

# PSP Newsletter

NOVEMBER 2025

Southwestern



Ontario

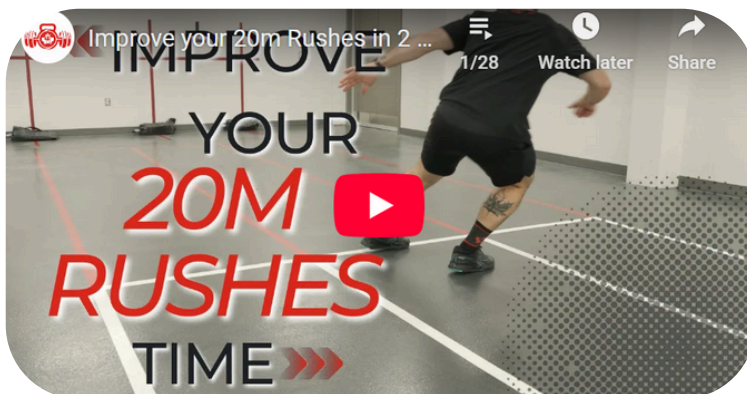


## Less is Best - Alcohol Challenge:

- **16 - 29 November 2025, VIRTUAL**
- **2-week** challenge for drinkers and non-drinkers
- **YOU** choose **YOUR** target - LESS IS BEST!
- Sign up by 07 Nov to be entered into the early bird prize draw.

## Mental Fitness & Suicide Awareness:

- **18 November 2025**
- At *Wolseley Barracks*
- Develop skills using the ACE Model for suicide intervention
- Improve your knowledge of CAF resources for Reg & Reserve Force Members
- MITE Code: 119531



## Improve your FORCE Results TODAY!

- 2-min videos with specific tips & training strategies for each component:
  - 20M Rushes
  - Sandbag lift
  - Intermittent loaded shuttle
  - Sandbag drag





# Southwestern Ontario

## Upcoming Events & Activities



### GBV Table Talks - Identity & Social Relationships

**Thurs, 27 Nov** at Wolseley Barracks or Virtual

This workshop is delivered by Dr. Michael Godfrey, PhD and dives into identity by exploring how individual characteristics and group affiliations shape our interactions and perceptions of others.

### Healthy Relationships 2025

This year, the focus was on *Establishing Healthy Relationships* – understand consent, communicate openly, & how to build trust – right from the beginning.

### REGIONAL SPORTS

Sport	Location	Dates
Curling	Meaford	Feb 23-27, 2026
Hockey (M)	Petawawa	Feb 23-27, 2026
Hockey (W)	Borden	Feb 9-12, 2026
Hockey (OT)	Trenton	Feb 16-20, 2026
Basketball	Trenton	March 2-6, 2026
Basketball (W) RDC	Kingston	TBD
Volleyball (M)	Kingston	Feb 23-27, 2026
Volleyball (W)	Kingston	Feb 23-27, 2026

*These dates are subject to change*



### Interested in competing at Regionals on behalf of SW Ontario?

Complete the **online survey** to be added to the distribution list. When more info is available, you'll be the first to know!

### Stay Tuned

- GBV Guest Speaker: Thu, 27 Nov Oct at 1830 hrs
- Balanced Eating - Holiday Edition - 02 Dec at 1900hrs
- Drop in sports at Wolseley Barracks - **see calendar**
- Web-based personal training through PSP staff



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