



MANITOBA ADDICTIONS AWARENESS WEEK



COMMUNITY AND WORKPLACE

"FOOD FOR THOUGHT SERIES"

Looking for a simple community or workplace activity that has a lot of impact, takes little time to organize and packs a real "whollop"? The MAAW *Food For Thought Series* provides a variety of speakers and topics, which may just fit into a lunchtime bill of fare. Presentations are 25 minutes long and are followed by a question period.

PLEASE NOTE: *These speakers are available for Winnipeg; for other areas of the province please contact the organizations listed and/or your local Addictions Foundation of MB office.*

SUBJECT	RESOURCE CONTACT
How do I know if my kids are using drugs? (available in both English & French)	✓AFM Youth Services, (204) 944-6235
Parenting for Prevention (available in both English & French)	✓AFM Youth Services, (204) 944-6235
Keeping the Fun In Gambling	✓Don Ward (204) 944-6392 or Al Daly (204) 944-7056 AFM Gambling Services
Herbal Medicines: Weeding Fact From Fiction	✓Meera Thadani, University of MB , Faculty of Pharmacy, University Centre Pharmacy, 474-9323
Youth and Gambling: From Recreation to Problems (available in both English & French)	✓AFM Youth Services, (204) 944-6235
The <i>Building Hope Series</i> is intended to assist people in dealing with the challenges of everyday life. Each topic can be presented as a one day seminar or as a "Brown Bag" topic (25 minutes). The series includes: <ul style="list-style-type: none"> ✓ Building Self-Esteem ✓ All Stressed Out ✓ Personality Styles ✓ The Balancing Act ✓ Healthy Living Habits ✓ Choosing to Change ✓ Fear, Anger and Resentment ✓ Habits of Effective People NOTE: See section 4 Resources and 4.8 AFM Courses and Information Services for other topics of interest	✓Janice Kostash, AFM Community Prevention Programs, Workplace Services (204) 944-7063
Alcohol Related Birth Defects	✓Zenon Lisakowski, AFM Community Prevention Programs (204) 944-6358
BINGO! Let's Talk About Seniors and Gambling! Enjoy this informative bingo-style presentation on gambling and related issues.	✓Deb Kostyk, AFM Problem Gambling Services , (204) 944-6250
Crystal Meth Awareness – A brief review of the history, effects and issues surrounding this drug.	✓Candace Smith, AFM Community Prevention Programs, Workplace Services (204) 944-6260
Gambling in the Workplace	✓Al Daly, AFM Gambling Programs (204) 944-7056
Street Wise: Update on Non-potable and Inhalant	✓Larry Leroux, Non-potable Committee and

SUBJECT	RESOURCE CONTACT
Abuse	Broadway Pharmacy, 783-1887
Families and Addiction - Alcohol, Other Drugs and Gambling : How They Affect the Family System	✓Susan Burns Cone, AFM Family Programs (204) 944-6314
KICK BUTT! Or KICK BUTT AT WORK! Smoking Cessation Programs	✓Wellness Institute at Seven Oaks Hospital (204) 632-3927; for Kick Butt At Work call (204) 632-3905