



health promotion

Health Promotion Schedule

Fall 2018

PROGRAM	DATE	TIME	LOCATION
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	25 & 26 Sept	0800-1500 / 0800-1200 hrs	Dockyard
Inter-Comm <i>(Interpersonal Communication)</i>	4 & 5 Oct	0800-1530 / 0800-1200 hrs	Windsor Park
Top Fuel for Top Performance	10 & 17 Oct	0800-1500 hrs	Dockyard
Stress.calm	12 -26 Oct <i>Fridays only</i>	0800-1200 hrs	Shearwater
Better Health Plus	16 Oct – 4 Dec <i>Tuesdays only</i>	1300-1530 / 1430 – 1530 hrs	Shearwater
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	17 & 18 Oct	0800-1530 / 0800-1200 hrs	Dockyard
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	24 & 25 Oct	0800-1500 / 0800-1200 hrs	Shearwater
Injury Reduction Strategies for Sport and Physical Activity	14 Nov	0800-1200 hrs	Dockyard
Responsible Party Hosting	2 Nov	0800-1200 hrs	Shearwater
Managing Angry Moments	6 Nov – 27 Nov <i>Tuesdays only</i>	0800-1200 hrs	Shearwater

PROGRAM	DATE	TIME	LOCATION
Family Violence Awareness	16 Nov	0800-1200 hrs	Shearwater
Respect in the CAF	20 Nov Jr NCM	0800-1600 hrs	Dockyard
	21 Nov Sr NCM		
	22 Nov Officers		
Alcohol, Other Drugs, Gambling and Gaming Awareness: Supervisor's Training (AODGGA) (MITE code)	29 & 30 Nov	0800-1500 / 0800-1200 hrs	Stadacona
Mental Fitness & Suicide Awareness (MFSA) (MITE Code)	5 & 6 Dec	0800-1530 / 0800-1200 hrs	Dockyard
Top Fuel for Top Performance	11 & 12 Dec	0800-1500 hrs	Stadacona
Family Violence Awareness	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