

PSP GAGETOWN

HEALTH PROMOTION



Upcoming Workshops 2025-2026

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|---|----------------|---|----------------|
| SEPTEMBER 2025 | | FEBRUARY 2026 | |
| The Essential Nutrition Course | 24 Sept | Cooking Classes | TBD |
| Respect in the CAF (SNR NCM/Officer) | 25 Sept | Respect in the CAF (SNR NCM/Officer) | 5 Feb |
| Butt Out! Every Friday | 0900-0930 | Respect in the CAF (JR NCM) | 10 Feb |
| | | Stress Take Charge! | 12 Feb |
| | | Respect in the CAF (SNR NCM/Officer) | 18 Feb |
| | | Mental Fitness Suicide Awareness | 25 Feb |
| | | Butt Out! Every Friday | 0900-0930 |
| OCTOBER 2025 | | MARCH 2026 | |
| Mental Fitness and Suicide Awareness | 2 Oct | Respect in the CAF (JR NCM) | 17 Mar |
| Alcohol, Other Drugs, Gambling and Gaming Awareness | 8 & 9 Oct | Respect in the CAF (SNR NCM/Officer) | 19 Mar |
| Respect in the CAF (JR NCM) | 14 Oct | The Essential Nutrition Course | 25 Mar |
| Respect in the CAF (SNR NCM/Officer) | 21 Oct | Respect in the CAF (JR NCM) | 31 Mar |
| Unit Addiction Rep Training | 24 Oct | Butt Out! Every Friday | 0900-0930 |
| Inter-Comm | 28 Oct | | |
| Respect in the CAF (JR NCM) | 30 Oct | | |
| Butt Out! Every Friday | 0900-0930 | | |
| | | APRIL 2026 | |
| NOVEMBER 2025 | | Injury Reduction Strategies | 2 Apr |
| Stress Take Charge! | 6 Nov | Respect in the CAF (SNR NCM/Officer) | 7 Apr |
| Respect in the CAF (SNR NCM/Officer) | 13 Nov | Respect in the CAF (JR NCM) | 9 Apr |
| Injury Reduction Strategies | 14 Nov | Alcohol, Other Drugs, Gambling and Gaming Awareness | 15 & 16 Apr |
| Managing Angry Moments | 18,19 & 20 Nov | Respect in the CAF (SNR NCM/Officer) | 22 Apr |
| Respect in the CAF (JR NCM) | 25 Nov | Unit Addiction Rep Training | 29 Apr |
| Respect in the CAF (SNR NCM/Officer) | 27 Nov | Butt Out! Every Friday | 0900-0930 |
| Butt Out! Every Friday | 0900-0930 | | |
| | | MAY 2026 | |
| DECEMBER 2025 | | Mental Fitness and Suicide Awareness | 7 May |
| Respect in the CAF (JR NCM) | 3 Dec | Respect in the CAF (JR NCM) | 12 May |
| Butt Out! Every Friday | 0900-0930 | Respect in the CAF (SNR NCM/Officer) | 14 May |
| | | Managing Angry Moments | 19,20 & 21 May |
| | | Respect in the CAF (JR NCM) | 27 May |
| | | Butt Out! Every Friday | 0900-0930 |
| JANUARY 2026 | | | |
| Respect in the CAF (SNR NCM/Officer) | 14 Jan | | |
| Respect in the CAF (JR NCM) | 20 Jan | | |
| Top Fuel for Top Performance | 22 Jan | | |
| Butt Out! Every Friday | 0900-0930 | | |

STRENGTHENING THE
ENERGISER LES **FORCES**



cfmws.ca/gagetown/workshop-descriptions-and-registration



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