

JANUARY TO JUNE 2020 COURSE SCHEDULE

HEALTH PROMOTION



Registration is mandatory.
FREE to CAF members, their families and Defence Team employees.

Call ext. 4685 to register or visit
www.cafconnection.ca/Petawawa

Mental Fitness & Suicide Awareness Supervisor	25 & 26 February	0800-1600 hrs/ 0800-1200 hrs
	28 & 29 April	
	2 & 3 June	
Mental Fitness & Suicide Awareness General	15 January	0800-1600 hrs
	23 April	
Alcohol, Other Drugs, Gambling & Gaming Awareness General	24 March	0800-1600 hrs
	9 June	
Alcohol, Other Drugs, Gambling & Gaming Awareness Supervisor	29 & 30 January	0800-1600 hrs
	15 & 16 April	
Managing Angry Moments	21 & 23 January	0900-1600 hrs
	10 & 12 March	
	5 & 7 May	
Stress Take Charge	5 & 6 February	0900-1600 hrs
	7 & 8 April	
	17 & 18 June	
Top Fuel for Top Performance	4 & 5 March	0900-1600 hrs
	23 & 24 June	
Weight Wellness Lifestyle Program	21 Jan to Mar 10	0730-0900 every Tuesday
	21 & 28 May	0800-1600hrs
Inter-Personal Communication	19 & 20 Feb	0900-1600
	12 & 13 May	0900-1600

STRENGTHENING THE FORCES
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