

health promotion

Health Promotion Schedule

JANUARY-JUNE 2027

PROGRAM	DATE	TIME	LOCATION
Mental Fitness and Suicide Awareness (MFSA)(MITE Code)	13 & 14 January	0900-1500	Halifax
Nutrition: Fundamentals	20 January	1000-1200	Halifax
Nutrition: Food Labels	27 January	1000-1200	Halifax
Family Violence Awareness	29 January	0900-1100	Halifax
Nutrition: Meal Planning	03 February	1000-1200	Halifax
Nutrition: Stretch Your Dollar	10 February	1000-1200	Halifax
Prevent and Respond to Sexual Misconduct (PRSM) (Formerly RitCAF)	11 February	0800-1600	Shearwater
Nutrition: Mindful Eating	17 February	1000-1200	Halifax
Interpersonal Communication (Inter-Comm)	24 February	0800-1600	Shearwater
Alcohol, Other Drugs, Gambling and Gaming Awareness Supervisor Training (AODGGA) (MITE Code)	17 & 18 March	0900-1500	Shearwater
Managing Angry Moments (MAM)	24 & 31 March	0900-1500	Halifax
Stress.Calm	7 & 14 April	0900-1500	Halifax
Prevent and Respond to Sexual Misconduct (PRSM) (Formerly RitCAF)	22 April	0800-1600	Halifax
Mental Fitness and Suicide Awareness (MFSA)(MITE Code)	28 & 29 April	0900-1500	Shearwater
Interpersonal Communication (Inter-Comm)	05 May	0800-1600	Halifax
Stress.Calm	12 & 19 May	0900-1500	Shearwater
Family Violence Awareness	14 May	0900-1100	Halifax
Alcohol, Other Drugs, Gambling and Gaming Awareness Supervisor Training (AODGGA) (MITE Code)	26 & 27 May	0900-1500	Halifax
Managing Angry Moments (MAM)	02 & 09 June	0900-1500	Shearwater

Free! Open to CAF members, civilian DND employees and CAF dependants 18+*

(902) 722-4956 | hfxhealthpromotion@forces.gc.ca

SCAN HERE
for more information and/or to register

cfmws.ca/Halifax

STRENGTHENING THE FORCES
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ESSENTIAL NUTRITION

What you eat impacts how you feel, think, and perform. This practical series explores nutrition fundamentals, food labels, meal planning, budgeting, and mindful eating to support health, resilience, and daily performance. The program consists of five 2-hour modules, delivered over five weeks (1000-1200). Participants may register for one module, several modules, or all five modules, depending on their interests and goals.

MANAGING ANGRY MOMENTS (MAM)

Anger and frustration are normal emotions, but how we respond to them matters. This course helps participants recognize triggers, understand their reactions, and develop healthy strategies for managing anger and reducing conflict.

INTER-COMM (INTERPERSONAL COMMUNICATION)

Strong communication skills support healthy relationships, teamwork, and leadership. This interactive course helps participants understand their conflict management style and develop practical skills for listening, expressing themselves clearly, and navigating difficult conversations.

PREVENT AND RESPOND TO SEXUAL MISCONDUCT (PRSM)

We all have a role to play in preventing and responding to sexual misconduct and fostering a culture of respect within the CAF. The PRSM workshop builds awareness, strengthens bystander intervention skills, and equips members to support affected persons while contributing to a safe, respectful, and inclusive environment.

STRESS.CALM

Stress is a normal part of life, but it does not have to take control. This course helps participants understand the impact of stress and develop practical coping strategies that support resilience, wellbeing, and everyday performance.

MENTAL FITNESS & SUICIDE AWARENESS (MITE CODE)

Mental fitness is essential to overall health, resilience, and readiness. Participants learn about the Mental Health Continuum Model, suicide awareness, stigma reduction, self-care, and ways to support team members, peers and others who may need it.

ALCOHOL, OTHER DRUGS, GAMBLING AND GAMING AWARENESS (MITE CODE)

Leaders and peers both play an important role in supporting the health of their teams. This course helps participants learn about the impacts of substance use, gambling, and gaming, recognize warning signs, understand relevant CAF/DND policies, have supportive conversations, and connect personnel with available resources.

FAMILY VIOLENCE AWARENESS: SUPERVISORS' TRAINING

Family violence affects individuals, families, workplaces, and operational readiness. This course promotes awareness, prevention, and early intervention while helping participants recognize concerns and understand available support resources.

***Civilians and family members enrolling in Substance Use Health and Social Wellness courses must be 16 years or older and accompanied by a guardian if under the age of 18. All other Strengthening the Forces Health Promotion courses are open to participants of any age.**

For more information and/or to register, please visit cfmws.ca/halifax/core-programs-online-registration
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