



Supervisor Training

16 Oct 2019

0900 - 1600 hrs

Register by 08 Oct 2019

MITE code: 119531

Description:

- Learn how Supervisors can promote mental fitness at the unit level;
- Debunk myths around suicide;
- Develop skills using the ACE Model for suicide intervention; and
- Learn about the resources available

Open to:

- Officers and NCMs MCpl and above
- DND Civilian supervisors if space is available

To Register:

Carrie Sandford

Administration, Health Promotion

Carrie.Sandford@forces.gc.ca

519-660-5275 x5128

General

17 Oct 2019

0900 - 1600 hrs

Register by 08 Oct 2019

HRMS code: 303184

Description:

- Discover simple strategies to build mental fitness;
- Discuss common myths surrounding suicide; and
- Learn a 3-step model for suicide intervention

Open to:

- Jr Ranks (Pte, Cpl)
- DND Civilian employees if space is available

