



PSP Program

GUIDE

WINTER 2025



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@pspwinnipeg



www.cfmws.ca/winnipeg



FACILITY CALENDAR



<https://bkk.cfmws.com/winnipegpub/calendars/facilities/index.asp>

VOXAIR



www.17wingvoxair.com

Due to the nature of our Military Facility there may be unforeseen interruptions and/or closures therefore programming/facilities may be cancelled.



BUILDING 90 HOURS

	AM	PM
MONDAY	0600	2100
TUESDAY	0600	2100
WEDNESDAY	0600	2100
THURSDAY	0600	2100
FRIDAY	0600	2100
SATURDAY	0900	1800
SUNDAY	0900	1800

BUILDING 90 REDUCED HOURS

DECEMBER 24	0600	1400	JANUARY 1	CLOSED
DECEMBER 25	CLOSED		APRIL 18	CLOSED
DECEMBER 26	CLOSED		APRIL 20	CLOSED
DECEMBER 31	0900	1500	APRIL 21	0900 1500

BUILDING 90 • 680 WIHURI RD.

FOR MORE INFORMATION PLEASE CONTACT ►
 BUILDING 90 FRONT DESK 204-833-2500 EXT 5139

HOW TO REGISTER FOR PROGRAMS

Registration can be completed online.

We offer online registration through **BookKing** that you can do from a computer at any time.

To use BookKing you must have an active "Client Account".

DON'T HAVE ONE? Profiles may be created on-line at bkk.cfmws.com/winnipegpub and follow the directions.



REGISTRATION OPENS

REGULAR PROGRAM REGISTRATION

MILITARY, VETERANS & FAMILIES

WEDNESDAY, NOVEMBER 20

ORDINARY & ASSOCIATE REGISTRATION

WEDNESDAY, NOVEMBER 27

Amex, Mastercard, Visa accepted

PLEASE REVIEW THE
 NATIONAL PRIORITY REGISTRATION POLICY ON
WWW.CFMWS.CA

REGULAR MEMBERS

- ▶ Currently serving CAF members (Regular & Reserve Forces) and their dependants.
- ▶ Members of Foreign Military currently serving with the CAF and their dependants.
- ▶ Veterans (former members of the CAF who have successfully completed Basic Military training and have been honourably discharged) and their dependants.

ORDINARY MEMBERS

- ▶ Current DND/NPF/MFRC employees and their dependants.
- ▶ Former DND/NPF/MFRC employees in receipt of a Pension for DND/NPF service and their dependants.
- ▶ Serving RCMP/Coast guard and their dependants.
- ▶ Commissionaires and other full-time contractors employed at a CF location and their dependants.
- ▶ Retired RCMP and Coast Guard.

ASSOCIATE MEMBERS

- ▶ All others

PSP PLAN FEES **ALL PRICES ARE PLUS TAX** AMEX, DEBIT, MASTERCARD, VISA ACCEPTED

REGULAR MEMBERS	SINGLE	FAMILY
Tier 1 Annual – Current Regular / Reserve Force	FREE	\$90
Tier 2 Annual – Vets	\$83	\$90
ORDINARY MEMBERS	SINGLE	FAMILY
Annual	\$103	\$130
ASSOCIATE MEMBERS	SINGLE	FAMILY
Annual	\$392	\$554
6 Month	\$219	\$294
Monthly	\$42	\$55

PSP PLAN CLUB MEMBERSHIP [More information on page 14](#)

CLUB ACCESS ONLY, INDIVIDUAL CLUB DUES APPLY	SINGLE	FAMILY
Regular Members Tier 1	FREE	\$32
Regular Members Tier 2	\$31	\$46
Ordinary Members	\$31	\$46
Associate Members	\$56	\$83

SPORTS REC LEAGUE MEMBERSHIP

\$25 / person (Includes Tax)

[More information on page 15](#)

DAILY DROP-IN FEES

FAMILY

\$12 / family (Includes Tax)

ADULT – 18+ years

\$7 / person (Includes Tax)

YOUTH – 15-17 years

\$4 / person (Includes Tax)

CHILDREN – 14 years & younger

\$3 / person (Includes Tax)

CANCELLATION, REFUND & TRANSFER POLICIES

CANCELLATIONS

- ▶ All activities are subject to cancellation if there is insufficient registration.
- ▶ Please note, due to the nature of our Military facility there may be unforeseen interruptions and/or cancellation of activities.
- ▶ Should it be necessary to cancel an activity, every attempt will be made to re-schedule. However, if we cancel an activity, you are entitled to a prorated refund or you may transfer to another course with space.
- ▶ Register early to avoid activity cancellations.

REFUNDS

- ▶ Refunds for medical reasons with a Doctor's note or for a Military posting with validation, will not have an admin fee applied.
- ▶ Requests received 14 business days prior to the start of the activity will not have an admin fee applied.
- ▶ Should a refund be requested less than 14 days prior to the program start date, there will be an administration fee of 25%.
- ▶ Should a refund be requested after the start date along with the admin fee (25%), the refund will be prorated.
- ▶ If an activity advertises a required non-refundable deposit, no refund will be issued for the deposit.
- ▶ Contact the Community Recreation Coordinator with all refund requests.
- ▶ In the case of a dispute, refund decision will be made by the Community Recreation Manager.

TRANSFERS

- ▶ To transfer to another activity, please contact the PSP Community Recreation Coordinator.
- ▶ Transfers are subject to space availability and PSP Community Recreation approval.

BUILDING 90 FACILITY RULES

ACCESS RULES

- ▶ PSP Plan members must scan in at the front desk every visit.
- ▶ Military members must show their military ID card and receive a free PSP membership card.
- ▶ If you do not have a PSP plan card or Military ID, a drop-in fee must be paid and photo ID every visit.

GENERAL FACILITY RULES

- ▶ All children 12 yrs and under must be supervised by a parent or legal guardian.
- ▶ All patrons must wear suitable attire. A shirt has to be worn at all times. Suitable **non-marking indoor footwear must be worn**. No sandals or hiking shoes permitted.
- ▶ Food, glass containers or drinks (other than water) **are not permitted**.
- ▶ Smoking/vaping is forbidden in the facility.
- ▶ Skateboards, roller blades and/or heelies must be carried while entering the facility.
- ▶ All gym bags etc. must be stored in lockers. We are not responsible for lost or stolen items.
- ▶ Please bring a lock for daily use lockers.

CARDIO & WEIGHT ROOM RULES

- ▶ **Children 12 yrs and under are not permitted.** Youth aged 13-15 must be accompanied and closely supervised by a parent or legal guardian.
- ▶ Patrons are required to wipe down equipment after use.
- ▶ **All weights must be returned to proper weight racks before and after use.**
- ▶ **Spotters are required if there is any uncertainty with a lift.**
- ▶ Slamming or dropping of weights is prohibited.
- ▶ No equipment shall be altered or leave the facility for any reason.
- ▶ Olympic collars are to be used when lifting Olympic bars.

GYMNASIUM FLOOR RULES

- ▶ All children 12 yrs and under must be accompanied and closely supervised by a parent or legal guardian.
- ▶ Equipment must be put away after use, i.e. soccer ball.
- ▶ Proper eyewear must be worn at all times while playing floor hockey.
- ▶ Proper indoor footwear and clothing must be worn.

SQUASH COURT RULES

- ▶ All children 12 yrs and under must be accompanied and closely supervised by a parent or legal guardian.
- ▶ Courts must be reserved no earlier than two days in advance at the front desk (local 5139).
- ▶ Time is limited as per squash reservation schedule (60 minute booking).
- ▶ Bring your own eye protection, must be worn at all times.
- ▶ Indoor, non-marking sneakers are mandatory.



BIRTHDAY PARTIES

SATURDAYS & SUNDAYS

1300 - 1600 hrs

▶ 3 - 12 YEAR OLDS

DIY birthday parties with full access to our 3 rooms including the mini gym. Activities, games and sports using our child-sized equipment. **Enjoy a movie!** Bring your own or choose one from our selection. You must bring your own food, drinks, cake and accessories.

Military & PSP Plan **\$150 + GST**
 Non-PSP Plan **\$190 + GST**



SPRING FLING

SUNDAY, APRIL 6

- **BOUNCERS**
- **GLITTER TATTOOS**
Rumpus Room
- **GYM GAMES**
1300-1400 hrs • Bldg 33 Mini Gym
- **CAKE WALK – 5 rounds**
1330 hrs • Bldg 33 MPR
- **SOCK HOP**
1400-1500 hrs • Bldg 33 Mini Gym

PSP Community Recreation

HIGH FIVE®



The best way to play™

PSP Community Recreation uses HIGH FIVE® as the national framework for recreation policy, recreation procedures, risk management, program evaluation and staff development.

HIGH FIVE® is a national standard for sport and recreation, founded by Parks and Recreation Ontario.

IT IS DESIGNED TO SUPPORT THE SAFETY, WELL-BEING AND HEALTHY DEVELOPMENT OF PARTICIPANTS IN RECREATION AND SPORTS PROGRAMS.

HIGH FIVE® achieves this by providing sport and recreation professionals with tools, training and resources that promote and support the principles of healthy development. Initially launched in November 2001, this quality assurance framework seeks to ensure all participants experience healthy development from their participation in recreation and sport programs.



COMMITMENT TO QUALITY

- Our programs promote positive experiences by caring leaders
- Our programs foster friendships
- Our programs present opportunities for play
- Our programs teach skill development & mastery
- Our programs encourage participation
- Our programs welcome diversity and uniqueness
- Our programs protect participants in a safe & secure environment

**OUR PROGRAMS MATTER
 TO THE 17 WING WINNIPEG COMMUNITY**

CHECK CFMWS.CA AND FACEBOOK FOR MORE DETAILS AND UPDATES TO SPECIAL EVENTS!

BLDG 90 THEATRE

MOVIE NIGHTS



DOORS OPEN 1830 hrs • SHOW TIME 1900 hrs
 PSP PLAN – FREE • NON PSP PLAN – \$3
 SNACKS AVAILABLE FOR PURCHASE



FRIDAY
JANUARY 17
 TWISTERS



FRIDAY
FEBRUARY 21
 IT ENDS WITH US



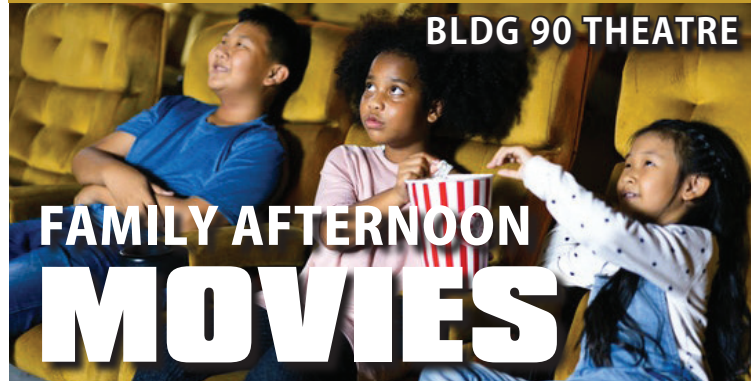
FRIDAY
MARCH 21
 JOKER:
 FOLIE À DEUX



FRIDAY
APRIL 25
 VENOM:
 THE LAST DANCE

BLDG 90 THEATRE

FAMILY AFTERNOON MOVIES



DOORS OPEN 1500 hrs • SHOW TIME 1530 hrs
 PSP PLAN – FREE • NON PSP PLAN – \$3
 SNACKS AVAILABLE FOR PURCHASE



SUNDAY
JANUARY 19
 THE GARFIELD
 MOVIE



SUNDAY
FEBRUARY 23
 INSIDE OUT 2



SUNDAY
MARCH 23
 THE WILD ROBOT



SUNDAY
APRIL 27
 MOANA 2

REGISTRATION REQUIRED • <https://bkk.cfmws.com/winnipegpub>

MARCH BREAK KIDS CAMP

MARCH 31 to APRIL 4

0730 - 1600 hrs • Bldg 33

Drop-off 0730 - 0900 hrs / Pick-up 1600 - 1630 hrs

▶ 6 - 13 YEAR OLDS

Fun-filled days of gym, movie & activities!

Military & Vets with PSP Plan **\$100 + GST**

Military & Vets Non-PSP Plan **\$140 + GST**

PSP Plan **\$160 + GST**

Non-PSP Plan **\$190 + GST**

FAMILY DROP IN PROGRAM

WEDNESDAYS ONCE PER MONTH

**JANUARY 22,
FEBRUARY 19,
MARCH 26, &
APRIL 23**

1800 - 2000 hrs • Bldg 90 Gym

Half gym for kids, half gym adults.

Pre-registration recommended.

Military Member **FREE**

Vets & Military Family **\$3**

PSP Plan **\$4**

Non-PSP Plan **\$6**

KIDS CAMP DAYS

▶ 6 - 12 YEAR OLDS



**JANUARY 31, MARCH 14,
APRIL 11 & MAY 2**

Activities 0730 - 1600 hrs

Before care 0730 - 0900 hrs • After care 1600 - 1630 hrs

SCHOOL'S OUT FOR THE DAY BUT WE'RE NOT!
Send your children for a day full of fun and
games with us.

Military & Vets with PSP Plan **\$20 + GST**

Military & Vets Non-PSP Plan **\$25 + GST**

PSP Plan **\$28 + GST**

Non-PSP Plan **\$30 + GST**

VALENTINE'S DAY CARD MAKING WORKSHOP



TUESDAY, FEBRUARY 10

1830 - 2030 hrs • Bldg 33 – MPR

▶ ADULTS

An adult must accompany ages 10 - 17 years

The kit includes everything needed to make twelve custom cards for special occasions. In this class, you will assemble these cards using the precut card bases and embellishments provided. The card-making process is super easy and satisfying.

Military & PSP Plan **\$40 + GST** • Non-PSP Plan **\$50 + GST**

SCRAPBOOKING WORKSHOP

WEDNESDAY, APRIL 16

1800 - 2030 hrs • Bldg 33 – MPR

▶ ADULTS

An adult must accompany ages 14 - 17 years

HOLIDAY THEMED – Scrapbooking celebrates life's precious moments and important events by preserving memories in creative, personal ways. Through photos, words and other memorabilia, scrapbookers tell visual stories that organize the past and give it meaning for the future. At its core, scrapbooking is an artful, intimate form of storytelling that keeps the past alive for generations to come.

Military & PSP Plan • **\$40 + GST** • Non-PSP Plan **\$50 + GST**

Cost per participant covers all material, equipment and instructions. Photo album not included.



STRATEGY GAMING PROGRAM

THURSDAYS

JANUARY 9 to APRIL 24

1830 - 2145 hrs • Bldg 33 – MPR

▶ ADULTS

Ages 14 - 17 years must be accompanied by an adult

Bring your own games or play some from our small collection.

Register at: <https://bkk.cfmws.com/winnipegpub/>

Military • Vets • PSP Plan & Non-PSP Plan
FREE • \$8 + GST • \$20 + GST



BIKES & FAT BIKES



TREKKING POLES



SNOWSHOES



CHILDREN'S CROSS COUNTRY SKIS

SPORTS STORES EQUIPMENT SIGN OUT

AVAILABLE FOR MILITARY MEMBERS

FREE WINTER EQUIPMENT
Cross Country Skis & Snowshoes

Available for pick-up from Bldg 90 Sports Stores by appointment only.

Availability time is Monday-Friday • 0830-1530 hrs
 To book an appointment or for more information email Harvey.Colin@cfmws.com

Available to sign out for **FREE** to Military Members and PSP Plan.

AVAILABLE ON A FIRST COME FIRST SERVED BASIS AND ARE OFFERED ON A DAILY AND WEEKLY BASIS.

To inquire about signing out equipment call:
Bldg 90 Front Desk • ext. 5139

**Winter
FEST**

SUNDAY
MARCH 2

MORE INFO TO COME

ACTIVITIES FOR ALL AGES!

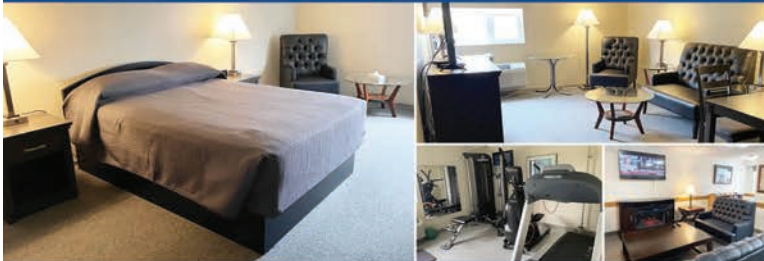
**VOLUNTEER
APPRECIATION**

FRIDAY, FEBRUARY 7

MORE INFO TO COME!



STANDARD ROOMS • FAMILY SUITES • ACCESSIBLE GUEST ROOMS



RESERVATIONS & RECEPTION
204-833-2500 ext. 5226 • email: waccn@forces.gc.ca

The
Dakota Inn

awaits your arrival at
17 WING WINNIPEG

We offer competitive rates

**for Military Members and immediate family, Veterans,
Retired Members, Reservists, RCMP, US / Foreign Military
Members and CFMWS / Public Service Employees.**

Guest amenities

Comfortable lobby with fireplace and work station. On-site fitness facilities. Complimentary coffee, wifi, luggage storage and parking; long-term parking available upon request.

THE WOBBLY PROP ALL RANKS' PUB is a short walking distance from the hotel!

*Superior service and
gracious hospitality!*

**17 WING
ACCOMMODATIONS**

DROP IN SQUASH LEAGUE



WEDNESDAYS • 1800 - 1945 hrs

All three squash courts will be reserved for league play.

All skill levels are welcome. Come out to meet new players and have fun!

PSP Plan **FREE** • Non-PSP Plan **\$7**

NO REGISTRATION REQUIRED

DROP IN PICKLEBALL



TUESDAYS • 1815 - 1945 hrs
THURSDAYS • 1815 - 1945 hrs
SUNDAYS • 0915 - 1045 hrs

Bring your own Pickleballs & paddles!

PSP Plan **FREE** • Non-PSP Plan **\$7**

DROP IN BASKETBALL



FRIDAYS • 1600 - 2045 hrs

PSP Plan **FREE** • Non-PSP Plan **\$7**

DROP IN FORCE CLINICS



Looking to train up for your FORCE test?

MONDAYS • 1100 - 1200 hrs
THURSDAYS • 1100 - 1200 hrs

Bldg 21

***Military Members Only**



FOLLOW US
@pspwinnipeg



CLASSES RUN JANUARY 13 TO APRIL 27



**TOTAL BODY
CONDITIONING**

MONDAYS

(No class February 17 & April 21)

1800 - 1900 hrs • Bldg 33 – Mini Gym

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 13 classes

PSP Plan \$78 + GST • Non-PSP Plan \$117 + GST



**MUSCLE
BOOTCAMP**

SATURDAYS (No class April 19)

0930 - 1030 hrs • Bldg 90 – West Gym

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 14 classes

PSP Plan \$84 + GST • Non-PSP Plan \$126 + GST



**ABS, GLUTES
& THIGHS**

WEDNESDAYS

1800 - 1900 hrs • Bldg 33 – Mini Gym

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 15 classes

PSP Plan \$90 + GST • Non-PSP Plan \$135 + GST



YOGA

SATURDAYS (No class April 19)

1100 - 1200 hrs • Bldg 33 – MPR

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 14 classes

PSP Plan \$84 + GST • Non-PSP Plan \$126 + GST

SUNDAYS (No class April 20)

1100 - 1200 hrs • Bldg 33 – MPR

DROP-IN FEE – per class

PSP Plan \$12 + GST • Non-PSP Plan \$18 + GST

SESSION FEE – 14 classes

PSP Plan \$84 + GST • Non-PSP Plan \$126 + GST

Classes require a minimum number of registrants to run. If the minimum is not achieved those registered will be notified and refunded accordingly.

ALL CLASSES ARE REGISTERED PROGRAMS

<https://bkk.cfmws.com/winnipegpub>



THE
WOBBLY PROP

ALL RANKS' PUB

ALL WING PERSONNEL ARE WELCOME!

The Wobbly Prop offers comfortable lounge seating off to the side from the main floor of the pub, a large drop down screen for viewing sporting events and a spacious seasonal patio available for members' use. **FREE WIFI AVAILABLE.**

Located downstairs in Building 61.

HOURS

MONDAY - WEDNESDAY
1500 - 2000 hrs

THURSDAY
1500 - 2100 hrs

FRIDAY
1200 - 2100 hrs

**CLOSED WEEKENDS
AND STATUTORY HOLIDAYS**

For group reservations call the Asst. Mess Manager **204-833-2500** ext. **5291**

New to 17 Wing?

All that you need to keep informed
and stay in touch with everything on base.

VOXAIR

Lightning Fast Updates for
the 17 Wing community

Never miss a message!

Get access, anytime; anywhere!



www.17WingVoxair.com



Fitness Coordinator – LEEONA BOND
leeona.bond@forces.gc.ca • 204-833-2500 ext. 2056

» NOON FITNESS

DAY	CLASS TYPE	LOCATION
MONDAY	BOOT CAMP	BLDG 90 • GYM FLOOR
WEDNESDAY	BOOT CAMP	BLDG 90 • GYM FLOOR
THURSDAY	SPIN	BLDG 90 • SPIN ROOM

All classes will be drop-in participation, up to capacity, on a first-come first-served basis.

» PERSONAL FITNESS PROGRAMS

Personal fitness programs are available for active military members. PSP Fitness Instructors will design a customized workout program.

For more information, contact: **Leeona Bond** • leeona.bond@forces.gc.ca or bond.leeona@cfmws.com • ext. 2056

CONTACTS

- Fitness Instructors' Office** ext. 2455 • ext. 4833
 - Personal Fitness Programs** . . . Leeona Bond • ext. 2056 • leeona.bond@forces.gc.ca **or** bond.leeona@cfmws.com
 - FORCE Rewards program** Kevin Roy • ext. 4833
 - Aerobic Award of Excellence** . . Leeona Bond • ext. 2056 • leeona.bond@forces.gc.ca **or** bond.leeona@cfmws.com
 - Unit PT Classes** Stefan Dowhayko • ext. 4833
 - FORCE testing** contact your unit FORCE Coordinator to book
 - Reconditioning Manager** Don Mills • ext. 4626 **Requires referral from Medical professional or Physiotherapy**
 - FORCE Evaluator Course** Leeona Bond • ext. 2056 **For upcoming course dates & nominations**
- FORCE CLINICS** • Bldg 21
 Participation is open to all active regular and reserve force members

» RECREATION CLUBS

Recreation Clubs are self-governing, authorized recreation activities operating under the terms and conditions of a constitution. Military / Veterans / DND / PSP Plan / Civilians may join clubs. Clubs are free for serving Military, all others are required to purchase a PSP Plan Club membership.



ARCHERY
 MAJ (RET) RON COONEY
17wgarchery@gmail.com



TOASTMASTERS
 WO JASON ST PIERRE
contact-9330@toastmastersclubs.org



WOOD HOBBY
 RECREATION COORDINATOR
ashley.clement@forces.gc.ca

Sports Coordinator – DAWN REDAHL

dawn.redahl@forces.gc.ca • 204-833-2500 ext. 5511

» SPORT RECREATION LEAGUES

Open to Currently serving CAF members (Regular & Reserve Forces) & DND employees*

*DND EMPLOYEES MUST PAY AN ANNUAL SPORT RECREATION LEAGUE MEMBERSHIP FEE OF \$25. PAYABLE AT BLDG 90 FRONT DESK.

- ▶ CURLING
- ▶ HOCKEY
- ▶ VOLLEYBALL
- ▶ GOLF
- ▶ SLO-PITCH

» BASE SPORTS

Open to currently serving CAF members (Regular & Reserve Forces)

- ▶ BASKETBALL
- ▶ CURLING
- ▶ GOLF
- ▶ GRAPPLING
- ▶ HOCKEY
- ▶ POWERLIFTING
- ▶ SOCCER
- ▶ SLO-PITCH
- ▶ VOLLEYBALL

» EVENTS

Open to currently serving CAF members (Regular & Reserve Forces) & DND employees

- ▶ CURLING FUNSPIEL
- ▶ VOLLEYBALL FUN DAY
- ▶ SLO-PITCH TOURNAMENT
- ▶ GOLF TOURNAMENT

» NATIONAL SPORTS

Open to currently serving CAF members (Regular & Reserve Forces)

- ▶ RUNNING
- ▶ SWIMMING
- ▶ TRIATHLON



Open to PSP Plan and the CAF Community.

On sale December 3 at 1100 hrs for January to April tickets.

FOR PURCHASE AT BLDG 90 FRONT DESK. FIRST COME FIRST SERVE.

\$180+ GST for 2 tickets • Section 215

MUST BUY 2 TICKETS FOR THE SAME GAME. ONLY 2 TICKETS AVAILABLE PER GAME.

All tickets are final sale.



Open to PSP Plan and the CAF Community.

FOR PURCHASE AT BLDG 90 FRONT DESK. FIRST COME FIRST SERVE.

Only \$25+ GST per ticket
Can be used for any regular season game.

All tickets are final sale.

1 voucher per seat.

Game must be selected at the time of purchase.





Health Promotion

healthpromo@forces.gc.ca • 204-833-2500 ext. 4150

All Health Promotion courses are **FREE** and available to **all** CAF members, civilian employees of the Defense Team and their adult family members. Updated information is available at www.thevoxair.ca or www.cfmws.ca/winnipeg.

PLEASE REGISTER THROUGH BOOKING.

» RESPECT IN THE CAF

JANUARY 16, FEBRUARY 18, or MARCH 12 • 0800 - 1600 hrs • 1 day

This workshop is designed to foster sustained change in attitudes and behaviours to build a respectful climate and culture within the CAF. The interactive curriculum 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.

» MENTAL FITNESS & SUICIDE AWARENESS TRAINING

JANUARY 28

Designed specifically for the CAF, MFSA aims to help members understand and maintain mental fitness, including awareness of suicide and suicide intervention for non-professionals. MFSA promotes awareness and skill building to maximize mental fitness for individual and operational effectiveness.

» PSA BRIEF

JANUARY 30 • 0900 - 1100 hrs

This 2-hour brief brings awareness and fosters the creation of safe and inclusive work environments for everyone, including members of the 2SLGBTQI+ community. It is a joint effort between CPCC and HRCiv.

» STRESSED? TAKE CHARGE!

FEBRUARY 4 & 5 • Day 1 – 0800 - 1600 hrs & Day 2 – 0800 - 1200 hrs

This 1.5-day workshop provides a self-directed approach to stress management through self-awareness and skill building. We will look at stress management lifestyle tools including time management, work/life balance, building resilience and using the ACT approach to create change.

» MANAGING ANGRY MOMENTS

FEBRUARY 13 & 20 • Day 1 – 0800 - 1600 hrs & Day 2 – 0800 - 1200 hrs

This 1.5-day program is designed to help increase personal performance by identifying successful coping strategies that participants already use in anger-generating situations and by providing opportunities to learn and practice new skills. Discussions focus on understanding anger; identifying personal triggers; managing conflict with others; identifying and practicing strategies that work for you; and learning how to manage your responses for the long term.

CONT....



» TOP FUEL FOR TOP PERFORMANCE

MARCH 4 • 0800 - 1600 hrs

This one-day course will help CAF personnel to choose the amount and type of fluid and food they need to balance energy requirements in varied situations through their lives and to optimize health and physical performance.

» INJURY REDUCTION STRATEGIES

MARCH 14 • 0800 - 1200 hrs

During this 1/2 day workshop, members will explore ways to reduce injuries including proper lifting techniques, benefits of stretching and fine-tuning training practices.

» POSITIVE SPACE AMBASSADOR TRAINING

MARCH 18 & 19 • 0800 - 1600 hrs

This 2-day course trains individuals to be Ambassadors within their units. Ambassadors offer resources and provide peer support regarding 2SLGBTQI+ issues.

» NUTRITIONAL ESSENTIALS COURSE

5 THURSDAYS STARTING APRIL 2 • 0800 - 1030HRS

Developed by Dieticians, this course 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.



January 13, February 18 & March 17

1300 - 1400 hrs

Barker College – Birchall Theatre

Join us for a short video and discussion. Each month we will explore different aspects of Diversity, Equity and Inclusion.



We offer online registration through **BookKing** that you can do from a computer at any time!

<https://bkk.cfmws.com/winnipegpub>

CFB WINNIPEG WELLNESS CHALLENGE

WE ARE 3 MONTHS INTO OUR
WELLNESS CHALLENGE.

Are you tracking?

If not, it is not too late.

Find all the information you need
to join the challenge on SharePoint.

The Challenge allows members to track their wellness activities in several areas: active minutes, instructor-led fitness training, PSP programs, volunteering and a bonus challenge for each month. We have updated the bonus challenges to include the 24 Hr Movement guidelines and the four pillars from the Balance Strategy. **Sign up with your unit to start tracking.**

BONUS CHALLENGES

JANUARY Spend 30 minutes outdoors per day

FEBRUARY Practice mindfulness/gratitude

MARCH Make 50% of your plate fruit or vegetables for at least one meal per day

APRIL Sleep a minimum of 7 hours per 24 hour period

MAY Eat a meal away from desk and screens



CFB WINNIPEG LET'S TALK

JANUARY 22 • 1100 hrs

Join us at the Learning Centre for
our Helping Professionals Showcase

Come visit the booths to learn more about the
resources that are here for you.

Enjoy a light lunch
followed by a viewing of
the movie **INSIDE OUT 2**
at 1300 hrs.



Stay after the movie for an open discussion about
mental health and dealing with emotions.



FOLLOW US
@pspwinnipeg



STEP INTO OUR SHOP AND DISCOVER A FUSION WHERE LIFE BECOMES ART AND ART BREATHES LIFE

AT BOTH OF OUR LOCATIONS, WE STRIVE TO GO BEYOND THE ORDINARY. OUR GOAL IS TO CRAFT NOT JUST TATTOOS AND PIERCINGS BUT EXPERIENCES THAT ARE AS UNIQUE AS YOURS. STEP INTO AN ENVIRONMENT DESIGNED TO MAKE YOU FEEL AT HOME AS WE WORK TOGETHER TO BRING YOUR CREATIVE VISION TO LIFE.

**Odin's eye
TATTOO & PIERCING**

We would like to extend our gratitude for your service.
To give thanks, Discounts will be provided when presenting your CAF membership or CFI Card

Welcome to a safe, clean and comfortable environment - where art and life converge to create meaningful memories or express your individuality.

Whether you're planning a big project or feeling spontaneous, we have you covered. We offer both walk-in and booked services at your convenience.

Choosing the right artist for your next tattoo is easy at Odin's Eye, where we house 24 artists specializing in all styles of tattoos.



We take pride in being your destination for the most extensive and diverse collection of titanium and surgical steel body jewelry.

Step into a realm where self-expression meets exceptional craftsmanship, and explore a range that includes everything from plugs, tapers, navels to microdermals.

**Offering 2 for 1 Piercings every Tuesday
By appointment only**



**Odin's eye
TATTOO & PIERCING**

2645 PORTAGE AVE
WPG, MB
204-560-6666

2005 PORTAGE AVE
WPG, MB
204-505-7666

odinseyetattoo@gmail.com



**Come join us at the 2nd Annual
Manitoba Tattoo Expo**

February 21-23
Assiniboia Downs
www.manibatattooexpo.com





THE PRENATAL AND POSTPARTUM PROGRAM



PNP3 is a NEW adapted fitness and wellness program for CAF members during pregnancy, maternal/parental leave, and up to 18 months postpartum.



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SPRING/SUMMER 2025



SPRING

SUMMER

**REGULAR PROGRAM REGISTRATION
(MILITARY, VETERANS & FAMILIES)
WEDNESDAY, FEBRUARY 26**

**ORDINARY & ASSOCIATE REGISTRATION
WEDNESDAY, MARCH 5**

**REGULAR PROGRAM REGISTRATION
(MILITARY, VETERANS & FAMILIES)
WEDNESDAY, APRIL 9**

**ORDINARY & ASSOCIATE REGISTRATION
WEDNESDAY, APRIL 16**

ONLINE REGISTRATION THROUGH BOOKING <https://bkk.cfmws.com/winnipegpub>