

PSP Petawawa Health Promotion Offerings

COURSES

**Full day unless otherwise specified.
Minimum of 5, maximum of 21**

[Health Promotion Course Registration](#)

Essential Nutrition

This interactive training provides practical ways to eat healthy even in challenging environments. It explains the science of nutrition, and covers topics like food budgeting, tips for easy meal planning, healthy recipes and much more! Develop practical knowledge and skills to optimize your peak performance and become confident in your food decisions.

The *Essential Nutrition Course* is made of 5 modules where you will gain an understanding of the impact of healthy nutrition on your performance:

1. Nutrition Fundamentals
2. Understanding Food Labels
3. Meal Planning
4. Stretch your Food Dollar
5. Mindful Eating

Managing Angry Moments

This course is an interactive, educational tool to help individuals identify situations in their daily lives that cause anger. Participants will also learn how to apply new skills on how to safely address these situations.

This course is designed as a prevention tool and is not intended to be used for anger-management counselling or treatment.

The “Managing Angry Moments” course consists of 7 modules filled with information and strategies to manage anger:

1. Understanding anger
2. Anger, stress and mental fitness
3. Trigger thoughts, coping thoughts and strategies
4. Reframing thinking errors
5. Assertive communication: Resolving conflicts while managing anger
6. Managing anger with forgiveness
7. Maintaining positive changes

Mental Fitness and Suicide Awareness

This one-day program is specifically designed for military personnel in leadership positions. Topics include Mental Fitness Exercises, Suicide Awareness, the ACE (Ask, Care, Escort) Model and Mental Fitness & Leadership. This workshop has a MITE code which will be added to personnel's MPRR upon successful completion.

Respect in the CAF (RitCAF)

This interactive course is intended to promote respect in the CAF through awareness and understanding, to empower CAF members to take a stand against sexual misconduct and to support affected persons. This workshop is designed to foster a sustained change in attitudes and behaviours in order to build a respectful climate and culture within the CAF.

Stress: Take Charge

This is a self-directed course designed to teach participants how to manage stress through self-awareness, changing behaviours and skill building. Participants will be empowered to manage their stress by using strategies that they already use. They will also be encouraged to learn and practice new strategies identified during the course.

The "Stress: Take Charge" course consists of modules filled with information and opportunities to manage daily stressors. Participants will:

- understand the stress reaction in a military context
- choose and practice specific skills and strategies used to decrease stress and build resilience
- benefit from regular practice of the relaxation response

BRIEFINGS

1 hour unless otherwise specified.

Some briefs are available as a series, as noted below.

[Health Promotion Briefing Registration](#)

Canada's Guidelines on Alcohol and Health

This brief provides evidence-based advice on alcohol to support people in making informed decisions about their health. The guidance is based on the latest research on alcohol-related risks. The guidance is based on the principle of autonomy in harm reduction and the fundamental idea behind it that people living in Canada have a right to know that all alcohol use comes with risk.

Fueling for Iron Warrior

This brief provides an overview of nutrition basics, and informs participants of optimal nutrient timings for pre-, during and post- training. How to hydrate, electrolyte fueling, and considerations regarding alcohol and caffeine are also covered.

Health Promotion 101

This brief explains what Health Promotion is, the Social Ecological Model and how it can be applied to the Canadian Armed Forces. This brief describes how the Health Promotion Team can be a useful partner for leadership interested in improving the health and well-being of their units.

Injury Reduction Strategies

Injury reduction strategies for sports and physical activity will increase your knowledge and understanding of where injuries occur in the Canadian Armed Forces (CAF). It will also provide you with strategies that you can use to reduce your chances of being injured. It also provides the latest scientific evidence concerning injury prevention in sports and physical training. The focus of briefings is to increase local support for injury prevention initiatives.

Inter-Comm (offered as 2 hours, or half-day)

In this brief, participants learn to: understand conflict and increase active listening skills, use a collaborative model for resolving conflict built on interest-based communication skills, and use collaboration and communication to support health and well-being in relationships.

Managing Angry Moments

This brief touches on issues of anger (while they are still manageable) in order to prevent the possibility of their escalation to physical or verbal aggression. Participants will learn to recognize their triggers and thought patterns as well as strategies to effectively handle anger.

Mental Fitness (1.5 hours)

This brief is the first half of the full day Mental Fitness and Suicide Awareness Course. Topics covered include characteristics of mentally fit members, resilience and strategies to improve mental fitness.

Sleep 101

This brief explains the basics of sleep and how it works, the influence of different substances on our sleep (such as alcohol, cannabis and caffeine), and tips for promoting good sleep hygiene.

Stress and Anger

This brief helps participants understand stress and anger responses and develop practical skills to help defuse hot moments.

Stress Management

This brief provides helpful personal stress management skills that improve health and well-being. Participants will identify strategies that they already use and will learn to implement new strategies to manage their stress.

Substance Use

In this brief, members learn about alcohol and cannabis use, the effects on health, the workplace and the CAF overall. Members are also given low risk use guidelines and strategies to create a substance free workplace.

Suicide Awareness and the ACE Model (3 hours – Maximum 21 participants)

This brief is the second half of the full day Mental Fitness and Suicide Awareness Course. Topics covered include stigma, identifying risk factors and protective factors, the ACE Model and resources.

Better Together: Understanding Family Violence & Building Healthy Relationships – Leadership (presented by FVAT)

This presentation provides an overview of family violence, relevant resources to support military members and their families, and the roles and responsibilities of leadership.

Better Together: Understanding Family Violence & Building Healthy Relationships – General (presented by FVAT)

This presentation is designed to raise awareness and present general information about family violence.

HOW TO COMBAT STRESS SERIES

1. The Stress Response

This brief explains how the body responds to challenging and stressful events, the difference between acute and chronic stress, and ways to identify good and bad stress.

2. Master your Mindset

Stress is triggered by our perceptions of an event. This brief provides practical strategies to change your mindset and make choices to reduce stress.

3. Resilience and Relaxation

This brief equips you with tools to improve resilience and mental fitness as a way of preventing stress. It includes a practical portion for developing tactical breathing skills and other relaxation methods used to interrupt the stress response. Participants are asked to attend in comfortable attire.

NUTRITION SERIES

1. Nutrition 101

This brief covers macro and micronutrients, what a healthy balanced meal looks like, and how to develop SMART nutrition goals.

2. What's on Your Plate?

This brief aims to improve participants' understanding of daily energy needs, how to design a plate to meet those needs and applying this information to a SMART nutrition goal.

3. Shopping and Dining for Health

This brief describes how to read a food label, tips on how to shop healthy, prep meals to support a SMART nutrition goal and, how to maintain a SMART nutrition goal when eating out by making healthy menu choices. This presentation also includes the nutritional effects of alcohol consumption.

PROGRAMS

Behaviour Change Program

Health services referral or self-referral.

The Health Promotion Petawawa Behaviour Change Program is designed to support members in meeting their health goals. Using motivational interviewing and strategic goal setting, one of our Health Promotion Specialists will support participants in identifying motivations for change, improving knowledge of the health behaviour, checking-in with their change journey and connecting participants with resources. Please note that our team will refer to specialists where appropriate, such as a dietitian or mental health professional, if participant goals fall outside our scope of practice.

BUTT OUT

Tobacco and/or e-cigarette, vaping cessation program.

Group support or self-managed program available.

Participants are supported to quit tobacco/vape use and stay quit over the course of 8 sessions over 12 weeks. Participants are given the tools and skills to build their motivation to quit use, cope with challenging cravings and successfully navigate relapse. The program is delivered through drop-in group sessions (please call Health Promotion 4685 to confirm time and location), or through a self-managed program where participants may work through the workbook in their own time. This program involves a partnership with Health Services Pharmacy and provides participants with access to Nicotine Replacement Therapy (NRT) to support their quit journey.

ADDITIONAL SERVICES

Environmental Scans

To support the health and wellbeing of CAF members in Petawawa, the Health Promotion (HP) team will be conducting Health and Wellness Environmental Scans (the Scan) at units across the Garrison. The Scan is comprised of two parts; an Environmental Evaluation aimed at assessing the physical space (e.g., are bike racks available) and general observations (e.g., is active transportation supported, clear signage), and a Personnel Survey sent to members of the Unit to uncover potential barriers to health and well-being on an individual level. These scans are not research studies but are intended to help unit Chain of Command get a holistic and personal understanding of the health and wellbeing needs of their team. The Scan is based on the Performance (P4) Behaviours of BALANCE, the CAF Physical Performance Strategy and the four pillars of the Strengthening the Forces (STF) Health Promotion Program. There are five topics of focus: (1) active living & injury prevention, (2) nutrition, (3) social and mental wellbeing, (4) addiction-free environment, and (5) other. Upon completion of the scans, we will provide you with a report that outlines the results and offers recommendations for programming and policy that support your unit members. It is important to note that this exercise's goal is to seek understanding of the status quo and results of the scans are not intended to reflect negatively on your unit. We will highlight successes and areas of strength along with recommendations for areas that require attention.

FitBit Rentals

Looking to track your fitness progress? Not ready to commit to a purchase? Designed to keep you close to your goals, boost your motivation and show your progress on your health and fitness journey. Rent a FitBit from the Health Promotion Office to receive automatic all-day activity, exercise and sleep tracking. FitBit's can be rented for 30, 60 or 90 days at a time.

InBody Scans

An InBody Scan is a non-invasive body composition analysis that provides a detailed breakdown of your weight in terms of muscle, fat, and water. Your comprehensive yet easy-to-understand measurements will display on an InBody Result Sheet in 15-120 seconds. No more pinching. No more dunking. Get results you can trust so you can reach your health and fitness goals with precision and actionable objectives. Testing appointments are 15 minutes.