

Health Promotion Program Guide

4th Canadian Division Training Centre



Photo: 31 CBG

Strengthening the Forces

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 CAF Members take control of their mental, physical, and social health.

Training Requests

- **When:** Daytime, evenings, and weekends
- **Format:** In-person or virtual
- **Cost:** A FIN code is required to cover TD
 - Transportation: DND Staff car
 - Rations and quarters
 - Materials and instructor are provided at no cost
- **Who:** Programs are for all Regular & Reserve Force CAF Members

Support provided by SW Ontario & Toronto staff:

Amy Doelman, BA, MPH
Manager, Health Promotion (SW Ontario)
Amy.Doelman@forces.gc.ca

Sandra Atri, R.Kin
Manager, Health Promotion (Toronto)
Sandra.Atri@forces.gc.ca



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Presentations & Workshops

Presentations are 1-2 hours for groups of 8-200 personnel. 🖥️ Indicates virtual option.

Mental Fitness & Suicide Awareness: 🖥️

Discover strategies to build mental fitness and explore common myths surrounding suicide. Participants learn 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.

Canada's New Alcohol Guidelines (2023): 🖥️

Learn about the new guidelines and categories of risk (mild - moderate - serve). Discuss social and cultural influences around alcohol and how to modify the risks.

Healthy Sleep Habits (New): 🖥️

Key concepts to increase sleep efficiency and promote optimal health.

Nutrition: 🖥️

A range of topics are available including healthy eating 101, weight loss/maintenance, sports nutrition (pre/post workout strategies), the facts on supplements.

Injury Reduction Strategies for Sports & Physical Activity: 🖥️

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



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Courses (In-person delivery only)

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).

Respect in the CAF (1 day):

This one-day interactive workshop uses scenarios, discussions, and small group activities to promote culture change in the CAF. Includes recognition of problematic behavior, how to respond, and ways to support all parties affected by sexual misconduct. **Revised in 2025.** (HRMS code)

Mental Fitness & Suicide Awareness - Supervisor Training (1 day):

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. (MITE code)

Alcohol, Other Drugs and Gambling - Supervisor Training (1.5 days):

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). (MITE code)

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. (HRMS code)