

SEPTEMBER 2026



health promotion REP NETWORK

monthly message

HEALTH EXPO 2026!

27 Oct, Building S120

What is the Health Expo? Why should I encourage my unit to go?

In partnership with CFHSVCS and a community pharmacist there will be onsite Flu/Covid vaccination clinics for both CAF and Civ, presentations and demos on topics to help you navigate your health journey, CAF-wide and Community-based exhibitors in all areas of health and wellness, refreshments, and PRIZES!

REP PD DAY

23 Sep, WP106, 0900-1200 hrs

Open to all Unit Health Promotion Reps. This session will focus on training reps to deliver the ICAN briefing to their units and be the subject matter experts in their unit. *What are the top 5 Facilitation Skills for Reps?* Let's find out. *What's new in injury reduction?* I will show you! *What does HP have to loan that can help you in your role?* Come find out! *What are other Reps doing or struggling with?* Come share your thoughts

Meeting request has been sent for RSVP.

SEPTEMBER HEALTH PROMOTION PROGRAMS:

Interpersonal Communications (Intercomm)

9 Sept | 0800-1600 hrs | Shearwater

Mental Fitness and Suicide Awareness (MFSA) (MITE Code)

16 & 17 Sept | 0900-1500 hrs | Halifax

Family Violence Awareness

18 Sept | 0900-1100 hrs | Halifax

Managing Angry Moments (MAM)

22 & 29 Sept | 0800-1500 hrs | Halifax

Nutrition: Fundamentals

24 Sept | 1000-1200 hrs | Halifax

HEALTH DAYS AND THEMES FOR SEPTEMBER:

Social Mental Wellbeing: Post Summer Check In

Canvas your team and compile a list of all the ways that members in your unit worked on improving their mental health over the summer. Maybe create a poster where folks can anonymously post their reflections. Any pattern of folks that might have struggled over the summer? Highlight those approachable people in your unit, the Sentinels, the Unit Health Rep, the MFRC Rep, programs that might help build resilience or address some of the issues they might have been struggling with.

Promote the ICAN / Health Resource Directory for folks to do a point in time check in with themselves.

cfmws.ca/halifax/health-resource-directory

Addiction Awareness & Prevention: Request a Briefing

Is it time for a refresher on how addiction can creep up on even the most unsuspecting folks? Often when we are struggling with things, use of substances or unhealthy ways of coping can feel good in the moment, but if it becomes the default, it can lead to problematic use.

A broad health and safety brief ensuring folks know the signs and who to connect to early can go a long way to providing help without identifying those in the unit who may be struggling.. Reach out to our team to request a brief at cfmws.ca/halifax/request-a-briefing

Nutritional Wellness: Community Pantries

Reminder to ensure all of the folks in your unit are aware of the Community Pantries, located at WP106, on the MFRC side of the building, and in Shearwater at the MFRC. The new school year can be challenging for young families. Consider having a unit fundraiser or food drive to support the pantry and nutrition literacy, ensuring nutrient dense foods are selected more than not.

Active Living & Injury Prevention:

12 Sep World First Aid Day

Did you know that the CAF/DND has changed service providers for the delivery of first aid training? The new training content is provided through the Canadian Red Cross. Do you need to schedule First Aid for folks in your unit? Reach out to the First Aid Cell at HFXFIRSTAIDCELL@forces.gc.ca

There are many ways to participate in World First Aid Day and help spread the word about the importance of first aid training and CPR: Practice a scenario as a Safety Brief, for example: First Aid for Sprains, Strains, and Fractures or Eight Essential First Aid Tips Every Runner Needs to Know.

IN CASE YOU MISSED IT... EVENTS COMING YOUR WAY!

MFRC Bluenose Bienvenue: We will be attending the MFRC's Bluenose Bienvenue in Shearwater 12 Sept, 2026. Come see us and say Hi! More info at cfmws.ca/halifax/events-activities/events/bluenose-bienvenue

Ruck & Roll: 12K Ruck Race, 29 Sept 2026, Shearwater Reach out to Emilie.Schofield@forces.gc.ca to register.

Craig Blake Memorial Fitness Challenge:

18 Sept 2026, Shearwater. Register your unit's team at: cfmws.ca/CBMFC



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Health Promotion Halifax – PSP

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