



Health Promotion Program Guide



REGISTER ONLINE

cfmws.ca/gagetown/workshop-descriptions-and-registration
OR EMAIL

healthpromotiongagetown@forces.gc.ca

STRENGTHENING THE **FORCES**
ENERGISER LES

Alcohol, Other Drugs, Gambling and Gaming Awareness

Participants will increase awareness, learn how to respond to problematic alcohol/cannabis/other drug use, gambling, and gaming, and create healthy workplace cultures. MITE code.

2 day workshop

Butt Out

Designed to help individuals reduce their use or quit nicotine. Open to all forms of nicotine (smoked tobacco products, smokeless tobacco products, e-cigarettes, etc).

Every Friday 0900-0930 hrs, alternative times available on request

Injury Reduction Strategies for Sports and Physical Activity

This program will increase participants' knowledge and understanding of where injuries occur in the CAF and how to reduce the risk of being injured during sports and PT.

Half day workshop

Inter-Comm

Improve communication within personal relationships by learning the attitudes and skills required to deal with conflict effectively.

1 day workshop

Managing Angry Moments

Helps participants understand and deal with their triggers, before anger escalates to physical or verbal aggression.

3 half days workshop

Mental Fitness and Suicide Awareness

Designed to promote awareness and skill-building, to maximize mental fitness both individually and in the workplace, and to lessen the incidence of mental health injuries including suicide. MITE code.

1 day workshop

Respect in the CAF

The interactive workshop uses scenarios, discussions and small group practical activities to help CAF members develop and practice skills to recognize, respond, and prevent sexual misconduct as well as support those affected by it. HRMS code.

1 day workshop

Stress: Take Charge!

Helps participants develop an understanding of the stress reaction based on their individual life stressors, learn tools and select coping mechanisms that they can use in everyday life to make changes and manage their stress levels.

1 day workshop

Top Fuel for Top Performance

Sports nutrition program provides information for individuals who are physically active, training for specific athletic events, preparing to deploy, or looking to fine tune their current diet for an active lifestyle.

1 day workshop

The Essential Nutrition Course

This course explains the science of nutrition, and covers topics like food budgeting, label reading, tips for easy meal planning, and healthy recipes.

1 day workshop



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