

## Army Reserve Co-op Program



- Train as a member of the 31st Canadian Brigade Group
- Gain access to careers in the Canadian Forces
- Increase your physical fitness
- Access transferable skills and training for employability
- Earn three credits *plus* an optional fourth through eLearning or at your home school
- Obtain lifelong friendships

This program is offered during the second semester of the school year. Students enlist and if accepted, become members of the Canadian Forces and train daily from 8:00 am to 12:00 pm at the John W. Foote Armoury on James Street South. Students will be trained in Basic Military Qualifications, Basic Communications, and Auxiliary Security Force. This is a paid co-op placement.

To learn more about the Army Reserve Co-op Program, talk to your guidance counselor or co-op teacher, or email Mike Armstrong at [marmstro@hwdsb.on.ca](mailto:marmstro@hwdsb.on.ca).

To express interest in the program:

1. Complete the [HWDSB electronic Intention Form](#). This MUST be completed with a parent / guardian if the student is under 18 years of age on the day of submission.
2. Complete the [HAMILTON GARRISON CANADIAN ARMY RESERVE CO-OP PROGRAM Parent/Guardian and Student Intention Form](#) - Email the completed form to: [marmstro@hwdsb.on.ca](mailto:marmstro@hwdsb.on.ca)
3. You will be contacted by the Army Reserve Co-op teacher as well as a member of The Canadian Forces who will give instructions on the next steps.