



Health Promotion Workshops

Mental Fitness Training

Respect in the CAF (RitCAF)

Suicide Awareness Training

The Essential Nutrition Course

Register for any Health Promotion workshops or
request more information by emailing

15WgHealthPromotion@forces.gc.ca

Program Descriptions

Briefs

Essential Nutrition

(2 Hours)

Essential Nutrition is a practical course designed for adults who want to learn and apply healthy eating habits in their daily lives. Developed by Registered Dietitians in collaboration with a public health physician, this course provides the knowledge and skills needed to make informed food choices and support long-term wellness. Participants will explore the role of nutrition in promoting health and preventing chronic disease, learn how to build a balanced plate, and become confident in using the Nutrition Facts Table when making food decisions. The course also covers effective meal planning strategies, tips for managing food costs, and techniques for practicing mindful eating.

The program is structured into five engaging modules: Nutrition Fundamentals, Understanding Food Labels, Meal Planning, Stretch Your Food Dollar, and Mindful Eating. By the end of the course, participants will feel empowered to implement what they've learned and take meaningful steps toward a healthier lifestyle.

Fundamentals of Healthy Sleep

(1 Hour)

Fundamentals of Healthy Sleep is an informative briefing designed to help individuals understand the science of sleep and its critical role in overall health, performance, and well-being. This session explores key topics including sleep architecture, the relationship between sleep and health, and how sleep impacts cognitive and physical performance. Participants will gain insight into current sleep recommendations, statistics relevant to the Canadian Armed Forces (CAF), and the various determinants that influence sleep quality. Practical strategies for improving sleep and accessing helpful resources are also covered, making this briefing both educational and actionable.

Additional modules are available upon special request and can be tailored to specific needs. These include briefings on leadership and team performance, deployed operations, shift work, lifestyle and habits, special populations, and common myths and facts about sleep.

AODGGA

(2.5 Hours)

Alcohol, Other Drugs, Gaming, and Gambling Awareness is a comprehensive educational program designed to increase awareness and promote informed decision-making around substance use and behavioural addictions. Through nine focused modules, participants will explore a wide range of topics including the science of addiction, Canada's alcohol consumption guidelines, the risks of impaired driving, and principles of responsible hosting. The program also addresses cannabis use, gambling behaviours, and the impact of gaming. Additional modules provide guidance on how to talk about substance use and addiction, explore the intersection of gender, military culture, and substance use, and offer specialized training for supervisors. This briefing equips individuals and leaders with the knowledge and tools to support healthier choices and foster a culture of safety and well-being.

AODGGA – Supervisor Training

(2.5 Hours)

In order to understand and hopefully eliminate the effects of these issues, the Canadian Armed Forces has specifically developed the AODGGA Supervisor Training. This training will increase participants' knowledge and understanding of a variety of issues related to alcohol, other drugs, gambling and gaming.

The goal of this course is to prepare personnel in leadership positions to deal with issues of problematic use in regard to alcohol, other drugs, gambling and/or gaming within their Units. Participants will learn about misuse, warning signs, effective interviewing skills, active listening skills, enabling and how to challenge and change unhealthy workplace cultures.

Participants will also learn to apply CAF policies and understand the role of the supervisor in creating and promoting an addiction-free workplace.

Topics covered:

- Risk factors for addictions
- Recognizing and responding to warning signs
- Tips for responsible drinking, gambling and gaming
- Mastering CAF policies
- 5-step process for supervisors in dealing with substance misuse
- Creating and promoting an addiction-free workplace
- Resources
- Injury Reduction Strategies

Workshops

RitCAF

(8 Hours)

The Respect in the CAF workshop is an interactive curriculum intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support those affected.

Due to time limitations, the workshop does not provide a detailed account of the laws governing sexual assault nor does it address issues which influence patterns of violence and abuse in the military, such as post-deployment adjustment or mental health disorders. Nevertheless, this workshop is designed to foster a sustained change in attitudes and behaviours in order to build a respectful climate and culture within the CAF. The intention is to provide basic information about the program, to answer general questions, and know where to refer individuals for more specific information.

Teaching and Learning Process

The Respect in the CAF workshop uses a range of teaching and learning processes, including:

- Lecture-based presentation of key information
- Interactive and participatory exercises
- Scenario discussion
- Handouts provided during and after the workshop, to reinforce learning

The teaching methods in the workshop are interactive and participatory. The workshop addresses cognitive, affective, and behavioural domains: what people know, how they feel, and how they behave. This workshop is tailored to a military context. It uses language and scenarios which are relevant and realistic for the CAF.

Mental Fitness/ Suicide Awareness

(6 Hours)

Mental Fitness and Suicide Awareness is designed to promote awareness and skill-building, to maximize mental fitness both individually and in the workplace, and to lessen the incidence of mental health injuries including suicide.

Topics covered:

- The Mental Health Continuum and mental fitness
- How to maintain and improve your mental fitness
- How to practice 4 different types of stress management techniques
- The role of a supervisor in promoting a culture of understanding and mental fitness
- How to recognize the signs of a person in distress
- How to intervene and help someone having thought of suicide, get the help they need.
- Create a personal action plan to strengthen and maintain your personal mental fitness.

The benefits:

- **Individual**
 - Be able to take concrete steps towards maintaining your own mental health, while also watching over that of others.
 - Know how to recognize the signs of a person at risk of suicide.
- **Community**

- Foster a culture of understanding and greater safety.
- Be there for your peers!

Injury Reduction Strategies

(3.5 Hours)

Injury reduction strategies for sports and physical activity will increase your knowledge and understanding of where injuries occur in the Canadian Armed Forces (CAF). It will also provide you with strategies that you can use to reduce your chances of being injured. It also provides the latest scientific evidence concerning injury prevention in sports and physical training. The focus of briefings is to increase local support for injury prevention initiatives.

The program offers briefings aimed at two different audiences:

- CAF Leaders and Injury Prevention Partners; and
- CAF Personnel

Topics covered:

- CAF injury statistics
- Review of the injury prevention research
- High and low impact days
- Running strategies
- Key fitness program elements
- Sports protective equipment
- Daily fitness recommendations
- Benefits of daily fitness
- Resources

Trauma Informed Care & Affected Person Support

(2 Hours)

BUILDING: The Habit Blueprint

(1.5 hour – 9 weeks)

This 9-week interactive workshop is designed to help participants create meaningful, sustainable habits that support a healthier lifestyle, whatever that looks like for you. Rather than focusing on a single outcome, this program emphasizes the process of change, guiding participants through proven goal-setting techniques, self-reflection exercises, and habit-building strategies that can be applied to any personal goal and how to work through when the plan doesn't go according to plan.

Each week builds on the last, offering tools to clarify values, set realistic goals, overcome obstacles, and stay motivated. Whether you're aiming to move more, eat better, sleep well, or reduce stress, this workshop helps you develop your mindset and skills to make lasting changes on your terms.

Join us to discover how small, consistent actions can lead to powerful, lifelong transformation.

Maximum 12 participants per session.

See Below: 2025-2026 Briefing schedule

Essential Nutrition - Fundamentals	September 26 – 0830-1030 & 1330-1530 January 16 – 0830-1030 & 1330-1530 March 24 – 0830-1030 & 1330-1530 March 31 – 1000-1200 & 1400-1600
Essential Nutrition – Mindful Eating	October 20 – 0830-0930 & 1400-1500 December 4 – 0830-0930 & 1430-1530 January 15 – 0830-0930 & 1430-1530 March 27 – 0830-0930 & 1430-1530
Fundamentals of Healthy Sleep	September 4 – 0900-1000 & 1300-1400 October 27 – 0900-1000 & 1300-1400 December 9 – 0900-1000 & 1300-1400
AODGGA	November 25 – 0900-1200
AODGGA – Supervisor	November 27 – 0900-1200
Responsible Party Hosting (Work)	November 6 – 0900-1030 & 1330-1500 November 26 – 0900-1030 & 1330-1500 December 1 – 0900-1030 & 1330-1500
Responsible Party Hosting (Private)	December 11 – 0900-1030 & 1330-1500
Goal Setting Briefing	January 14 – 1400-1530 February 3 – 0900-1030 & 1400-1530 February 18 – 0900-1030 & 1400-1530
Trauma Informed Care & Affected Person Support	25 Sept – 0900-1100 5 Nov – 1000-1200