



iCARE

A CALL TO ACTION FOR A CONNECTED, SUPPORTED AND READY CAF

iCARE for MYSELF:

so that I am a healthy, ready member

iCARE for OTHERS:

so that they feel included and supported



iCARE for MY TEAM:

so that as a leader, I foster a safe,
supportive and healthy
environment

I IDENTIFY: be aware of yourself and others to recognize when something is going well or not.



C CONNECT: create meaningful, supportive connections.



A ACKNOWLEDGE struggles and successes in yourself and others.



R RESPOND WITH RESPECT: offer empathy to yourself and others, respect safety, confidentiality and boundaries.



E ESTABLISH NEXT STEPS: decide on next steps, connect with support and follow-up.



STRENGTHENING THE ÉNERGISER LES **FORCES**

#STF is the CAF/DND's health promotion program, offering expert information, guidance, training, tools, and leadership support to enhance CAF members' health and well-being.



PSP delivers the Strengthening the Forces program on bases and wings. Contact your local Health Promotion Office to register for Social Wellness Courses.