

INJURY PREVENTION & ACTIVE LIVING

Injury Reduction Strategies (4 hours, HRMS code)

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

SOCIAL WELLNESS

Mental Fitness and Suicide Awareness - Supervisor Training (1 day, MITE code)

Designed specifically for the Canadian Armed Forces members who are in leadership positions. MFSA's course material promotes awareness and skill building to maximize mental fitness both individually, and in team settings for both individual and operational effectiveness.

Managing Angry Moments (2 days, HRMS code)

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 well-being and improve their relationships with others.

Stress: Take Charge! (1 day, HRMS code)

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.

Inter-Comm (2 day, HRMS code)

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.

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

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.

** This workshop is offered through HP and developed by DPMC-OpH*

STRENGTHENING THE ENERGISER LES FORCES

Strengthening the Forces: The CAF's Health Promotion Program

As part of Health Services, DND is committed to the provision of a comprehensive health promotion program for the Canadian Armed Forces (CAF). The Strengthening the Forces (STF) health promotion program provides CAF leaders and personnel with the information, skills and tools necessary to promote and improve their health and well-being.

The health of CAF personnel is an essential and critical component of operational readiness. CAF personnel must be sufficiently healthy and physically fit to function effectively in very demanding, challenging and potentially dangerous situations. STF enables the CAF leadership to develop and sustain a strong, healthy and fit force, in an environment which supports a lifestyle dedicated to eating well, injury prevention, coping effectively and living addiction-free.

Who provides STF?

STF is provided by the Surgeon General, through the Directorate of Force Health Protection (DFHP). Program specialists in DFHP provide expertise and professional development to CAF and develop specific tools, information products, training and campaign activities for delivery on Bases and Wings across Canada. STF health promotion program is delivered on Bases and Wings by the CF Morale and Welfare Services' Personnel Support Program, under the guidance of DFHP.

What healthy lifestyle areas are addressed by STF?

There are four major interrelated areas of a healthy lifestyle in STF programming:

- 1) ADDICTION AWARENESS & PREVENTION
- 2) SOCIAL WELLNESS
- 3) NUTRITIONAL WELLNESS
- 4) INJURY PREVENTION & ACTIVE LIVING

UNIT BRIEFINGS ARE AVAILABLE UPON REQUEST

ADDICTION AWARENESS & PREVENTION

Alcohol, Other Drugs, Gambling and Gaming Awareness - Supervisor Training

(1.5 day , MITE code)

Prepares personnel in leadership positions to identify signs of prohibited drug use, alcohol or cannabis misuse, gambling and gaming problems, take an active role in detection and provide guidance and information to CAF Members.

Butt Out Program (individual sessions)

Designed to help individuals overcome nicotine addiction by providing education and support. Topics include problem solving, individual reasons for smoking, high risk situations and developing a plan for remaining tobacco free.

NUTRITIONAL WELLNESS

Top Fuel for Top Performance (1 days, HRMS code)

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.

Weight Wellness Lifestyle Program

(6 half day sessions)

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.

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For more information, contact Health Promotion (Toronto Office)

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