



health promotion



Health Promotion Schedule

Summer/Fall 2019

PROGRAM	DATE	TIME	LOCATION
<u>Managing Angry Moments</u>	4, 11, 18 Jul	0800-1200 hrs	Stadacona
<u>Respect in the CAF</u>	16 Jul <i>All Ranks</i>	0800-1600 hrs	Willow Park
<u>Respect in the CAF</u>	23 Jul <i>All Ranks</i>	0800-1600 hrs	Shearwater
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	21 & 22 Aug	0800-1600 / 0800-1200 hrs	Willow Park
<u>Respect in the CAF</u>	19 Sept <i>All Ranks</i>	0800-1600 hrs	Dockyard
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	26 & 27 Sept	0800-1600 / 0800-1200 hrs	Shearwater
<u>Inter-Comm (Interpersonal Communication)</u>	3 & 4 Oct	0800-1530 / 0800-1200 hrs	MFRC Halifax Site
<u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u>	8 Oct	0800-1600 hrs	Stadacona
<u>Better Health Plus</u>	15 Oct – 3 Dec	1300-1530 hrs	Dockyard

PROGRAM	DATE	TIME	LOCATION
Top Fuel for Top Performance	24 & 25 Oct	0800-1500 hrs	Shearwater
Respect in the CAF	30 Oct <i>All Ranks</i>	0800-1600 hrs	Stadacona
Managing Angry Moments	8, 15, 22 Nov	0800-1200 hrs	Shearwater
Respect in the CAF	14 Nov <i>All Ranks</i>	0800-1600 hrs	Stadacona
Family Violence Awareness	15 Nov	0800-1200 hrs	Shearwater
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	20 & 21 Nov	0800-1600 / 0800-1200 hrs	Dockyard
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	10 Dec	0800-1600 hrs	Dockyard
Stress.calm	12 & 13 Dec	0800-1600 / 0800-1200 hrs	Shearwater
Family Violence Awareness	13 Dec	0800-1200 hrs	Stadacona

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