



Mental Fitness and Crisis Intervention Workshop

Sat, November 16, 2019

1:00 pm - 3:00 pm

Brantford, ON

This 2 hour workshop, delivered through PSP Health Promotion, provides military families and CAF members with an introduction to building mental fitness.

Participants will learn how to ask about suicide and intervene effectively using the ACE model. Includes discussion of both CAF and community resources.

Must be 18+ years of age.

**CAF Members &
Families Welcome!**

Please register by calling:

905-972-4000 x6623 or email

Donna.Pickering@forces.gc.ca

no later than Nov 6, 2019

to reserve your spot.