

Community Education Service



Improving emotional health and well being

Canadian Cannabis

“to eat it or to smoke it?”that is the question!

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Professor, University of Calgary, Department of Psychiatry and Pediatrics**

FREE Online Session

Cannabis has been legal for over a year now in CANADA. As of October 17th, 2019 edible cannabis is now legalized for people who are 18yrs and older. What should our community and the larger society know about the risks of CANNABIS? Despite the marketing message that you may have heard (cannabis is natural, a good sleep promoter or for pain relief), CANNABIS is not a panacea. You can become addicted and it does have some serious side effects for a vulnerable section of our society.

This presentation will focus on the risks and benefits inherent in its use. There are 3 populations at particular risk of negative consequences due to cannabis use: children and youth, mothers-to-be and people with underlying mental health problems will be discussed. This presentation will also outline the medical indications for cannabis use and the risks associated with regular high potency use, such as addiction and psychosis. This impact of CANNABIS on family functioning, motivation and impaired executive skills will be emphasized. In particular, the effect on school and social relationships will be highlighted.

Session available until: November 1, 2020

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