

UNIT BRIEFINGS & PROFESSIONAL DEVELOPMENT

Unit requests for training are encouraged. Materials can be altered to meet your needs, interests and time constraints. Minimum of 8 participants.

Examples of themes for briefings:

- Health Promotion Overview
- Stress Management
- Mental Fitness and Suicide Awareness
- Sports Nutrition Tips
- Alcohol: Staying Within the Guidelines
- Addictions 101, Internet Gaming Disorder, Gambling
- Family Violence Awareness
- Injury Prevention Strategies
- Cannabis and Health

Training can range from 30-minute briefings to full-day courses. Timing is flexible. Weekend and evening trainings are available. Open to all CAF members (Reg & Res), their immediate family and members of the defence team (Minimum age is 18)

Cost: FIN code may be required to cover TD if applicable.

CONTACT US

To sign up to our monthly newsletter, request a unit briefing or for any other information, please contact:

Health Promotion Office - Toronto
1 Yukon Lane, Toronto, ON M3K 0A1
Manager Health Promotion

Kristin.Toomsalu@forces.gc.ca / 416-633-6200 ext. 3730

Administrative Assistant Health Promotion

Karen.Peral@forces.gc.ca / 416-633-6200 ext. 3731

Strengthening the Forces:

The CAFs **HEALTH PROMOTION PROGRAM COURSES**

For Garrison Toronto and the GTA

In Health Promotion we have programs, services and resources to help the Defence team improve or maintain their health... both mentally, physically and socially.

The Strengthening the Forces (STF) Program is developed by CF Health Services with the support of the CDS in recognition that physical and mental fitness are essential to operational readiness.

COURSES

HP courses are scheduled quarterly and registration is open to individual members of any Unit in the GTA.

SOCIAL WELLNESS

Mental Fitness and Suicide Awareness Supervisor Training (1 day, MITE codes 119531 for supervisor & 303184 for general)

MFSA was designed specifically for the CAF. The course introduces the mental fitness continuum and explores myths around suicide. The course focus is on identifying potential warning signs and getting someone linked to formal resources.

Stress: Take Charge! (1 day, MITE code 302023)

program participants will develop an understanding of the role that stress plays in their life. Topics include: time management, the personal power grid and how to engage the relaxation response.

Managing Angry Moments (2 days, MITE code 302021)

MAM participants learn about their potential "triggers" and how to reframe potentially anger generating situations in day-to-day life. Participants develop strategies to increase their personal wellbeing and improve their relationships with others.

Inter-Comm (four x 3 hr sessions, MITE code 303172)

During the Inter-Comm course participants will learn how to improve communication within personal relationships. The focus in the course is on learning the attitudes and skills required to deal with conflict effectively.

Respect in the Canadian Forces (1 day, HRMS code 303129)

This one-day interactive workshop uses scenarios, discussions and small group practical activities to help CAF members develop and practice skills to recognize, respond and prevent sexual misconduct as well as support those affected by it.

NUTRITIONAL WELLNESS

Weight Wellness Lifestyle Program (6-8 weeks program of weekly meetings, MITE code 302027)

Weight Wellness participants develop a personalized plan for weight management (loss and/or maintenance). Participants learn skills to manage both their eating habits and physical activity for a lifetime.

Top Fuel for Top Performance (1-2 days, MITE code 302025)

This program provides nutrition information for individuals who are physically active, training for athletic events or preparing to deploy. Topics include: everyday eating, pre/during/post exercise nutrition, meal planning and supplements.

ADDICTION AWARENESS & PREVENTION

Alcohol, Other Drugs, Gambling & Gaming Supervisor Training (1.5 day, MITE code 117733)

Topics include: AODGG training topics include: preventing substance use and addiction related problems in the workplace, CAF drug & alcohol policies and resources available to help.

Butt Out (Self-help or group, MITE code 303174)

This workbook based self-help smoking cessation program is designed to help individuals overcome nicotine addiction. Registration for this program is on-going.

INJURY PREVENTION & ACTIVE LIVING

Injury Reduction Strategies for Sports & Physical Activity (4 hours, MITE code 303176)

The IRS program provides CF personnel with the latest scientific evidence concerning injury prevention in sports and physical training.