



## Canadian Forces Personnel Newsletter

# Basic Relationship Training

From CFPN

Canadian Forces (CF) Health and Lifestyle Information Survey results tell us 73% of CF personnel are in committed relationships. Canadian Forces Health Services wants your relationship to remain strong in the face of the many challenges military life throws at you and your spouse/partner.

Basic Relationship Training (BRT) offers support, information and tools to help you maintain the good health of your committed relationship. The Forces' operational environment requires mentally focussed, operationally ready personnel. Strong, supportive relationships are paramount to your ability to remain mission-focussed. By providing you and your spouse/partner with the skills to sustain and improve your relationship, and

to keep it adaptable to change, BRT will assist you in strengthening it for the future.

"The topics relate a great deal to the problems military couples strive to deal with," says Ms Erika Lefebvre, a Social Wellness Educator with Director General Health Services. "BRT provides a good set of tools to help overcome these situations."

BRT is not counselling. Rather, it comprises three program components: relationship building, health promotion, and spiritual encouragement. Relationships strong in these areas are better able to withstand the stresses and uncertainties of military life. The training aims to prevent issues from becoming problems by



teaching you and your spouse/partner relationship skills such as recognizing when you have a problem, understanding each other's expectations, communicating without fighting, and – most importantly – maintaining the friendship between you that originally led to the relationship.

You and your spouse/partner will be able to access BRT several ways – it can be provided over weekends, on weeknight evenings, or over a specific period of time. The print material you'll need for the training, however it's delivered, will be available through your local health promotion office.

A BRT pilot program in 2005 in Edmonton filled within 24 hours of its launch – a solid indication that BRT will be meeting a need within the CF family. Trainings will be co-ordinated by your local base or wing health promotion office in conjunction with members of your local CF mental health team and CF chaplains.

For more information on BRT, and when it will be offered in your area:

- Consult CF General Message (CANFORGEN 159/05 at [http://vcds.dwan.dnd.ca/vcde-exec/pubs/canforgen/2005/159-05\\_e.asp](http://vcds.dwan.dnd.ca/vcde-exec/pubs/canforgen/2005/159-05_e.asp).
- Visit Strengthening the Forces at [www.forces.gc.ca/health/services/engraph/health\\_promotion\\_home\\_e.asp](http://www.forces.gc.ca/health/services/engraph/health_promotion_home_e.asp).
- Contact your local base/wing Strengthening the Forces (Health Promotion) office – visit [www.forces.gc.ca/health/services/health\\_promotion/engraph/HPD\\_contact\\_list\\_e.asp](http://www.forces.gc.ca/health/services/health_promotion/engraph/HPD_contact_list_e.asp) to find out where. ♦

## CFPSA news

By Ms Brenna Morell, Media Relations Coordinator, Canadian Forces Personnel Support Agency (CFPSA)

### He shoots! We score!

Don Cherry has elevated the CANEX "Support our Troops" merchandise campaign to a whole new level.

During Game Five of the Stanley Cup finals, the hockey legend displayed a U.S. "We Support our Troops" ball cap, sparking discussion among CANEX HQ staff in Ottawa. Next day, CFPSA staff members delivered comparable Canadian merchandise to the "Coach's Corner" set, and were cautioned there was no guarantee he would be able to display the products during the Game Six broadcast.



"The hat appeared on Mr. Cherry's desk ... during the first intermission," said CFPSA Category Manager Lisa Nudelman.

He not only plugged the merchandise on Coach's Corner, but he wore a Support our Troops ball cap and ordered 10 for himself. And the Canadian Broadcasting Corporation flashed [www.cfpsa.com/canex](http://www.cfpsa.com/canex) on-screen, giving viewers a roadmap for placing orders.

"And then he did it all over again during Game Seven," Ms Nudelman said. "None of us were expecting that, nor were we expecting the overwhelming response from Canadians."

In the week that followed the broadcasts, CANEX received more than 6000 online orders from viewers wanting to show their support to the CF community. By the end of the second week, Canadians had purchased more than 30 000 Support our Troops items – ball caps, t-shirts, car and fridge magnets, bracelets, lapel pins, and window decals.

Orders continue to come in. CANEX has increased its production to meet this elevated demand, and has allocated the resources necessary to fill orders promptly.

And because the play-offs were broadcast live to deployed CF personnel via CFPSA's CF Radio & Television, "...we hope Don Cherry's actions let the soldiers know just how much Canadians



MCPL ROBERT BOTTRILL, COMBAT CAMERA  
In any language, "Iced Cap and a maple dip, please", gets CF and coalition personnel a taste of Canada from Tim Hortons at Kandahar Air Field.

and the CFPSA are behind them," said Mark Larose, CFPSA Deployment Support Manager.

The Support our Troops campaign offers Canadians a venue by which they can demonstrate their support—emotional and financial—to the benefit of the CF community. Proceeds from the sales of the Support our Troops items go directly toward morale and welfare programs for CF personnel and their families.

- To order Support our Troops merchandise, visit [www.cfpsa.com/er/](http://www.cfpsa.com/er/).

### Tim Hortons open for business in Afghanistan

CF personnel serving in Afghanistan celebrated Canada Day with a cup of home-brew—coffee, that is—at the newly opened Tim Hortons outlet at Kandahar Air Field.

"This is about serving you as you continue to do the outstanding job Canada asks of you," CFPSA Chief Executive Officer Major-General Doug Langton told CF personnel during the

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