



GARRISON PETAWAWA INFORMATION GUIDE

2024 / 2025

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DEREK THRASHER
Product Specialist
dthasher@hyundaipembroke.ca

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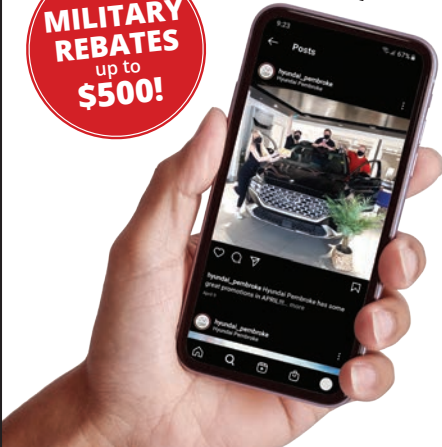
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CONTACTS

Dial 613-687-5511 then the extension.

Headquarters

Senior Manager PSP	5225
Deputy Manager PSP	6717
Resource and Marketing Coordinator	4008
Resource and Marketing Coordinator	5255
PSP Administrative Assistant	5225

Military Sports & Fitness

Manager Fitness & Sports	4634
Sports Coordinator	7176
Military Fitness Coordinator	7129
Reconditioning Manager	6482
Facilities Coordinator	7002
Facilities Supervisor	3321
Sports Stores	7002
Silver Dart Arena Superintendent	6999
Jubilee Lodge Manager	5180
Black Bear Campground Manager	613-687-7268

Community Recreation

Manager Community Recreation	2820
Recreation Coordinator	2819
Aquatics Coordinator	5305
Facility Supervisor	2821
Recreation Complex Administrative Assistant	2821
South Side Administrative Assistant	613-687-2833
Pool Office	7946

Health Promotion

Manager Health Promotion	4665
Health Promotion Specialist	4675/4633/4566
Health Promotion Administrative Assistant	4685

Facilities

Dundonald Hall (front desk)	7114
Army Fitness Centre	7974
Recreation Complex	613-687-2932
South Side Community Centre	613-687-2104
Silver Dart Arena	6998/6999
Normandy Officers' Mess	5556
Reichwald WO's & Sgts' Mess	4627
Kyrenia Jr Ranks' Mess	5769

Petawawa Post

Managing Editor	6265
Accounts/Billing	5386

Other

SISIP Financial	613-687-0025
Petawawa Golf Club	613-687-8294
Garrison Chapels	5434
Duty Chaplain (On call 24/7)	5611
CANEX SuperMart	613-687-5595
PMFRC, The Family Centre	613-687-7587
PMFRC South	613-687-2104
PMFRC North	613-687-1641

**The Petawawa Post makes every effort to ensure the accuracy of our content but if we missed something, please let us know for future editions: graphics.post@bellnet.ca

Welcome to Garrison Petawawa from

4 CDSG Command Team



It is our great pleasure to welcome you to Garrison Petawawa! Whether you are new to the area, or have called this region home in the past, the Formation Sergeant Major and I are confident that your time posted here will be memorable. Garrison Petawawa has long been known as one of Canada's oldest and respected military training establishments and is now one of the busiest operational Army Garrisons in Canada with a focus of generating and sustaining forces to meet our country's domestic and international defence objectives.

Garrison Petawawa is home to more than 7,000 military and Defence Team members. With their families, the Department of National Defence makes up over 14,000 people in the local area. The wellbeing of our soldiers and their families is our number one priority, and we can assure you that community plays a huge part in that shared responsibility. We can see this by the level of openness, mutual awareness, and joint programs which coexist within the Garrison and in our neighbouring Indigenous communities, cities, towns, and villages.

If you are new to the area, you may not be aware of the range of indoor and outdoor recreational activities that are available, presenting the ideal balance for soldiers, families and the greater

community. In conjunction with our close neighbours and partners in the Town of Petawawa this community has multiple clean beaches with open water access for swimming, canoeing, and fishing, along with indoor swimming facilities, two ice hockey rinks, a movie theatre, state of the art fitness facilities, sports fields, and a marina. The area also boasts world class whitewater rapids, picturesque hiking, walking, ATV and snowmobile trails. In addition, this community continues to prosper and grow with millions of dollars in planned infrastructure and investment. These investments will help our team members find affordable housing, enhanced recreational opportunities, family support programs and modernized work environments.

Welcome To Petawawa. We can't wait to meet you. Remember to enjoy it all, it really is, as the Town puts it "Dynamic By Nature"

Jason Guiney,
Colonel, Commander,
4th Canadian Division Support Group

Jimmy Coté,
Chief Warrant Officer, Formation Sergeant Major,
4th Canadian Division Support Group



"The wellbeing of our soldiers and their families is our number one priority, and we can assure you that community plays a huge part in that shared responsibility."

The Senior Manager PSP



Garrison Petawawa Personnel Support Programs (PSP) offers a large range of fun activities and programs for families and children of all ages. As the Senior Manager PSP, I am directly responsible for providing the Morale and Welfare programs and services to all current CAF members (Reg & PRes), veterans and their families here at Garrison Petawawa. On behalf of the staff of PSP, I welcome all new CAF members and families to Petawawa. Please take advantage of the wonderful facilities and I hope your stay is a memorable one.

The key to family fun is the PSP Plan membership, which provides you with access to our programs, services and facilities. Military members may access a variety of our facilities by using their Military ID Card. We have a terrific team of dedicated

employees who work tirelessly to provide the services you enjoy. I trust that you will find these programs have much to offer your family - at a very reasonable price.

This Garrison Petawawa Information Guide is your road map to having fun in your community. It outlines the many programs and services which we offer to support every member of your family regardless of age. Our programs are designed to suit everyone's interests and provide many fun activities to get the whole family out who simply enjoys doing stuff together. A good forum to get information about PSP is our website www.cfmws.ca. We are also on Instagram, Facebook, X, and Youtube.

Nathan Lane, Senior Manager PSP



"We have a terrific team of dedicated employees who work tirelessly to provide the services you enjoy."

Fitness and Wellness



Specialty Workshops and Classes

Specialized fitness classes including our Teen Weight Room Safety Training run during the year to provide participants more confidence to access our facility and programs.

The PSP Plan gives you reduced program costs and priority for all of our specialty programs. Our specialty fitness and wellness courses are four to eight weeks in length, and allow participants to experience new and innovative workout and wellness tools to add to their existing workout routine.

These programs are progressive and specialized, have a registration fee, and are offered in addition to the drop-in class schedule.

Small Group Fitness Training

Dedicate yourself to being healthy and fit! This is a six week, two days/week, small group fitness program that caters to all fitness levels.

Your six-week workout journey starts with an individualized fitness evaluation followed by a second evaluation at the end of the course. This will allow you to better see your fitness progress. Each session will take you through a full body circuit training program that will consist of endurance and resistance training. The benefit to training in a small group allows your instructor to create a personalized and dynamic exercise program tailored to your individualized needs and goals.

Enjoy the benefits of a personalized fitness plan with the enjoyment of working out with friends.

Our Small Group Fitness Training runs throughout the year.

For more information on our Recreational Fitness Programming, contact the Rec Plex at 613-687-2932.

Recreation and physical activity are great ways to strengthen social ties and increase community participation, both of which promote positive mental health. Visit www.cfmws.ca to find a list of all our programs. To register visit us at the Recreation Complex, South Side Community Centre, or online.



Community Recreation Department

The Community Recreation Department is committed to providing comprehensive and engaging recreational programs aimed at meeting the needs of military members, their families, and members of the community.

We offer programming options for all ages, Youth 1st Centre for ages eight to 12 years, introduction courses for youth and adults on how to create a fitness program, use the fitness facilities to their fullest potential, and much more.

Community Recreation also offers specialty content such as, Full of STEAM, Kidz 1st Dance Parties and youth birthday parties such as Nerf Zone, Glow Up and Sports Legends! You can find all PSP Virtual Recreation from the comfort of your home by visiting our website.

Our recreational fitness classes are offered at a variety of timings during the week, and some are suitable for ages 10+. Our Yoga and AquaFit classes are recognized as Heart Wise Programs by the Ottawa Heart Institute.

For more information, and the most up to date schedule, visit www.cfmws.ca.

Included with PSP Plan Membership

Our Recreational drop-in fitness class schedule provides a balanced fitness program for all levels of participants. Classes run six days a week at various times and locations including the Recreation Complex, Army Fitness Centre and Dundonald Hall. These classes are free with your PSP Plan Membership and run all year with updated schedules coming out each month.

An up-to-date schedule can be found at www.cfmws.ca under "Recreation Fitness". Children ages 10+ are welcome with a parent to attend our Yoga, Pilates, and Aquafit classes. Children ages 16+ have full access to any of our Recreational Fitness classes including Spin, Step, Barre and Muscle Pump.

LOCAL LIBRARIES

- **Bonnechere Union Public Library**
74-A Maple St. Eganville
613-628-2400
www.bonnechereupl.com
- **Deep River Public Library**
55 Ridge Rd. Deep River
613-584-4244
www.deepriverlibrary.ca

- **Petawawa Public Library**
16 Civic Centre Rd. Petawawa
613-687-2227
www.petawawapubliclibrary.ca
- **Pembroke Public Library**
237 Victoria St. Pembroke
613-732-8844
www.pembrokepubliclibrary.ca

- **Chalk River/Laurentian Hills Public Library**
15 Main St. Chalk River
613-589-2966
www.library.laurentianhills.ca

Visit www.cfmws.ca for more information.



Gymnastics Club



Junior Gymnasts

(ages five - six)

This 30-minute class is a fun and engaging way to learn gymnastic fundamentals. With a focus on coordination, balance, flexibility, strength, spatial awareness, and participation this program provides participants with the opportunity to learn the basics of the sport of artistic gymnastics through the use of all major apparatuses.

CANGYM Badge Program

(ages seven+)

This recreational set of classes allows participants to explore the sport of gymnastics at their own pace. Children can progress their gymnastics skills and ability throughout this one-hour program from week to week. This program supports the development of strength, endurance, confidence, fun and of course artistic gymnastics.

Teeny Trampoline

(ages three - four)

If your child likes to jump and bounce then this 30-minute program is for them. Involving games, songs, skill development on our trampoline, tumble trak, and mini trampoline, your child will bounce, bounce, bounce their time away.

Junior Gymnast

(ages five - six)

This fun 30-minute program will have your child jump, jump, jumping the whole time. Each class involves games, songs, and skill development on our trampoline, tumble trak, and mini trampoline.

Bounce Big

(ages seven+)

If your child likes to jump and bounce then this 60-minute program is for them. Bounce Big involves skill development, endurance, strength, and aerial coordination on our trampoline, tumble trak, and mini trampoline.

Sky Flyers

(ages seven+)

If your child loves the trampoline and would like to further develop their skills, this 60-minute program is for them. The program involves skill development, endurance, strength, flexibility, flight time, and aerial coordination on our trampoline, tumble trak, and mini trampoline. *(Coach recommendation required for registration)*

Adult Gymnastics

(Ages 16+yrs all levels of experience welcome)

If you are looking for a new type of workout or simply something new, give our Adult Gymnastics Program a try. This is a work at your own pace program which allows you to develop skills and abilities of your choosing. A qualified coach will be on site to assist you with any skill development advice and guidance you may require.



RECREATIONAL PROGRAMS

Service Ontario

Service Ontario can help you get your driver's licence, licence plates, health card, Ontario Photo Card, birth certificate and more.

From the time your address changes, you must, by law update your driver's licence and vehicle permit within six days and your health card within 30 days.

Service Ontario Locations

Petawawa
14 Ypres Blvd., Petawawa
(inside the CANEX)
Monday to Friday
8:30am - 4pm

Pembroke
400 Pembroke St. E.
Monday to Friday
8:30am - 5pm

Deep River
23 Champlain St.
Monday to Friday
8:30am - 5pm

Kiddie Crawlers

(ages six mo - 12 mo)

A 30-minute program to introduce you and your toddler to all the fun that gymnastics has to offer. A coach will guide you through some general movement-based activities through the use of songs and games while allowing you both to become fully immersed in this explorative experience.

Parent & Tot

(ages one - two years)

A 30-minute parented program once a week to introduce you and your child to the sport of gymnastics. A coach will guide you and your child through some basic fundamental movement patterns using games, songs, and equipment circuits. Then you and your child can explore the space and have fun!

Mini Masters

(ages two - three years)

A fun-filled 30-minute program is an amazing opportunity to explore the big gym unparented. Children will be introduced to the fundamentals of gymnastics, develop listening skills and build independence. This is a structured program that will include basic development on all our major apparatuses. *(Parent/Guardian must remain in the building).*

Teeny Tumblers

(ages three - four)

A beginner, 30-minute program involving, games, songs, circuits and skill development. This program encourages the development of flexibility, coordination, strength, and balance through the use of gymnastics equipment and fun. This is an unparented program. *(Parent/Guardian must remain in the building).*

Gymnastics Club



Are you looking for more gymnastics gym time? Do you want to simply maintain the gymnastics skills you have already gained but can't commit to a weekly class? Or do you simply enjoy being in a gymnastics setting to work out and stay active? If you have answered yes to any one of these questions then our Open Gym drop in program is for you. This two hours program allows gymnasts and enthusiasts to practice gymnastic skills and abilities on their own time. A coach will be on site to answer questions and provide assistance or recommendations.

COMPETITIVE PROGRAMS

Petite Elite Program

(ages three - nine)

This advanced program is designed for participants who are interested in entering the pre-competitive and competitive streams of gymnastics training. Participants will learn advanced skills development on all major artistic apparatuses as well as flexibility, strength, confidence, and endurance. *(Coach recommendation required for registration)*

Pre-Competitive

This is a developmental program designed for participants who are interested in entering the competitive stream of gymnastics training and competitions. Participants will learn advanced skills development and performance on all major artistic apparatuses as well as flexibility, strength, confidence, spatial awareness and endurance. This is a year-long program, running from July to the end of June. *(Coach recommendation required for registration)*

Competitive

This talented group of gymnasts represent the Petawawa Gymnastics Club throughout our region at various competitions. Experienced, certified coaches ensure that progression training allows all gymnasts to excel through their participation. This is a year-long program, running from July to the end of June. *(Coach recommendation required for registration)*



Second Language Training

Has your family been posted to a community where the language is unfamiliar to you? We can provide you with Second Language Training.

Our Second Language Training learning resources and tools will allow you to increase your language skill and may help you integrate into your new city, add a new language skill on your resume, help your child(ren) with their second language learning, or prepare for a posting outside of Canada.

More information is available at www.cfmws.ca or scan the QR Code.



Private Lessons

(All ages)

Private lessons provide children with skill development on a one-to-one basis with a coach. Class duration varies based on skill level and age of participant. Private lesson availability is subject to change based on coach availability. For more information on private lessons contact the Supervisor.

Home School Program

Children will participate in a fun filled 60-minutes of games, circuits, and skill building. Skill development and equipment exploration is encouraged, while maintaining a focus on flexibility, coordination, balance, strength and control.

Cheerleading

(ages seven - 12)

Cheerleading is a program that combines both gymnastics and dance. Athletes will tumble, dance, jump, cheer and stack! Participants will learn to cheer, perform routines and learn the techniques of showmanship that will enhance great leadership and team spirit.

Acro Gymnastics

(ages seven - 12)

The Acrobatic Gymnastics program focuses on building floor and acrobatic-based skills. Athletes will learn to develop tumbling, leaps, jumps and routines. Participants will have the opportunity to work on desired skills and techniques of showmanship that can be used towards Rhythmic Gymnastics, any number of dance styles and other floor based activities.

Open Gym - Saturdays 12:30-2:30pm

(All ages welcome, children under the age of 12 must be accompanied by an adult)

Kidz 1st Programming



Snow Day Program

(ages four - 12 years)

Bus cancellations happen every year, so don't wait until the last minute when the snow and ice hit, register for the Snow Day program in advance! Participants will be kept busy and entertained with a variety of games, crafts and activities! Available during the winter months at the Recreation Complex.

Kids 1st Camps

(ages four - 13 years)

Did you know that our camps are the biggest in Renfrew County? We offer March Break Camps and Summer Camps. With creative and fun-filled themes, special activities, trip days and our HIGH FIVE® trained staff, our camp experience is hard to beat! Campers will play and make long lasting friendships in a safe environment that fosters healthy growth and development. General Kidz and Youth 1st Camps, Youth Sports Camps and Gymnastics Camps are available and run out of the Recreation Complex, South Side Community Centre and Army Fitness Centre.

Play My Way

(ages four - 12 years)

This recreation-based program is designed for children with unique physical, emotional, behavioural and/or medical needs. We welcome you and your child to connect with other families facing similar circumstances. Your child will have the opportunity to engage with other children while participating in recreation activities such as sports, crafts, games and more. Our goal is to provide adaptive programming in a safe place where your child can practice their skills such as sharing and taking turns, as well as learning new skills!

Party with PSP

(ages four - 15 years)

Party with PSP is here to fulfill all of your partying needs. Our Birthday Party Package is a great way to throw a special birthday party without all of the planning, set-up and clean up! Let us take care of decorating, themed games, the birthday cake, loot bags and a slice of pizza and beverage for each party goer.

For more information about Party with PSP, please visit www.cfmws.ca.



Rec Resources for Parents

Find out about the safety standards and staff qualifications when choosing programs for your child.

Reviewing Programs Together

A free tool designed to help you assess the quality of your child's program including an "Ask Your Child" questionnaire.

Participation

A wonderful resource for parents for program ideas and initiatives.

More information is available at www.cfmws.ca or scan the QR Code.



Community Recreation is an established recreation service provider in Renfrew County for all ages and actively practices integration and inclusion. With a wide variety of programs, there is something for everyone to enjoy! For integration support, please contact the Program Supervisor at 613-687-5511 ext 2822 to discuss options to ensure your child can attend the recreation program of their choice.

Before and After School Club (BAS)

(ages four - 12 years)

The BAS Club is an inclusive recreation program that offers an endless variety of programmed activities with a focus on HIGH FIVE® Principles and Guidelines of healthy child development and FUN! Our affiliated schools include St. Francis of Assisi, Our Lady of Sorrows, L'Equinoxe, Jeanne Lajoie and Valour JK-12 School.

PA Day Adventures

(ages four - 12 years)

Our PA Day Adventures offer an exciting, busy, fun-filled day including crafts and activities. We offer our services to both English and Francophone schools with Extended Care available. Program registration is not limited to the school board affiliated with your child's school.

"Garrison Petawawa Community Recreation is an Accredited Organization with High Five®. Visit www.highfive.org to learn more."

Youth 1st Centre (8+)



This program runs from the South Side Community Centre. Please visit www.cfmws.ca for details.

Home Alone Course

(ages 10+)

This course is designed to help youth become comfortable being home alone and gain the confidence and skills to deal with situations that arise in the absence of adult supervision. This program runs from the South Side Community Centre. Please visit www.cfmws.ca for more details.

Inspiring Youth 1st

(ages 10+)

The Inspiring Youth 1st events are designed to empower youth to build confidence and be all that they can be in a fun and safe environment! We believe that they can do anything and we want to help them reach their full potential!

These events will include a variety of activities that focus on such topics as team building, wellness, and healthy active living. Participants can look forward to fitness classes, community projects and guest visits.

Food Prep 101

(ages eight to 12 years)

This program is broken down into two sessions for youth who are interested in learning more about food preparation and kitchen safety.

In the first session, youth will learn about basic nutrition, the importance of healthy snack options, and food safety. In the second session, participants will have the opportunity to prepare their own balanced meals for their school lunch boxes and engage in activities that emphasize active living. Please visit www.cfmws.ca for details.

Leaders in Training Program

(ages 14+)

Leaders in Training (LIT) is a completely free, tailored program designed to teach youth valuable leadership skills as well as allow them to gain volunteer experience with PSP Community Recreation programming. Youth will receive training that covers a variety of topics such as how to be a leader, general health and safety as well as become HIGH FIVE® certified. The LIT program offers valuable education and experience that will give youth an edge in applying for future employment with Community Recreation once they reach 16 years of age. To apply, visit www.cfmws.ca.

Steve Nash Youth Basketball

The main objective of this grassroots program is to provide youth between the ages of seven and 14 with the knowledge and skills to learn and play basketball. Two sessions are offered yearly, in the Fall and early Spring. Participants receive a free basketball, jersey, and a Steve Nash Certificate of Achievement. This program runs out of Dundonald Hall.



Crisis texting service for kids of CAF families

Text CAFKIDS to 686868 to chat with a trained volunteer Crisis Responder

Canadian Forces Morale and Welfare Services (CFMWS) works with Kids Help Phone and Lockheed Martin Canada to offer a crisis texting service for kids from military families living in Canada.

The Crisis Text Line powered by Kids Help Phone is confidential and available day or night.

More information is available at www.cfmws.ca or scan the QR Code.



Our Youth 1st Centre provides a safe environment free of discrimination for all youth in the community. We want everyone to feel welcome and comfortable enough at the Centre to try new things and make new friends. As an accredited organization with HIGH FIVE®, Canada's only quality assurance standard for children's programs, we are committed to providing the highest quality programs for our local youth. We strive to partner with our youth and maximize their engagement by asking for their views and opinions to better understand the direction they want to see our programs go. Our Youth 1st Centre includes free Wi-Fi, a pool table, access to the gymnasium and sporting equipment, a big screen television, gaming stations, board games, and more! For more information call the Youth Program Supervisor at 613-687-2104 ext 244.

YOUTH PROGRAMS

Youth Nights

(ages 10+)

Youth Nights provide participants with an opportunity to engage in a variety of activities to chill and catch up with friends. Youth Nights run Friday and Saturday evenings from 6 - 9pm at the South Side Community Centre. On certain nights, we host extra special Youth Nights with themes like Nerf Wars, Tye Dye Parties and Paint Nights. Keep an eye out for our June is Rec Month and March Break Youth Night events. Registration is required for general and themed Youth Nights. Please visit www.cfmws.ca for more details.

Red Cross Babysitter Training Course

(ages 11+)

Become a qualified babysitter or learn how to help out at home with younger siblings. This course includes safety procedures, caring for and feeding infants, toddlers, and school aged children. Youth will also learn first aid basics.

Youth 1st Centre (8+)

Jr. NBA

(ages five - six, seven - 10 & 11 - 14 years)

Jr. NBA Youth Basketball is a 10-week program designed to develop and enhance basketball skills. All staff are HIGH FIVE® trained in the principles of childhood development. The program combines the use of drills, progressions and game play to enhance skills and tactics.

The provision of quality programs and activities support healthy child development. Community Recreation is committed to the HIGH FIVE® philosophy of children in recreation and sport. We have a responsibility to provide activities and environments where children feel safe, welcome, competent, connected, empowered, and special.

Sports Fit

Sports Fit is a training cycle that uses periodization training to enhance any athlete between nine and 15 years old for any sport. The training cycle includes three separate sessions:

1. September and October
Conditioning & Speed
2. November and December
Strength & Agility
3. January and February
Circuit Training

This concept of training is for the athlete who wants to be engaged in a program that will show improvement continuously throughout the year when it counts. You can pick one of the sessions individually or all three for a discount.

The class meets once a week for training and guidance by an instructor. For more information, call the Youth Sports Department at 613-687-2833.

Sports Fit Academy is for young athletes and primarily focuses on the fundamentals of general conditioning techniques and introduces exercises to youth. We offer a series of three, six-week sessions throughout the year.

Lacrosse Clinic

If you're looking to improve your individual lacrosse skills, have fun and meet new friends, then the best thing you can do is attend our lacrosse clinics. Our lacrosse clinics are geared to players of all ability levels and provide lacrosse players with training from our expert coaches, while also stressing the importance of developing leadership skills and being a good sport. This introductory clinic applies the concepts of Lacrosse FITS - Fundamental Interactive Training System.

Baseball Clinic

The baseball co-ed clinic is an instructional clinic where our instructors will focus on teaching young players of all abilities the fundamental skills of baseball in a fun and structured atmosphere. During the clinic, athletes will complete drills that deal with skills such as hitting, throwing, fielding, pitching, and base running. This Spring Clinic takes place at Dundonald Hall in April.

Volleyball Clinic

For youth aged 10 - 15 years of age, this program focuses on basic volleyball skills in a fun environment! An ideal introduction to the sport of volleyball. Participants will learn skills such as bumping, volleying, serving and passing. All skill levels are welcome to join! This program runs from April to June.

Youth 1st Camps

Community Recreation offers Youth Summer Camps! Youth 1st Camps are designed with youth-friendly themes that are trendy, relevant and packed with fun outings, games and activities. Camps run out of various locations to best accommodate planned activities. We are dedicated to ensuring youth have fun, gain confidence and try new things so that they have the best camp experience possible!

Youth Sports and Survival Summer Camps

Youth Sports offers camps for youth aged eight - 13. Our focus is on fun, fitness and the fundamentals of sport. This summer's themed weeks will offer you a choice of All Things Canadian, PSP Pirates, Down on the Farm, Dinosaur Discovery, Science Central, Outdoor Adventurer, Superhero's ASSEMBLE!, and Fun in the Sun.

Our Survival Camp is geared for youth ages nine - 13 who enjoy taking in the elements of nature, who are curious about their surroundings and who enjoy being active outdoors!

Floor Hockey

Floor Hockey will be available to enjoy Sunday afternoons at Dundonald Hall. We provide a fun, safe indoor environment where boys and girls can play ball hockey with other youth their age. No rain-outs, no soggy fields, or snowstorms, our games are never affected by the weather so we never have to re-schedule.

If you can run, you can play! This program will feature skills, drills, three-on-three games, five-on-five games, round robin tournaments and much more!

Relocating your family is a challenging, exciting and busy time. We have developed the Hero in Training Activity Book, for children ages six to eight, to keep your kids occupied as you prepare for the move, travel, and settle in your new home.

Each of the many activities in the booklet help kids on their hero journey with the guidance of superheroes Bobbi and Peri. All that children need are a pen or pencil and colouring crayons, as well as a tablet, smartphone or other device to access online resources.

Scan the QR Code to download your copy or visit one of these locations: The PMFRC 10-16 Regalbuto Ave or the Recreation Complex 29 Festubert Blvd., Bldg S-117



HERO
in
TRAINING

STARRING
PERI & BOBBI!



Aquatics



Open Swim

Open to all ages and groups for unstructured play. The main pool, wading pool, hot tub, and sauna will be available for use. Attractions are subject to availability. Admission & Supervision Standards apply.

Admission Standards

All non-swimmers must remain in the shallow end.

- Children zero to seven years of age must be accompanied by a parent or guardian (16 years of age or older) in the water, and must be within arm's reach at all times.
- Children eight to 11 years of age who cannot pass the Facility Swim Test, must be accompanied by a parent or guardian in the water, and must be within arm's reach at all times.
- Children eight to 11 years of age who pass the Facility Swim Test, are encouraged to always swim with a buddy. A parent or guardian must be in the pool area at all times.
- Age 12 and up are encouraged to always swim with a buddy.

Supervision Requirements

AGE	GUARDIAN:CHILD RATIO
FOUR YEARS & UNDER	1:2
FIVE - 11 YEARS	1:4

SUMMER PROGRAMMING

Enjoy our outdoor facilities:

Black Bear Beach 154 Lievin Road



Black Bear Beach faces out on the beautiful Ottawa River. Lifeguards on duty at designated time. Kayak and Stand-Up Paddleboard (SUP) rentals are also available at this location. Operation hours will be posted on our Rec Aquatics Petawawa Facebook page. *Hours may vary due to inclement weather.*

North Side Splash Pad 50 Regalbuto Avenue



Come cool off at our North Side Splash Pad! Washrooms are available on site.



The Pool Hotline

T: 613-687-5511
ext. SWIM (7946)
or ext. 7114

57 Festubert Blvd. Building P-118

For more information on our Aquatic programming, courses, safety tips and more, visit www.cfmws.ca, select Petawawa as your community or scan the QR Code below.



**Get Wet
Get Active
Make a Splash!**

Our beautiful aquatic facility has a six-lane, 25 metre main pool (accessible lift available upon request) as well as a beach-entry wading pool, universal change rooms with change tables, and gender specific change rooms that are accessible into the pool area.

The programs offered include public recreation swimming, Aquafit classes, swim lessons and aquatic leadership programs.

Our lifeguards and swim instructors hold the required certifications in accordance with regulations through the Lifesaving Society.

Follow us on Facebook at Rec Aquatics Petawawa for news and updates.

PUBLIC SWIM

Recreation (Rec) Swim

Open to any adult or youth (minimum 12 years of age) interested in swimming for fitness and leisure. The main pool is divided into lanes. Please observe the pace of other swimmers before choosing the lane that suits your ability. Lifeguards are available to help direct swimmers into a lane that best fits their speed or activity.

Aqua Fitness Classes

Open to anyone (minimum 16 years of age) interested in a fun and challenging low impact cardiovascular and aerobic workout. Hot tub and sauna will be available once the class has concluded.

Family Swim

Open to families with children 12 years of age and under. Children must be accompanied by a responsible parent/guardian who is in the water to provide direct supervision. This swim takes place in the wading pool. Admission & Supervision Standards apply.

Clubs are a great way to get involved in your community

Clubs & Organizations



- 7pm - 8pm – Coloured Belts (ages six - 15yrs)
- 8pm - 9pm – All Adults (ages 16+yrs)

We accept new members each September. For more information call 613-687-0753, or visit www.cfmws.ca/petawawa/goju-karate-club.

Indoor Rock Climbing Club

The Indoor Rock Climbing Club (IRCC) operates two walls at Garrison Petawawa, offering 17 climbing lanes in a range of techniques and styles to challenge climbers of every level! The season typically runs from October to May of the following year, and activities include regular climbing hours two nights a week, as well as groups and events on occasion.

All participants must complete a Welcome Brief and Top Rope Belay Test during Open Gym hours at the Recreation Complex. Never climbed before or don't know/remember how to belay? No problem! Intro lessons are available throughout the year.

Contact ircpetawawa@gmail.com or visit www.cfmws.ca/petawawa/indoor-rock-climbing-club for more information.

Petawawa Triathlon Club

The Petawawa Triathlon Club provides training and coaching opportunities to help you train safely and effectively. Develop your swimming, running and cycling skills with year round training with highly qualified coaches and trainers. The club is open to all fitness levels of military and civilian personnel aged 15 and over. Training is conducted at Dundonald Hall.

For more information or to register, please call 613-687-2932, or visit www.cfmws.ca/petawawa/garrison-petawawa-triathlon-club.

- *Monday:* Bike ride or Zwift session (weather dependent)
- *Tuesday - 6:30pm - 8pm:* Swim at DDH pool
- *Wednesday:* Run practice
- *Thursday - 6:30pm - 8pm:* Swim at DDH pool
- *Friday:* Occasional Run Practice
- *Saturday:* Meet up rides or runs
- *Sunday - 11am - 12:30pm:* Swim at DDH pool

Petawawa Tennis and Pickleball Club

The Club offers a full range of tennis and pickleball activities from May 1st to October 31st for players of all skill levels, emphasizing recreation with a social dimension and welcoming healthy competition.

Members can choose to participate at their own level or challenge more skilled players. Younger players can join our junior tennis program, and active seniors are on the courts every morning. Advanced members are open to offering tips for improving the



Archery Club

The Petawawa Archery Club welcomes all skill levels and offers lessons to beginners. Lessons are offered for new shooters in September and January. We cater to both the family and single shooters. It's a popular activity for the whole family! For those that would like to try archery, but don't have any equipment, we have bows and arrows that you can use for a small rental fee.

Our facilities offer year-round shooting that includes a 30-yard indoor range at the South Side Community Centre, three outdoor ranges, a 3D range that includes 14 3D targets, FITA range for target shooters and a practice range with eight butts (10 to 60 yards). Along with the indoor and outdoor shooting that is available year-round, the club holds 3D tournaments throughout the year. These consist of two rounds of 20 3D targets and are open to shooters of all abilities. Those interested in hunting with their bows will find these tournaments (and the outdoor range) excellent practice.

Outdoor Season is May to October Monday - Friday 4pm until dark and Saturday and Sunday all day.

No broad heads are permitted.

The Indoor Range is located at the South Side Community Centre and is open Tuesday and Thursday from 6pm - 9pm.

For more information on memberships or to become a volunteer, contact 613-687-4039, or visit www.cfmws.ca/petawawa/archery-club.

Goju Karate Club

The Petawawa Goju Karate Club offers its members an excellent forum for fitness, training and advancement in the art. Qualified black belt instructors provide safe training for adults and children aged six and up. We offer classes two times a week at the Recreation Complex for all ages:

- 6pm - 7pm – Beginner White Belts (ages six - 15yrs)

Register for a course, club, or book a facility online

Use the online portal to register for PSP programs, services and events 24 hours a day, 7 days a week.

More information is available at www.cfmws.ca or scan the QR Code.



Having trouble? Call us at Community Recreation! 613-687-2932 or email RecPlex@forces.gc.ca

HOURS OF OPERATION
Monday to Friday: 8am-7pm

Clubs are a great way to get involved in your community

Clubs & Organizations



- Advanced (Blue Belt & up)
- Adult Muay Thai Fit
 - Beginner & Advanced
 - Women's Only
- Adult Muay Thai (MT)
 - Beginner and Advanced
- Youth Brazilian Jiu-Jitsu & Muay Thai
 - Beginner (ages seven - 15)
 - Young Warriors BJJ
 - Advanced (ages seven - 15)

We meet at the Army Fitness Centre, 3 Festubert Blvd, Garrison Petawawa. For information on specific classes please email evolutionbjjpetawawa@hotmail.com, or visit www.cfmws.ca/petawawa/evolution-jiu-jitsu-club.

Garrison Petawawa Gun Club

We welcome both military and civilians to our club. We use military ranges and trained Range Safety Officers to provide both a safe and fun environment.

Ranges used by the Club:

- Quebec Range - 50 metre outdoor rim fire/pistol/shotgun range
- Echo Range - 100 metre pistol/shotgun/rifle range with 15 lanes
- Bravo Range - 600 metre with 12 lanes
- Charlie and Delta Ranges - 500 metre with 12 lanes

All ranges come with free Figure 11 and Figure 12 targets for members to use. The club also has steel targets including gongs, falling plates, poppers and a Texas star. Members also have access to spotting scopes, shot timers and a chronograph. The club runs three-gun matches and other events throughout the year and sends members to three-gun PRS, IPSC, IDPA and other shooting competitions throughout Eastern Ontario.

Unlike other clubs, we do not have a membership quota and your restricted Authorization to Transport (ATT) is done free of charge, for all members owning restricted weapons. To bring restricted firearms onto Garrison Petawawa, you must have an ATT issued through the club. ATT registration is done by contacting the Club President, Morgan Marshall.

For more information on how to register, call 613-687-2932, email cfbpgc@gmail.com, visit our Facebook page 'Petawawa Gun Club', or our website www.cfmws.ca/petawawa/the-garrison-petawawa-gun-club. A PSP Plan Membership is required. Non PSP Plan members must add an additional Single Club membership fee.

Badminton Club

Are you looking for an activity where you can learn and improve your badminton? Or where you can share your love of the sport with other enthusiasts? This sport is the perfect fit for you then! We offer singles, doubles and mixed play! We operate a structured system to allow players of all skill levels the opportunity to compete at their own level. The Garrison Petawawa Badminton Club operates out of Dundonald Hall Sports Complex



Telehealth Ontario

1-866-797-0000

Toll-free TTY: 1-866-797-0007

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

Looking for a family doctor?

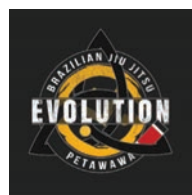
Visit the The College of Physicians and Surgeons of Ontario at www.cpso.on.ca or scan the QR Code below to learn more about Health Care Connect



game. Weekly events cater to everyone.

For updates, check our website www.tennisclubpetawawa.wixsite.com/tennis, on Facebook, Petawawa Tennis and Pickleball Club, or the information board at the courts located behind the Petawawa Civic Centre. The courts are beside the South Side RHUs. Email us at secretary.tennispickpetawawa@gmail.com.

Evolution Jiu-Jitsu



Established at Garrison Petawawa in 2012, PSP Petawawa Jiu-Jitsu is certified with the International Brazilian Jiu-Jitsu Federation (IBJJF) and Muaythai Ontario/Muaythai Canada.

For beginner to advanced students, we teach the techniques, tactics and strategies of Brazilian Jiu-Jitsu (BJJ), a ground-based martial art that utilizes leverage and angles to defeat larger, stronger opponents through the application of superior positioning and submission holds, and Muay Thai (MT), sometimes referred to as the 'art of eight limbs,' that uses stand-up striking (fists, elbows, knees and shins) along with various clinching techniques.

Under the guidance and tutelage of Chief Instructors, Professor Steve Burgess and Kru Ricky Godoy, students will receive the highest level of professional instruction available anywhere in Canada. Whether you want to learn effective self-defence, improve your overall physical fitness level, develop long-lasting friendships with fellow students during your martial journey or compete in sport competitions at the highest levels, this sport is for you.

- Adult Brazilian Jiu-Jitsu
 - Beginner (White Belt)

Clubs are a great way to get involved in your community

Clubs & Organizations



Healthy Relationships

1-800-866-4546

(in Canada)

00-800-771-17722

(International)

The Healthy Relationships resources provide all kinds of helpful tips to CAF members and their families on how to navigate through their everyday relationships. Whether your relationship is healthy or struggling, you'll find plenty of information here.

More information is available at www.cfmws.ca or scan the QR Code.



and is a member of the Ottawa & District Badminton Association. Whether you play competitively or just for leisure, we have something to offer. For more information or to register, call 613-687-2932, or visit www.cfmws.ca/petawawa/badminton-club.

Garrison Petawawa Fencing Club

Our club registers all its fencers in the Ontario Fencing Association and the Canadian Fencing Federation to obtain insurance coverage and to allow our athletes to compete provincially and nationally.

All skills are welcome! You will learn basic fencing footwork, attack and defense techniques and basic fencing strategy in a private or small group setting.

Your membership includes individual and group lessons, club tournament, use of club equipment (i.e. masks, jackets, foils and gloves) and Ontario Fencing Association and Canadian Fencing Federation fees.

For more information or to register, call 613-687-2932, or visit www.cfmws.ca/petawawa/fencing-club.

Auto Fix-It Club



The Auto Fix-It Club is located on Garrison Petawawa at 282 Menin Road, Building D-19.

Our current operating hours are from Monday to Thursday, 6pm - 10pm, and Saturday, 10am - 4pm.

The club has a total of seven bays, with one bay equipped with a hoist.

We have a wide variety of tools that can help you do any job from minor maintenance to accomplishing a long-term project car. We recently acquired new equipment such as standing toolboxes, MMA/TIG welder, tire changer, and balancer, which make great additions to our already adequate array of tools such as our plasma cutter, ARC and MIG welder, oxy acetylene, grinders, and our diagnostic tools like OBD2 scanners.

Many of our attendants who maintain club safety and tools are also vehicle technicians or auto mechanic enthusiasts who love to share their wealth of knowledge.

The club is always looking for more volunteer attendants with the only requirement being that safety is taken seriously, and an interest in auto mechanics even with a novice level of understanding is welcome.

Wood Hobby Club

The club boasts a complete line of major stationary and power hand tools. All you have to provide is some basic accessories such as a

measuring tape, safety glasses and common hand tools. There are basic woodworking courses open to new members. Members also have access to lockers and wood storage areas. A club two - three hour safety orientation must be taken by any new members which is delivered by the Club President or the Resource Manager.

Members can access the club facilities daily, seven days a week from 6am - 10pm once they have completed their safety briefing. Located at 319 Menin Rd. Bldg D-2 (near the POL Point).

For more information call 613-687-5511 ext. 5768, or visit www.cfmws.ca/petawawa/wood-hobby-club.

Petawawa Predators Swim Club

The Petawawa Predators Swim Club (PPSC) is a competitive swim club for youth ages six and up. Our program focuses on stroke perfection, endurance, rules of competitive swimming, health and the importance of fitness in a competitive swim world.

Your child will be monitored and mentored by trained and skilled coaches. Coaches will assess the swimmers and assist parents in selecting the right starting point for their child to match their current abilities. Swimmers will be placed in a level that is best suited for them. These levels include programs for beginners in FUNDamentals or Pre-Competitive to the more advanced Jr/Sr Competitive.

They will train from two to four times a week depending on their level. The program offers a very flexible timetable.

Swimmers will have the opportunity to compete in several swimming competitions throughout the year in Eastern Ontario. The PPSC has produced swimmers that have competed in regional, provincial and national championships.

We are members of Swim Ontario, which is part of Swim Canada. The PPSC is governed by an executive committee that is comprised of volunteers.

If your child is interested in the world of competitive swimming, please contact the club at predatorspetawawa@gmail.com or visit www.cfmws.ca. We welcome swimmers at anytime throughout the season.

Club Program Levels:

Competitive swimming is a good, clean, wholesome sport that provides an opportunity for personal growth and development. The swimming experience lends itself to the development of life skills; skills that readily transfer to all aspects of life, including education and healthy daily habits. The sport allows individuals to challenge their abilities, both physically and psychologically, on a daily basis. Although competitive swimming is primarily an individual sport, training and competitions are conducted in a team environment. Through a strong team environment friendships are established and maintained for a lifetime.

Our club has a different series of levels, to which

Clubs are a great way to get involved in your community

Clubs & Organizations



Ontario SPCA Renfrew County Animal Centre

Adopt | Volunteer | Donate

If you're ready to add to your family and are in search of the perfect match, you can view the current animals available for adoption at www.ontariospca.ca "Your new best friend is waiting for you!"

If you're looking for a way to give back to your community, becoming a volunteer helping animals in need is an excellent way to help. Visit www.ontariospca.ca/volunteer to learn more about the requirements, steps involved, or to apply to become a volunteer today.

Can't make the time commitment but you would still like to help? There are many ways you can make a difference, including one-time, monthly, and tribute donations. Or donations of supplies are always appreciated. To view the Animal Supplies Wishlist, visit the website or contact the Renfrew County Animal Centre today for more information on what supplies would be most useful.

613-635-7508
renfrewcounty@ontariospca.ca
115 Woodcrest Dr, Pembroke



For immediate assistance regarding Animal Control Services, contact PRO-TEC 5 at 613-504-1550

we are able to match to your swimmer's current abilities. Depending on the experience, skills, and commitment of the swimmer, your child will be placed in the most appropriate level suited to them.

Petawawa Skating Club

"All it takes is a pair of skates." The Petawawa Skating Club strives to ensure that skaters of all ages and abilities achieve their skating goals in a safe, positive environment. We offer a wide range of programs from beginner to advanced as well as synchronized skating and power skating skills that are geared towards hockey. Instruction is provided by certified Skate Canada coaches.

Our regular season is from October to March and we have off season programs in the Fall and Spring. All information can be found on our website, www.petawawaskatingclub.com or email us at info@petawawaskatingclub.com.

Greater Petawawa Minor Hockey Association

The Greater Petawawa Minor Hockey Association operates out of both the Petawawa Civic Centre and the Silver Dart Arena and oversees all minor hockey activities in Petawawa. For information visit www.petawawaminorhockey.ca.

Petawawa Minor Soccer Club

The Petawawa Minor Soccer Club provides the opportunity for boys and girls from three - 18 years of age to learn soccer skills and have a lot of fun while playing the game. We are dedicated to the development of young athletes through soccer. Young players are taught the rules and skills of the game, while the older players perfect the game. The Summer season runs from May through to August and the indoor season starts in October and finishes in March.

For more information about registration, board members, volunteering and updates, please visit our website at www.petawawaminorsoccer.com or our Facebook page at www.facebook.com/PetawawaSoccer.

Ottawa Valley District Girls Hockey Association

The Ottawa Valley District Girls Hockey Association (Ottawa Valley Thunder) is an all-girls hockey association offering competitive and house teams for U11, U13, U15, and U18 aged players. This program is intended to develop young female athletes by providing them with the tools they need to be the best player and teammate they can be.

Typically, Thunder plays out of the Silver Dart, Civic Centre, PMC, Westmeath, Beachburg, Cobden, and Eganville arenas against teams from the Ottawa Valley and surrounding area.

The season runs from the end of August to the beginning of April. For more information, please follow us on Facebook or visit www.girlshockey.ca.

Les Coureurs de Bois Running Club

This cross-country and track and field club is open to youth aged 11 - 18 and runs from February to November at Dundonald Hall. From February to June, we're a track and field club that trains indoors on Saturday mornings from 7am - 11am until the snow melts, then we train outdoors at the Valour track until mid-June. We offer training in sprints, jumps, middle distance, long distance and throwing.

From July until November we train cross-country runners at the Valour track and on the trails in Petawawa Terrace Provincial Park on Tuesdays, Thursdays, and Saturdays from 8am - 10am For more information, contact Rick Schroeder at 613-312-7501, coureursdeboispetawawa@gmail.com or www.lescoureursdebois.ca.

Petawawa Legion Community Band



The Petawawa Legion Community Band is a concert and marching band founded in 1978 by the Royal Canadian Legion Branch 517.

The Band rehearses on Wednesday evenings from 7pm - 9pm in the Petawawa Legion Hall from September to June and ends its season with a series of free outdoor concerts in June and July.

Newcomers of all skill levels are always welcome, and Band School classes are held from 6pm - 6:45pm before Band rehearsal every Wednesday. Some instruments are available for rent. Contact Verlie at 613-687-2890 for more information, or e-mail: whitlock@nrtco.net. Visit our website: www.petawawalegion.ca/band.

The Swinging Swallows Square Dance Club



One of the most often-heard myths about square dancing is that it is for old people, parents and grandparents. The truth is: square dancing is for everyone who is able to walk and listen to instructions! We dance to all different genres, a variety of tempos, and very rarely fiddle music.

Many of our original club members were military couples and singles. Although our club is located in Pembroke, we continue to respect and enjoy

Clubs & Organizations



Local Hospitals

Pembroke Regional Hospital
(24-hour emergency)
705 Mackay St., Pembroke
613-732-2811
www.pemreghos.org

Deep River and District Hospital
(24-hour emergency)
117 Banting Dr., Deep River
613-584-3333
www.drdh.org

Renfrew County Virtual Triage Assessment Centre (RCVTAC)
(24-hour support)
If you do not have a family physician or nurse practitioner or cannot access your family physician or nurse practitioner call 1-844-727-6404
www.rcvtac.ca

the military influence in our community. We invite everyone to join us on the dance floor to exercise without even realizing it! Make it your 'date night' as well as a social time.

There is:

- No experience needed
- No partner needed
- Not much money needed

But you must:

- Be able to laugh out loud (at yourself and others)
- Enjoy the company of other like-minded folks, who are also trying to 'strut their stuff'
- Listen to the caller and follow instruction
- Not worry when that second left foot gets out of control
- Join us on the dance floor!

We hope you will take steps to become a square dancer! Visit GetUpandDance.ca and [facebook.com/SwingingSwallows](https://www.facebook.com/SwingingSwallows) and then visit us in person, Thursday evenings beginning mid September at Fellowship Hall, 275 Pembroke St. E, Pembroke.

Canadian Military Wives Choirs Petawawa (CMWC Petawawa)



Are you a spouse or female cohabitating partner of a currently serving military member, a close family member, or a currently serving female member (regular or reserve) who loves to sing? Are you looking for a place to build new friendships and have a wonderful support network? Join the Canadian Military Wives' Choir Petawawa. No auditions or musical experience is necessary to join.

The CMWC Petawawa started in 2015. We are a three-part women's choir with a membership of over 30 women. With a vast repertoire, the choir sings regularly at local events including Remembrance Day services, Town of Petawawa Canada Day celebrations, Tree Lighting, Family Day hosted by Garrison Petawawa, and singing with the Pembroke Symphony Orchestra.

With 14 choirs across Canada, the choirs' goal is to provide a safe, fun space while providing support through our love of singing. And we don't just sing! We have social nights to relax, have fun, and get to know our choir sisters.

We meet Tuesday evenings from 6:30 - 8:30pm at St. George's Chapel, 40 Arras Rd.

For more information on joining our choir, visit us on Facebook (Canadian Military Wives Choirs Petawawa) or email canadianmwc.petawawa@gmail.com

Petawawa River Rats Whitewater Kayak Club



The Petawawa River Rats (PRR) Whitewater Kayak Club is for both experienced and novice kayakers.

The PRR is the only whitewater paddling club in the Ottawa Valley. We are whitewater enthusiasts who like to play in the rapids, socialize, laugh, and share the joy of paddling.

Interested in whitewater paddling? Our club is dedicated to introducing new people to the sport, we provide a safe environment to learn new skills and progress in the sport, and provide a paddling community full of excited and passionate individuals who love whitewater!

Weekly pool/pond sessions with knowledgeable instructors are a great way to learn the skills necessary for getting out on the river.

If you are a whitewater boater, the PRR is for you. We live in the best whitewater region in the world! Check us out on Facebook for more information!

YOUTH ORGANIZATIONS

2642 3 RCR Royal Canadian Army Cadets



Rise to the ultimate challenge and join 2642 3 RCR Royal Canadian Army Cadet Corps today!

Local residents between 12 and 18 years old interested in participating in dynamic, challenging, well-organized activities are encouraged to enroll.

2642 3 RCR Royal Canadian Army Cadets meet regularly on Tuesday evenings at Korea Hall, Building O-9, from 6pm - 9pm. The Army Cadet Training Program is free of charge and offers a wide variety of activities and courses while meeting the interests of youth. Cadets engage in leadership, physical fitness, citizenship training, adventure training, survival, navigation, precision marksmanship, and much more.

Cadets also participate in an array of community service activities, sports, and weekend field exercises throughout the year with additional opportunities to experience multi-day expeditions - locally and internationally - and to partake in

Clubs are a great way to get involved in your community

Clubs & Organizations



Register Online at your one-stop-shop for all your recreation and fitness programs

Courses, Programs, Gym Memberships and more!

Browse and register for fun classes, book a venue for your sports league, special team activities, join a club or the PSP Plan at bkk.cfmws.com/petawawapub/index.asp or scan the QR Code:



competitive air rifle marksmanship, biathlon, precision drill, orienteering, and first-aid.

The aim of a Canadian Cadet Program is to develop the attributes of good citizenship and leadership, promote physical fitness, and stimulate interest in activities of the Canadian Armed Forces in youth.

2642 3 RCR Royal Canadian Army Cadet Corps is the organization of choice for youth and adults interested in the outdoors as well as the opportunity to explore, fundraise, and volunteer within the Petawawa region throughout the year.

For more information, visit www.canada.ca.

Girl Guides



Girl Guides is a place for exploration, curiosity, learning and play. Here, girls ages five to 17 are immersed in real experiences where they can build connections and where they are welcomed just as they are. At Girl Guides, girls can explore their curiosity, learn new skills, go on outdoor adventures, take on community service projects and so much more. They'll have a blast sharing laughter and discovering their unique interests.

Together with friends they can count on and our dedicated volunteers who will cheer her on each step of the way, girls can develop skills to be brave, adventurous, curious and confident. Girl Guides in Petawawa are ready to welcome. Register now and save her spot with us. Visit www.girlguides.ca/joinus or call 1-877-564-6188.

Consider joining our valued team of volunteers. When you volunteer with Girl Guides, you can give girls the confidence they need to just be. It's worth your time. Volunteer as a Guider at www.girlguides.ca/volunteer.

Scouts

Kids in Scouts have fun adventures discovering new things and experiences they wouldn't have elsewhere. Along the way, they develop into capable, confident and well-rounded individuals, better prepared for success in the world. Scouts is the start of something great!

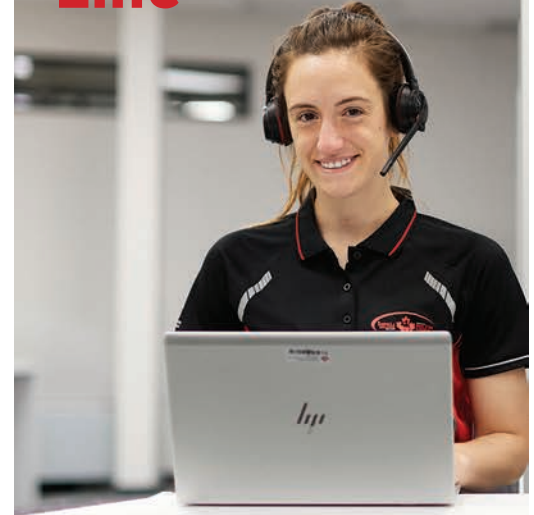
All youth (girls and boys) from five - 26 years old are welcome. New volunteers are also welcome. For more information or to join the Scouts, please visit www.scouts.ca/join.



It starts with Scouts.

Tout commence avec les Scouts.

Family Information Line



1-800-866-4546

North America

00-800-771-17722

International

365 days a year, 24 hours a day. We listen.

This is a confidential, personal, bilingual and free service offering information, support, referrals, reassurance and crisis management.

We serve CAF members, Veterans and their families - immediate and extended. Whether you are located within Canada, the U.S. or overseas.

Looking for help and support when you're dealing with a difficult situation can often feel overwhelming and intimidating. Whether you need advice on navigating your family relationships, seeking counselling services, or just have some questions about what to expect during whatever military life brings, the Family Information Line is here to provide you with the resources and guidance you need.

With compassionate counsellors available 24/7, you can count on this line to be a reliable source of support whenever you need it most. Visit www.cfmws.ca for more information.

PSP Plan Membership



PSP Plan Memberships are processed at the Recreation Complex

T: 613-687-2932
30 Festubert Blvd.
Building S-117

WINTER/FALL HOURS

Mon. - Thurs. 8am - 8pm
Fri. 8am - 6pm
Saturday 9am - 3pm
Sunday Closed

SUMMER HOURS

(Canada Day to Labour Day)
Mon. - Fri. 8am to 7pm
Saturday & Sunday Closed



The PSP Plan allows you access to all of our programs, services and facilities at Garrison Petawawa. PSP Plan Memberships are for the use of all eligible facilities and not for any single facility, program or service. Don't miss out! Single or family memberships are available! Cards are only printed at the Recreation Complex.

PSP Plan Membership Benefits

- Access to our recreation facilities including Dundonald Hall, the Recreation Complex, South Side Community Centre, and the Youth 1st Centre during hours of operation. The Army Fitness Centre is also available and utilized for programming purposes only.
- Free recreational fitness classes
- Free public skating at Silver Dart Arena
- Free public swimming at Dundonald Hall Pool
- Free kayak and paddle board rentals at Black Bear Beach
- Free cross country skiing and snow shoeing at Jubilee Lodge
- Access to Garrison Petawawa Recreation Clubs (single club memberships available)
- Discount rates offered on recreational activities and programs (minimum six month membership required)

Where can I purchase the PSP Plan Membership?

Identical to the CAC membership, all PSP Plan Memberships can be purchased at the Recreation Complex (30 Festubert Blvd. Petawawa).

When I buy a PSP Plan Membership, where does my money go?

All funds collected for the PSP Plan are put directly back into the Community Recreation department to

ensure that we can continue offering high quality programs and services. More specifically, when you purchase a PSP Plan Membership your money is used to purchase program supplies, wages for Community Recreation staff members and supplement additional costs associated with developing and implementing Community Recreation programs. These funds allow us to continue to offer cost-effective and free programs to you and the community. Your support is a huge part of our success!

Is the PSP Plan be available to me at all bases across Canada?

Although all memberships across Canada will be called PSP Plan, each membership will have a different structure (i.e. fees, benefits and discounts) from base-to-base. You will be permitted to use your PSP Plan from another base in Petawawa if visiting; however, not all bases may have the same policy.

I have a Military ID that gives me access to facilities and services. What does the PSP Plan give me that my Military ID does not?

Your Military ID will give you access to the following:

- Full access to Dundonald Hall during open hours and the pool 6:30am - 4pm. Access to the Army Fitness Centre during PT.
- Full access to cross-country skiing and snowshoes for morning PT, Sports Afternoons, Open Recreation (i.e. afternoon/weekends) for the CAF member only.
- Access to canoes and kayaks at Jubilee Lodge during morning PT and Sports afternoons.

A PSP Plan membership allows access to Dundonald Hall Pool after 4pm Monday - Friday and the weekends for public swimming, and use of the sauna, and spa. Public skating at Silver Dart, free

PSP Plan Membership

group fitness classes, access to recreation clubs, and complementary kayaks and paddle boards at Black Bear Beach are also a benefit that the PSP Plan provides. Discounts on recreation programming and activities are also offered to plan members for yourself and household family members.

PSP Plan Regulations

- PSP cards must be scanned at the reception desk prior to entry into the facility. Those without a valid PSP Plan membership on their card will be charged a drop-in fee.
- All facilities require children under the age of 12 years to be accompanied at all times by another person, 16 years or older. The adult or guardian and child must remain together within the facility; i.e. both in the pool, or both on the gym floor.
- Membership rights and privileges may be suspended for a specified term or permanently revoked for inappropriate behaviour which includes, but is not limited to: disorderly conduct; disruptive behaviour; persistent disregard for rules, regulations and staff; default in payment of membership fees; and conducting or soliciting for any form of business within the facilities.
- Dundonald Hall Fitness, Sports and Aquatics Centre is primarily a military training facility with priority given to military units during the weekday schedule, however, there is space for drop-ins during open rec times.
- PSP Plan memberships are for the use of all PSP facilities and not for any single part. There will be no PSP Plan refund as a result of any temporary facility closures. The pool has scheduled maintenance shut downs during the year.
- All refunds are evaluated on an individual basis and are subject to an administration fee. To receive the PSP Plan discounts on base

activities you must have a minimum of a six month membership. To join any clubs, the membership must be for the duration of the club membership.

*Note: a \$25 administrative fee will be added for NSF cheques.

Payment Options for Memberships

1. All membership fees are due at time of purchase by Cash, Cheque, MasterCard, VISA or Interac.
2. Pay deduction is available for military and NPF Employees only.

Definitions

- **Family:** Consists of the applicant, their spouse, and children.
- **Children:** Child(ren) of the applicant and/ or spouse that reside at the applicant's permanent address and are 18 years old or younger.
 - Child(ren) who are 19-25 of age and attending school full time.
 - A physically and/or mentally challenged Child(ren) residing at the applicant's permanent address.
- **Spouse:** Legally married to or living common law with applicant.
- **Student Rate:** Full time students only, valid Student ID required.
- **Senior:** Over the age of 55 years; for a family membership at the senior rate, both adults must be over 55 years.

PSP Plan discounts will not be issued for memberships less than six months in length. This includes swimming lessons and all community recreation programs. All prices subject to change without notice.

PSP PLAN PRICE LIST

*Prices subject to change without notice, fees do not include tax unless otherwise specified.

Regular Members

CAF Members, Serving Foreign Military Members, Reservists on Contract, Former CAF Members (with proof of service).

		1 MONTH	3 MONTHS	6 MONTHS	1 YEAR
CAF MEMBER	PSP Plan	\$14	\$42	\$84	\$168
	Print Fee	\$2	\$2	N/A	N/A
	Total	\$16	\$44	\$84	\$168
FAMILY	PSP Plan	\$23	\$69	\$138	\$276
	Print Fee	\$2	\$2	N/A	N/A
	Total	\$25	\$71	\$138	\$276

Ordinary Members

NPF Employees (not casual), DND, DCC, and MFRC Employees, Former NPF & DND Employees (in receipt of a pension), RCMP, Former RCMP (in receipt of annuity).

		1 MONTH	6 MONTHS	1 YEAR
ORDINARY MEMBER	PSP Plan	\$15	\$90	\$180
	Print Fee	\$2	N/A	N/A
FAMILY	PSP Plan	\$25	\$150	\$300
	Print Fee	\$2ea.	N/A	N/A

Associate Members

Civilians and their immediate family members (all card print fees included).

		1 MONTH	6 MONTHS	1 YEAR
ASSOCIATE MEMBER	PSP Plan	\$60	\$300	\$500
	FAMILY	PSP Plan	\$100	\$500

Corporate Members

To receive corporate rates, companies must apply in writing to Mr. Brendan Cunliffe, Manager Community Recreation at 30 Festubert Blvd. Bldg S-117, Petawawa ON, K8H 2X3

		1 MONTH	6 MONTHS	1 YEAR
CORPORATE MEMBER	PSP Plan	\$55	\$250	\$450
	FAMILY	PSP Plan	\$90	\$400

Student/Senior

		1 MONTH	6 MONTHS	1 YEAR
SINGLE	PSP Plan	\$40	\$180	\$240
FAMILY	PSP Plan	\$70	\$280	\$420

Health Promotion Petawawa



Your Local Team

Health Promotion Manager
Juannittah Kamera
613-687-5511 ext. 4665

Administrative Assistant
613-687-5511 ext. 4685

Health Promotion Specialists
Adeline Mutembanema
ext. 4675

Denver Hilland
ext. 4566

Health Promotion Specialist
ext. 4633

General Contact Information
613-687-5511 ext. 4685
healthpromotionpetawawa
@cfmws.com

**Come visit us at
Dundonald Hall
in Room 169!**

Or Find Us Online!
www.cfmws.ca,
on Facebook or
scan the QR Code below:



Health Promotion Petawawa is excited for another year of supporting the health and wellbeing of CAF members and their families. All programming is available free of charge, and accessible to members and their families. In addition to our courses and briefings, Health Promotion runs a Behaviour Change Program to support individuals in reaching their health goals and works closely with units to identify opportunities to improve health and wellbeing.

Whether you're interested in learning more about nutrition for families, quitting tobacco or you just don't know where to find mental health resources, stop by our office, Room 169 in Dundonald Hall and we'll support you!

CAMPAIGNS & INITIATIVES

MOVEMBER

November is Men's Health Month. Health Promotion hosts a MOVEMBER initiative, which challenges folks to walk 60km to honour the 60 men lost to suicide every hour around the world. We welcome everyone to come and participate with us in the Dundonald Hall fieldhouse and have conversations about men's health. Grow a moustache and we'll add it to our MOVEMBER board!

2 CMBG IRON WARRIOR

IRON WARRIOR is an annual event which challenges soldiers and civilian participants both physically and mentally. The event takes place over two days with a sprint (21km) or marathon (42km) option. Health Promotion supports this event by providing participants with resources and briefings on how to properly fuel and recover. For the best outcome, participants are encouraged to contact Health Promotion prior to the event to access these nutrition resources.

Nutrition Month

March is the Annual Nutrition Month where Health

Promotion hosts the Nutrition series. This four-part series that focuses on educating participants on proper nutrients intake and gives them practical tools to use for day-to-day living. In addition to that, we hold an educational booth for nutrition at the Normandy Court Kitchen. Here, members get a chance to receive free swag, interact with the team and get directed to the appropriate resources for their nutrition needs.

Active Transportation

Active transportation is using your own power to get from one place to another and it includes activities such as walking, biking, skateboarding, in-line skating/roller blading, jogging and running to name a few. There are many positive individual and environmental outcomes to active transportation because it is cost effective and accessible to everyone. Health Promotion encourages active transportation because it gives you an opportunity to be physically active on a regular basis, clears your mind, improves your fitness while helping to reduce road congestion and air pollution from gas emissions. Look out for strategies and challenges for how you can increase your active transportation.

Healthy Relationships

Health Promotion is part the Family Violence Advisory Team; a committee dedicated to preventing family violence in the military community. One of the annual campaigns of this committee is the Healthy Relationship campaign. During the month of November, Health Promotion supports this campaign by providing resources of all kinds; including helpful tips to CAF members and their families on how to navigate through their everyday relationships. We aim to provide resources that help with the development of relationships within the military community.

“The more we can empower our CAF members with personal tools and environments that foster health and wellness, the better equipped they will be to reach their best health potential and live fulfilling lives.”

Health Promotion Petawawa

COURSES & BRIEFINGS

All our courses are open to CAF members, veterans and family members, with priority given to serving members if capacity becomes a factor.

COURSE NAME	FULL DAY
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.
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 to safely address these situations.
MENTAL FITNESS AND SUICIDE AWARENESS	Topics include Mental Fitness Exercises, Suicide Awareness, the ACE (Ask, Care, Escort) Model and Mental Fitness.
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.

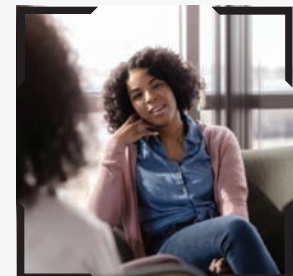
BRIEF NAME	1 HOUR UNLESS OTHERWISE ADVISED
COMBAT STRESS SERIES	This four-part briefing series discusses several topics related to stress. These topics include what stress is, how the body responds to challenging and stressful events, resilience, mental fitness and practical techniques, and relaxation methods to combat stress.
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, and electrolyte fueling. 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.
INTER-COMM (2HR 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 workshop 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	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.
NUTRITION SERIES	This three-part briefing series discusses the basics of nutrition, how to develop SMART nutrition goals, understanding daily energy needs, how to design a plate, understanding food labels, and tips and tricks for grocery shopping and dining out.
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 the stress and anger responses and developing 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	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.

BUTT OUT



Butt Out is designed to help individuals overcome nicotine addiction by providing education, support, and research. This self-directed program focuses on smoking/chewing cessation medications; problem-solving and coping strategies; relaxation and stress management; physical activity; minimizing weight gain; preparing for high-risk situations and developing a plan for remaining tobacco-free. Health Promotion Petawawa partners with 2 Field Amb Pharmacy to connect participants with Nicotine Replacement Therapy options. Our role is to help facilitate these sessions and provide a range of support services to cigarette smokers, vapers, smokeless tobacco users (chew, dip) and to those who recently quit.

BEHAVIOUR CHANGE PROGRAM



One-on-one appointments with a Health Promotion Specialist that allows you to identify and reach your goals by connecting you to resources and tools.

Military Fitness



between left and right sandbags separated by 1.25 metres. Standard: three minutes 30 seconds.

Intermittent Loaded Shuttles: Using the 20 metre lines, complete 10, 20 metre shuttles alternating between a loaded shuttle with a 20 kilogram sandbag and unloaded shuttles, for a total of 400 metres. Standard: five minutes 21 seconds.

Sandbag Drag: Carry one 20 kilogram sandbag and pull four on the floor over 20 metres without stopping. Standard: Complete without stopping.

All CAF members will be tested annually and will be required to achieve one common minimum standard, regardless of age and gender.

Other Tests that are completed through the Military Fitness Department include;

- CAF Basic Military Swim (BMSS)
- Canadian Special Operator /Specialist/Support
- Pre-entry Firefighter
- Joint Task Force (JTF2)
- PrePara
- Close Protection
- Search and Rescue (SAR TECH)
- CJIRU
- Others as required

For more information on CAF Fitness Evaluations go to www.cfmws.ca.

DFit Fitness Website

DFit.ca helps prepare Canadian Armed Forces personnel for the physical rigours of today's complex and demanding operating environments.

It includes fitness programs designed especially for Navy, Army, and Air Force tactical athletes to help you optimize your fitness and operational effectiveness.

PSP Led Fitness Classes

PSP Led Fitness Classes provide safe, effective and challenging functional training. The classes can be tailored to specific groups and fitness levels, or a variety of options can be offered in one class inclusive of all fitness levels. Class size minimum is five. Maximum class sizes are based on available space and equipment. Please contact your Units PSP Fitness Rep for more information or to book classes.

Special Event Training

The PSP Sports and Fitness Staff offer classes that aid in the preparation for popular events that CAF members regularly participate in, such as the Nijmegen Marches, 2 CMBG IRON WARRIOR, and the Army Half Marathon.



Military Sports Department

T: 613-687-5511 ext. 7129

To book a test or class, have your Unit's Ops & Trg cell contact the Fitness Coordinator
T: 613-687-5511 ext. 7129

For more information visit www.cfmws.ca



Garrison Petawawa's Fitness Department is devoted to offering world class physical fitness programs and services to all military personnel.

The vision of the Canadian Armed Forces Health and Physical Fitness Strategy is to "provide the ways and means for every CAF member to attain and maintain their personal health and physical fitness sufficient to meet CAF operational requirements."

Our fitness staff are highly educated in the field of Health and Fitness and are here to help the soldier meet their personal needs. PSP Fitness Staff ensures that the soldiers are trained to maintain high aerobic capacity, muscular strength, endurance, power, flexibility and a healthy body composition.

Each unit has a designated Fitness and Sports Instructor who is available to them to ask questions, assist with planning special events/ tournaments, instruct classes, develop training plans and to provide educational seminars. To find out who your unit's "go to" fitness instructor is, please call local 7129.

FORCE Testing

FORCE tests are to be booked by the Unit's Ops and Training cell or the unit FORCE POC.

The FORCE Evaluation consists of four test components, each designed to measure different physical capabilities:

20-Metre Rushes: Starting from prone, complete two 20 metre shuttle sprints dropping to a prone position every 10 metres, for a total of 80 metres. Standard: 51 seconds.

Sandbag Lift: 30 consecutive lifts of a 20 kilogram sandbag above a height of one metre, alternating

"Our fitness staff are highly educated in the field of Health and Fitness and are here to help the soldier meet their personal needs."

Military Fitness



Photo by Cpl Ken Beliwicz

name added to the contact list, contact team Coach James Pearson at James.Pearson2@forces.gc.ca

Personal Programming

Are you in need of a new challenge? Not sure where to begin? Or do you have a specific goal in mind and want to ensure your program is tailored to succeed? Contact your Unit's PSP Fitness Rep.

Military Lane Swim

The pool is available for the CAF to take part in Lane Swim Monday to Friday 6am - 7am, & Monday to Thursday 12pm - 1pm. No registration required.

Reconditioning

The PSP Reconditioning Program supports Canadian Armed Forces members as they recover from illness or injury through customized exercise, training plans, and access to adapted sports/recreational activities. The Program is designed to help ill and injured members as they recover, support them in returning to active duties, and improve their quality of life as quickly and safely as possible.

The PSP Reconditioning Program builds upon the principles established by the CF Health and Physical Fitness Strategy – a road map for improving the fitness of the CAF as a whole – and the individualized care for the ill and injured provided through PSP and the CF Rehabilitation Program.

The PSP Reconditioning Program works in partnership with CF Health Services, who provide dedicated support to soldiers recovering from illnesses and injuries. This shared approach ensures a seamless transition between physical rehabilitation and physical fitness reconditioning, which is crucial to developing personnels' functional independence and returning to active duties.

While the PSP Reconditioning Program provides seamless, consistent services, it is also designed to recognize that no two paths to recovery are the same. The PSP Reconditioning Program is flexible and adaptable to support each military member in achieving their personal fitness and health goals, and may include participation in Health Promotion activities, fitness training sessions, sports, recreation, and other community activities. Each plan takes into consideration the participant's comfort level with different activities, physical capabilities, and access to equipment and programs on base as well as in the community.

The PSP Reconditioning Program offers programs such as: Concussion Exercise Protocol (SLAM), Pre and Post Natal Program, and a Return to Duty Program. All programs require a referral from either a physiotherapist or MO. Please contact the Reconditioning Manager at 6482 or +PSP.Reconditioningmgr; DND.PET.PSP.reconditioningmgr-reconditionnementmgr.MDN@forces.gc.ca for more information.



Women's Physical Wellness and Fitness Program

This program supports DND/CAF's commitment to increasing representation of women in the military by improving their recruitment, retention, and enhancing overall wellness and fitness. We will accomplish this through programs that address the unique wellness and fitness needs of women.

More information is available at www.cfmws.ca or scan the QR Code.



Specialty Trade Training

PSP Instructors offer two different programs to assist you in attaining your Specialty Trade goals. It starts with Specialty Prep Training Classes to assist the member's prep for their Specialty Test and work up to Selection Training.

Specialized selection classes are offered throughout the majority of the year (based on selections/recruitment of the specialized Units) that cater to individuals who plan to apply for employment in a specialist trade such as JTF2, CSOR, and SAR TECH. All those who have successfully completed their physical fitness test for the specific trade they are applying for are welcome to attend.

Powerlifting Training

Powerlifting is a growing sport within the CAF and is one the biggest individual competitions participated in at Garrison Petawawa. Currently in a development phase, the Garrison Powerlifting team is offering workshops to members to teach the basics of Squat, Bench, and Deadlift. During the sessions, members can also expect to learn how to coach the big three lifts themselves to build a team environment.

Sessions are now being held at the Army Fitness Centre (AFC), Mondays and Wednesdays 2:30pm - 4:45pm. What to Expect: Technical feedback will be given, however the goal is to be a team. This means participants assisting each other with technique, cues, and spotting. Workouts will not be provided for each meeting and it is up to each participant to have a game plan for each session (guidance can be provided).

If programming assistance is required, reach out to FSI James Pearson (if powerlifting focused) or your unit PSP FSI for any other goals.

For more information, updates and to have your

Military Sports Department



Contact the Military Sports Department

For more information contact the Military Sports Coordinator at 613-687-5511 ext. 7176 or scan the QR Code below:



The Military Sports program is a critical enabler in achieving a physically and mentally fit fighting force. Sport is a set of physical exercises, requiring physical efforts and skills that are played or done according to rules. Sport can be in the form of individual or team participation, it can involve procedures that require the use of tactics and strategies.

Sports participation and competitive sports are an integral part of the continued efforts in training and developing Canadian Armed Forces (CAF) members. Military sports can be seen as a critical operational enabler, through the programming and delivery of military sport, contributions are made towards the mental, social, and physical wellness of the CAF member.

Here at Garrison Petawawa, the Military Sports Department's mission is to enhance the military sport service provided to CAF members, ensuring proper alignment with members needs, while promoting esprit de corps. The Military Sports Department achieves this through the following primary objectives:

- Development of Unit pride and identity through unit cohesive activities, teamwork, leadership, morale, and commitment.
- Instill a high degree of competition ranging from local and Regional to National and International sport programming.
- Development of CAF members individual skills through leadership, self-discipline, sacrifice, and warrior spirit.
- Promotion of enabling physical and mental fitness of the CAF member.

The secondary objectives of the Military Sports Department are as follows:

- Provide the opportunity for all members to develop their physical fitness and athletic skill to full potential.
- Encourage military athletes and teams to

achieve a high standard of proficiency in athletics and sport.

Under the direction of the Garrison Petawawa Commander, the Military Sports Department is responsible for establishing a comprehensive and competitive sports program that allows the inclusion of all CAF members to have the opportunity to compete.

Unit Sport Days

Locally, Garrison Petawawa has many Unit Sport Days and special events (OLYMPIAN BEAR, Terry Fox Day, Sports Day in Canada). If your Unit is hosting a special sports day, the Military Sports Department can assist in preparing equipment, tournament schedules, sport rules and regulations, and contacts for local officiating groups.

Inter-Unit Sports Program

The primary level of sports competition in which CAF members participate at Garrison Petawawa is the Inter-Unit Sports Program. Commanding Officers are encouraged to consider providing the opportunity for their Unit, and Unit members, to participate in full in the Inter-Unit Sports Program. This level of sport activity shall be given first priority in use of resources.

The Inter-Unit sports program at Garrison Petawawa includes the following sports:

October - March (Fall/Winter)

- Basketball
- Ice Hockey (A, B, & C Divs)
- Indoor Soccer
- Volleyball (6 x 6)

May - September (Spring/Summer)

- Golf
- Slo-Pitch
- Soccer
- Beach Volleyball (6 x 6)

Note: New sport programs are introduced based on interest and recommendation.

Regional/National Sport Programs

At the CAF National Sports level, the CAF sports program is divided into four regions for sport competitions (Canada West, Ontario, Quebec, and Atlantic). Each region conducts similar regional competitions for CAF members and are under the authority of their respective Regional Sport Manager (RSMgr).

Regional competitions provide frequent competitive opportunities for sporting activities of the widest variety. All regional competitions must be conducted with the most economical use of resources.

Regionals are intended for the CAF member/athlete who has a serious drive for their sport and would like the opportunity to represent Garrison Petawawa while competing in a team atmosphere against other Bases and Wings across the Ontario Region. Tryouts are held respective to the sports regional season. All tryouts are hosted on Garrison Petawawa, and members are strongly encouraged to try out for the teams they believe their calibre of skill matches.

Regional competitions can be held at any Base or Wing throughout the Ontario Region. It should be expected by the member playing on a Garrison Petawawa team that they could be required to travel

Military Sports Department



Photo by Jesse Cassista

sport militaire (CISM) and participation in civilian International competitions is achieved through the CAF Out Service competition process.

The Conseil International du Sport Militaire (CISM) is an international military sports organization with 140 member countries. The fundamental aim of CISM is to promote sport activity and physical education between armed forces as a means to foster world peace. CISM holds more than 20 competitions annually, bringing soldiers together on the sports field as opposed to the battle field. The motto of CISM is "Friendship through Sport" and is based on the three pillars of sport, education and solidarity.

The following CAF teams participate in national training camps and compete internationally in the CISM.

- Basketball (M & W)
- Golf
- Sailing
- Soccer (M & W)
- Triathlon
- Swimming (& Lifesaving)
- Fencing
- Running
- Shooting
- Taekwondo
- Volleyball (M & W)

To become involved with any of these teams, please contact the Team Manager.

Women in Sport (WIS) Programming

In the Fall of 2022, the CAF Sports Office unveiled an initiative to increase women's participation within sport at all levels. This initiative is aimed at promoting women's leadership, breaking down barriers, and women's equal participation in sport in an effort to contribute to women's wellness. This is achieved through optimizing the impact on their physical, social, and mental well-being.

In the Spring of 2023, the Garrison Petawawa Military Sports Department established the Women in Sport (WIS) Committee. This group of "Warrior Women" is made up of dedicated women who are looking to increase women's participation in sport at Garrison Petawawa long-term, using a phased approach looking at the barriers and gaps that prevent women from engaging and continuing their participation in sport.

Throughout 2023, the WIS Committee was able to offer five sporting clinics that looked at Slo-Pitch, Running, Grappling/Combatives, Volleyball, and Skiing. Throughout these clinics, the WIS Committee was able to engage with 56 CAF members who wished to be educated and continue participation in women's sport.

For the 2024 year, the WIS Committee is continuing to look at breaking down the barrier to women's sport, promote engagement and continued participation in women's sport, and increase access for long term women in sport development.

If you have any questions, are interested in being a part of the Women in Sport (WIS) Committee, or would like more information, please reach out to the following members:

- Women In Sport Committee Chair, Megan Donovan, Megan.Donovan@forces.gc.ca
- Women In Sport Committee Co-Chair, Jessica Crouch, Jessica.Crouch@forces.gc.ca



Volunteer with the PMFRC

Would you like to get more involved in your community? Meet new people? Get valuable work experience?

Becoming a volunteer with the PMFRC is as easy as 1-2-3!

Step 1: Fill out an online application form.

Step 2: Meet with a **Volunteer Specialist** for an interview. We want to find out more about your interests, talents and skills so we can find the right volunteer position for you!

Step 3: Get your Criminal Record Check.

All of our volunteers have access to our exclusive Volunteer Website where you can find out more about the latest volunteer opportunities. There will also be opportunities to attend workshops and events that are exclusive to our volunteers.

Whether you volunteer once a year or every day - we appreciate every minute you give to us!



for regional competitions. Depending on the Sport and availability, Garrison Petawawa may also be host to regional events where all CAF members and the Petawawa community are welcome to attend.

If a team is successful in winning their Regional Championship, they will have the opportunity to attend the Canadian Armed Forces National Championship for their sport and represent the Ontario Region while competition against other regions across Canada. There are some sports that do not have regional competitions and only Nationals; for these sports, a selection application is required. These sports include swimming, running, and triathlon.

The following is a list of Garrison Petawawa Regional teams that members can participate with:

Summer

- Ball Hockey (Co-ed)
- Slo-Pitch (M & W)
- Golf (Co-ed)
- Soccer (M & W)

Winter

- Badminton (Co-ed)
- Ice Hockey (M & W)
- Squash (Co-ed)
- Volleyball (M & W)
- Old Timers' Ice Hockey (Co-ed)
- Combatives/Grappling (Co-ed)
- Basketball (Co-ed)
- Curling (Co-ed)
- Volleyball (M & W)

Note: Regional Development Camps and new regional competitions are introduced based on interest and recommendation from the Ontario Region Sports Committee.

Conseil international du sport militaire (CISM)

This International program is a natural extension of the Regional and National programs and includes all sport competition that goes beyond the National level.

As such, the International component offers the opportunity for more skilled and higher calibre CAF athletes to train and compete at higher levels. Participation in military competitions at the international level is achieved through the CAF's membership in the Conseil international du

Petawawa Military Family Resource Centre



Adult/Family Services

The PMFRC offers a wide range of programs and services for adults, families, and children. For more information, please follow us on Facebook and visit our website www.cfmws.ca.

Mental Health Services and Support

We provide:

- Short term counselling (solution-focused grief therapy)
- Crisis support
- Counselling for families (child, youth, couples, individuals)
- Specialized support for families of the ill, injured or families of the fallen
- Support for transitioning CAF members and families
- Youth counsellor support for youth ages 12 and up at Valour JK-12 School, Bishop Smith Catholic High School, Fellowes High School and Mackenzie Community School
- Mental Health Walk-In Clinic available the first and third Wednesday every month
- Single sessions available virtually or in person
- Workshops such as the Emotional Toolkit for children and youth

Virtual support is available and may be scheduled by emailing the Military Family Navigator – Mental Health at the email address below.

For more information about any of our Mental Health Services, please email mhsupport@petawawamfrc.com.

Employment Service

Are you looking for a job or thinking of a career change? Our Employment Services Team is here to support you with services that are free, confidential and bilingual. We offer one-on-one coaching and resume support, assistance with career exploration and employment readiness, Labour Market Information, networking opportunities, and information about specialized programs for youth, military spouses and veterans.

Contact our office through email at employmentservices@petawawamfrc.com, in Petawawa (3025 Petawawa Blvd. Unit D) at 613-687-1717 or our satellite location in Deep River (43 Champlain St.) at 613-584-1717.

For more information, visit our website at www.petawawaemployment.ca. This Employment Ontario service is funded in part by the Government of Canada and the Government of Ontario.

Volunteer Opportunities

If you would like to get more involved in your community, or gain work experience, we have volunteer opportunities in the areas of general



For questions or to be connected to any member of our team

please call our PMFRC General Inquiry Line at 613-687-2104, Monday to Friday from 8am - 4pm or email information@petawawamfrc.com

The Petawawa Military Family Resource Centre (PMFRC) supports CAF members, military family members and Veterans as they deal with the unique lifestyle changes related to relocation, absences and transition. The PMFRC is an incorporated, not-for-profit agency that is Accredited with Commendation by Accreditation Canada.

GET IN TOUCH

Visit the PMFRC by dropping into our North Side office (10-16 Regalbuto Ave.) or the South Side Community Centre (1578 Wolfe Ave.) Monday to Friday 8am to 4pm, check out our website at www.cfmws.ca and sign up for our monthly email newsletter. Join us on Facebook @pmfrc, LinkedIn @Petawawa Military Family Resource Centre, Instagram @pmfrc and YouTube @PMFRC.

Be sure to check out the PMFRC's podcast, which features guests and topics that will help you live your best military family life. Subscribe and listen to Military Family Life on Apple Podcasts, Google Podcasts, Spotify or wherever you listen to podcasts.

Information Services

Are you new to Petawawa? Let us know you've arrived so we can help connect you with the PMFRC programs and services that best suit the needs of you and your family. Stop by the South Side Community Centre or PMFRC North Side to clear-in in person and receive your welcome package and a welcome gift. You can also choose to clear-in virtually with forms available on our website.

We encourage family members to call or email with questions at any time! We also have information about programs and services throughout the community that may be of interest to you as your family grows and changes. Call 613-687-2104 or email information@petawawamfrc.com.

Petawawa Military Family Resource Centre



the programs and resources that best meet your family's needs, including our Deployment Readiness binder to help you organize all of your family's important documents and vital information in one spot in preparation for deployment.

For more information, email deploymentinfo@petawawamfrc.com.

Support to Families with Special Needs

Does your family include someone with special needs? Whether it is a child, adult, or another exceptional circumstance, the PMFRC can assist you. We offer one-on-one support, referrals, peer support/parent support programs, and special event opportunities for you to connect with other families. Contact us to receive your resource binder that is designed to help families keep track of medical histories, preferred routines, school information and more. The PMFRC also has a mobile sensory room that is available at many of our special events. For more information, please email familynavigator@petawawamfrc.com.

Second Language Training

The PMFRC Second Language Training Programs allows military family members to increase their language skills to help integrate into a new neighbourhood, add a new language skill to a resume, or prepare for a new posting.

CAF family members can access live ESL and FSL classes in addition to LRDG - For the love of English/ Pour l'amour du français, which is a self-directed learning platform. Our Family Navigator can help you to determine which program best meets your individual needs and schedule.

The PMFRC also offers resources to help parents support their child's second language learning, and opportunities to practice language skills. For more information, please email familynavigator@petawawamfrc.com.

Prenatal and Postnatal Support Program

This program offers support for prenatal and postnatal families up to 12 months of age both virtually, via a closed Facebook group, as well as in person, with Lunch & Learn sessions and development workshops such as Baby Connections and Baby Food Making. Support is available to Military members, their families and the extended community in a welcoming, informal, safe environment. Expecting and new parents will receive encouragement, resources and experiential learning opportunities throughout the gestational term/pregnancy, up to babies first year (infancy to 12 months). For more information or to book an intake time, send an email to familynavigator@petawawamfrc.com

CHILDREN'S PROGRAMS

Play Troop/EarlyON

Play Troop / EarlyON is the PMFRC's play group



Deployment Support

We know that deployments and work-related absences can be challenging, not only for the person deploying, but for those who are left behind. The PMFRC is committed to providing personalized services, so we have developed a system to help you identify and access exactly what you need -- when you need it -- before, during and following a deployment.

For more information on Deployment Services, contact a PMFRC Military Family Navigator: T: 613-687-2104 or email familynavigator@petawawamfrc.com

For CANSOFCOM families, please contact your CANSOFCOM Military Family Services team at deployment@mfs.petawawa.com or 613-506-2781 for additional information.

For the complete list of the programs and resources available to you and your family during a deployment, have a look at our Deployment Catalogue.



administration, child care, special events, and more. We also offer volunteer opportunities for students (ages 14 and up) who need volunteer hours in order to graduate. For more information, please email vsc@petawawamfrc.com.

Veteran Family Program

The Veteran Family Program (VFP), funded by Veterans Affairs Canada, provides programs and services to support the unique needs of medically releasing CAF members, and medically released Veterans and their families. For more information on transitioning to post-service life, or to schedule a meeting with the Veteran Family Program Coordinator, please email vfp@petawawamfrc.com.

Navigational Support

Whether you are dealing with a move to a new community, a deployment, or some other transition, a Military Family Navigator can connect you with services and resources to meet your family's needs. Our Navigators can also help families dealing with challenges relating to special needs, inclusion, and second language learning. A Navigator is available Monday to Friday 8pm to 4pm – no appointment necessary. To reach the Navigator, call 613-687-2104 ext. 0, or email familynavigator@petawawamfrc.com or drop by the South Side Community Centre.

Deployment Support for Families

We provide one-on-one support for families who have a military member who is away on a work-related separation (regular force or reserve) due to a deployment, training, a course or a special tasking. We offer a range of programs, services and resources for adults, teens and children - all designed to make your lives easier during this challenging time. Register to receive a copy of our Deployment Service Catalogue to help you identify

Petawawa Military Family Resource Centre



Accessibility

The PMFRC always strives to provide its programs, services and activities in a way that respects the dignity and pride of people with disabilities.

We are committed to giving people with disabilities the same opportunity to access our programs, services and activities, and allowing them to benefit from the same services, in the same place and in a similar way as other patrons of the organization.

We acknowledge there is a wide range of abilities and disabilities with regards to an individual's mental, physical and/or emotional capacities and these can vary over time; we value any feedback on how expectations are being met, as well additional feedback on how we can improve our practices.

If you require support accessing our programs and services - or if you have feedback or concerns about accessibility at the PMFRC - please contact accessibility-support@PetawawaMFRC.com

where parents, care providers and children (ages zero to six) can drop-in Monday to Friday from 9am to 11:30am to enjoy different activities and learn new skills. Families can also join our monthly meal and play time events. Opportunities are available at both the South Side Community Centre and the Recreation Complex on the North Side. Get started by visiting www.keyon.ca and creating a KEYON account or contact playtroop@petawawamfrc.com.

Child Care Options

- Specialized Care:** This program offers flexible, quality care Monday to Friday, between 8am and 4pm. This program is open to families with children ages zero - 12 who require temporary care to report to work, attend appointments, are on house hunting trips or are experiencing a work related separation such as deployments. Contact specializedcare@petawawamfrc.com or call 613-687-2104 ext. 231.
- Emergency Family Care Assistance Program:** Short term care in times of a work-related separation and/or emergency. If your family care plan has failed, this service can help your family bridge the gap. Contact efcc@petawawamfrc.com or call 613-687-1641 ext 2230.
- Private Home Day Care:** PHDC is a community-based child care program designed to match suitable caregivers with children in need of daily care. Children are placed in caregivers' homes within our community. The service is licensed by the Ministry of Education, and all care-giving homes are carefully screened and regularly inspected. Contact efcc@petawawamfrc.com or 613-687-1641 ext 2230.

- Kiddie Kollege Nursery School:** Two, three or five half-day sessions are available for children from 2.5 to five years of age. Subsidies may be available. Contact kk.supervisor@petawawamfrc.com or call 613-687-2104 ext 233.
- Lil' Troopers Day Care Centres:** Lil' Troopers Day Cares employ registered Early Child Care Educators and are licensed with the Ontario Ministry of Education, Child Care and Early Years Act. Our priority is to provide an educational environment for Toddler (18 months to 2.5 years of age), Preschool (2.5 years of age to five years of age) and Before and After School for children within our community.
 - Lil' Troopers North:**
Ltn.information@petawawamfrc.com
 or call 613-0687-5511 ext 2977 or 2976.
 - Lil' Troopers South:**
Lts.information@petawawamfrc.com
 or call 613-687-4136.
- Before and After School Care (BAS):** The BAS Program offers in-school care at Our Lady of Sorrows, Valour and St. Francis of Assisi Schools. Professional educators facilitate activities to nurture each child's physical, cognitive, social and emotional developmental needs. Contact bas.information@petawawamfrc.com.
- North Side Child Care:** This licensed program provides up to 32 hours of occasional care per month for non-work related reasons, including respite care for special needs. It is open from 8am to 4pm, Monday to Friday, for children ages zero - 12 from both military and community families. Intake is required, contact casual-childcare@petawawamfrc.com.

“The PMFRC supports CAF Members, military families and Veterans as they deal with the unique lifestyle changes related to relocation, absences and transitions.”

NAME	LOCATION	PHONE NUMBER
PMFRC, NORTH SIDE (NS)	10-16 Regalbuto Avenue Petawawa ON K8H 1L3	613-687-1641
PMFRC FAMILY WELLNESS CENTRE	12 Reichwald Crescent Petawawa ON K8H 1J4	613-687-7587
SOUTH SIDE COMMUNITY CENTRE	1578 Wolfe Avenue Petawawa ON K8H 2S9	613-687-2104
PMFRC, EMPLOYMENT SERVICE (PETAWAWA)	3025 Petawawa Blvd. Unit D, Petawawa ON	613-687-1717
PMFRC, EMPLOYMENT SERVICE (DEEP RIVER)	43 Champlain St. Deep River ON K0J 1P0	613-584-1717
LIL' TROOPERS NORTH	28 Craftsman Road Grn Petawawa ON K8H 2X3	613-687-5511 ext. 2977/2976
LIL' TROOPERS SOUTH	22 Leeder Lane Petawawa ON K8H 0B8	613-687-4136
BEFORE AND AFTER SCHOOL PROGRAM (OUR LADY OF SORROWS)	19 Mohns Avenue Petawawa ON K8H 2G7	613-687-1641 ext. 2247
BEFOR AND AFTER SCHOOL (VALOUR)	19 Leeder Lane Petawawa ON K8H 0B8	613-687-1641 ext. 2247
PMFRC, BEFORE AND AFTER SCHOOL PROGRAM	22 Leeder Lane, Petawawa ON K8H 0B8	613-687-4136

To view and register for our programs, visit www.cfmws.ca. For information or program inquiries, please call 613-687-2104 or email information@petawawamfrc.com

CANEX



outlets operating at CAF Garrisons, Bases, Wings and Units.

CANEX also has a store within a store called TACTIX which is dedicated to supplying unit specific merchandise. In Europe, similar facilities are operated in Germany for NATO.

CANEX operates its outlets in the same way as any private sector retailer. We offer goods and services at competitive prices in an effort to meet consumer needs while generating profits for our owners - the CAF. Our profits, like any business belong to our owners, and are distributed under a royalty formula (dividend) to CAF Bases, Wings and Units where they are earned and go towards the funding of local Personnel Support Programs.



CANEX operates a diverse international merchandising organization whose goal is to provide a wide range of goods and services to the Canadian Military community. Unique products and services exclusive to the CAF community with stores across Canada and CANEX.ca.

In Canada, business consists of retail, grocery, petroleum, food services and special service

CANEX SuperMart

14 Ypres Blvd.
613-687-5595

CANEX ExpressMart

1578 Wolfe Ave. Building W-112
613-687-6326



Become a CF One Member today at www.cfmws.ca

CF One Membership



email us at service@cfmws.com.

DISCOVER THE BENEFITS

- Discover your CANEX CF One Rewards benefits
- Shop deals near you with CF One Member Appreciation
- PSP Plan - Sports, Fitness and Recreation
- SISIP Financial
- Canadian Defence Community Banking
- Financial Services for the Extended Defence Team
- Support our Troops
- The Personal Insurance

Getting your CF One Card is easy!

1. Ensure you're eligible
2. Have your proof of affiliation ready.
3. You'll also need a valid email address.
4. Register now!



CF One is the gateway to your best life. Only CF One members get exclusive discounts and savings, earn rewards, and access personalized financial, fitness and wellness programs exclusive to the military community.

Once approved, you'll receive an email with your temporary CF One Card so you can start using it immediately. You will receive your CF One Card in the mail in approximately 30 days.

If you have a problem submitting your online application, please call us at 1-855-245-0330 or

1-855-245-0330 (toll free)
service@cfmws.com

HOURS OF OPERATION

Monday to Friday
7:30am - 9pm
Saturday & Sunday
9am - 5pm



Providing trusted financial products & services to Canada's military community

SISIP Financial



targets that align with your military life stage, with advice, investments, and insurance designed for those in active service, military spouses, and veterans.

Unbiased advice

You get advice from salaried professionals, not commissioned salespeople. Our recommendations are driven by our expertise and our desire to support your mental, physical, social and, of course, financial health.

Better planning

You can talk to us about all of your financial goals and concerns, whether they are big or small, near or far. We'll help you build a plan that ties together your investments, insurance, spending and borrowing.

Get back on track with your money

Access expert counselling to help you reduce debt and create a budget. When it comes to your finances, you're never alone. Get free confidential support from experts embedded in the military community, so you can stop worrying about money.

Military grade

You may see Certified Financial Planner on the business card, but you are dealing with a member of the defence community. We understand the nuances and complexities of the military lifestyle and can assist you with everything from monthly budgeting to retirement planning.

In keeping with our mandate and in close collaboration with the CDS, SISIP Financial has consistently kept pace with the ebb and flow of the operational tempo. Over 50 years weathering storms, international deployments and even an unprecedented pandemic, so that we can continue 'Serving Those Who Serve'.



1-800-267-6681
T: 613-687-0025
14 Ypres Blvd.
Inside the CANEX

Visit www.SISIP.com.

Follow us:

www.facebook.com/sisip.rarm



SISIP Financial Petawawa has an onsite French Speaking Advisor available (except Wednesdays)

SISIP Financial has been serving the military community for over 50 years. CAF community members trust SISIP Financial for military focused advice and solutions across pensions, investments, insurance, spending, borrowing, and more. We have solutions tailored to meet your needs and those of your family at every stage of your military career and beyond.

Through Canadian Forces Morale and Welfare Services (CFMWS), SISIP Financial directly benefits CAF members and their families by providing funds to bases, wings and units for their local morale and welfare activities and programs. Since 1996, SISIP Financial has contributed over \$170M to these programs.

Discover the benefits of SISIP Financial

Take command of your finances. Set financial

“We have solutions tailored to meet your needs and those of your family at every stage of your military career and beyond.”

CANADIAN FORCES MEMBER ASSISTANCE PROGRAM (CFMAP)

The CFMAP is a partnership between the Department of National Defence (DND) and Health Canada's Emergency Preparedness and Occupational Health Directorate Employee Assistance Services (EAS). The CFMAP offers confidential, voluntary, short term counselling to assist with resolving many of today's stresses at home and in the

work place.

The Employee Assistance Program (EAP) and the Canadian Forces Member Assistance Program (CFMAP) are here to help civilian employees and CAF personnel, Veterans and their families cope with professional or personal challenges that may be impacting their health and well-being.

You can reach CFMAP by phone at 1-800-268-7708 or TDD 1-800-567-5803.

More information is available here:



Canadian Forces Housing Agency



Armed Forces (CAF) members and their families.

Our Mandate

To manage Crown-controlled residential accommodation for the Department of National Defence, to ensure assets are maintained to a suitable standard and to develop and implement plans to meet the future residential needs of members of the Canadian Armed Forces.

Our Mission

The CFHA manages assets and provides accommodation services in support of the Canadian Armed Forces requirements and Canadian Armed Forces members' needs.

Our Vision

The CFHA excels in providing the Canadian Armed Forces with a portfolio of wide-ranging innovative accommodation solutions.

Our Values

- Customer-centred
- Commitment
- Teamwork
- Respect
- Agility

The HSC is open Monday to Friday from 9am to 3:45pm from October 1st to May 14th, and from 8am to 3:45pm from May 15th to September 30th, except holidays.



Housing Services

Centre Petawawa

T: 613-687-0000

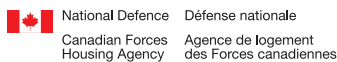
F: 613-687-8590

420 Dundonald Drive

cfha-alfc.petawawa@forces.gc.ca

The Canadian Forces Housing Agency (CFHA) manages military housing on behalf of the Department of National Defence (DND). We are responsible for the maintenance and allocation of nearly 11,800 homes at 27 locations across the country. We are also responsible for the provision of customer services to their occupants.

In conjunction with garrison and wing Commanders, the agency is also responsible for the long term strategic planning and development of the portfolio to meet the evolving needs of Canadian



DEFENCE ADVISORY GROUPS

Defence Advisory Groups (DAGs) contribute to employment equity objectives and enhance diversity across both the Department of National Defence (DND) and the Canadian Armed Forces (CAF). Senior Defence Team leadership regularly consult with the DAGs to develop policies and programs to ensure a more equitable, diverse, and inclusive organization.

At their core, DAGs are employment equity advisory groups of serving CAF military members and DND public service employees who provide grassroots insight, advice, and recommendations to Defence Team leadership. Although DND/CAF initially established DAGs in 1994 to support the implementation of the Employment Equity Act, their growth and expansion over the years has uniquely contributed to helping the Defence Team achieve positive employment equity outcomes and foster a more diverse and inclusive work environment.

At the policy and program level, DAGs:

- Assist with identifying systemic employment barriers
- Provide unique perspectives to affect change
- Directly advise both local and national leadership on issues that adversely affect their communities

What groups do DAGs represent?

There is a DAG for each of the designated groups identified in the Employment Equity Act: women, Indigenous people, persons with

disabilities, and visible minorities. In 2020, DND/CAF established a fifth DAG to represent 2SLGBTQI+ members.

- *Defence Indigenous Advisory Group (DIAG)*
- *Defence Visible Minority Advisory Group (DVMAG)*
- *Defence Women's Advsiroy Organization (DWAO)*
- *Defence Advisory Group for Persons with Disabilities (DAGPWD)*
- *Defence Team Pride Advisory Organization (DTPAO)*

How to join a DAG?

All CAF members and DND public service employees, regardless of their ethnicity, gender, orientation, disability, age, or background, are welcome to join any DAG. The primary criteria for joining a DAG is being committed to the principles of employment equity, diversity, and inclusion.

For more information about the DAGs, please contact DAGSecretariat-SecretariatGCD@forces.gc.ca (only accessible through DWAN)

The Petawawa Post



both the Garrison and in its surrounding municipalities, as well as articles highlighting the voices, stories, struggles and successes of local people, many of whom are serving or retired CAF members.

Among its many benefits, the bi-weekly paper introduces businesses to potential clientele through advertising, connects newly posted families to what's available locally, and is a go-to resource for individuals who want to become more involved in their community.

Petawawa Post has a circulation of 6,700 and is also the only local newspaper distributed to Garrison Petawawa units, workplaces and living-in quarters.

The Petawawa Post also produces and offers advertising in several special publications, on its website, as well as in several facilities on the Garrison. These include:

- Garrison Information Guide
- PSP Calendar
- Promo Posters
- Single and double-sided wall decals in Military Sports facilities
- PetawawaPostLive.ca



The Petawawa Post is an award-winning military newspaper that has been serving Garrison Petawawa and area since 1944.

Over the course of its 80 year history, the complimentary publication has been a trusted source for news and information on Canadian Armed Forces operations, morale and welfare programs, services and supports for military members, defence news and other important issues concerning the Defence Team and their families.

For the past 27 years, that coverage has also included a wide variety of community events and activities on

Managing Editor
T: 613-687-5511 ext 6265
petawawapost@bellnet.ca
Billing Inquiries
T: 613-687-5511 ext. 5386
office.post@bellnet.ca

101 Menin Rd.
Building S-602
www.petawawapostlive.ca

Film.ca Troyes Cinema



of providing top-tier entertainment experiences while honouring the history of the original theatre. The beloved cinema was originally named in 1982 to commemorate the life and achievements of explorer Pierre de Troyes, Chevalier de Troyes.

Film.Ca Troyes Cinema will also work to build community connections and enrich local culture through cost-conscious entertainment, dynamic programming, and hosting events.

The cinema will offer first run movie screenings seven days a week, an updated Dolby Digital sound system, an expanded snack bar including hot food items, and a variety of beverages.

To see what's playing, tickets and more, please visit www.troyescinema.ca.



Troyes Cinema, reopened on May 17th, 2024 as the Film.Ca Troyes Cinema, marking a significant milestone for cinema enthusiasts and the Petawawa community alike. Film.Ca is dedicated to continuing Troyes Cinema's tradition

613-685-2093
51 Festubert Blvd, Petawawa

Dundonald Hall Fitness, Sports & Aquatics Centre



never stops.

Dundonald Hall boasts a 53,000 square foot field house with a 200 metre track which encompasses a large playing area. That playing area can be divided into three separate gymnasiums through the use of retractable curtains.

Another major part of our facility is our aquatic area. Children of all ages are welcome to burn off energy in our wading pool or in the larger six lane 25 metre main pool. There are a variety of programs that range from the very popular Parent and Tot Swim to Lane Swim plus many more.

Dundonald Hall is for everyone to enjoy, so come out and have fun.

Interior Amenities

- 53,000 square foot field house with 200 metre four lane indoor track and rock wall
- Four gymnasiums
- Three squash courts and spin room
- 25 metre pool with rope swing
- Wading pool with slide, hot tub, and sauna
- Air-conditioned weight room and cardio room
- Accessible change rooms with family change room for children over three
- Equipment available at front desk for sign-out

Exterior Amenities

- Three ball diamonds
- Two soccer pitches
- One rugby pitch
- Four beach volleyball courts
- Ball Hockey rink
- Outdoor track
- Skateboard park



T: 613-687-5511 ext 7114
57 Festubert Blvd.
Building P-118



Whether you are new or already settled in the area, Dundonald Hall is the place for Canadian Armed Forces (CAF) members and their families to keep fit and stay active. We believe that Dundonald Hall will bring CAF members and their families much needed health and happiness.

From our weight and cardio room to our swimming pool there are many options available for the person who wants to be active. There is a variety of equipment available on a sign-out basis for PSP Plan members and guests to use. The fun

Jubilee Lodge & Marina



Lodge Marina offers over 140 slips, double boat launch, fuel/pump-out services, seasonal slip rental and guest dockage. Ask about our discounts for Defence Team Members (includes: regular force, reservist, retired CAF, current public servants and current NPF employees). The Lodge is licensed under LLBO and is great for all of your year-round functions. It has a stunning view of the Ottawa River from the huge raised deck. **Jubilee Lodge is also open to the public.**

In the winter, the Lodge offers cross-country skiing and snowshoeing on groomed trails. PSP Plan members receive a discount on ski equipment.

Amenities

- 156 slips and moorings with boat launch and 25 Houseboats
- Fully serviced fuel station and pump out service
- Overnight and guest docking with shower facilities
- Fully licensed bar & patio
- Seasonal outdoor recreational activities
- Rental for private functions



T: 613-687-5511 ext. 5180
245 Givensche Rd. Bldg CC-58

Its rustic charm and wonderful location make the Jubilee Lodge Marina a delight for anyone wishing to experience it. The building is a log structure built by the British Army Engineers in 1976 as part of a joint training exercise undertaken at the time.

Home of the Petawawa Yacht Club, Jubilee

Silver Dart Arena



Club. A detailed facility schedule is available at the Silver Dart Arena or at www.cfmws.ca during the winter season. Also available for skating enthusiasts during the winter we have two outdoor rinks available, North Side and South Side pads located within the RHUs.

The PSP Plan skate is the Silver Dart public skating program and is held most Saturdays and Sundays and is free for PSP Plan members. Please note that Minor Hockey Tournaments and Figure Skating Competitions take priority over PSP Plan Skate timings.

Due to the nature of bookings for the ice surfaces it is always recommended that you call ahead or drop in to the arena to verify skating times. Please note that Minor Hockey Tournaments and Skating Competitions take priority over the PSP Plan open skate. Check our website for the most up to date PSP Plan Skate schedule during our winter season.



T: 613-687-5511 ext. 7277
51 Peacekeepers Way
Building P-117

The Silver Dart Arena is a world class facility. It contains two expertly maintained ice surfaces, nine locker rooms with full amenities and two official's rooms.

The Silver Dart Arena supports the Military Inter-Unit Sports Program, three Garrison Petawawa competitive hockey teams as well as the Petawawa Minor Hockey Association and the Petawawa Skating

Open Skate

Hours vary. For specific dates and times, visit www.cfmws.ca.

Open to Military and PSP Plan Memberships holders only. Hockey equipment not permitted.

Shinney

Military personnel only
Monday - Friday 11:30am - 12:30pm

Army Fitness Centre



the Petawawa Golf Club and is complete with weight benches, free weights, medicine balls and more. The Army Fitness Centre (AFC) is used for PSP supervised Military Fitness and Community Recreation programming. Contact your Military Fitness Instructor to have classes held at the AFC for your unit. The AFC is also the training centre for the Community Recreation Brazilian Jiu Jitsu and Muay Thai programs.

For more information for Community Recreation programming at the AFC please go to www.cfmws.ca.

Amenities

- Rigs
- Power racks
- Squat stands
- Weight benches
- Bars, plates and free weights
- Rowing machines
- Boxes, tires and sandbags
- Conditioning and climbing ropes
- Kettlebells, medicine balls, bosu & stability balls
- Rings and skipping ropes



T: 613-687-5511 ext. 7974
3 Festubert Blvd. Building Q-103

A modern fitness facility designed with CAF Personnel in mind. It contains ample active space and the fitness equipment necessary to perform the exercises described in the Army Fitness Manual.

This facility is located in building Q-103 at

Unit Bookings

Units must book with a Fitness and Sport Instructor through their PSP Unit Fitness Representative. This space can accommodate groups up to 40 personnel.

South Side Community Centre



Amenities

- Fully accessible with on-site parking
- Information and Client Services
- Allergy Aware facility and programming
- Full size gymnasium
- Multi-purpose rooms (may be available upon request)
- Child and youth friendly rooms for programming
- Outdoor fenced in play area for children's programming
- Adjacent playground (corner of Dundonald Dr and Wolfe Ave)
- Ball hockey court (outdoor ice surface in winter)
- Beach volleyball court
- Adjacent to CANEX ExpressMart & Tim Horton's

PSP Services

- Youth 1st Centre
- Recreation Clubs
- Youth Volunteerism
- Before and After School Club, PA Day Adventures and Summer Camps
- Youth 1st Programs
- Youth Sports Office

PMFRC Services

- Information Services (including information about the community and local resources)
- Military Family Navigators
- Volunteer Services
- Clear In / Clear Out
- Specialized Care Program
- Kiddie Kollege Nursery School
- Event Registration and Payments
- Morale Mail
- Play Troop / EarlyON

For more information on PMFRC programs and services, see page 25.



T: 613-687-2104 ext. 0
1578 Wolfe Ave. Building W-112

For more information on the programs and services offered out of the South Side Community Centre, scan the QR code below.



The South Side Community Centre (SSCC) is a multi-functional shared facility offering the programming and services of the Personnel Support Programs and Petawawa Military Family Resource Centre.

The SSCC is a place where community groups and organizations work cooperatively to help children and families learn, share and connect with others. This means the community receives excellent services as well as diversified programming to meet everyone's needs.

The SSCC provides a welcoming and safe environment that focuses on healthy active living and helps build the strengths, wellness and resiliency of families in our community.

The hours of operation are Monday - Friday 8am - 6pm, and is closed Saturday & Sunday. The facility is also closed on New Year's Day, Family Day, Good Friday, Easter Monday, Victoria Day, Canada Day, Civic Holiday, Labour Day, Thanksgiving, Remembrance Day, Christmas Day, and Boxing Day.

Black Bear Campground



information shop in the registration office. Other amenities include: a comfort station with showers, laundry and washrooms, canoe and kayak rentals nearby, restaurant, shopping, beaches, a movie theatre, and a marina that is open to the public just a short walk away. Walking and biking trails also wind throughout the area.

The campground offers great swimming and outstanding views of wildlife and vistas. Ask about our discounts for serving, retired or reservist members. The staff at the campground maintain a neat and professionally operated facility. Contact the campground at 613-687-7268 or email Fuller.Katherine@cfmws.com.

BEAR POLICY

Please visit www.cfmws.ca to review the Garrison Bear Policy. There is a warning and dismissal system in use at Black Bear Campground. All campers must ensure they follow campground policy on not attracting bears. Educational material on avoiding attracting bears to your campsite can be found at the Black Bear Campground office.



For all bookings call
613-687-7268
154 Lieven Rd.

Black Bear Campground is located on the beautiful Ottawa River adjacent to Black Bear Beach. The campground boasts 128 sites, many are seasonal, 12 are transient sites with 30 amp and water and new this year are two rough camping sites with no water or power. A pump-out service is also available. In addition there is a small gift and

Recreation Complex



Saturday 8am - 3pm and is closed on Sundays.

Features of the Recreation Complex

- Home to family friendly activities and recreation clubs
- Fully accessible with adjacent parking and overflow parking across the street
- Client service for instant PSP Plan Membership processing and program registration
- Drop in recreational use available
- Allergy Aware facility and programming
- Full size gymnasium with sport court(s) and indoor rock-climbing wall
- Aerobic and Dance studio
- Multi-purpose rooms (may be available upon request)
- Child friendly rooms for programming
- Adjacent playground



613-687-2932
30 Festubert Blvd.
Building S-117

Give the gift of fitness or programming with our Recreation Gift Certificates. A perfect gift for family or friends!

The Recreation Complex is open Monday to Thursday from 8am - 8pm, Friday from 8am - 6pm,

Garrison Petawawa Chapels

St. Francis of Assisi & St. George's Chapel



ST. FRANCIS OF ASSISI CHAPEL

St. Francis of Assisi Chapel, located at 9 Festubert Boulevard Building Q-104, welcomes involvement in a wide variety of activities. These include the Catholic Women's League, Choir, Parish Council, Children's Liturgy and an English and a French Catholic school. The parish also offers a special Home Program for the Sacrament of Reconciliation, First Communion and Confirmation,

Confession (before Mass or by appointment), Baptism (the last Sunday of each month, Baptismal Preparation is the Thursday prior to Baptism Sunday), Marriage (six months notice and a marriage preparation course are required) and Sacramental Preparation (to register, contact the administrative office at ext. 5434).

Every Sunday, we offer two masses: one in French at 9:30am and one in English at 11am All sacraments are offered to military members, military status civilians

The Garrison Chaplain and chapel ministries are supported and located in the Chaplains' Administrative Office located at Building Q-104. Administrative Assistant Wanda Gagnon can be reached at 613-687-5511 ext. 5434 and fax number 613-588-7524.

St. Francis of Assisi (**Roman Catholic**) Chapel and St. George's (**Protestant**) Chapel are two very active chapel communities that strive to celebrate the Christian life through activities of worship and services at Garrison Petawawa.

and government employees under military contract. The Rite of Christian Initiation of Adults Program is also offered to those who wish to become Catholic or to deepen their faith. This course is run from September to Easter each year. Faith Community Coordinator Padre John Nemanic can be reached at ext. 6402

ST. GEORGE'S CHAPEL

St. George's Chapel is situated at 40 Arras Rd. Building Q-101. Besides Sunday Worship Service which begins at 10:30 a.m., the chapel program includes Sunday School, nursery for toddlers under 3, Ladies Guild, Bible Studies, Youth Group, Lay Readers, Choir, Chapel Committee and other groups which enrich and support the military community.

Weddings, Baptisms and Dedications are provided at St. George's. At least three months notice to your unit Chaplain is required for all services. The marriage preparation courses required for weddings in a CAF Chapel are provided twice a year.

A schedule of services is available at www.petawawapostlive.ca. Feel free to drop by the chapels and introduce yourself to your pastoral team. Faith Community Coordinator Chaplain Jordan Breckenridge can be reached at ext. 6185

Both St. Francis of Assisi and St. George's Chapels are open from Monday to Friday, 7:30am - 12pm and 1pm - 3:30pm. For after hours, an Emergency Duty Chaplain is available by calling 613-687-5511 ext. 5611.

Kyrenia Club Jr Ranks



PMC & VPMC Bingo, Superbowl, and family events. Kyrenia Club members also enjoy complimentary taxi chits, golf passes, subsidized ski passes and tickets to Ottawa Senators home games.

For up to date information on members perks, events, and services visit www.cfmws.ca and follow us on Facebook and Instagram.

Our friendly and professional team is always available to assist the membership. The PMC, committee & staff look forward to welcoming you to the Mess.

Coriano Club - COMING SOON

The Coriano Club is located at 296 Menin Road, Bldg C-102 and features two levels of well-appointed and cozy spaces for event bookings. This venue caters to military functions, private member functions and member sponsored events. The Annex boasts an intimate setting suitable for small and large events such as conferences, meetings, luncheons, holiday parties and wedding receptions.

Our competent and attentive team looks forward to assisting you with making your next event with us a success. For more information on the Coriano Club or to book an event please email corianoclub@cfmws.com

Membership Dues

Ordinary \$9/mth incl. HST
Associate \$108/year incl. HST



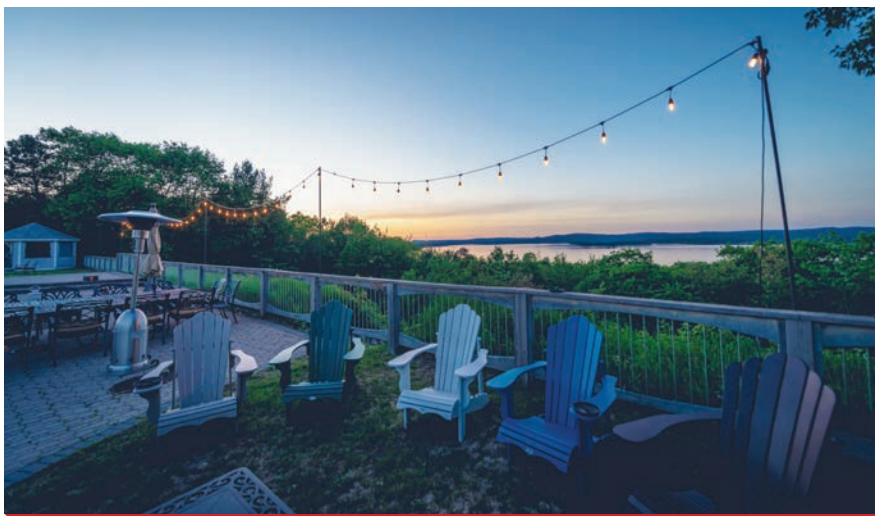
Manager
Diana Garrett-Power
613-687-5511 ext 7312
kyreniaclub@cfmws.com

146 Nicklin Parade Square
Building L-105

With the largest Mess membership in the country the Kyrenia Club proudly serves all Junior Ranks members at Garrison Petawawa. With a variety of events, services, contests, and giveaways, there is sure to be something for everyone to enjoy.

Weekly Mess events are well attended and include Pizza Lunch (Wednesdays) and TGIT's (Tuesdays & Thursdays). Members look forward to a variety of monthly entertainment functions, contests, giveaways and fun nights. The executive committee hosts popular functions throughout the year such as

Normandy Officers' Mess



events, services and giveaways to members and their families.

Such events include Officers' Coffee Morning every Wednesday at 9:30am, Officers' TGIT every Thursday at 4pm and Family Friendly TGIF every Friday at 4pm.

Throughout the year this mess hosts events such as the PMC Meet & Greet and The Officers' Holiday Giveaway!

Along with weekly and monthly events, The Normandy Officers' Mess offers reduced passes for activities in the community such as skiing, golfing and family events.

This facility is a beautiful location to host private events such as weddings, anniversaries and galas. For more information on the Normandy Officers' Mess please visit our page at www.cfmws.ca or reach out to anyone of our staff at nom@cfmws.com. The PMC, Executive Committee and staff look forward to welcoming you!

Membership Dues

Ordinary \$30/mth
Associate \$18/mth



For all bookings call 613-687-7268
44 Lens Rd.
Building I-103

Located on the upper banks of the Ottawa River, the Normandy Officers' Mess is a perfect spot to view the area's scenic beauty.

With a membership of approximately 700, the officers' mess provides an assortment of weekly

Reichwald Warrant Officers' & Sergeants' Mess



membership is in excess of 150 members.

The mess holds weekly TGIFs, with different units hosting one every Friday. Join us for coffee, Monday to Friday, 9am - 10:30am or for one of the many mess events such as PMC's Bingo, Texas BBQ and the Valentine's Day celebrations. Ottawa Senators season hockey as well as Professional Women's Hockey League ticket draws take place every Friday during hockey season for the hockey fans.

Come and visit us and be served by courteous and attentive staff who are always available to assist you with the planning of your next mess dinner or private function. The PMC, committee and staff look forward to welcoming you to your Mess!

Manager

Katharine Meery
613-687-5511 ext 4627
meery.katharine@cfmws.com

Membership Dues

Ordinary \$24/mth (HST incl.)
Retired Military Associate \$15/mth (HST incl.)
Civilian Associate \$22.24/mth (HST incl.)



13 Amiens Rd.
Building J-106

The Reichwald WOs' & Sgts' Mess is home to all Regular and Reserve Force Senior NCOs, retired in or posted to Garrison Petawawa. We are located at the corner of Amiens and Le Cateau Roads. The current membership is approximately 1,100, made up of all brigade, garrison and lodger units. Our associated

Military Museums



CANSOF units represented here in it's own display space; 427 Special Operations Aviation Squadron, Canadian Special Operations Regiment, and the Canadian Special Operations Training Centre.

You'll find fun, dynamic, and educational museums, full of interesting artifacts, detailed dioramas and models, and fascinating stories of our military past. Best of all, it's local, and admission is free (donations are gratefully accepted!).

The museum has a large vehicle park on the grounds which can be visited when the museum is closed. While currently open year round from 11am - 4pm, seven days a week, please call before visiting to confirm the museum will be open on holidays and weekends. Guided tours are available upon request.

The public is allowed access to Garrison Petawawa from 6am to 6pm, Monday to Friday. Beyond those hours and on weekends, Government-issued identification (with photograph) is required to access the base.

For more information, visit www.petawawamuseums.org



T: 613-588-6238
63 Colborne Rd.
info@petawawamuseums.org

Garrison Petawawa Military Museums tell the stories of the men and women who have proudly served Canada since 1905. It houses both the Garrison Petawawa and Canadian Airborne Forces Museum, and includes exhibits on the history of The Royal Canadian Regiment, Royal Canadian Dragoons, Canadian Guards, First Special Service Force, 1st Canadian Parachute Battalion and the Canadian Airborne Regiment. We have three of the five

CAF Morale Mail



package. If a package is sent without this form attached, there may be delays in processing.

For Op UNIFIER Only: When mailing any parcels or letters, DO NOT include the rank, unit or section anywhere on the package or accompanying documents (e.g., the load list or the Canada Post form). Packages should be addressed with the Member's initials and name only.

If you have any questions with the format, contact our Information Services team by calling 613-687-2104 or by sending an email to information@petawawamfrc.com.

During the Holiday Season

Every year for the holiday season, Canada Post offers a free Christmas postal service. It starts around mid-October and goes to early January. You can send mail to your deployed loved ones free of charge from any Canada Post location.

Drop off locations

PMFRC North Side 10-16 Regalbuto Ave. &
South Side Community Centre 1578 Wolfe Ave.

Monday – Friday, 8am - 4pm

Base Mailroom Bldg S-111

Monday – Friday, 8am - 12pm & 1pm - 3:30pm

Parcel Packaging

All packages must be securely packaged to avoid damage and leaking. Place breakable items or liquid substances within a strong outer container to avoid damaging other items. Canadian Armed Forces Morale Mail is not insurable or traceable.

In order to avoid confusion (i.e. when there are other labels, barcodes etc. on the box), we strongly suggest wrapping the entire package in plain, brown paper. If other paper is used, the address itself must be written on white paper and securely taped to the parcel so that it is easy to read.

Customs Forms are still required when sending parcels through Morale Mail. You may get these at the PMFRC Northside office, CANEX or Base Mailroom.

Process to send a package

Family members dropping off parcels must:

- Bring your package to either the PMFRC North Side Office (10-16 Regalbuto Ave.) or the South Side Community Centre (1578 Wolfe Ave.) and remember to bring your own box
 - The South Side Community Centre has a wrapping station where brown paper, tape, writing utensils and slips are provided
 - The PMFRC North Side Office also offers brown paper, tape, writing utensils and slips but there is limited space to wrap
 - Once wrapped and labeled, bring your package to the receptionist on duty
- Our staff will be available to help with any questions you may have. Mail will be picked up once a week.

For more information visit www.cfmws.ca.



Write to the Troops

The men and women of the Canadian Armed Forces (CAF) have demonstrated time and again that they will rise to any challenge. Let your Canadian Armed Forces members know you appreciate their service by sending a message using this monitored message board.



The Canadian Forces Postal Service (CFPS) provides mail service to Canadian Armed Forces (CAF) personnel and families who are serving outside Canada at various locations throughout the world. It is a vital link between those who are serving, and their friends and family at home. The CFPS is authorized to operate Canadian Forces Post Offices (CFPO) in accordance with the Canada Post Corporation Act.

Who can use the CFPS?

You can use the CFPS if you're sending mail to

- CAF personnel who are serving on operational deployments outside Canada, including on His Majesty's Canadian Ships that are sailing on maritime deployments in international waters;
- Designated CAF personnel and DND employees (and their families) who are serving on a temporary basis outside Canada;
- An employee of the Department of Defence (DND), or another official organization, who's entitled to use CFPO (such as PSP members)
- You should only use the CFPO to send mail to someone you know - there are other ways to support members of the Canadian Armed Forces.

Mailing Guidelines

A Canada Post International Air / Surface Shipping Label must be completed and attached to the respective parcel, and a detailed list of contents must be inscribed in the bottom left-hand corner of the parcel to include quantity, description, weight (if known), and value.

All parcels are subject to inspection by the host country's customs officials. Therefore, write a detailed list of contents on the bottom left-hand corner of parcels.

Please note: All packages destined for UKRAINE must include a completed load list that will be placed in an envelope and taped to the side of your

Local Attractions



Petawawa Terrace Provincial Park

In 215 hectares of green space, the Petawawa Terrace Provincial Park is home to an upper and lower trail system suitable for walking, snowshoeing, biking, and cross-country skiing. The main entrance is located right off Laurentian Drive with a small parking lot. Next door is Fish Hatchery Park which includes play structures.

Shaw Woods Outdoor Education Centre

Shaw Woods includes 50 hectares of old-growth forest and 160 hectares of wetlands and mixed forest. Maintained by a team of volunteers, Shaw Woods boasts a 14 kilometre network of trails. The site is open year round from dawn to dusk. Outdoor Education programs are offered to schools from all over Renfrew County. For more information, visit www.shawwoods.ca.

Walking Loops

The Town of Petawawa has developed several walking loops with trail head maps available. The Walking Loops include Centennial Park to Petawawa Terrace, Country Lane Loop, Nuthatch Loop, Town Loop, River Road Loop, and the Woodland Loop.

Petawawa Container Market

A small, unique market concept, the Petawawa Container Market in the heart of Petawawa features seven independent shipping containers that serve as storefronts for entrepreneurs and small businesses. The Market is open Fridays and Saturdays in the summer. For more information including hours of operation, special event dates, and pop-in opportunities for vendors and crafters, visit www.petawawa.ca.

Pembroke Heritage Murals

Since the creation of the first five murals in 1990, there have been 30 murals added by local and national artists featuring various local historical events. A free map and audio tour are available online.

Petawawa Heritage Village

The Petawawa Heritage Village celebrates the settlement era and immigrant stories of early Canada. It has extensive archives and collections focusing on stories of the German founding families and stretching all the way back to the traditions and teachings of the First Nations peoples. Visit www.petawawaheritagevillage.com for more information.

Champlain Trail Museum & Pioneer Village

Located at 1032 Pembroke Street West in Pembroke, the Champlain Trail Museum & Pioneer Village has one of the largest collections of Ottawa Valley artifacts. The Museum also hosts several activities, events, and programs throughout the year including activities for kids. Visit www.champlaintrailmuseum.com for more information.



Algonquin Provincial Park

Just 30 minutes from Petawawa, the Sand Lake Gate is the Eastern most entrance to 7,635 square kilometres of forests, bogs, lakes, and rivers. In addition to a wide variety of year-round activities and places to explore, Algonquin Park offers an extensive educational Discovery Program, Visitor Centre, Logging Museum, and Art Centre. For more information, visit www.algonquinpark.on.ca.

Driftwood Provincial Park

Located less than an hour from Petawawa, Driftwood Provincial Park offers a wide variety of facilities and activities including waterfront campsites on the Ottawa River, a large sandy beach, panoramic views of the Upper Ottawa Valley & Pontiac and much more! Visit www.ontarioparks.ca for more information.

Centennial Park

Centennial Park is known as the 'Catwalk' and offers scenic views, the Evergreen Stage, and a wedding gazebo ideal for outdoor events. Entrances to the park are located at Park Drive and Victoria Street, just off Victoria Street and Petawawa Blvd. near the bridge. Ample parking and accessible restroom facilities are available at the Park Street entrance and a playground is adjacent to the Millennium Trail.

Petawawa Point

'The Point' is located at 1073 Island View Drive, right at the juncture of the Petawawa and Ottawa Rivers. It offers sandy beaches, sun-shades, a boat launch, kids play area, picnic tables and more. The restroom facilities are accessible and a 'mobi-mat' is available for wheelchair access to the beach. Petawawa Point is not supervised and has no lifeguard on duty. Please swim responsibly. Pets must be kept on a leash at all times.

Mental Health, finding a balance

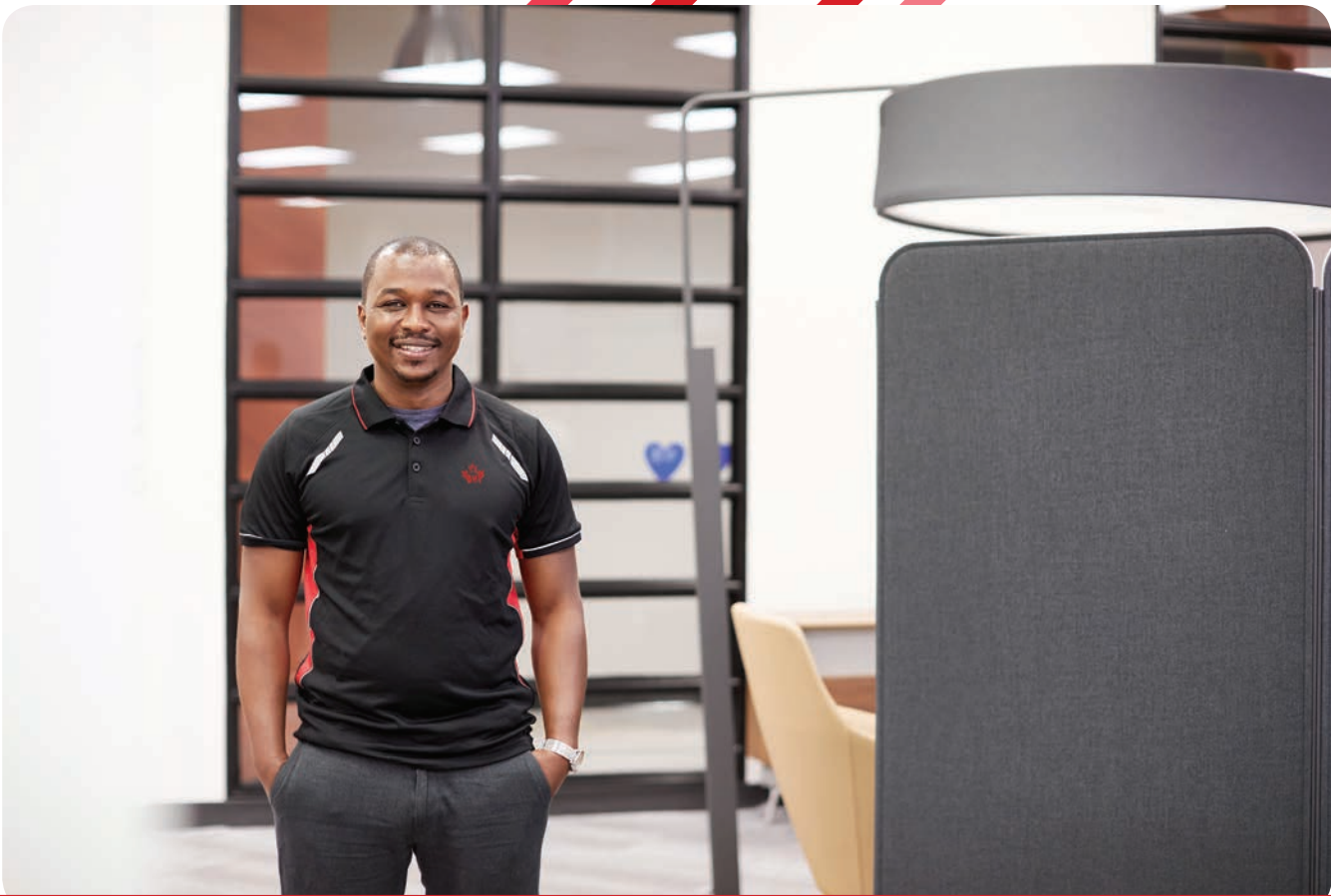
20% of Canadians will personally experience a mental illness in their lifetime.

According to the Canadian Mental Health Association (CMHA), "mental health means striking a balance in all aspects of one's life: social, physical, spiritual, economic and mental.

At times, the balance may be tipped too much in one direction and one's footing has to be found again. Everyone's personal balance is unique and the challenge is to stay mentally healthy by keeping the right balance. Mental health is as important as physical health.

For more information on Mental Health resources, programs, services, & support options visit www.cfmws.ca or scan the QR Code:





CFMWS CAREERS

Love what you do, do what you love. Join our team! You can make a difference in the lives of members of the Canadian Armed Forces and their families, while we support you and your well-being.

Our employees are dedicated to our Canadian Armed Forces members and their families, delivering programs and services such as fitness, recreation and leisure activities, family support, retail and personal financial services designed to enhance their mental, social, physical, and financial wellbeing.

By providing a full range of fitness, sports, health promotion, recreation and leisure activities, family and charitable support, and retail and personal financial services, we enable the Defence community to focus on operational effectiveness and tackle the unique challenges of military life.

Our employees are passionate, driven, invested, and proud to deliver programs and services designed to create vibrancy and a sense of belonging. Our programs and services are delivered through a variety of divisions, including both operational divisions and support divisions.

Find a rewarding career in these divisions:

- Personnel Service Programs (PSP)
- CANEX
- SISIP Financial
- Military Family Services
- Finance
- Human Resources
- Information Services
- Corporate Services
- Deployed Services
- Member Experience and Marketing

Diversity, Equity, and Inclusion

We have many locations, a diverse culture, and one united team! Our success depends on our ability to work together, share common objectives, celebrate our differences, and welcome innovative ideas. Diversity, Equity and Inclusion are a fundamental part of who we are. We work hard at creating a healthy, safe, and respectful workplace where all employees are free from discrimination and are provided equal opportunities. We value and are committed to a culture that prioritizes our most valuable resource, our people.

The Benefits:

- Competative salary
- Flexible work options
- Health, Dental, Drug, & Vision Benefits
- Paid/Unpaid Leave
- Career Growth and more!



JOIN OUR TEAM!

To view current job opportunities within CFMWS scan the QR code or visit www.cfmws.ca



4 CDSG and 2 CMBG



division/2-canadian-mechanized-brigade-group
There is also a number of major Army and Air Force lodger units whose support ensures the Garrison's operational effectiveness.

4th Canadian Division Training Center Det. Petawawa

www.canada.ca/en/army/corporate/4-canadian-division

42nd Field Artillery Regiment (Lanark and Renfrew Scottish), RCA

www.canada.ca/en/army/corporate/4-canadian-division/42-field-artillery-regiment

12 Military Intelligence Company

www.canada.ca/en/army/corporate/5-canadian-division/canadian-army-intelligence-regiment

CAF Transition Centre Petawawa

www.canada.ca/en/department-national-defence/services/benefits-military/transition

Canadian Special Operations Regiment

www.canada.ca/en/special-operations-forces-command/corporate/organizational-structure/so-regiment

Canadian Special Operations Training Centre

www.canada.ca/en/special-operations-forces-command/corporate/organizational-structure/so-training-centre

427 Special Operations Aviation Squadron

www.canada.ca/en/air-force/corporate/squadrons/427-squadron

2 Military Police Regiment

www.canada.ca/en/department-national-defence/services/contact-us/canadian-forces-military-police-group

450 Tactical Helicopter Squadron

www.canada.ca/en/air-force/corporate/squadrons/450-squadron

77 Line Regiment, 4 Line Squadron

www.canada.ca/en/department-national-defence/corporate/organizational-structure/assistant-deputy-minister-information-management

1 Canadian Field Hospital Canadian Medical Equipment Depot 1 Dental Unit

2 Field Ambulance

www.canada.ca/en/department-national-defence/services/benefits-military/health-support



As a partner of the Petawawa Community, the 4th Canadian Division Support Base (4 CDSB) Petawawa offers numerous outstanding services and programs to the community. Whether your interests lead you to our beautiful outdoor recreational areas or into our world-class fitness facilities, all residents of the Petawawa area are welcomed to enjoy the advantages that 4 CDSB Petawawa offers.



Training Ground of the Warriors

Garrison Petawawa is home to two major formations of the Canadian Armed Forces; 4th Canadian Division Support Group Petawawa (4 CDSG) and 2 Canadian Mechanized Brigade Group (2 CMBG). Garrison Petawawa is the largest employer in the Ottawa Valley and is an integral part of the community both in terms of support to community events and the economic impact. Our total workforce of 7,000 people includes regular force, reserve force, public servants and contractors.

For more information on the various units that make up these formations, please see the links below:

4th Canadian Division Support Base Petawawa

www.canada.ca/en/army/corporate/4-canadian-division/4-canadian-division-support-base-petawawa

2 Canadian Mechanized Brigade Group, which includes:

- 2 CMBG Headquarters & Signal Squadron
 - The Royal Canadian Dragoons
 - 2nd Regiment, Royal Canadian Horse Artillery
 - 2 Combat Engineer Regiment
 - 1st Battalion, The Royal Canadian Regiment
 - 2nd Battalion, The Royal Canadian Regiment (Gagetown, NB)
 - 3rd Battalion, The Royal Canadian Regiment
 - 2 Service Battalion
- www.canada.ca/en/army/corporate/4-canadian-division/2-canadian-mechanized-brigade-group

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Municipal

Town Municipal Office..... 613-687-5536

(emergency/after hours)..... 613-732-3525

Petawawa Fire Department (non-emergency).....

..... 613-687-5536

Petawawa Civic Centre..... 613-687-5678

Ontario Clean Water Agency (OCWA) 613-687-2141

Ontario One Call (call before you dig).....

..... 1-800-400-2255

..... www.on1call.com

Ontario Provincial Police (OPP Dispatch)

..... 1-888-310-1122

Upper Ottawa Valley OPP (admin. only).....

..... 613-735-0188

County of Renfrew..... 613-735-7288

..... www.countyofrenfrew.on.ca

Miller Waste Systems Inc. 613-735-6925

Renfrew County & District Health Unit:

Health Info Line..... 613-735-8666

Reception 613-732-3629

Immunization..... 613-735-8653

Dental..... 613-735-8661

Environmental Health Inspection 613-735-8654

Health Promotion & Clinical Services 613-735-8651

..... www.rcdhu.com

Health Cards 888-376-5197

..... www.health.gov.on.ca

Service Ontario 800-267-8097

..... www.serviceontario.ca

Service Canada 800-622-6232

..... www.servicecanada.gc.ca

MTO - Road Conditions..... 511 or 800-268-4686

..... www.mto.gov.on.ca

Pembroke Regional Hospital 613-732-2811

..... www.pemreghos.org

Deep River and District Hospital 613-584-3333

..... www.drdh.org

Telehealth Ontario..... 866-797-0000

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www.qllaw.ca

Abuse Happens.

*When you don't say anything,
you're saying it's okay.*

STAND UP AGAINST VIOLENCE

*If you or someone you know
is experiencing abuse, contact*



Bernadette McCann House

613-732-3131 (Support Line)

Text 613-639-1233 or email help@wsssbmh.org
www.wsssbmh.org



YOUR NEXT STEP

Algonquin College offers many special services geared to **military members** and **their families**.

- Financial Aid & Special Supports
- Counselling Support
- Prior Learning Assessment and Recognition
- Peer Supports and more!

613.735.4700
algonquincollege.com/pembroke

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Divers programmes spécialisés offerts aux élèves de la 9^e à la 12^e année, (l'éducation coopérative, la Majeure Haute Spécialisation en arts et culture, la Majeure Haute Spécialisation en santé et bien-être, ainsi que des programmes à double reconnaissance de crédits).

Pour en savoir plus, visitez le :

ECOLECATHOLIQUE.CA/PEMBROKE



Centre scolaire catholique
Jeanne-Lajoie
Pavillon élémentaire



DES QUESTIONS ?

613 744-2555 (POSTE 1)
MILITAIRE@ECOLECATHOLIQUE.CA



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catholiques**
Centre-Est

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GALLANT**

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PEMBROKE, ON, K8A 5S5
613-732-4404



613.735.3711

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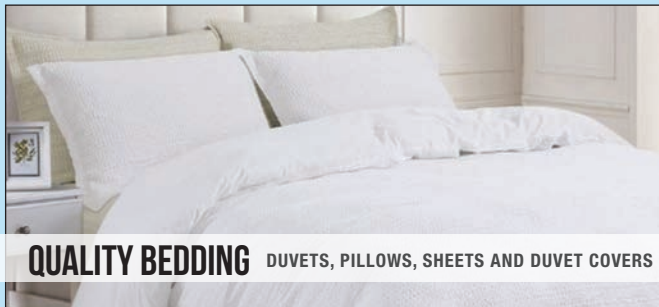
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