



health promotion

Health Promotion Schedule

Winter/Spring 2019

PROGRAM	DATE	TIME	LOCATION
Respect in the CAF	23 Jan Jr NCM	0800 -1600 hrs	Shearwater HQ Classroom
	6 Feb Officers		
Family Violence Awareness	22 Feb	0900 -1100 hrs	Windsor Park LLC
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	20 & 21 Feb	0800 -1500 / 0800 -1200 hrs	Stadacona Chart Room Juno Tower
Managing Angry Moments	5 Mar	0800-1600 hrs	Willow Park
Stress.calm	8 - 22 Mar <i>Fridays only</i>	0800 -1200 hrs	Shearwater HQ Classroom
Top Fuel for Top Performance	12 & 13 Mar	0800-1500 hrs	Dockyard
Respect in the CAF	19 Mar Jr NCM	0800 -1600 hrs	Stadacona S-18 Conf Room
	16 April Officers		
	18 April Sr NCM		
Inter-Comm <i>(Interpersonal Communication)</i>	20 & 21 Mar	0800 -1530 / 0800 -1200 hrs	MFRC Program Room Shearwater
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	28 & 29 Mar	0800 -1500 / 0800 -1200 hrs	Shearwater HQ Classroom

PROGRAM	DATE	TIME	LOCATION
<u>Better Health Plus</u>	8 Apr – 3 Jun <i>Mondays only</i>	1300 -1530 hrs	Shearwater SW Gym
<u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u>	9 May	0800-1530 hrs	Shearwater HQ Classroom
<u>Managing Angry Moments</u>	15 May	0800-1200 hrs	Shearwater HQ Classroom
<u>Family Violence Awareness</u>	17 May	0900 -1100 hrs	Windsor Park LCC
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	29 & 30 May	0800 -1500 / 0800 -1200 hrs	Dockyard Harborview Room
<u>Stress.calm</u>	4 – 18 Jun <i>Tuesdays only</i>	0800-1200 hrs	Stadacona Chart Room
<u>Top Fuel for Top Performance</u>	5 & 6 Jun	0800-1500 hrs	Shearwater SW Gym Conf Room

FREE! Open to CAF members and dependants (18 years +) and civilian DND employees

For more information and/or to register, please visit www.cafconnection.ca/Halifax/hpschedule

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