



health promotion

Health Promotion Schedule

Summer/Fall 2018

PROGRAM	DATE	TIME	LOCATION
<u>Managing Angry Moments</u>	5 Jul – 26 Jul <i>Thursdays only</i>	0800-1200 hrs	Shearwater
<u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u>	10 & 11 Jul	0800-1530 / 0800-1200 hrs	Stadacona
<u>Respect in the CAF (Military Members Only)</u>	18 Sept Jr NCM	0800-1600 hrs	Shearwater
	19 Sept Sr NCM		
	20 Sept Officers		
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	25 & 26 Sept	0800-1500 / 0800-1200 hrs	Dockyard
<u>Inter-Comm (Interpersonal Communication)</u>	4 & 5 Oct	0800-1530 / 0800-1200 hrs	Windsor Park
<u>Top Fuel for Top Performance</u>	10 & 17 Oct	0800-1500 hrs	Dockyard
<u>Stress.calm</u>	12 -26 Oct <i>Fridays only</i>	0800-1600 hrs	Shearwater
<u>Better Health Plus</u>	16 Oct – 4 Dec <i>Tuesdays only</i>	1300-1530 / 1430 – 1530 hrs	Shearwater
<u>Injury Reduction Strategies for Sport and Physical Activity</u>	16 Oct	0800-1200 hrs	Shearwater
<u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u>	17 & 18 Oct	0800-1530 / 0800-1200 hrs	Dockyard
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	24 & 25 Oct	0800-1500 / 0800-1200 hrs	Shearwater

PROGRAM	DATE	TIME	LOCATION
<u>Injury Reduction Strategies for Sport and Physical Activity</u>	14 Nov	0800-1200 hrs	Dockyard
<u>Responsible Party Hosting</u>	2 Nov	0800-1200 hrs	Shearwater
<u>Managing Angry Moments</u>	6 Nov – 27 Nov <i>Tuesdays only</i>	0800-1200 hrs	Shearwater
<u>Family Violence Awareness</u>	16 Nov	0800-1200 hrs	Shearwater
<u>Respect in the CAF (Military Members Only)</u>	20 Nov Jr NCM	0800-1600 hrs	Dockyard
	21 Nov Sr NCM		
	22 Nov Officers		
<u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u>	29 & 30 Nov	0800-1500 / 0800-1200 hrs	Stadacona
<u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u>	5 & 6 Dec	0800-1530 / 0800-1200 hrs	Dockyard
<u>Top Fuel for Top Performance</u>	11 & 12 Dec	0800-1500 hrs	Stadacona
<u>Family Violence Awareness</u>	14 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