



PROGRAM	DATE	TIME	LOCATION
Respect in the CAF: Addressing culture change and sexual misconduct in the CAF	11 September	0800-1600 hrs	Shearwater
Essential Nutrition	16 & 23 September	0900-1500 hrs	Halifax
Interpersonal Communication (InterComm)	24 & 25 September	0900-1500 hrs	Shearwater
Mental Fitness and Suicide Awareness (MFSA) (MITE Code)	1 & 2 October	0900-1500 hrs	Halifax
Family Violence Awareness	3 October	0900-1100 hrs	Halifax
Alcohol, Other Drugs, Gambling and Gaming Awareness Supervisor Training (AODGGA) (MITE Code)	9 & 16 October	0900-1500 hrs	Shearwater
Managing Angry Moments (MAM)	21 & 28 October	0900-1500 hrs	Halifax
Respect in the CAF: Addressing culture change and sexual misconduct in the CAF	23 October	0800-1600 hrs	Halifax
Stress.Calm	12 & 19 November	0900-1500 hrs	Shearwater
Top Fuel	13 November	1000-1200 hrs	Halifax
Interpersonal Communication (InterComm)	20 & 27 November	0900-1500 hrs	Halifax
Managing Angry Moments (MAM)	25 November & 2 December	0900-1500 hrs	Shearwater
Mental Fitness and Suicide Awareness (MFSA) (MITE Code)	10 & 11 December	0900-1500 hrs	Shearwater
Respect in the CAF: Addressing culture change and sexual misconduct in the CAF	16 December	0800-1600 hrs	Shearwater

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

For more information and/or to register, please visit [cfmws.ca/halifax/core-programs-online-registration](https://cfmws.ca/halifax/core-programs-online-registration)  
(902) 722-4956 | [hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca)



## **ALCOHOL, OTHER DRUGS, GAMBLING AND GAMING AWARENESS: SUPERVISORS' TRAINING**

As a manager or supervisor it's important to have the skills and abilities needed to help your staff and others. This program is designed to help you, help someone who might be struggling with an alcohol, drug or gambling/gaming addiction.

## **RESPECT IN THE CAF: ADDRESSING CULTURE CHANGE AND SEXUAL MISCONDUCT IN THE CAF**

We all have a role to play in taking a stand against harmful and inappropriate sexual behavior to help build a respectful climate. This one day interactive workshop is designed to promote respect in the CAF through awareness and empowerment of CAF members, so sign up to do your part today!

## **THE ESSENTIAL NUTRITION COURSE**

Long term health, resilience, cognitive and physical performance are affected by nutrition. How and what you eat impacts cognitive and physical performance in daily and austere operations. The course is made of five modules where you will gain an understanding of nutrition fundamentals, understanding food labels, meal planning, stretching your food dollar and mindful eating.

## **MENTAL FITNESS & SUICIDE AWARENESS**

Just like your body needs physical fitness, your mind needs fitness too. The goal of this course is to not only help you stay mentally fit, but to learn the skills and techniques needed to help others. The course includes suicide awareness, stigma reduction, the mental health continuum model as well as self-care.

## **TOP FUEL**

If you are physically fit and want to learn how nutrition can help you reach your peak performance, this program is for you! You will learn to estimate your energy needs, assess your macronutrient needs, and plan meals for before, during, and after exercise, allowing you to optimize your energy and get the most out of your training.

## **FAMILY VIOLENCE AWARENESS**

This program communicates the importance of this issue and promotes awareness, responsibility and prevention within the CAF for all personnel. It is open to CAF members, DND employees and CAF families. These sessions encourage and support early intervention and ensure that the necessary steps are being taken to address such incidents.

## **MANAGING ANGRY MOMENTS**

What makes you frustrated or mad? Bad drivers? Long line-ups? Slow Wi-Fi? Or more persistent issues? We can help! We are pleased to offer this program to help you learn how to deal with life's inevitable annoyances in the healthiest way.

## **STRESS.CALM**

We all deal with stress differently and have our go-to approaches; too much screen time, over indulging, avoidance, etc. This course is designed to help YOU develop positive coping skills so you can handle all that life throws your way. We hope you'll walk away from this course feeling a lot less stressed about how to deal with your stress.

## **INTER-COMM (INTERPERSONAL COMMUNICATION)**

Can you hear me now? How about now? NOW? Communication is a vital part of our daily lives and something we can ALL improve on. This course allows you to reflect on your own personal communication style and build new skills to ensure you're being heard.

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