



health promotion

REP NETWORK

monthly message

UNIT HEALTH REP PD DAY, WINDSOR PARK, 26 JAN 2024

You are invited! New start, new direction!

Come meet other reps, discuss strengths and challenges in your role, explore tools to increase engagement in your unit, and put together an action plan to support your unit over the next year.

WHAT HAS HP BEEN UP TO?

Units who are interested in having HP visit in the new year to complete an Environmental Scan is encouraged to reach out. The scan will identify strengths and challenges in the unit. The report you will receive provides actionable items that can be addressed from a multi-sectoral approach. Looking to tentatively schedule a date for winter – spring? Reach out to Mary at Mary.Mykety-Driscoll@forces.gc.ca

7 units have reached out to request Reflective Safety Belts, with a total of 420 going out the door to support the units and individuals with getting out and getting active during these darker months. We only have 70 belts left! You can request yours through hfxhealthpromotion@forces.gc.ca

December is a busy time for us with many units reaching out for briefings, and all our December programs filling up. There is still lots of space in the Family Violence Awareness course. If there are Sentinels in your unit, this is a great one to have and only offered a few times per year.

UPCOMING PROGRAMS COMING UP THIS MONTH

Stress.Calm

(2 sessions over 2 weeks)
01 & 08 Dec | 0800-1200 hrs | Shearwater

Respect in the CAF

07 Dec | 0800-1600 hrs | Willow Park

Mental Fitness and Suicide Awareness

(MFSA) (MITE code)
11 Dec | 0800-1600 hrs | Shearwater

Family Violence Awareness

15 Dec | 0900-1100 hrs | Willow Park

Open to CAF members, civilian DND employees and CAF dependants 18+

For more information and/or to register, please visit cfmws.ca/halifax/core-programs-online-registration.
(902) 722-4956 | hfxhealthpromotion@forces.gc.ca

Winter / Spring schedule now available!

https://cfmws.ca/CFMWS/media/Halifax/HP%20Schedules/HP_Schedule_WinterSpring_2024-EN.pdf

RESPONSIBLE PARTY HOSTING LUNCH AND LEARN, ANYONE INVITED!:

MONTHLY LUNCH AND LEARNS

Tribute Tower - Mr. Macs Room
5 December 2023 | 1145-1230 hours



HEALTH DAYS AND THEMES FOR NOVEMBER

Active Living / Injury Prevention

Hosting a get-together? Check out the Lunch and Learn at Mr. Macs on 5 December.

Addiction Awareness

Prep to Quit – Countdown to National non-smoking week in January. Register for Cast off the Crave, a self-directed online program to help you understand why you smoke and how to quit, or to learn how to support those around you who may be looking to quit

<https://cfmws.ca/halifax/cast-off-the-crave-en>

Nutritional Wellness

Hosting a party? The Healthy Plate model from Canada's Food Guide can still apply for your hors d'oeuvre plate, your charcuterie board, or your potluck events. Find ways to make half of your plate, board, or pot consist of veggies and fruit.

Social / Mental Wellbeing

Women's Brain Health Day - December 2*

International Day of Persons with Disabilities – December 3

National Day of Remembrance and Action on Violence Against Women - December 6*

Human Rights Day - December 10*

Anti-Bullying Day - December 17*

LINKS

[Rep Portal](#)

[Program Schedule](#)

[Program Registration](#)

For more information on any of the items in this Monthly Update, please contact:

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