

## Resources - Movement, Smoking, Alcohol &amp; Other Substances

- **Apps**
  - Finch: Self Care Widget Pet <https://www.befinch.com/>
- **Resources/Tools**
  - 23 ½ hours: What is the single best thing we can do for our health? <https://www.youtube.com/watch?v=aUalnS6HIGo>
  - CAMH Nicotine Dependence Clinic self help resources: [www.nicotinedependenceclinic.com/en/Pages/Self-Help.aspx](http://www.nicotinedependenceclinic.com/en/Pages/Self-Help.aspx)
  - Canada's Guidance on Alcohol and Health <https://www.ccsa.ca/more-6-drinks-week-puts-your-health-risk-new-canadas-guidance-alcohol-and-health>
  - Canada's Guidance on Alcohol and Health: Final Report <https://ccsa.ca/canadas-guidance-alcohol-and-health-final-report>
  - Canada's Lower Risk Cannabis Use Guidelines <https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/lower-risk-cannabis-use-guidelines.html>
  - CSEP 24 Hour Movement Guidelines <https://csepguidelines.ca/>
  - ParticipACTION Exercise videos: [Exercise Videos - ParticipACTION](#)
  - ParticipACTION Glossary: <https://www.participaction.com/en-ca/content/glossary>
  - Project Safe Audience <https://projectsafeaudience.ca/>
  - Rapid Access to Addictions Medicine (RAAM) <https://afm.mb.ca/programs-and-services/raam/>
  - Resistance band exercises [https://www.winnipegmotion.ca/wcm-docs/docs/inMotion\\_Brochure\\_LOW.pdf](https://www.winnipegmotion.ca/wcm-docs/docs/inMotion_Brochure_LOW.pdf)
    - Video demonstration of exercises [In-Motion Workout with Marci - YouTube](#)
  - Smoker's Helpline [www.smokershelpline.ca/static/how-we-help#quitmap](http://www.smokershelpline.ca/static/how-we-help#quitmap)
  - Street Connections <https://www.streetconnections.ca>
  - Take Home Naloxone Program (Manitoba) [naloxone – Street Connections](#)
  - Winnipeg Trails & Maps <https://www.winnipegtrails.ca/trails-maps/>
  - WRHA Health Management Program Guide <https://wrha.mb.ca/groups>
    - Commit to Quit <https://wrha.mb.ca/groups/commit-to-quit/>
    - Packing It In <https://wrha.mb.ca/groups/packing-it-in/>
    - Physical Activity Essentials <https://wrha.mb.ca/groups/physical-activity-essentials/>
- **Websites**
  - Addictions Foundation of Manitoba [www.afm.mb.ca](http://www.afm.mb.ca)
  - Centre for Addictions and Mental Health (CAMH) [www.camh.ca](http://www.camh.ca)
  - In motion Winnipeg <https://www.winnipegmotion.ca/index.php>
  - ParticipACTION <https://www.participaction.com>
  - Wellness Together Canada <https://www.wellnesstogether.ca/en-CA>

