

# HP NOVEMBER PROGRAMS

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6

| Sunday | Monday | Tuesday                                                        | Wednesday                                                                                 | Thursday                                                                                                                                                                                                                                  | Friday | Saturday |
|--------|--------|----------------------------------------------------------------|-------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------|----------|
| 1      | 2      | 3                                                              | 4                                                                                         | 5                                                                                                                                                                                                                                         | 6      | 7        |
| 8      | 9      | 10<br>Substance Use<br>0900-1000                               | 11<br> | 12<br>Effective<br>Communication<br>0900-1200                                                                                                                                                                                             | 13     | 14       |
| 15     | 16     | 17<br>Mental<br>Fitness &<br>Suicide<br>Awareness<br>0800-1600 | 18                                                                                        | 19<br>Prevent and<br>Respond to<br>Sexual<br>Misconduct<br>0800-1600                                                                                                                                                                      | 20     | 21       |
| 22     | 23     | 24<br>Managing<br>Angry<br>Moments<br>0900-1400                | 25                                                                                        | 26                                                                                                                                                                                                                                        | 27     | 28       |
| 29     | 30     |                                                                |                                                                                           |  @healthpromotionpetawawa<br> healthpromotionpetawawa@cfmws.com |        |          |

SCAN  
HERE  
TO  
REGISTER

