



health promotion



Health Promotion Schedule

Winter/Spring 2020

PROGRAM	DATE	TIME	LOCATION
DECEMBER 2019 COURSES:			
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
2020 COURSES:			
NEW! Better Health: Cooking Classes	9 Jan	1300-1530 hrs	RA Park
Better Health: Fundamentals	27 Jan – 16 Mar <i>Mondays only</i>	1300-1530 hrs	Dockyard
Better Health: Fundamentals	30 Jan - 19 Mar <i>Thursdays only</i>	1300-1530 hrs	Shearwater
Better Health: Nutrition Edition	14 Jan	0800-1530 hrs	Stadacona
NEW! Better Health: Cooking Classes	15 Jan	1800-2030 hrs	RA Park
Managing Angry Moments	16, 23, & 30 Jan	0800-1100 hrs	Shearwater
Respect in the CAF	21 Jan	0800-1600 hrs	Shearwater
Respect in the CAF	22 Jan	0800-1600 hrs	Dockyard
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	28 & 29 Jan	0800-1600 / 0800-1200 hrs	Shearwater
NEW! Better Health: Cooking Classes	30 Jan	1300-1530 hrs	RA Park

PROGRAM	DATE	TIME	LOCATION
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	5 Feb	0800-1530 hrs	Shearwater
Respect in the CAF	18 Feb	0800-1600 hrs	Willow Park
Respect in the CAF	19 Feb	0800-1600 hrs	Shearwater
Stress.calm	20, 27 Feb, & 5 Mar <i>Thursdays only</i>	0800-1200 hrs	Stadacona
Better Health: Top Performance	25 Feb	0800-1600 hrs	Shearwater
Better Health: Nutrition Edition	4 Mar	0800-1530 hrs	Dockyard
Better Health: Nutrition Edition	5 Mar	0800-1530 hrs	Shearwater
NEW! Better Health: Cooking Classes	11 Mar	1700-1930 hrs	RA Park
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	12 Mar	0800-1530 hrs	Willow Park
NEW! Better Health: Cooking Classes	18 Mar	1700-1930 hrs	RA Park
Respect in the CAF	24 Mar	0800-1600 hrs	Willow Park
NEW! Better Health: Cooking Classes	25 Mar	1300-1530 hrs	RA Park
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	6 Apr	0800-1530 hrs	Shearwater
Inter-Comm (Interpersonal Communication)	15 Apr	0800-1530 hrs	Shearwater
Respect in the CAF	21 Apr	0800-1600 hrs	Dockyard
Managing Angry Moments	23, 30 Apr, & 7 May	0800-1100 hrs	Willow Park
Better Health: Nutrition Edition	11 May	0800-1530 hrs	Stadacona
Better Health: Nutrition Edition	15 May	0800-1530 hrs	Shearwater
Stress.calm	14, 21, & 28 May	0800-1200 hrs	Shearwater

PROGRAM	DATE	TIME	LOCATION
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	19 & 20 May	0800-1600 / 0800-1200 hrs	Stadacona
Respect in the CAF	26 May	0800-1600 hrs	Stadacona
Respect in the CAF	27 May	0800-1600 hrs	Shearwater
Managing Angry Moments	4, 11, & 18 Jun	0800-1100 hrs	Shearwater
Better Health: Top Performance	8 Jun	0800-1600 hrs	Willow Park
Inter-Comm (Interpersonal Communication)	10 Jun	0800-1530 hrs	Windsor Park
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	16 Jun	0800-1530 hrs	Willow Park
Respect in the CAF	22 Jun	0800-1600 hrs	Willow Park
Respect in the CAF	23 Jun	0800-1600 hrs	Shearwater
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	24 & 25 Jun	0800-1600 / 0800-1200 hrs	Stadacona

**Please continue to check out our website as we will be adding more
Cooking Classes Dates in March for Nutrition Month*

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

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

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