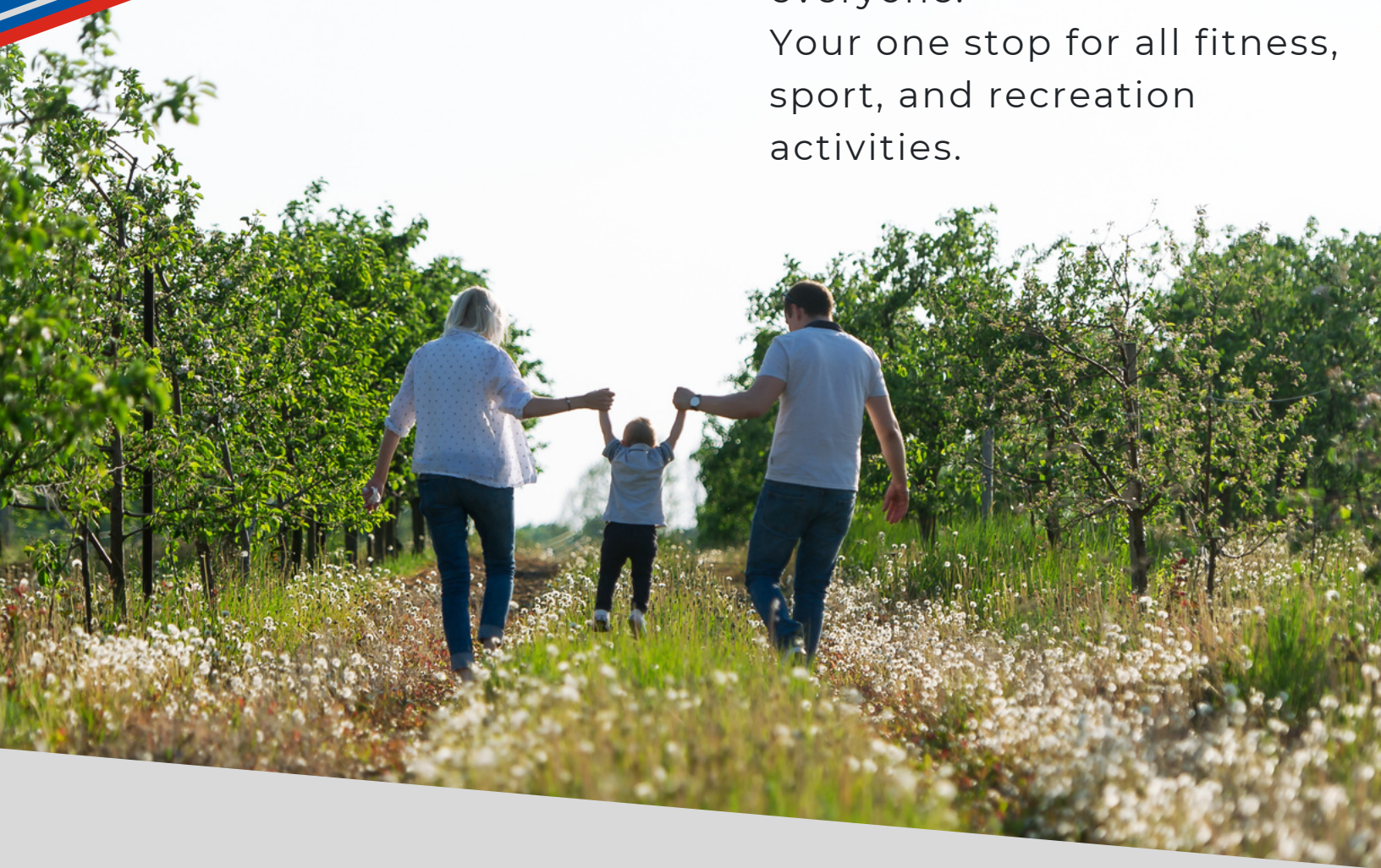


# PSP

## FALL PROGRAM GUIDE

There's something for everyone.

Your one stop for all fitness, sport, and recreation activities.



Register Online at [CAFConnection.ca/moose-jaw](https://CAFConnection.ca/moose-jaw)  
306-694-2873

# About PSP

The Personnel Support Programs (PSP) division of CFMWS contributes to the operational readiness and effectiveness of the Canadian Armed Forces. Through its programs and services PSP strives to build a strong and healthy military community for all beneficiaries that make up the “One Community - One Million Strong”

Our mission is to enhance the quality of life for members within the Military community through innovative programs and amenities.

*Making a Difference in the Military Community!*



## Registration Information:

Register online at [CAFconnection.ca/moose-jaw](https://CAFconnection.ca/moose-jaw)

or in-person at the 15 Wing Community Fitness Center (306-694-2873)



## Refunds, Cancellation, and Transfers

### If We Cancel

Full refunds are issued when PSP cancels a program. Every effort is made to cancel course in a timely manner notifying participants of the cancellation 1-5 days prior to the course. Cancellations can be due to but not limited to insufficient enrollment, facility issues, or weather conditions.

### If You Cancel

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, please contact the 15 Wing Recreation Centre front desk at 306-694-2873 during regular scheduled business hours. Full refunds for medical, or military related reasons will be authorized prior to program start date, after the start date refunds will be prorated. All other full refund requests must be received 5 business days prior to the start of the program. If no notice is communicated, a 10% administration fee will be applied. After the start date, refunds will be prorated. If more than 50% of the program/membership has elapsed, no refund will be issued. A \$60.00 administration fee will be implemented on indefinite credit plans cancelled less than one year of the contract. If program advertises a required a non-refundable deposit, no refund will be issued for the deposit. In the case of a dispute, refund decision will be made by local PSP Manager.

### Transfer to a Different Program

To transfer to another program, please contact the 15 Wing Recreation Centre Front Desk 306-694-2873 during regular business hours. Transfers are subject to space availability and depend on the Coordinator' approval if a cut of date has passed.



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COMING

SOON

CAFconnection is getting an upgrade. In an effort to serve you better our website will be changing to combine more services in a responsive format. As of 6 September, 2022 you will be redirected to our **\*NEW WEBSITE\*** [CFMWS.ca](http://CFMWS.ca) for all your fitness, sport, recreation, MFRC, SISIP Financial, CANEX, and CF Appreciation needs.

If you have any questions about the transition please feel free to reach out to us at [therens.krystin@cfmws.com](mailto:therens.krystin@cfmws.com)

## Facility Hours & Contact Information

**\*\*No Drop-In Access at this time.** Facility is open to Military members, PSP Plan members, and participants of a registered program.

### *Facility Hours*

Monday to Friday 0600-2100

Saturday & Sunday 1000-1700hrs

### *Closed Stat Holidays*

The 15 Wing Community Fitness Centre will be closed the following days for the observance of stat holidays.

- 5 September, 2022 (Labour Day)
- 30 September, 2022 (National Day for Truth and Reconciliation)
- 10 October, 2022 (Thanksgiving)
- 11 November, 2022 (Remembrance Day)
- 18 Dec - 23 Jan (Holiday Hours in effect ~ Released 1 December, 2022)

### *Contact PSP*

Phone: 306-694-2873

Location: Blg 80 Nato Drive - 15 Wing  
Community Fitness Centre

Email: [moosejaw@cafconnection.ca](mailto:moosejaw@cafconnection.ca)





## PSP Plan

Becoming a PSP Plan member gives you access to so much more that PSP has to offer.

Discover the Benefits:

- Access to the Ticket Kiosk
- Access to the Kinsmen Sportsplex and Yara Centre at no additional cost
- Discounts on any registered program PSP has to offer
- Access to Equipment Loans
- And much MORE...

## Membership Fees:

Regular: \$71.75 (individual) ~ \$98.33 (family)

Ordinary: \$95.17 (individual) ~ \$138.81 (family)

Ordinary Contractor\*: \$200.88 (individual) ~ \$462.69 (family)

Associate: \$573.95 (individual) ~ \$1156.73 (family)

\*Restrictions apply ~ visit [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw) for full list of eligible contractors

\*Prices subject to GST charges

## Ticket Kiosk

Open only to PSP Plan members the ticket kiosk offers discounted access to local attractions. Become a member today and enjoy the following activities for less:

- Temple Garden Mineral Spa (pool; Monday to Thursday)
- Deer Ridge Golf Course
- Ciniplex Movie Packages

## Fitness

A variety of fitness classes are offered daily to military members and PSP Plan members. Register to save your space at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

## Equipment Rental

Sport and Recreation equipment is available for loan and rental from the 15 Wing Community Fitness Centre front desk. A complete list of rental equipment is visible online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw).

Some of our rental equipment includes:

- Bikes (mountain & fat tire)
- Canoes & Kayaks
- Stand up Paddleboards
- Snowshoes & Snowfeet
- Select fitness equipment
- Lawn games
- Camping gear (tents, camp kitchens, etc.)
- Provincial Park Passes
- and more!

Equipment can be rented for a day, three day (weekend), and weekly increments. (Maximum rental increment 2-weeks)

*Fitness Classes PSP Offers:*

- Spin
- Strength and Conditioning
- Force Test Preparation
- Core/ Mobility

Personal training and Youth Weightroom Orientation Tours are also available.



# City of Moose Jaw

Military and civilian PSP Plan members have access to the City of Moose Jaw's Kinsmen Sportsplex and Yara Centre.

## How to Access:

1. Create an account at [cityofmoosejaw.perfectmind.com](http://cityofmoosejaw.perfectmind.com)
2. Contact the Yara Centre or Kinsmen Sportsplex to activate your account as a 15 Wing Member.  
Yara Centre 306-694-4560  
Kinsmen Sportplex 306-694-4483
3. Book your times online.

## Important Notes:

- All members 3 years and older are required to have their own membership card.

## Pool Schedule:

Kinsmen Sportsplex and Phyllis Dewar Outdoor Pool schedules change seasonally. Check online for the most up to date schedule available.

## Yara Centre Schedule:

PSP Plan members are only eligible to utilize the indoor track, drop in turf, and toddler turf time.

Weight room access is unavailable to PSP Plan members.

Monday to Friday 0600-2200

Saturday Sunday 0800-1800

\*Fitness classes and fitness centre is not included as a perk of the PSP Plan membership.



# RV Storage

Secure RV storage is located on the Wing for Military Members and 15 Wing Contractors.

Spots are allocated for a 1 year term. All vehicles must have valid registration or insurance to be permitted inside the compound.

Visit [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw) for the WSOs and the application form. Call the 15 Wing Community Fitness Centre if you have any questions ~ 306-694-2873

## Storage Rates:

Military Member: \$120.00/ year

15 Wing Contractors: \$240.00 /year

\*Prices subject to GST charges

# Sports

Sports for all ages are available at 15 Wing Moose Jaw. Join a league sport, a Rec-Sport for leisurely competition, or borrow equipment to try something new.

Sports available include: Squash, Badminton, Basketball, Volleyball, Soccer, Hockey, Ball Hockey, and Beach Volleyball.

To borrow sports equipment visit the front desk of the 15 Wing Community Fitness Centre. For a full list of what equipment is available visit

[CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

NEW\* Teen Try It Nights - open to all military and PSP Plan member teens. Come try a new sport and meet new people in your community.

Contact [rouault-gibson.chantelle@cfmws.com](mailto:rouault-gibson.chantelle@cfmws.com) if you are interested in CAF or CISIM Spots opportunities.



# Community Events

## *Wing Golf Day*

**8 September 2022**

Join the Command Team for a round of golf. The day will be hosted at Deer Ridge Golf Course.

Registration opens mid-August.

For more information contact: PSP Sports and Facilities Coordinator  
rouault-gibson.chantelle@cfmws.com local 5520

## *15 Wing ~ Moose Jaw Family Day* **10 September 2022**

Come for a day of fun in the sun. Featuring static displays of aircraft flown by pilots at Moose Jaw and Portage. Other activities for all ages as well as lunch will make a great activity for your weekend.

Open to all members of 15 Wing Military Community - military members and their families, Staff of PSP, NPR, and MFRC and their families, CAE and Wing Contractors and their families.

Stay tuned for full details available on [CAFconnection.ca/moose-jaw](https://CAFconnection.ca/moose-jaw) and through Wing Wide emails.

## Movie in the Park

Returning this fall - Movie in the Park!

Bring your snacks and lawn chair to the outdoor rink every Friday in September for a feature flick on the big screen.

Open to all military members and their families from Bushell Park and the Wing.

Movies start at 1900hrs but may be delayed up to 30 min due to sun set.

No movie 30 Sept due to National Day for Truth and Reconciliation.

# Family Events

## Trolley Tour

An icon of Moose Jaw is the Trolley Street Car. Join PSP Community Recreation for a tour of your neighbourhood and hear the ghost stories that haunt it.

This Trolley Tour will pick up and drop off at the CANEX parking lot.

While the theme of this tour is ghost stories it is open to all ages. There may be some scary parts for the younger riders, parent's register at your discretion.

Tour will be held in October ~ date TBD ~ Stay tuned for details.

Register online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw) or in person at the 15 Wing Community Fitness Centre

Military with PSP Plan: \$10

Military without PSP Plan: \$12

PSP Plan Member: \$15

Non-Member: \$17

## Family Craft

Register for a seasonal family craft that you can use to decorate your home. Registration fee covers the cost of one craft per family. The intent is that all members of the family participate in creating a project that will be part of the household for many years to come.

Wednesday October 19 - Fall Paving Stone

Wednesday December 7 - Winter Themed Family Painting

Register online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

Military with PSP Plan: \$10

Military without PSP Plan: \$15

PSP Plan Member: \$20

Non-Member: \$25





# Child, Youth & Teen Programs



## S.T.A.R. Program

Ages: 6-10

PSP is committed to supporting communities across the country in building stronger and healthier populations.

STAR is a new resilience-based program for children of military families, and it's free. It builds self-esteem and leadership skills and allows children to grow and thrive: physically, emotionally and mentally.

In between the arts and crafts, games and activities, something special happens. Friendships blossom, self-confidence emerges, independence grows, and through it all, children build resilience to help them face new challenges as they grow.

Saturdays 1000-1200hrs ~ October 15 to December 10

FREE Registration online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)



## Teen Program

Ages: 12+

Teen programs offer the younger members of our community a chance to build relationships and skills within their community. Teen programs happen every Thursday night. During the program the group will do a variety of arts/ crafts, sports, games, and learn some life skills along the way.

Bring your friends from Moose Jaw with you 1800-2000hrs every Thursday.

Military with PSP Plan: \$5.00  
Military without PSP Plan: \$7.50  
PSP Plan Member: \$10.00  
Non-Member: \$15.00

## Teen Sport

Ages: 12+

Try new sports each month! Register for FREE and come for an afternoon of games. Some of your favourites and some brand new ones you've never played before.

Third Saturday of Each month 1200-1330

Full Schedule online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

Register for Free online.

## Monthly Teen Out Trip

Ages: 12+

Each month is something different, from rock climbing to water sliding and everything in between. Half day trips will allow you to explore your community and build friendships along the way.

Full monthly schedule of activities and registration online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

Military with PSP Plan: \$30  
Military without PSP Plan: \$40  
PSP Plan Member: \$50  
Non-Member: \$60







Register online at  
[CAFconnection.ca/  
moose-jaw](https://CAFconnection.ca/moose-jaw)



## Adult Recreation

### Game Night

Gather with friends old and new for a board game night at the Social Centre at 15 Wing Moose Jaw. The first Thursday of each month from 1800-2100hrs is game night.

Choose from a wide variety of games or bring your own if you need some more players.

This event is 18+ and open to all military members, military spouses, Defence partners, 15 Wing Contractors, and PSP Plan members.

## Fall Workshop Series

### *Cake Decorating Workshop*

Up your cake decorating game by learning some new techniques.

Workshop is open to all Military and family, and PSP Plan members 16+. Take your skills home and impress your loved ones on their next birthday.

### *Candy Making Workshop*

An extension of our popular February Chocolate workshop, this one focuses on working with sugar. Learn to make lollipops, gummies, and dragon's beard cotton candy.

Adult workshop is open to all Military and family, and PSP Plan and Non-members 16+.

**15 September 2022 ~ 1800-2030**

Military with PSP Plan: \$25  
Military without PSP Plan: \$30  
PSP Plan Members: \$35  
Non-Member: \$40

**16 November 2022 ~ 1800-2030**

Military with PSP Plan: \$25  
Military without PSP Plan: \$30  
PSP Plan Members: \$35  
Non-Member: \$40



# Adult Sport

## Team Sports

### *Basketball*

Date(s): 14 Sept - 14 Dec

Time(s): Wed 1900-2100 & Sun 1300-1500

Details: Shooting practice and scrimmage time is scheduled for 15 Wing military team to prepare for regional championship competition. Skilled members of the greater community are invited to join to assist with team preparation, and improve their game.

### *Volleyball*

Date(s): 12 Sept - 15 Dec (No volleyball 10 Oct)

Time(s): Mon 1900-2100 & Thurs 1900-2100

Details: Courts are designated for recreational or competitive play. Recreational play is intended to build camaraderie and enjoyment of the sport. Competitive play is intended to prepare military members for regional championship competition. Members of the greater community are invited to join each division as space allows.

### *Soccer*

Date(s): 16 Sept - 16 Dec (No soccer 30 Sept)

Time(s): Fri 1530-1730

Details: Practice and scrimmage time is scheduled for 15 Wing military team to prepare for regional championship competition. Skilled members of the greater community are invited to join to assist with team preparation, and improve their game.



### *Team Sports Rates*

Military members: No cost  
PSP Plan members: \$60.00  
Non-Members: \$120.00

\*All prices are per sport, per person, per season and subject to taxes charges.

\*\*IHL pricing is separate from above listed team sports



### *Intersection Hockey*

Date(s): Starts October 19

Time(s): Anticipate 2 games per week between  
1900-2200 Wednesday/Thursday  
1815-2200 Sunday

**Details:** Intersection Hockey League is a recreational league open to military, DND, contracted employees and their adult dependants.

Registration Fees apply, registration opens 1 October

In Person: 15 Wing Community Fitness Centre

By Phone: 306-694-2873

Online: [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

For more information contact PSP Sports & Facilities Coordinator 306-694-2222x5520

Interested in being a league executive or a team rep?

Contact [rouault-gibson.chantelle@cfmws.com](mailto:rouault-gibson.chantelle@cfmws.com)

# Racquet Sports

## *Squash*

Date(s): 12 Sept - 17 Dec

Time(s): Monday & Wednesday 1900-2100

Saturday 1030-1230

Details: Opportunity for organized games for competitive and recreational players to play, improve, and connect with the greater squash community and move up the ladder. Designated court times as listed for ladder registrants only.

## *Badminton*

Date(s): 13 Sept - 18 Dec

Time(s): Tuesday & Friday 1900-2100

Sunday 1200-1300

Details: Opportunity for organized games for competitive and recreational players to play, improve, and connect with the greater badminton community. Open to ages 13 and over, equipment loan available by request at the front desk of the gym.

## *Pickleball*

Date(s): 13 Sept - 17 Dec

Time(s): Tuesday 1700-1900 & Saturday 1400-1600

Details: Opportunity for organized games for competitive and recreational players to play, improve, and connect with the greater badminton community. Open to ages 13 and over, equipment loan available by request at the front desk of the gym.

## *Racquet Sports Rates*

Military: No cost

PSP Plan Members: \$12.50

Non-Member: \$25.00

\*Prices are per person, per season, per sport, and subject to applicable taxes.

# About the 15 Wing Sports Program

15 Wing Sports Programs include opportunities through recreation sports for all skill levels, as well as for military members to train and compete at Canadian Armed Forces Regional and National Competitions.

The following programs may be subsidized with available funds through-out the year, contact local PSP Sports Coordinator for details and application form.

By Email: Chantelle.Rouault-

Gibson@forces.gc.ca

By Phone: 306-694-2222 ext. 5520

In Person: at 15 Wing Recreation Centre

## *OFFICIALS TRAINING*

CAF Sports maintains a database of officials across the country for assignments to Regional and National Competitions. Add your qualifications to the database through your local PSP Sports Coordinator. Training subsidies are also available for military members interested in pursuing officials certification.

## *COACHING CERTIFICATION*

Training subsidies are available for military members interested in pursuing coaching certification through the National Coaching Certification Program. Your local PSP Sports Coordinator can assist in identifying upcoming training opportunities in your sport of interest.

## *CIVILIAN SPORTS COMPETITIONS*

Application for approval to participate in a civilian sports competition procedure is in place for your benefit and acts as a request for funding.

Register online at [CAFconnection.ca/moose-jaw](http://CAFconnection.ca/moose-jaw)

## *Fitness Swimmer*

Date(s): 29 Aug - 1 Dec

Time(s): 0615-0715

Details: Fitness Swimmer is for adult swimmers of any age who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on accepted training principles and practices including interval training. Workouts are created based on personal goals.

Rate(s): Military with PSP Plan: \$40 ~ Military without PSP Plan: \$50

PSP Plan Members: \$65 ~ Non-Members: \$75

# Fitness Schedule

## Register for your class in advance

Register for your class in advance on [CAFconnection.ca/moose-jaw](https://CAFconnection.ca/moose-jaw)

By registering for your class you are helping the instructor tailor the workout to the group size as well as helping PSP Fitness Team to determine what classes to keep and which to retire so that we can offer classes that best suit your schedule.

### Monday

Instructor's choice  
1210-1250hrs

WHosp PT (CF only)  
1430-1515hrs

Strength & Conditioning  
1630-1715hrs

### Tuesday

Practice FORCE test (First Tuesday  
each month only for CF)  
0745-0830hrs

FORCE evaluation  
0930-1030hrs

Strength & Conditioning  
1210-1250hrs

FORCE evaluation  
1315-1415hrs

### Wednesday

Mobility & Core  
0615-0700hrs

WCompt PT (CF only)  
0800-0845hrs

Mobility & Core  
1210-1250hrs

Kettlebell Metcon / HIIT  
1630-1715hrs

### Thursday

Wing PT (CF only -  
Max 30)  
0730-0815hrs

Strength & Conditioning  
1210-1250hrs

### Friday

Strrrong Mommy  
1030-1115hrs

Spin/Strength  
1210-1250hrs

Register online at [CAFconnection.ca/moose-jaw](https://CAFconnection.ca/moose-jaw)

For questions about the classes or inquiries for personal training,  
contact the PSP Fitness Coordinator at [de-serres.celeste@cfmws.com](mailto:de-serres.celeste@cfmws.com)





# Aquatic Leadership Courses

## *Junior Lifeguard Club*

Junior Lifeguard Club (JLC) offers a unique aquatic alternative to traditional swimming lessons. JLC is for quick learners and those between levels or programs who thrive in energetic learning environments. JLC stresses fun and aquatic skill development based on personal-best achievement. Building on skills they already have, JLC members work to develop and improve swimming and other aquatic skills with emphasis on: Swim and lifesaving knowledge, leadership and teamwork, community education, competition and personal fitness.

### **JLC:**

**Saturdays 15 October to 10 December  
1000-1130**

Military with PSP Plan: \$80

Military without PSP Plan: \$140

PSP Plan Members: \$160

Non-Members: \$180

**Prerequisites:** No age prerequisite required, swimming ability (recommended ability to swim at least 100m continuously and be comfortable in deep water).

The Bronze Medal awards provide foundational lifesaving training for swimmers preparing them to recognize and respond to aquatic emergencies in Canada's multi-faceted water-rich environment.

## *Bronze Star*

Bronze Star develops swimming proficiency, lifesaving skill and personal fitness. Candidates refine their stroke mechanics, acquire self-rescue skills, and apply fitness principles in training workouts. Bronze Star is excellent preparation for success in Bronze Medallion and provides a fun introduction to lifesaving sport. Includes a 400-metre fitness challenge workout (no time; Goal 13 minutes).

### **Bronze Star:**

**Saturdays 15 October to 10 December  
1215-1330**

Military & PSP Plan Members \$75.00

Non-Members \$95

**Prerequisites:** No age prerequisite required, swimming ability (recommended ability to swim at least 100m continuously and be comfortable in deep water).

## *Bronze Medallion*

Challenges the candidate both mentally and physically. Judgment, knowledge, skill, and fitness – the four components of water rescue – form the basis of Bronze Medallion training. Candidates acquire the assessment and problem-solving skills needed to make good decisions in, on, and around the water. Bronze Medallion is a prerequisite for assistant lifeguard training in Bronze Cross.

### **Bronze Medallion:**

**Mondays 3 October to 5 December 1730-2000**

No class 10 October

Military & PSP Plan Members \$144.00

Non-Members \$180

\*Up to Date Canadian Lifesaving Manual Included

**Prerequisites:** 13 years old - OR - passed Bronze Star



### *Bronze Cross:*

Begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. Bronze Cross is a prerequisite for advanced training in the Society's National Lifeguard and leadership certification programs.



### **Bronze Cross:**

**Tuesdays 4 October to 6 December**  
**1800-2030**

Military & PSP Plan Members \$112.00

Non-Members \$140.00

**Prerequisites:** Bronze Medallion (does not need to be current)

### *National Lifeguard Award*

National Lifeguard Award education is designed to develop a sound understanding of lifeguarding principles, good judgement, and a mature and responsible attitude toward the role of the lifeguard.

#### **Prerequisites**

15 years of age; Bronze Cross certification (need not be current), and Aquatic Emergency Care or Standard First Aid, CPR-C from one of the following; Lifesaving Society, Canadian Red Cross, Canadian Ski Patrol, or St. John Ambulance.

### **National Lifeguard:**

**Saturdays 4 September to 6 November**

**No classes 1 & 8 October**

**1000-1600**

Course Fee: \$250.00

Course Manual \$45.00

### *Swim For Life Instructor*

The Lifesaving Society Swim Instructor course prepares the instructor to teach and evaluate the swimming strokes and related skills found in the Lifesaving Society Swim for Life program. Candidates acquire proven teaching methods, planning skills, and a variety of stroke development drills and correction techniques.

### *Lifesaving Instructor*

The Lifesaving Instructor course prepares instructors to teach the Lifesaving Society's:

- Canadian Swim Patrol Program
- Bronze Star, Bronze Medallion, Bronze Cross
- Lifesaving Fitness, Distinction
- Basic and Emergency First Aid, and CPR-A, CPR-B and CPR-C

#### **Prerequisites**

15 years of age by the end of the course; Bronze Cross certification (need not be current).

**Course Dates:** September 16-18 & 23-25

Friday 1700-2200, Saturday & Sunday 0900-1800hrs

**Course Rates** Military & PSP Plan Members: \$300.00

Non-Member: \$350.00

\*Course fee includes cost of all new manuals required. Candidates are required to bring their prerequisite manuals from Bronze Courses (Canadian Lifesaving Manual)

**Register online at**  
**CAFconnection.ca/**  
**moose-jaw**

# Health Promotion Workshops

Register for any of the following Health Promotion workshops or request more information by emailing [15WgHealthPromotion@forces.gc.ca](mailto:15WgHealthPromotion@forces.gc.ca)

---

## *Nutrition 101*

**Wednesdays Oct 26 to Dec 14 1100-1145 - Virtual**

Healthy eating is an important part of a healthy lifestyle. Every Wednesday starting October 26 to December 14, PSP Health Promotion will be offering 45-minute webinars on a variety of nutrition topics.

---

## *Suicide Awareness Training*

**8 Sept 0830-1200 - In-Person - MITE Code**

In recognition of World Suicide Prevention Day (Sep 10) this half-day workshop will prepare CAF members in promoting suicide awareness and to mitigate the incidence of mental health injuries including deliberate self-harm and suicide.

---

## *Respect in the CAF (RitCAF)*

**20 Sept 0830-1600 - In-Person**

This 1-day interactive workshop is intended to empower CAF members to take a stand against sexual misconduct, to support victims, and to create a culture of respect and understanding in the workplace.

---

## *Mental Fitness Suicide Awareness - Supervisor*

**6 Oct 0830-1600 - In-Person - MITE Code**

MFSA has been designed specifically for CAF personnel currently in or aspiring to be in supervisory positions. The goal of this workshop is to help you gain resiliency skills to stay mentally fit and to learn the skills needed to help others who are struggling and/or have a risk of suicide.

---

## *Interpersonal Communication (Inter-Comm)*

**19-20 Oct 0830-1600 & 0830-1200 - In-Person**

1.5-DAY WORKSHOP: Communication is an important part of our daily lives and something we can all work on! This workshop will help you reflect on your own communication style and build new skills to deal with conflict and to improve communication in your personal relationships. This is beneficial for CAF personnel and their family members.

---

## *Stress: Take Charge! (STC)*

**1 Nov 0830-1600 & 3 Nov 0830-1200 - In-Person**

1.5-DAY WORKSHOP: Stress is a common issue that people face! This helpful and engaging workshop will help you develop positive coping skills for effectively managing stress.

---

## *Respect in the CAF (RitCAF)*

**8 Nov 0830-1600 - In-Person**

This 1-day interactive workshop is intended to empower CAF members to take a stand against sexual misconduct, to support victims, and to create a culture of respect and understanding in the workplace.

---

## *Alcohol, Other Drugs, Gambling & Gaming Awareness (AODGGA) - Supervisor*

**22 Nov 0830-1600 & 24 Nov 0830-1200  
In-Person - MITE Code**

1.5-DAY WORKSHOP: This program is designed specifically for the Canadian Forces and for personnel in leadership positions. It is designed to assist leaders to promote an addiction free culture in their workplace and to learn the skills and techniques to help a staff member who may be dealing with an alcohol, gambling, or gaming addiction.

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## *Managing Angry Moments (MAM)*

**6 Dec 0830-1600 & 8 Dec 0830-1200 - In Person**

1.5-DAY WORKSHOP: Anger is something we all feel at various times in our lives. This workshop will help participants to use anger in a constructive and healthy manner. It will also help participants gain a better understanding of their relationship with anger.

---

## *Responsible Party Hosting*

**13 Dec 0830-1030 - In Person**

Whether you are holding an event at 15 Wing or at home, this 2-hour briefing will help you become a more responsible party host when serving alcohol.