

Harm Reduction Newsletter

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Journal Article contributing author our Peer Project Coordinator



Youth Harm Reduction Award



Ask Peer Project Coordinator



Alcohol and Health



Chief Medical Health Officer Report



Journal Article contributing author our Peer Project Coordinator

Read the [article](#) that Beth Haywood coauthored on findings that suggest people with heart disease who use illicit stimulants face an elevated risk of drug toxicity.

Know of youth involved in innovative harm reduction projects? [Nominations for the annual Youth Harm Reduction Award are open!](#) Learn more and complete an [application](#) for yourself, or a young person you know.



Youth Harm Reduction Award



Ask Peer Project Coordinator

For National Addictions Awareness Week, our peer project coordinator, [Beth](#), [shares](#) how connection was the cornerstone throughout her recovery journey.

Did you know that alcohol is part of the harm reduction conversation? Check out the updated [Harm Reduction Handbook and Staff Toolkit!](#) Find additional resources to support your work with clients using alcohol on the [Alcohol and Health intranet page](#).



Alcohol and Health



Chief Medical Health Officer Report

Challenge and Change: A Public Health Response to Our Perplexing Relationship with Psychoactive Substances

Dr. Réka Gustafson invites you to read the report about psychoactive substances - alcohol, tobacco, cannabis, and unregulated substances. Together we can work to improve the health of our communities.