

Hello! Did you know that National Addiction Awareness Week is November 21-27? Within Mental Health and Addiction Services, SHA Saskatoon, the Saskatchewan Addiction Awareness committee will not only be sending out virtual activities, events and education for that designated week, but for the whole month of November!

At the start of each week you will receive an email containing links to current information and presentations around substance use disorders, addiction and recovery. There will also be a link to a survey monkey with a question pertaining to the week's activities.

Once completed, your name will be entered a randomized draw to win a \$50 ecard with draws made every Friday!

The themes of the month will be as follows:

Week 1- Updated Low Risk Guidelines for Alcohol, Marijuana and Gambling

Virtual presentations on Treatment in Canada, Recovery Day, Gaming and the opportunity to explore other Webinars from the Canadian Centre on Substance Use and Addiction (CCSA)

Week 2 – Celebrity Week!

Virtual stories from celebrities around substance use disorders and addictions and their journeys into recovery.

Week 3 – Local Focus on Recovery

Virtual stories from local people in Saskatchewan around their struggles and paths with recovery.

Week 4- Health and Wellness Moving Forward

Responses and highlights from the questions of the week!
Share resources for wellness and self-compassion.

So...without further ado we will jump right into Week 1 activities!

SASKATCHEWAN ADDICTION AWARENESS MONTH-WEEK 1!

First, please see attached for the updated Low Risk Guidelines for alcohol, marijuana and gambling.

Next, CCSA (Canadian Center on Substance Use and Addiction) has a large library of Webinars and information regarding current substance use trends, addiction, treatment and recovery. Please visit <https://www.ccsa.ca/webinars> to browse the education opportunities!

Listed below is a number of past presentations on addiction and recovery along with upcoming events that will be occurring virtually in November.

1. EEConnect-HRI talks "Substance Use and Mental Health treatment in Canada: are people getting better?" Event on November 3, 2021 5:00 pm. Register at: https://us02web.zoom.us/webinar/register/4216333728957/WN_YBiPn48ZSxSEFWYfv4CDIA

2. EHN "Recovery Day: Navigating a Life in Recovery". See slides attached. View at: https://player.vimeo.com/video/623863210?utm_campaign=Webinars&utm_medium=email&hsmi=168308597&hsenc=p2ANqtz-9y4eCtxjaCJuysn6QmbCw4e_R6BGupD9Xpwi2R6wd1vb4UEJkISUj9wre3EYKzu0grthiGCzn_rXOlh68Csk5pioH0DlcETsMGsqOHRAsychOUUaU&utm_content=168202051&utm_source=hs_email
3. EEConnect-"Cannabis Conversations: Community and Youth" 2 day Free event. Register at: <https://www.eenetconnect.ca/event/cannabis-conversations-communities-and-youth-free-2-day-event>
4. Metis Nation of Ontario "One more level: Video Gaming Addiction" View at: <https://www.bigmarker.com/metis-nation-of-ontario/One-More-Level-Video-Gaming-Addiction?bmid=b8e05bd70af7>

Question for the Week can be found by following this link <https://www.surveymonkey.com/r/7XRCZYB>.

Thank you for taking part in promoting awareness for substance use disorders and addiction! Please feel free to pass along!

Sincerely,

The Saskatchewan Addiction Awareness Month Committee, MHAS, SHA Saskatoon area