

# HEALTH PROMOTION TORONTO

## Program Guide



The STF Health Promotion equips CAF members & their families with information, skills, & tools to enhance their health & well-being across four key areas: **addiction awareness & prevention, injury prevention & active living, nutritional wellness, & social wellness**. This initiative supports operational readiness by ensuring personnel are fit & prepared for challenging situations, while helping CAF leadership foster a strong, healthy Force in a supportive environment.

### Respect in the Canadian Armed Forces (1 day, HRMS code)

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



### Mental Fitness & Suicide Awareness (1 day, MITE code)

This course is designed to promote awareness & skill-building, to maximize mental fitness both individually & in the workplace & to lessen the incidence of mental health injuries including suicide.



### The Essential Nutrition Course (1 day, HRMS code)

How & what you eat impacts mental & physical performance in daily life & on operations. Long term physical & mental health & resilience can be improved with healthy nutrition. The new *Essential Nutrition Course* is made of five modules where you will gain an understanding of the impact of healthy nutrition on your performance:

- Module 1: Nutrition Fundamental
- Module 2: Understanding Food Labels
- Module 3: Meal Planning
- Module 4: Stretch Your Food Dollar
- Module 5: Mindful Eating



### Inter-Comm (2 Days, HRMS code)

Improve communications with others by learning the attitudes & skills required to deal with conflict effectively. Through exercises & coaching, participants learn to: understand conflict & resolving conflict built on interest-based communication skills, & use collaboration & communication to support health & wellbeing in relationships.



### Stress: Take Charge! (1 day, HRMS code)

This course helps participants develop an understanding of the stress reaction based on their individual life stressors. Participants will learn tools & select coping mechanisms that they can use in everyday life to make changes & manage their stress levels.



### Managing Angry Moments (1 day, HRMS code)

This course helps participants understand & deal with their triggers before anger escalates. Participants learn new tools to defuse situations & develop coping strategies that will ultimately increase personal wellbeing & improve relationships with others.



### Injury Reduction Strategies (4 hours, HRMS code)

Learn injury reduction strategies for sports & physical activity in the Canadian Armed Forces (CAF).

Gain insights into injury locations, & latest scientific evidence.



### Alcohol, Other Drugs, Gambling & Gaming Awareness (1.5 days, MITE code)

This training aims to enhance participants' comprehension or issues concerning alcohol, drugs, gambling, & gaming. It prepares leaders to address misuse within their units through learning about warnings signs, effective interviewing, active listening, & strategies to challenge unhealthy workplace cultures. Additionally, participants will gain insight into applying CAF policies & the supervisor's role in fostering an addiction-free workplace.



### Butt Out - Tobacco Cessation (Self-directed)

The Course offers resources for overcoming nicotine addiction through education, coping strategies, stress management, physical activity, weight control, & planning for staying tobacco-free.



### Top Fuel for Top Performance (1 day, HRMS code)

This nutrition for action program provides up to date & accurate nutritional information for individuals who are physically active, training for specific athletic events, preparing to deploy, or looking to fine tune current diet for an active lifestyle.



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## CURRENT PROGRAMMING 2025-2026



### Day Courses

- The Essential Nutrition
- Mental Fitness & Suicide Awareness
- Respect in the Canadian Armed Forces

### Briefings

- Self-care
- Mental Health
- Sleep Hygiene
- Essential Nutrition
- Healthy Boundaries
- Stress: Take Charge!
- Managing Angry Moments
- Making Healthy Living Stick
- Injury Prevention & Active Living
- Communication & Conflict Resolution



**Register for our Programs**  
**Here**



- Unit requests for training are encouraged. Materials can be altered to meet your needs, interest & time constraints.
- Minimum of 8 participants.
- Request an information session on the wellness topic of your choice by sending an email to **Sandra.Atri@forces.gc.ca**.
- Weekend & evening courses are also available.

\*Open to all CAF members (Regular, Reserve & Veterans), their immediate families (18+) & DND/NPF civilian employees\*