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MORALE & WELFARE NEWS | CFB ESQUIMALT, VICTORIA, B.C.

# LOOKOUT

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## SERVICE AND SPORT UNITE

Canadian Armed Forces (CAF) members were welcomed to the ice on Feb 7 during the annual CAF Appreciation Game with the Victoria Grizzlies Junior Hockey Club at the Q Centre Arena. The opening ceremony saw Captain(Navy) Kevin Whiteside, Commander of Canadian Forces Base (CFB) Esquimalt, Master Corporal (MCpl) Ragavardhinee Chandrakanth, and Chief Petty Officer 1st Class (CPO1) Sue Frisby, the Base Chief Petty Officer, take to the ice for the formal puck drop and pre-game proceedings. While the Grizzlies ultimately lost to the Prince George Spruce Kings 4-2, the night was defined by both camaraderie and community connection. Photo: Sailor 1<sup>st</sup> Class (S1) Jordan Schilstra, MARPAC Imaging

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# The Navy Canada Needs: VAdm Topshee Hosts Town Hall



Vice-Admiral Angus Topshee, Commander of the Royal Canadian Navy (RCN) speaks to members of the RCN during the town hall held on Feb 3. Photo: Sailor 1<sup>st</sup> Class (S1) Jordan Schilstra, MARPAC Imaging

A/SLt Jamie De La Chevrotière-Martin  
MARPAAC Public Affairs

In a series of town halls delivered on both coasts, Vice-Admiral (VAdm) Angus Topshee, Commander of the Royal Canadian Navy (RCN), offered a frank assessment of today's security environment and a clear vision for what Canada's navy must become.

His starting point was blunt: the global climate has hardened. While Canada's 2017 defence policy, *Strong, Secure, Engaged*, emphasized a stable rules-based international order, VAdm Topshee said today's reality is increasingly shaped by power, interests, and competition. In that world, maritime forces matter and Canada must be able to defend its sovereignty.

Despite readiness pressures and an aging fleet, VAdm Topshee noted the RCN has always maintained a strong global presence for a navy of its size. But the focus of the town halls was not on past achievements. Instead, he outlined

what must happen next: improved maritime awareness; modern ships and submarines; faster and smarter personnel generation; and a culture focused relentlessly on competence, readiness, and war fighters.

### MARITIME AWARENESS AND CANADIAN SOVEREIGNTY

Canada's defining challenge remains geography. With the longest coastline in the world, three oceans, and vast maritime approaches, Canadians expect their navy to know what is happening on and under national waters.

To close that gap, VAdm Topshee described a whole-of-government effort to build a single recognized maritime picture. This includes: the Coast Guard's expanding surveillance mandate; partnerships with industry and researchers; and the use of seabed sensors, deployable systems, autonomous platforms, artificial intelligence, and secure data-sharing. The goal is persistent awareness from the seabed upward, so leaders can act quickly and confidently when required.

### BUILDING SHIPS AND CAPACITY AT HOME

VAdm Topshee tied today's modernization to Canada's naval heritage, reminding audiences that the country has built ships at scale before. During the Second World War, vessels were constructed across Canada, and the navy pioneered major anti-submarine warfare innovations, experience he says the RCN must return to as undersea threats grow.

He framed the National Shipbuilding Strategy as more than procurement; it is a rebuilding of national industrial capability. VAdm Topshee mentioned Canada's world-class ship building facilities, acknowledged technical strengths while noting workforce challenges. He also pointed to a timely opportunity to expand Canadian defence manufacturing as industries adjust to shifting trade and supply-chain realities.

The navy's civilian workforce, particularly at Fleet Maintenance Facilities, was highlighted as a national strength, not only to sustain ships, but to rapidly adapt and convert commercial

platforms and technologies into naval capability when needed.

### FROM RECRUITING TO READINESS

On personnel, VAdm Topshee struck an optimistic tone. Recruiting is improving, training pipelines are being modernized, and programs like the Naval Experience Program are bringing new sailors into the fleet. Navy-led basic training aligned with CAF standards will immerse recruits in the maritime environment from day one while supporting broader maritime skills for Canada.

The town halls ended with a sobering reminder: the sea is unforgiving. Accidents and combat alike punish mistakes instantly. Readiness, VAdm Topshee stressed, is ultimately about competence, accountability, and honesty about risk.

As the Command Chief Petty Officer, Chief Petty Officer 1st Class Pascal Harel, reinforced, conflict may not be chosen, but the navy must be ready for it.

## THE BOTTOM LINE

VAdm Topshee's strategy is about building a navy that can see farther, act faster, train smarter, and fight effectively, rooted in Canadian strengths, scaled through Canadian industry, and prepared for "the world as it is."



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A Division of Personnel Support Programs

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Reach out to us, we'd love to hear your feedback and story ideas!

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# Letter from the Base Commander

Captain(Navy) Kevin Whiteside, Commander, CFB Esquimalt

Dear Lookout Readers and Members of the Defence Community,

As many of you are aware, if you are holding a print copy of this newspaper, you are reading one of the last editions of the *Lookout* that will roll off a traditional press. Effective April 6, 2026, the *Lookout Navy News* will transition to a predominantly digital publication from its past paper format.

This decision, made in close consultation with the *Lookout* team and PSP Esquimalt, was not taken lightly. The final print edition on March 23, 2026 will come almost 82 years to the day that the first *Lookout Newspaper* arrived at Canadian naval shore facilities in Victoria, decades before Canadian Forces Base (CFB) Esquimalt was formally named. While the broader circumstances driving this shift stem from the well-known challenges facing legacy media, particularly newspapers, it remains a sombre and significant moment for a storied institution woven deeply into the fabric of the Base and the lives of past and present members.

We are acutely aware of the potential impacts this change may have on our loyal readers, many of whom hold the ink and feel of newsprint as fundamental to the *Lookout's* identity. We know many of our readers appreciate the feel of newsprint and the ritual of picking up a physical paper. That tradition has been an important part of the *Lookout's* identity, and we're grateful for the loyalty and connection it represents. At the same time, evolving habits in how people consume information present us with an opportunity to modernize while building on the strengths that have carried us through eight decades.

This transition is about growth — not loss. In 2026, the *Lookout* moves toward a digital-first model that prioritizes accessible, timely, and engaging storytelling through our website, e-editions, and social media. This shift supports long-term sustainability while enabling stronger reporting, faster updates, and a broader reach across our Defence community. Our hope and intent are for readers to benefit from richer storytelling and easier access to information through a modern and effective digital platform.

We understand that change raises questions and we will endeavour to guide our community through this transition with clarity and ongoing communication. We ask for your patience and support as together we navigate toward a new future for the *Lookout* and its digital home of lookoutnewspaper.com

So, yes, it is a time of fundamental change at this newspaper. But its mission, the commitment that has defined the *Lookout* for more than eight decades — to Defence-focused journalism, trusted standards, and telling the stories that matter to the people we serve — remains and endures.

Yours aye,

Captain(Navy) Kevin Whiteside, Commander, CFB Esquimalt



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# HMCS REGINA CONDUCTS FIRST-OF-CLASS MK 54 TORPEDO FIRINGS

A/Sit Jamie De La Chevrotière-Martín  
MARPARC Public Affairs

HMCS *Regina* has become the first ship in the Royal Canadian Navy (RCN) to conduct firings of the Mark (Mk) 54 lightweight torpedo, marking an important milestone in the modernization of Canada's Halifax-class frigates and enhancing the navy's ability to conduct effective anti-submarine warfare.

The exercise took place February 2-4, 2026, at the Canadian Forces Maritime Experimental and Test Ranges, located off the eastern coast of Vancouver Island, north of Nanaimo. The activity is a key part of the navy's testing program for the Mark 54 lightweight torpedo and is designed to ensure the weapon can be safely and effectively used from Canadian warships.

The Mk 54 is being introduced as part of the navy's Lightweight Torpedo Upgrade, a fleetwide project focused on improving Halifax-class frigates' combat systems. This phase of testing supports the navy's goal of bringing the new torpedo into operational service across the fleet.

During the exercise, HMCS *Regina* tested how the ship's torpedo systems work together by engaging a stationary underwater test target. The firings allowed sailors and specialists to observe how the ship detects targets, prepares weapons, and launches the torpedo, while collecting performance information that will help guide future upgrades. Several key ship systems were evaluated as an integrated group under live firing conditions.

"The Regina team is proud to be the first ship in the RCN to fire the Mk 54 torpedo,"

said Cdr Darren Sleen, Commanding Officer of HMCS *Regina*. "These trials not only showcase the professionalism of our sailors, but also directly contribute to our warfighting credibility and support our relentless pursuit of personnel generation."

The exercise also helped improve how the navy collects and reviews information from torpedo firings. New tools and processes were tested to ensure data is captured, organized, and analyzed more efficiently. This work will support future testing and ensure the Mk 54 torpedo is fully understood and thoroughly evaluated before it enters regular service.

The introduction of the Mk 54 torpedo represents a significant improvement to the navy's anti-submarine warfare capability, helping ensure Halifax-class frigates remain effective against

modern undersea threats. As the first ship to conduct these firings, HMCS *Regina* has played a key role in demonstrating how the new torpedo integrates with Canadian warships. The experience and information gained during the exercise will inform future firings and support the Mk 54's eventual rollout across the fleet.



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## A New Voice for Junior Sailors: MS Van Manen Takes the Helm as Formation Master Sailor



Master Sailor (MS) Heather Van Manen is the new Formation Master Sailor of Maritime Forces Pacific/Joint Task Force Pacific (MARFAC/JTFP). Photo: Sailor 1<sup>st</sup> Class (S1) Kyle Maguire, MARFAC Imaging

Archana Cini  
Lookout Newspaper

Whether new to the Royal Canadian Navy (RCN) or the base, approachability is the first thing Master Sailor (MS) Heather Van Manen wants others to notice.

"When someone meets me for the first time, I want them to feel that I'm approachable."

Now stepping into her new role as Formation Master Sailor of Maritime Forces Pacific/Joint Task Force Pacific (MARFAC/JTFP), MS Van Manen brings more than rank and experience to the position. She brings the willingness to listen, advocate, and represent junior sailors.

MS Van Manen's story begins in a small town in Ontario, surrounded by mud, books, and nature.

"I was definitely a tomboy," said MS Van Manen. "I was also very much that kid that got in trouble for staying up reading books under the covers with a flashlight."

With her mother working as a teacher, summers were often spent outdoors helping at her grandparents' family camp until MS Van Manen's teenage years, when her family moved north. Before joining the RCN, MS Van Manen also thrived in another demanding environment: the professional kitchen. For five years, she worked in the professional food industry as sous chef at a small bistro in southern Ontario. Eventually, while logging hours to challenge her Red Seal, MS Van Manen hit a turning point.

"The pay, the hours, the lifestyle... it just didn't feel very sustainable anymore," shared MS Van Manen.

Around the same time, MS Van Manen's best friend had joined the naval reserves, insisting that MS Van Manen too would love it. Then, while on a short trip to Cuba for her mother's birthday, MS Van Manen met someone attempting to join the French Foreign Legion — another unexpected nudge towards the military.

After returning home, MS Van Manen applied to serve online. During the trade selection process, she chose one from each element and left it completely up to fate.

MS Van Manen was sworn into service with the RCN on Oct 30, 2019. When asked how her family and friends felt at this career shift, MS Van Manen smiled and said simply, "They were very proud."

Despite the pace of training and the intensity of early postings, she said she never once questioned whether she belonged.

"I felt it the whole time," said MS Van Manen. "It just felt so right. The whole time."

Still, there was a moment at sea that made life in the RCN feel suddenly, unmistakably real. One day, preparing for watch aboard His Majesty's Canadian Ship (HMCS) *Whitehorse*, MS Van Manen caught sight of her own reflection in the mirror while putting her hat on.

"I was like... this is me!"

recalled MS Van Manen. "I'm on a ship; I'm in the military; I have all of this training; this is my life."

Now, as the new Formation Master Sailor of MARFAC/JTFP, Van Manen steps into a role defined not by personal advancement, but by responsibility. MS Van Manen was direct about why she applied for the role.

"In my opinion, Formation Master Sailor has nothing to do with me," she said. "It's only about them [junior sailors]. It's about helping anywhere that I can, and, if I can't, being able to have the connections to find somebody that can help. It is my responsibility to ensure that our junior sailors understand command intent; to be a role model of CAF ethics and values; and to ensure that standards are enforced."

MS Van Manen was also quick to push back against one of the most common misconceptions about senior shore-based roles — that they exist as an escape from sailing. For her, the role of Formation Master Sailor is not a stepping-stone, a break from sea time, or a career shortcut.

"I still get to sail," she said, noting that she is also a Shipborne Air Controller who must maintain that qualification through yearly live control hours. "If I come out of this role having lost that qualification, I would be devastated."

When asked what leadership meant to her, MS Van Manen paused.

"Leadership, to me, is about doing whatever someone can, every single day, for all those around them" she said. "I can't do my job if I don't know what's going on. So please tell me everything that's going on so I can take everything I should into consideration and provide an accurate representation of how we are doing."

It is a statement that captures the heart of MS Van Manen's approach to this role: leadership built on listening, visibility, and trust.

Looking ahead, Van Manen says one of the most important qualities she hopes to build within the junior ranks is self-sufficiency. "That's not to say that you shouldn't ask for help if you need it," she added. "You absolutely should."

However, MS Van Manen notes that there is value in pausing first and thinking through what can be solved independently by knowing your own abilities and where resources are. "Self-sufficiency builds a stronger, more operationally ready Defence team," said MS Van Manen. "I hope we all put effort into holding ourselves, and each other, accountable."

If there's one phrase that captures Van Manen's approach to both service and this role, it might be the words she would offer to her own younger self:

"Don't overthink it."

Welcome, Formation Master Sailor MS Van Manen.



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# On Track By Leadmark: PCTU Reveals New Unit Crest

Archana Cini  
Lookout Newspaper

After decades of shaping sailors behind the scenes at Canadian Forces Base (CFB) Esquimalt, the Patrol Craft Training Unit (PCTU) is stepping into a new chapter with a symbol that finally belongs to them alone: a dedicated unit crest.

For Lieutenant-Commander (LCdr) Kevin Lashinski, Commanding Officer of PCTU, the new crest is much more than a visual update — it represents identity, morale, and the recognition of a unit that plays a critical role in generating skilled sailors for the Royal Canadian Navy (RCN).

While the PCTU has long been an essential part of fleet readiness, it had never had a unique crest of its own. Historically, PCTU used the crest associated with Maritime Operations Group 4 (MOG 4). When MOG 4 was eliminated, the unit defaulted to using the broader fleet crest instead.

Now, that has changed.

The crest took nearly two years to develop, crafted in partnership with the Directorate of History and Heritage (DHH). The timing is fitting: PCTU is not only growing in profile, but also in size and capacity. When LCdr Lashinski assumed command of the unit just over two years ago, it comprised just over 90 people. In the past year, it has expanded to 186.

“Our unit has gotten significantly bigger — in fact, it’s doubled,” said LCdr Lashinski. “I started working on the new crest very shortly after I assumed command, and it’s something everyone here

seems to feel heightened morale and identity about now that we’re all wearing it.”

The new PCTU crest is rich in symbolism tied directly to both the unit’s mission and coastal identity. At its centre is the orca, representing the Orca-class patrol training crafts. Known for the strong social bonds it forms, the orca also reflects the strength of the relationships built between PCTU and the military officers it trains. At the same time, the orca also evokes the Pacific Ocean, where the unit carries out its coastal training mandate. The fir tree division line behind the orca speaks to the Pacific coast skyline, symbolizing the land, air, and coastal training PCTU supports across the Canadian Armed Forces (CAF).

But perhaps the most meaningful element is the crest’s new motto: ‘On Track by Leadmark,’ an important navigational reference.

“It’s a term used in navigation,” said LCdr Lashinski. “When you’re on the right course... you’ve got a goal that you’re looking at, right? That’s your leadmark.” Leadmarks are land-based indicators that guide navigation on the sea, and the motto alludes to the idea of providing correct, clear training.

“There’s always great pride in getting to say you’re on track by leadmark,” said LCdr Lashinski. “It’s something that you can see.”

Beyond its symbolism, the crest is meant to strengthen something less tangible but equally vital: unit pride. To its members, the crest is much more than an emblem: it’s a long-awaited statement that PCTU is here, at work, and they are on course.



PATCHELL: Rear-Admiral (RAdm) David Patchell, Commander of Maritime Forces Pacific/Joint Task Force Pacific (MARFAC/JTFP), centre, was named an honorary member of the 113-year-old Rotary Club of Victoria-Saanich on Feb 4. He is presented with the associated membership certificate and citation by President of the Rotary Club of Victoria-Saanich Linda Murray (left) and past president Gerald Pash (right). Photo: Don Craig



The Ready Ale Ready event took over the CFB Esquimalt Wardroom on 7 Feb to showcase a variety of beer and cider samples. The tasting event showcased over 10 Vancouver Island breweries and cideries along with food stations from Island Culinary Catering. Photos: Lindsay Groves



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The Legion Military Skills Conversion Program helps fast-track your education and advance your career by recognizing the skills you already have. Access streamlined education pathways and tailored support.

Learn more at [bcit.ca/legion](http://bcit.ca/legion)

EDUCATION FOR A COMPLEX WORLD.

Legion BCIT

# MARPAC EXPO VENDORS

## VISIT OUR VENDORS

First 100 visitors RECEIVE FREE Greek on the Street wraps. Free pizza provided by Dominos.

- (while supplies last)
- Admirals Walk Optometry
  - Sunshine Coast Health Centre
  - Island Passion
  - Legion Foundation of BC/Yukon
  - Macpherson Bradford Group Ltd.
  - Hatley Memorial Gardens
  - Last Post Fund
  - Westshore U-Lock Mini Storage
  - Helmets to Hardhats
  - BMO
  - WildPlay
  - Andy McGhee - PREC
  - Success Home Care
  - 3M Canada Company
  - Hearing Life Canada
  - University of Victoria
  - Royal Roads University
  - Island Prostate Centre
  - Costco Wholesale
  - Willis College
  - British Columbia Institute of Technology
  - Purolator
  - Staples Professional
  - BC Transit
  - Discovery Toys
  - Salt & Ivy Spa
  - Triangle RV Centre
  - Veteran Affairs Canada
  - Fountain Tire Victoria
  - Edmonton Police Service Recruiting Unit
  - Local 258 IBEW
  - Military Support Office, University of Manitoba
  - Canadian Veterans Services Society - Veterans Foodbank of Victoria
  - Lookout Newspaper
  - PSP Recreation
  - CFB Esquimalt Navy Run
  - PSP - Model Railway Club
  - CFB Esquimalt Fire Services
  - CFB Esquimalt Military Police
  - Navy Bike Ride
  - United Way
  - NDWCC
  - CANEX
  - SISIP
  - MARPAC Health and Wellness Strategy / Health Promotion
  - Employee Assistance Program
- THANK YOU TO OUR FOOD SPONSORS
- Serious Coffee
  - Domino's
  - Ooh La La Cupcakes
  - Greek on the Street - Food Truck

Remember to fill out ballots for the PRIZES and GIVEAWAYS!

Leave them with a memory not a mystery

Pre-plan your own arrangements together. Feel the comfort of knowing your loved ones are free from uncertainty and expense.

**Special Benefits and Discounts for Legion Members\***

Get started today with a **FREE Planning Kit. 250-478-1754**

Hatley Memorial Gardens by Arbor Memorial

\*Terms and conditions apply. Contact the cemetery office for details. Arbor Memorial Inc.

**VISIT US AT THE MARPAC EXPO**

**FOUNTAIN TIRE - VICTORIA**  
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585 Bay Street  
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Sat, Fr: 8:00 AM - 4:00 PM  
Sun: CLOSED

**FOR ALL YOUR TIRE, MAINTENANCE AND MECHANICAL SERVICE NEEDS.**

**Fountain Tire**  
We're on this road together.

**LOCAL 258 IBEW • VETERANS COMMITTEE**

**FROM SERVICE TO SOLIDARITY**

**ABOUT US**

Local 258 of the International Brotherhood of Electrical Workers represents public and private electrical utility, traffic control, electrical manufacturing and utility arborist industrial workers in BC and Yukon.

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## March is NUTRITION MONTH at CFB Esquimalt

An annual campaign founded by Dieticians of Canada and supported by the MARPAC Health & Wellness Strategy Healthy Nutrition Working Group at Canadian Forces Base (CFB) Esquimalt, March marks Nutrition Month 2026. This year, the theme is 'Nourish to Flourish'.

The 'Nourish to Flourish' campaign reminds us that nutrition isn't just about meeting a baseline of physical output; rather, it is the foundation for our mental resilience, emotional well-being, and long-term operational readiness. In the military environment, we can often be at the mercy of our surroundings and context — whether that's a galley menu at sea, or a quick meal between briefings. However, making informed choices when we can allows us to, over time, truly flourish rather than just "get by."

This March, explore the events calendar (right) to discover ways Defence team members can get involved with Nutrition Month.

## NUTRITION MONTH 2026 EVENTS

|             |                              |
|-------------|------------------------------|
| FEBRUARY 25 | \$3.50 SALAD DAY #1          |
| MARCH 4     | \$3.50 SALAD DAY #2          |
| MARCH 5     | LONDON CHEF COOKING CLASS #1 |
| MARCH 10    | PACK YOUR LUNCH DAY          |
| MARCH 11    | \$3.50 SALAD DAY #3          |
| MARCH 19    | SPEAKERS' BUREAU             |
| MARCH 19    | LONDON CHEF COOKING CLASS #2 |

**WAITLIST** (for March 5 and March 19)

FOR MORE INFORMATION: [VICKY.DOUCETTE@FORCES.GC.CA](mailto:VICKY.DOUCETTE@FORCES.GC.CA)

EVENTS ORGANIZED BY THE MARPAC HEALTH & WELLNESS STRATEGY HEALTHY NUTRITION WORKING GROUP

# A Practical Guide to RRSPs for Defence Families

### SISIP Financial Esquimalt Team

For those serving in the Canadian Armed Forces (CAF) or Royal Canadian Navy (RCN), the importance of planning for the future is vital. But how about one's financial future? For those in the Defence community, a Registered Retirement Savings Plan (RRSP) can be the key to a secure financial future. Here's how.

**Find your 'Why':** Whether saving, building wealth, preparing to buy a home, or going back to school, an RRSP can help you get there. By contributing to an SISIP RRSP prior to the upcoming March 2 deadline, you're stepping towards making your 'why' a reality.

**What is an RRSP:** An RRSP isn't just a retirement tool; it's also a powerful investment account packed with benefits. Here's some highlights:

- Save on taxes now: Utilizing an RRSP allows you to deduct contributions from taxable income, lowering the amount you owe today.

- Grow money tax-deferred: An RRSP helps your investments grow without being taxed until withdrawal.

- Access funds for milestones: You can borrow tax-free from your RRSP through programs like the Home Buyers' Plan and the Lifelong Learning Plan.

- Save on taxes later in life: Chances are that you'll be in a lower tax bracket during retirement than you are today. This means you'll likely pay less tax when it's time to withdraw money from your RRSP.

**See What's Possible:** Defence community members have invested over \$1 billion with SISIP, and a large amount of this is in RRSPs. Starting early and contributing regularly can lead to significant savings over time, with even small monthly contributions growing into something big.

**What About TFSA's:** A Tax-Free Savings Account (TFSA) can be a powerful complement to your RRSP. While your RRSP helps you save taxes now and build wealth for retirement, a TFSA offers flexible, tax-free growth with no penalties for withdrawals. That makes it ideal

for shorter-term goals, unexpected expenses, or simply building financial freedom over time. Many Defence team members leverage both, and an SISIP advisor can help find the right balance.

**RRSPs for Couples:** If married or with a common law partner, RRSPs offer even more opportunities including double the benefits and home and educational goals. Spousal RRSPs can also balance uneven incomes in CAF households. By having the higher-earning partner contribute to their spouse's RRSP, you can lower your family's overall tax burden in retirement. A SISIP advisor can help figure out the best approach for your family.

Finally, choosing to work with SISIP means engaging with advisors who understand the unique needs of CAF members and families. With comprehensive support and unbiased advice, we're part of your community, with our advisors ready to help at bases and wings across Canada.



Whether saving taxes, building wealth, buying your first home, or something else, an SISIP RRSP can help achieve your goals.

Contact our Esquimalt office at 250-363-3301 to contribute before the approaching March 2 contribution deadline.

## Eye care for your family!

- Eye Health Examinations
- Contact Lens Specialists, Dry Eyes, Allergies, Eye Injuries
- Designer Eyewear Boutique
- Aircrew cyclo exams
- Sunglasses: Prescription & Non-Prescription

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Dr. Darcy Dennis and Dr. Rachel Rushforth  
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## NUTRITION MONTH 2026

# \$3.50 SALAD DAY

# JOURNÉE SALADE À 3.50\$

FEBRUARY 25, MARCH 4 & 11  
25 FEVRIER, 4 ET 11 MARS

## NELLES, VENTURE & WARDROON GALLEYS / CUISINE

EVENT ORGANIZED BY THE MHWS HEALTHY NUTRITION WORKING GROUP

ÉVÉNEMENT ORGANISÉ PAR LE GROUPE DE TRAVAIL D'ALIMENTATION SAINE DU SSBF



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# Treatment IS WITHIN REACH

## Addiction, Mental Health & Trauma Treatment just a Ferry Ride Away

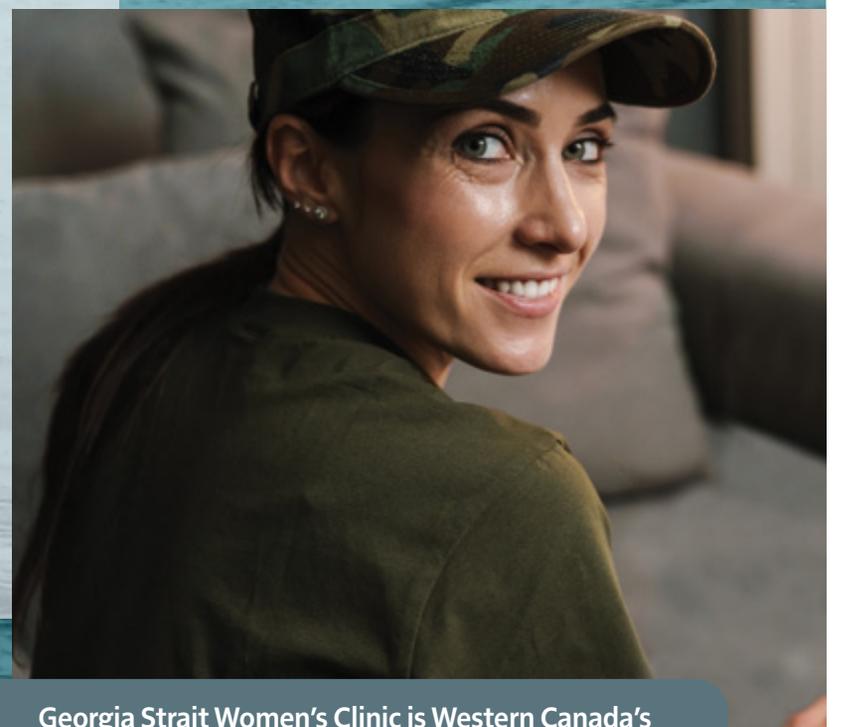
Help is at hand: Powell River-based Sunshine Coast Health Centre and Georgia Strait Women's Clinic—Western Canada's only trauma program exclusively serving women—provide highly personalized addiction, mental health and trauma treatment for male and female clients respectively. We'll pick you up from the ferry for our daily inpatient treatment tailored to your unique needs.

Services include 24-hour medical service, psychiatric assessment, EMDR, rTMS, psychotherapy, a dedicated group for military clients and much more.

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Georgia Strait Women's Clinic is Western Canada's only trauma program exclusively serving women

**Georgia Strait**  
WOMENS CLINIC

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A Non-12 Step Mental Health Program

Admissions Toll Free **1.866.487.9010** | **SCHC.CA**