

health promotion

Health Promotion Schedule

Fall/Winter 2026

PROGRAM	DATE	TIME	LOCATION
Interpersonal Communication (InterComm)	9 September	0800-1600 hrs	Shearwater
Mental Fitness and Suicide Awareness (MFSA)(MITE Code)	16 & 17 September	0900-1500 hrs	Halifax
Family Violence Awareness	18 September	0900-1100 hrs	Halifax
Managing Angry Moments (MAM)	22 & 29 September	0800-1500 hrs	Halifax
Nutrition: Fundamentals	24 September	1000-1200 hrs	Halifax
Stress.Calm	6 October	0900-1600 hrs	Shearwater
Nutrition: Food Labels	8 October	1000-1200 hrs	Halifax
Prevent and Respond to Sexual Misconduct (formerly Respect in the CAF)	14 October	0800-1600 hrs	Halifax
Alcohol, Other Drugs, Gambling and Gaming Awareness Supervisor Training (AODGGA) (MITE Code)	21 & 22 October	0900-1500 hrs	Halifax
Nutrition: Meal Planning	29 October	1000-1200 hrs	Halifax
Interpersonal Communication (InterComm)	4 November	0800-1600 hrs	Halifax
Prevent and Respond to Sexual Misconduct (formerly Respect in the CAF)	10 November	0800-1600 hrs	Shearwater
Family Violence Awareness	13 November	0900-1100 hrs	Halifax
Managing Angry Moments (MAM)	18 & 25 November	0900-1500 hrs	Shearwater
Nutrition: Stretch Your Dollar	19 November	1000-1200 hrs	Halifax
Mental Fitness and Suicide Awareness (MFSA)(MITE Code)	1 & 2 December	0900-1500 hrs	Shearwater
Prevent and Respond to Sexual Misconduct (formerly Respect in the CAF)	9 December	0800-1600 hrs	Halifax
Nutrition: Mindful Eating	10 December	1000-1200 hrs	Halifax

Free! Open to CAF members, civilian DND employees and CAF dependants 18+

For more information and/or to register, please visit cfmws.ca/halifax/core-programs-online-registration
(902) 722-4956 | hfxhealthpromotion@forces.gc.ca



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ALCOHOL, OTHER DRUGS, GAMBLING AND GAMING AWARENESS: SUPERVISORS' TRAINING

As a manager or supervisor it's important to have the skills and abilities needed to help your staff and others. This program is designed to help you, help someone who might be struggling with an alcohol, drug or gambling/gaming addiction.

PREVENT AND RESPOND TO SEXUAL MISCONDUCT (FORMERLY RESPECT IN THE CAF)

We all have a role to play in taking a stand against harmful and inappropriate sexual behavior to help build a respectful climate. This one day interactive workshop is designed to promote respect in the CAF through awareness and empowerment of CAF members, so sign up to do your part today!

THE ESSENTIAL NUTRITION COURSE

Long term health, resilience, cognitive and physical performance are affected by nutrition. How and what you eat impacts cognitive and physical performance in daily and austere operations. The course is made of five modules where you will gain an understanding of nutrition fundamentals, understanding food labels, meal planning, stretching your food dollar and mindful eating.

MENTAL FITNESS & SUICIDE AWARENESS

Just like your body needs physical fitness, your mind needs fitness too. The goal of this course is to not only help you stay mentally fit, but to learn the skills and techniques needed to help others. The course includes suicide awareness, stigma reduction, the mental health continuum model as well as self-care.

TOP FUEL

If you are physically fit and want to learn how nutrition can help you reach your peak performance, this program is for you! You will learn to estimate your energy needs, assess your macronutrient needs, and plan meals for before, during, and after exercise, allowing you to optimize your energy and get the most out of your training.

FAMILY VIOLENCE AWARENESS

This program communicates the importance of this issue and promotes awareness, responsibility and prevention within the CAF for all personnel. It is open to CAF members, DND employees and CAF families. These sessions encourage and support early intervention and ensure that the necessary steps are being taken to address such incidents.

MANAGING ANGRY MOMENTS

What makes you frustrated or mad? Bad drivers? Long line-ups? Slow Wi-Fi? Or more persistent issues? We can help! We are pleased to offer this program to help you learn how to deal with life's inevitable annoyances in the healthiest way.

STRESS.CALM

We all deal with stress differently and have our go-to approaches; too much screen time, over indulging, avoidance, etc. This course is designed to help YOU develop positive coping skills so you can handle all that life throws your way. We hope you'll walk away from this course feeling a lot less stressed about how to deal with your stress.

INTER-COMM (INTERPERSONAL COMMUNICATION)

Can you hear me now? How about now? NOW? Communication is a vital part of our daily lives and something we can ALL improve on. This course allows you to reflect on your own personal communication style and build new skills to ensure you're being heard.

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