



health promotion



Health Promotion Schedule

Winter/Spring 2018

| PROGRAM | DATE | TIME | LOCATION |
|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|------------------------------|--------------|
| Better Health Plus | 15 Jan – 5 Mar <i>Mondays only</i> | 1300-1530 hrs | Dockyard |
| Managing Angry Moments | 19 Jan – 9 Feb <i>Fridays only</i> | 0800-1200 hrs | Shearwater |
| Respect in the CAF <i>(Military members only)</i> | 23 Jan Jr NCM | 0800-1600 hrs | Shearwater |
| | 24 Jan Sr NCM | | |
| | 25 Jan Officers | | |
| Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code) | 30 & 31 Jan | 0800-1500 / 0800-1200 hrs | Shearwater |
| Mental Fitness & Suicide Awareness (MFSA) (MITE Code) | 14 & 15 Feb | 0800-1530 hrs/ 0800-1200 hrs | Dockyard |
| Family Violence Awareness | 23 Feb | 0800-1200 hrs | Shearwater |
| Responsible Party Hosting | 1 Mar | 1300-1600 hrs | Windsor Park |
| Stress.calm | 2 -23 Mar <i>Fridays only</i> <i>No class 16 Mar</i> | 0800-1600 hrs | Stadacona |
| Top Fuel for Top Performance | 6 & 7 Mar | 0800-1500 hrs | Stadacona |
| Respect in the CAF <i>(Military members only)</i> | 20 Mar Jr NCM | 0800-1600 hrs | Stadacona |
| | 21 Mar Sr NCM | | |
| | 22 Mar Officers | | |

| PROGRAM | DATE | TIME | LOCATION |
|------------------------------------------------------------------------------------------------------------------------|----------------------------------------|------------------------------|---------------------------------|
| <u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u> | 28 & 29 Mar | 0800-1500 / 0800-1200 hrs | Stadacona |
| <u>Inter-Comm (Interpersonal Communication)</u> | 4 & 5 Apr | 0800-1530 / 0800-1200 hrs | MFRC Program Room Shearwater |
| <u>Better Health Plus</u> | 9 Apr – 4 Jun <i>Mondays only</i> | 1300-1530 hrs | Stadacona |
| <u>Managing Angry Moments</u> | 10 Apr – 1 May <i>Tuesdays only</i> | 0800-1200 hrs | Stadacona |
| <u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u> | 18 & 19 Apr | 0800-1530 hrs/ 0800-1200 hrs | Shearwater |
| <u>Family Violence Awareness</u> | 15 May | 0800-1200 hrs | Stadacona |
| <u>Mental Fitness & Suicide Awareness (MFSA) (MITE Code)</u> | 23 & 24 May | 0800-1530 hrs/ 0800-1200 hrs | Stadacona |
| <u>Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)</u> | 29 & 30 May | 0800-1500 / 0800-1200 hrs | Shearwater |
| <u>Responsible Party Hosting</u> | 31 May | 1300-1600 hrs | Stadacona |
| <u>Stress.calm</u> | 5 – 19 Jun <i>Tuesdays only</i> | 0800-1600 hrs | Shearwater |
| <u>Top Fuel for Top Performance</u> | 6 & 7 Jun | 0800-1500 hrs | Shearwater |

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