

HWDSB

Army Reserve Co-op Program

- Train as a reserve soldier
 - Gain access to other careers in the Canadian Forces
 - Learn valuable employability skills
 - Increase your physical fitness
 - Obtain lifelong friendships
 - Opportunity to earn three (3) Secondary School credits
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- ❖ This program is offered every Semester 2 of each school year.
 - ❖ To learn more information about the *Army Reserve Co-op Program*, talk to your Guidance Counsellor and/or Co-op Teacher, or email Jeff Adema at jadema@hwdsb.on.ca.
 - ❖ Submit an electronic [HWDSB Army Reserve NOI 2026 Co-Op V1](#)- this must be completed with a parent/guardian if you are under 18 on the day of submission.
 - ❖ Visit the Forces.ca website to learn more about the Canadian Forces.
 - ❖ On the Forces.ca homepage, click on the "Apply Now" icon (located near the bottom of the homepage) to learn more about the application process.

IMPORTANT INFORMATION:

1. Students must be at least sixteen (16) years old when they apply (**not at start of program**).
2. Students must have earned at least fifteen (15) credits by the time the program begins.
3. Students must be Canadian Citizens or Permanent Residents when they apply.
4. Students will need government issued photo identification (for example: <https://www.ontario.ca/page/ontario-photo-card>, passport, drivers license; OHIP/Heath card not accepted).

BE YOU. BE EXCELLENT.