

HEALTH PROMOTION PROGRAM GUIDE

4th CANADIAN DIVISION TRAINING CENTRE



STRENGTHENING THE
ENERGISER LES **FORCES**

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.



For more information contact:

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HEALTH PROMOTION 4th CANADIAN DIVISION TRAINING CENTRE



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



Training Request

When: Daytime, evenings, and weekends

Format: In-person or virtual

Cost: A FIN code is required to cover TD

- Transportation: DND Staff car
- Materials and instructor are provided at no cost

Who: Programs are for all Regular & Reserve Force CAF Members and their immediate family (18+)