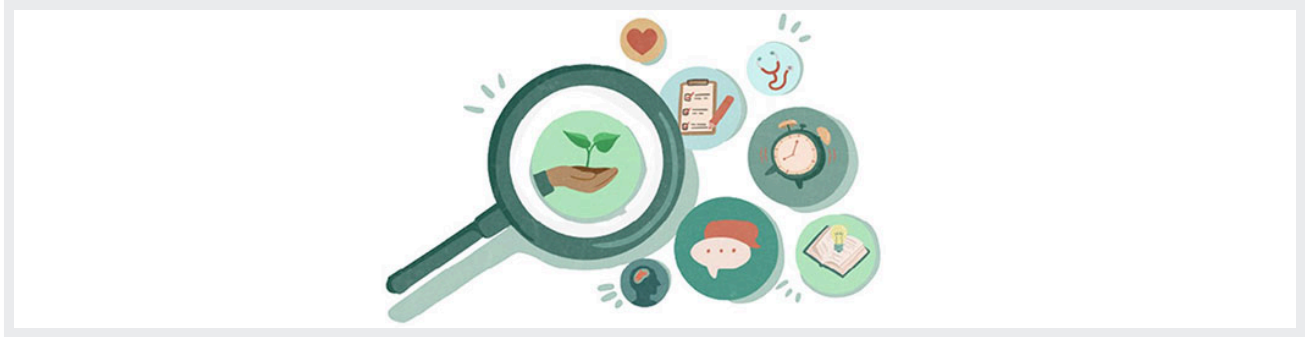
The Canada Revenue Agency (CRA) created [SimpleFile](#) services to make tax filing free, fast, and secure. If you have a lower income and a simple tax situation, [check your CRA account](#) in early March for your SimpleFile invitation package. If you don't have a CRA account, you may receive your package by mail. It's important to note that you may get your invitation in your CRA account this year, even if you got a paper invitation package last year.

Invited individuals will be able to choose between SimpleFile Digital and SimpleFile by Phone. If you get invited, why not try SimpleFile Digital this year? You can file your taxes with this service in just a few clicks, no forms, no fees, and no stress.

Didn't receive an invite or can't find it? If you have a lower income and a simple tax situation, you still may be able to use SimpleFile Digital. Check out the new eligibility questionnaire: [SimpleFile Digital](#).

Curious about the plans for the automatic tax filing services announced in Budget 2025? Check out CRA's new [automatic tax filing infographic](#) to learn more.

## Resources on recognizing and addressing unhealthy relationships and military sexual trauma



Many members of the Veteran community face challenges that can be hard to talk about, including unhealthy or abusive relationships or sexual trauma. Learning more is often the first step towards support, healing and hope.

The [Atlas Institute for Veterans and Families](#) has developed resources on topics such as intimate partner violence and military sexual trauma. These resources were created in collaboration with Veterans and family members with lived experience, service providers and researchers.

These resources include:

- [Intimate partner violence: Supportive guides for Veterans and Veteran Family members](#): Practical information to help Veterans and Veteran family members recognize signs of an unhealthy or abusive relationship and understand the impacts on children. This resource offers practical tips to talk about and navigate the topic of intimate partner violence.
- [Military sexual trauma: Resources for Veterans, Family members and health care providers](#): A collection of resources about military sexual trauma, including tools, tips and strategies, key facts, definitions and guidance on how to start and continue conversations about this topic. This collection includes information for service providers.
- [Find these and other resources](#) listed by topic on the Atlas website.

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## Veteran Family Summit recordings now available online

Recordings from the Atlas Institute's fourth annual Veteran Family Summit are [now available online](#).



Hosted by the [Atlas Institute for Veterans and Families](#), the summit brought together nearly 700 registered participants, Veteran family community members and service providers. This unique, annual event allows lived experience and professional expertise to meet — with validation, understanding and meaningful support for those who need it.

Sessions covered a wide range of topics including:

- the journey of recovery through sport
- navigating grief and the importance of self-love
- what trauma is — and what it isn't

Participants also examined the vital role families play in supporting loved ones experiencing substance-use challenges, the power of peer support, and different views on psychedelics and experiential therapies in trauma recovery.

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## You may be eligible for low-cost home Internet

If you meet any **one** of the following criteria, you might be eligible for low-cost home internet through the Connecting Families Initiative:

- families that receive the maximum amount of the Canada Child Benefit, or
- seniors who receive 80 percent or more of the maximum amount of the Guaranteed Income Supplement.

No application is needed. If you qualify, you will receive a letter from the Government of Canada with steps on how to sign up. To get more information on eligibility, participating Internet service providers and available low-cost plans, or to view frequently asked questions, [visit Connecting Families Initiative](#).

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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 and the institute. 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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## Free help with your VAC forms

We are here to help you. Call us toll-free at [1-866-522-2122](tel:1-866-522-2122) (Monday to Friday, 8:30 a.m. to 4:30 p.m. local time). Send us a My VAC Account secure message. Need a My VAC Account? [Register today](#).

[Request an in-person appointment](#) using our online booking form or by calling [1-866-522-2122](tel:1-866-522-2122).

Please note that our service locations offer in-person services by appointment only. Our staff at any Transition Centre can also assist you.

If you're applying for any [Disability Benefits](#) or need to appeal a previous decision, security-cleared Dominion and Provincial Command Service Officers with the [Royal Canadian Legion](#) can also assist you with your application, including helping you get

all the information you need to support your application. The assistance is free of charge.

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## Engagement

### Seeking Women Veterans for a study on mental health and support needs

Scientists at the [McGill University Health Centre](#) are looking for people to take part in a study to better understand the mental health and support needs of Canadian Women Veterans.

The 30-40-minute online survey includes questions on experiences during and after military service, mental health and social supports. Researchers also want to learn more about Veterans' experiences and preferences with mental health services.

To take part in this survey, you must be:

- a Woman Veteran of the Canadian Armed Forces or Royal Canadian Mounted Police,
- a resident of Canada, and
- able to read and write in French or English.

[Visit the study webpage](#) for more information.

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## Veterans' stories

### Celebrating Black History Month: Meet Marc-Daniel Benoit

This February marks the 30<sup>th</sup> anniversary of Black History Month in Canada. It is a time to honour the enduring legacy of Black Canadians and their impact on communities across the country.

Throughout our history, Black Canadians faced significant barriers to enlist in the Canadian Armed Forces. Yet many persevered, overcoming obstacles — including restrictive policies on recruiting visible minorities — and serving Canada's military with courage, integrity and dedication.



Marc-Daniel Benoit

During this milestone year, we also celebrate the inspiring stories of Black Canadian Veterans whose contributions to service have strengthened Canada at home and abroad.

One such Veteran is Marc-Daniel Benoit.

Marc-Daniel was born in Montreal in 1984. He studied at Collège Ahuntsic in Montreal and considered working in a prison, but a colleague who was in the process of joining the Canadian Armed Forces inspired him to enlist.

Marc-Daniel joined the infantry when he was 24. The war in Afghanistan was raging, and he felt he needed to do his part. He trained in Saint-Jean Garrison and at CFB Valcartier.

“The infantry was demanding. I was motivated by the possibility of deploying quickly.”

Read [Marc-Daniel's full story](#).

Visit our website to learn more about the history of [Black Canadians in uniform](#), as well as individual profiles of Black Canadians on our [People and stories](#) page.

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## Commemoration

### Crafted, delivered and sent with love

That's a wrap on this year's Valentines for Vets initiative.

Receiving a valentine is a reminder of the love and care that surrounds us. Thank you to everyone who sent a valentine card to a Veteran. Your actions have made someone smile.

This year, a special initiative took place in Claremont, Ontario. One second grader came up with the idea of “1001 Valentine's Day cards of love and gratitude for our Veterans.” Her class created 1001 valentine cards which they mailed to VAC to distribute to Veterans across the country.

Did you know we accept valentine cards all year round? Learn more on the [Valentines for Vets](#) webpage.



## Communities honour Canada's No. 2 Construction Battalion



This Black History Month, we honour the stories of Black Canadians who have served and continue to serve in Canada's Armed Forces.

During the First World War, many Black men were turned away when they tried to enlist because of racism and discrimination. On 5 July 1916, after two years of advocating for the right to serve, their efforts led to the authorization of No. 2 Construction Battalion, the only all-Black battalion in Canadian military history.

Members of No. 2 Construction Battalion served with determination despite the barriers they faced. Their service and resilience remain an important part of Canada's military history and continue to be remembered today.

To help honour this legacy, dedicated funding is available through our [Commemorative Partnership Program](#) for projects that recognize No. 2 Construction Battalion and its members. Over the past year, 18 projects across five provinces received over \$607,000 in support. Remembrance is a shared effort, and we are proud to support commemorative initiatives that help keep the memory of those who served Canada alive.

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## Commemoration calendar

### March

#### March 1:

The 2nd and 3rd Canadian Divisions begins the Battle of Hochwald in Germany (1945).

**March 2:**

1 Canadian Field Hospital in Al Qaysumah, Saudi Arabia, treats 82 patients wounded in the Gulf War. This is the same number of patients as on all previous days during the conflict combined (1991).

**March 21:**

The federal government authorizes the enlistment of women into the regular RCAF (1951).

**March 23:**

Operation Plunder begins. Canadian units cross the Rhine River and attack Emmerich and Hoch Elten ridge to secure a bridgehead (1945).

**March 24:**

The Canadian contingent concludes its large-scale presence on the Golan Heights as part of UNDOF (2006).

**March 30:**

Flight-Lieutenant Joseph Auguste Omer Levesque shoots down a MiG-15 fighter, becoming the first Canadian pilot to score a jet-to-jet victory during the Korean War (1951).

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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## **Follow us on social media**

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

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