

## Training Requests

**When:** Daytime, evenings, and weekends.

**Where:** We support all Units in Southwestern Ontario and can travel to your location. E.g. Windsor, Hamilton, Guelph, Niagara, Owen Sound, and Meaford.

**Cost:** A FIN code is required to cover TD.  
Typically meals and fuel depending on the request.  
The materials and instructor are provided at no cost.

**Who:** Programs are for all CAF members (including class A).

## Contact Us

To request a unit briefing or more information,  
please call: 519-660-5275

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**PSP London**



**[www.cafconnection.ca](http://www.cafconnection.ca)**

## Strengthening the Forces:

# The CAF HEALTH PROMOTION PROGRAM *for Southwestern Ontario*

The Strengthening the Forces (STF) Program is developed by CAF Health Services with the support of the CDS in recognition that physical and mental fitness are essential to operational readiness.

Health Promotion provides programs, services and resources to help the Defence team take control of their mental, physical, and social health.



## **Presentations & Workshops**

Presentations are 1-2 hours for groups of 8-200 personnel. Each topic can be expanded into a 2-3 hour workshop for groups of 8-25 personnel. Workshops provide additional time for discussions and skill building.

### **Mental Fitness & Suicide Awareness:**

This brief provides simple strategies to build mental fitness and breaks down common myths surrounding suicide. Participants learn about the warning signs of suicide and a 3-step model to help someone at risk.

### **Alcohol and Other Drugs — CAF policies:**

Drug awareness education is a key component of the CAF Drug Control Program. This brief meets the requirements of the DAOD 5019-3 and is recommended for all members.

### **Stress Management:**

This brief covers fundamental concepts about stress, coping strategies, and building resiliency.

### **Nutrition - Healthy Eating / Sports Nutrition / Combat Rations:**

A range of topics are available including: healthy weight loss, food and fuel to maximize training, or sports supplements.

### **Injury Reduction Strategies for Sports & Physical Activity:**

Increase knowledge and understanding of common injuries among CAF members and learn strategies for prevention. Includes specific information for load-bearing marches and work up training.

## **Courses**

Certificates are issued upon completion of these courses. Units can request a course for their members provided there are at least 10 participants (Max of 20).

**HRMS Code**

### **New! Respect in the CAF (1 day)**

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.

### **Mental Fitness & Suicide Awareness Supervisor Training (1 day)**

**MITE Code**

Learn about Mental Fitness in a Military context and how it fits into leadership responsibility. Develop skills using the ACE Model for early intervention. Receive resources and instruction on how to support members at the unit level.

### **Alcohol, Other Drugs and Gambling Supervisor Training (1.5 days)**

**MITE Code**

Topics relevant to supervisors include: how to identify substance use problems, when and how to intervene, CAF Policies around drugs and alcohol, and resources available (DND and civilian).

### **Top Fuel For Top Performance (2 days)**

CAF Members are athletes in uniform. Topics include: Everyday Eating, Fuel for Training and Recovery, Body Composition, and Sports Supplements. The course includes many hands on activities.