



**KAWANIHTA**

**KIPIMATISIWIN**

**KISKINAHAMKEW  
KISKINOHTAHEYWIN**

## **NĪSŌHKAMĀKĒWIN**

Oma pikiskweywin kaki macitacik taki wecihacik ohe kiskinahamakeywa ohe oskayak kakaskihtacik tepakoḥp mina isko peyakosap ositacik taki kwayaskomicik ohe oskayak tansisi oma macipeyhitawin iskakocik omamitoncikanawak mina kotak mitaweywina aḥpo tamitawecik kamiyoskakocik. Tastew ota kapihtwataki oma maci pihtwawin ikwanima kiskinwahamahecik tanisi ispayihk kapihtwatmik oma aḥpo ostikwanowak ikwa omamitoncikanik mina oskayak pohko tawehtamacik ika kapihtwacik oma kwayask takipimasitcik.

Kakwayaskomitcik ika ikosisi titotahkik, taki sisawecik aḥpo taki kitocikecik, aḥpo kamasinahikecik miyosin ikwanima miyoyawin. Oma masinahikan oyāpahtam ta-mêkihk kiskêyihitamohiwêwina mīna āpacihcikana ta-paminamin kiskinwahamākêw nikânīwin misiwêyāwin ka-nahiskamohtahk kiki nêhiyaw māmawâyāwinihk ta-yahkipita mōyêyihcikêwin ohci miyo-ayāwin astâhtâsowina nisitawêyihcikwan asici maci-pihtwāwin, âsônê isi māmitonêyihcikan miyo-ayāwin.



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## OSKAYA TAPAMINICIK

Kispin atoskehtataman ohi piyisk taki osetin oma kamamaskataman ohi masinahikewina tanistohtaman kiya nikan ikwa takiskinahamwakihk oskaya tansisi oma maci pihtwawin ispakowkocik oma, ikohk imayatak ikwanima pihtwawin.

Kispin apacitacik ahpo nihte ayawipicik, ahpo ika mistahi tamamitoneyhicakik, ahpo wiciwakanwawa wistawaw eyapacitacik. Atiht oskaya tatamak kistikew maskihkiya ikwa moya nantaw tetskakowak eteyitakik.

Maka mistahi oskaya apacitawak oma pohko takwe nakinicik kapikiskwatacik:

- > Nitohtamowin, kwecikemowin pikiskwewin
- > Pohko kakwi nistomakecik ika tapacitacik
- > Nistomamowin kwecikamotawi naskomowin
- > Nistomowin, naskomowin, tapitaki
- > Kamwatisiwin mina kitamakeymowin

Taki kiskyihtamowacik oskaya oma macipeyihwawin, kakipikiskwatacik mina [pikiskweywina ohi maskihkiya oskaya](#) mina [awasisak oma macipeyihwawin ikakpehtwacik](#).

## OSECIKEWINA OMA MIYO PIMATISIWIN

### Tanisisi takitotaki oma miyo pimatisiwin

*Nanitaw nistomitanaw cipahikanis, isko newomitanaw mina niyan cipahikanis*

Nakiskätowin	5 cipahikanis
Tanisisi takitokoyin oma maci pihtwawin wihitihp ohci	7 cipahikanis
Takwecikemacik kikway miyosik taki totakik	2 cipahikanis
Poyohk mina kwecikemowina	10 cipahikanis

Taki pisikeyitaki ohi...

- > **Tanite:** tanisisi tayayin kawaskowiyin ahpo sisawcikamikohk ahpo metaweyikamikohk. Kispin kike ayayini wistawaw oskaya taki totamak oma wikiwa ohci taki waskawicik.
- > **Tipahikan:** nantaw nistomitanaw cipahikanis isko newo mitanaw mina niyanan cipahikanis isko.
- > **Masinhahikana kapacitaki:** kapacitak ohi masinhahikana mina (metawewina osecikewina, mina kamasinahikecik.)
- > **Cikastepayicikana osecikewina:** Pohko pita oma kiskinawapacikan taki apacitacik ahpo oma masinpacikeywin tawapatakik ohi oskayak oma pikiskweywina kispin kamiyo mamitoneyicikaycik ohi oskayak. Atiht ohi oskayak ahpo kaki metawecik kotak osicikewina westawaw ohi kotakak kapacitacik ohe masinipacikana apacitacik oma osicikewina tosetacik.

## NISTOMITANAW MINA NIKOTWASIK MINA CIKIMITONAW WIYITIHP APACIKAKANA

Maci pihtwawin oma moya kwayask wiyitihp kohpikin. Oma pikiskwewina ikota **masinahikatew** tanisisi oma maci pihtwawin **moya kwayask** kitihp tastew mina moya **kwayask sayayin wiyitihp ete** kines ikosisi tapamatisiyin.

Oma osecikeywina [moya tatipahamihk](#), taki osecikeywinawaw ohe kotak wetihpawaw oskayak, tanisisi tetotahkik oma maci peyihpawawin kapacitacik tanisisi tisi mayiskakocik ohi oskayak. **Kispin mistahi apacitacik kakipa** moya kwayask kamamitoneyitamak **pisk wiya moya ciskwa kispikik** wiyitihpawawa wiya isko nisomitat niyanosap tahtaponicik. Ayawak oskya misonacikocik oma maci pihtwawin osam moya ciskwa kisopikniyik wiyitihpawawa.

Taki wicihew kiskinahamkewa wistawaw taki kiskimicik oskaya. Kakiskimicik oskaya ika taki pihtwacik oma, osam

kamayiskakocik mina moya kwayask kamamitoneyhitakik. Oma kapikiskwatacik oskaya ohi kiskinahamakeywak pohko takiskinahamwacik ohe newo petos mamitoneyicikana mina tocikeywina mina.

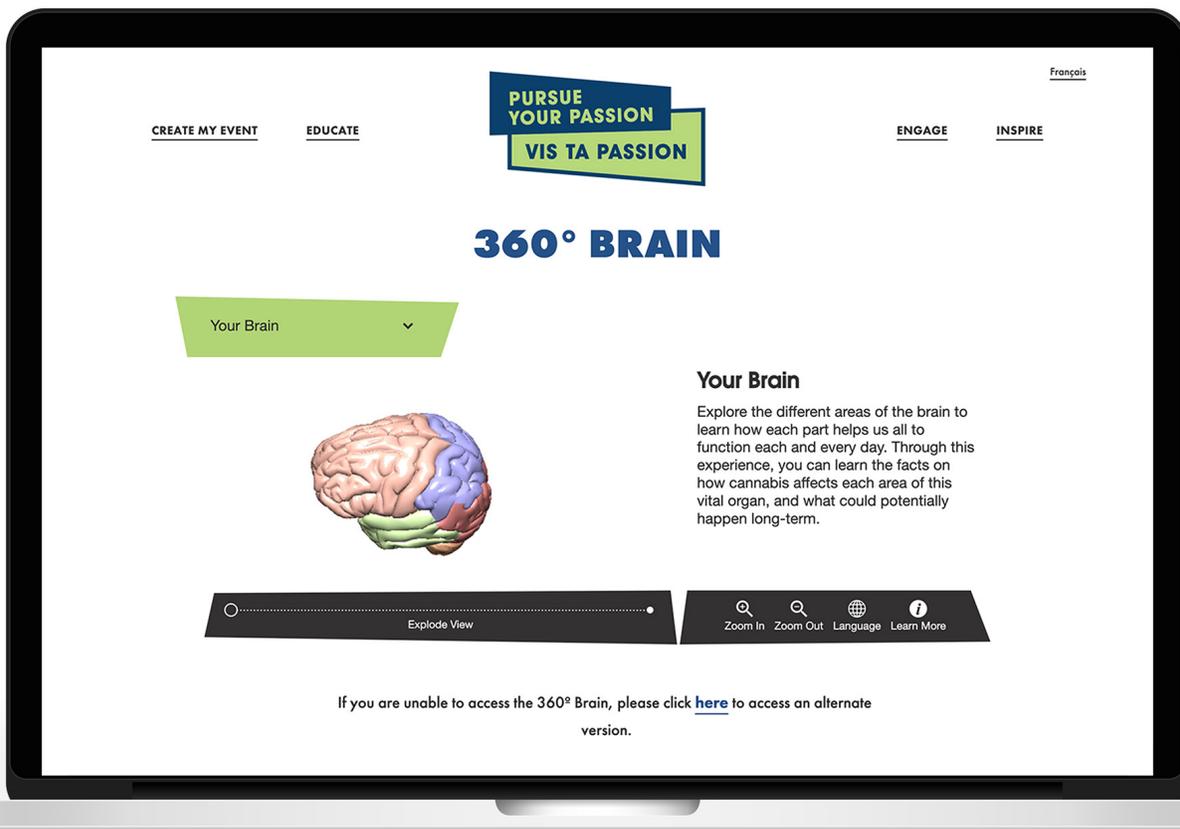
### Oma taki kocik

Cikaste paicikan nistomitanaw niktowasik wiyitihp peyak pohko.



### Ayawakes Apacitawina

Kispin nite pikiskwanawa oma [Pikiskwewin maci pihtwawin ohci](#)





## MIWASIN KIKWAY TOSIHTAK KWAYASKOMOWIN

Pamayes macitayin pohko taki  
pisikeyitaman ohe...

### Oskinawascikeywina

Pikiskweyina ohi kapikiskwakeycik	
Kiskinohtaheweywina	

- Cipacikewina taki kanawapatamik  
kiskinwahamakak ohci
- iskinwahamakanak wistawaw tapacitacik ohe  
cipacikewina (niso cipahikanis isko) [nistomitanaw](#)  
[nikotwasap wiyitihp osecikewina](#)
- Tastew ota kiskinwahamakan tahto kiskaw taki  
sisawecik nanitaw (niso cipahikanis ohci)
- Tayawat pisimohkanis

## MASINPAWINA 1



Kikiskeytinawa ci ohe oskaysenewak mina oskaya kapacitacik oma  
maci pihtwawin taki maskakoci mina takosicik mina kiskwekakocik?

Omissi tastew kispin apacitacik oskayak misoncihamak wiyitihpawawa  
pamayes nistanaw tatoponaycik.

Oskaya kines apacitacik mitoni kakosowak kines moya kwayask  
kamitoneytamak tanisisi kitskakocik apacitacik oma maci pihtwawin  
Moscoskakocik kaskeyihtami-ayawin mina kweskwewin peyakoskan  
ohci ikosisi ahpo pispimatisicik.



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**MASINPAWINA 2**



Kikway maka kipimatisiwin? Kwecimawak ohi kapamihtacik miyo mahcihowin Kakanatak kikway itiskakoyin pihtwawin oma mina tanisisi kiyitihp isi makotek.

Ikwanima sisawewin kwayask iwiko miyoyawin mina ika takosicik tamiyoyacik.

**Kikway maka  
kipimatisiwin?**

Kwecimawak ohi kapamihtacik miyo mahcihowin Kakanatak kikway itiskakoyin pihtwawin oma mina tanisisi kiyitihp isi makotek.

Mina taki meweyitahk kikwaya taki tatahk kamiyoyat ayisenew ika kapihwat oma maci pihtwawin.



**MASINPAWINA 3**



Oma mahti kiwecikemowin:

Tanisi wiyitihp kisi ohpikin? Niyanan tahtoponewin, mitatahtoponaywin, niyananosap tahtiponeywin, mina nistanaw tahtoponeywin, ahpo nistanaw niyanosap tahtoponewin?

Kiwlcm oskaya kispin ikosis wistawaw pikiskwecik: Kwecim kikway kwayask pikiskwewina kahkiyaw oskaya.



**Tanisi wiyitihp kisi ohpikin?**

- Niyanosap tahtiponet
- Mitataht tahtiponet
- Niyanosap tahtiponet
- Nistanaw tahtiponet
- Nistanaw niyanosap tahtiponet



**MASINPAWINA 4**



Kwayask naskomowin nistanaw niyanosap tahtoponew. Ota masinahamak nistanaw niyanosap tahtoponet pamayes kisi ohpikik wiyitihp.

Ayawak oskya misonacikocik oma maci pihtwawin osam moya ciskwa kisopikniyik wiyitihpwawa. Nawac wipac tastew ayiwak kamisoncikwak oma maci pihtwawin kispin mistahi apacitacik.

**Tanisi wiyitihp kisi ohpikin?**

- Niyanosap tahtiponet
- Mitataht tahtiponet
- Niyanosap tahtiponet
- Nistanaw tahtiponet
- Nistanaw niyanosap tahtiponet

**Ota masinahamak  
nistanaw niyanosap  
tahtoponet pamayes kisi  
ohpikik wiyitihp.**



## MASINPAWINA 5



Oma kwaskomicik anohc oma:

1. Miyo mamitoneyhitamowin moya kwayask pimatisiw pihtwawin apacitaci
2. Tanisi oma macipeyhitawin moya kwayask kamamitoneyitakik kispin peytawak oma moya kwayask taki sakhito ayisenew



## MASINPAWINA 6



Wiyitihp kiyapits ohpikin isko niyanosap tahtoponet ayisenew mina apacitacik moya kwayask tohpikin osam maci kikway ikwanima moya mina kakipikiskwewak kotak ayisenwak ohci.

Oma maci pihtwawin moya miyoskako pahpitos wiyitihp ikwa mina kinwesk kamiyaskako:

Kiya:

- > Wapowin;
- > Waskaweywin ikwa mamitoneyihtamowin;
- > Mamitoneyihtam, osecikewin mina kwayask osecikewin;
- > Pimatisiwin, kitimakisowin mina miyo-pimatisiwin;
- > Masinahikewina mina wapahtewina

Kiskeyihtamowin oma maci pihtwawin tansisi kamsonacikocik wiyitihpawawa mina kines tahkosowak.



Ota taki intonaman pikiskwewina:

<https://www.canada.ca/en/health-canada/services/drugs-medication/cannabis/resources/cannabis-brain-know-facts.html>



## MASINPAWINA 7



Ota kaki pikiswkatamik tanisisi wiyitihp ohpikik mina tanisisi misonacihitek wiyitihpawawa tahtokisikaki.

Oma masinahikewina kawapatinaw tanisisi wiyitihp pahkowiko mina **mamitoneyihtamowinihk, mina kwayask osecikewin.**

Mina taki masinpahitaman oma takanawapimisoyin.

### APACIKIKAN

Nisto mina nikatwask mitanaw wiyitihp. Maci pihtwawin oma moya kwayask wiyitihp kohpikin.

Mamawi nisakatotek taki kakiwe kiskeyihtamak tanisisi wiyitihp pahkowikowit mina tanisisi misonacikit oma maci pihtwawin mina tanisisi ayisenewak iliskakocik.

Apacihla ikwanima nisto mitahmitanaw mina nikwatosasop mihp masinahikewina titocikatek masinahikewina ohci.

AMANKIWA  
KUMATAMOWIN

Taki ayamitayin oma **mamitoneyihtam ikwa osecikeywin.** Ayamihta oma **mamitoneyihtam ikwa osecikeywin**



## MASINPAWINA 8



Oma cihkeyihtakwan ohi oskaysenewak mina oskaya kapacitacik oma maci pihtwawin taki maskakoci mina takosicik mina kiskwekakocik?

Omisisi tastew kispin apacitacik oskayak misoncihamak wiyitihpawawa pamayes nistanaw tatoponaycik.

### Kikiskeytin ci...

Oskaysinowak ayawak wiyawaw ayamihawak moya miyoyawak, ahkosowak mina?

Kispin maci pihtwawin apacitawak oskayak nistanaw tahtoponecik moya kisi opikin wiyitihp.

AMANKIWA  
KUMATAMOWIN

## MASINPAWINA 9



Ikoni kamisonacikoci maci pihtwawin

**Mayiskakowin mina mosihowiniw** kapeyhitwacik oma macipeyhitwawin mosci iskakocik mosci miyo skakocik mina mosci namakikway maci mamitoneyhitakaw ahpo mina kasikiscik mina

**Ayawak ayaman takiskisik** kisapacitacik moya mina kiskisowak mina moya kwayask mamitoneyhitamak. Mina atoskewinihk kapacitacik moya kwayask itskakowak.

**Mina moya taki pamihewak sekewa mina ahpo kotak apaciikana** Ikwanima moya kwayask kapamihewak wiya moya kwayask isi pakisitcik wiyitiphawawa. Oma maci pihtwawin nakinin ika kapiskeyitamik kikway mina moya kwayask sapinkeywak. Kispin kikiskemaw awiyak apacitacik oma moya taki paminahacik sekewa mina moya taki posicik ekota.

Kotak ayisenew taki posihisk tatakosiniyin. Tepwas pimotohiwew ahpo awiyak kakiseyimat tapinaskwenisk.

### APSI MAYISKAKOWIN



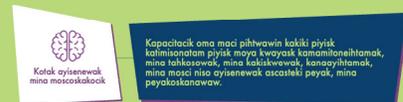
KANADITA  
KUPHATIMEN

## MASINPAWINA 10



Kispin kines apacitanyini oma maci pihtwawin ahpo kakiskwan. Kakiki kapacitacik oma macipeyhitwawin kamososkakocik mosci kakiki sekiscik mina kayamak mosci isayacik, mina moya kwayask mamitoneyiccekik, mina ahpo ostikwanawak moya kwayask paksocik mosci kotakak ayisenewak ostikwanowak apiyit.

### MINA KINES KAHKOSOWAK OMA PIHTWAWIN KAPACITACIK



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**MASINPAWINA 11**



Mistahi pihtwataciik ohi piyisk nanitaw ostikwanowak kisayawak ika kwayask kamamitoneyihtakik ayawak oki:

- > awina apacitat tanitatoponet
- > awiyak kapacitat oma maci pihtwawin wistawaw kamisonacihikwak (piyisk kispin pihtwatamak tahtokisikaki)
- > awina apacitaci oma maci pihtwawin THC kastastek (nistomitanaw isko kikamitahtimitanaw astaki oma THC mina kotak pihtwawina asteki oma)
- > awina peyakoskana ahkosowak mina moya kwayask mamitoneyihtamak

**Kispin moyakwayask sayawak ahpo ahkosowak:**



**MASINPAWINA 12**



Tastew astamihk apacitacik moya kakiskwewak, mina moya ostikwanowaw miyoskwak, maka kwayask taki pakowkowak. Tastew ota kaypoyok ikwanima kwayask ikwa kaki mamitoneyihtamak.

Kakaskapatew oma maci pihtwawin ikota astewa miscipona. Kinwes kapihtwatamihk oma maci pihtwawin ayiwak tahkosiw ayisenew ahpo ohpanapinewin tayat ahpo otehaspinet.

**Taki nakinacik ika kapacitacik ika kamiyoyacik**

Apacitacik oma maci pihtwawin olinakawi maskihkiya kamososkakoak kisin pihtwatamak oma.

Kispin panapacitacik kamiyoyawak omamitoneyhikanik.

**MASINPAWINA 13**



Taki wehitaman kikway ahkwan kapihtwak oma pihtwawin

Kwicim oskaya taki tepwecik kikway pikiskwatakik 

 Wihtam kines apacitacik ikwa moya kines apacitacik

## MASINPAWINA 14



Oma maci pihtwawin ikwa mistahi ikwa kikskenawaw tanisisi misonacihat, piyisk ekwa ikwanima kinistinaw ikwa tanisisi mayiskakow oma maci pihtwawin. Mina kipitam ikoni kameyhtamik titotamak kikwaya.

Mahti taki  
nitonamak tansisi ika  
kapacitacik kwayask  
kapimatisicik!



## MASINPAWINA 15



Ayamihta oma ohe oskayak taki nanaskomocik kwecimitawi kikwaya



Kikwaya maka tositacik miyo pimatisiwin?



KAWANHTA  
KIPIMATISWIN

## MASINPAWINA 16



Wiyitihp moya kwayask pakisew. Owihtipiwaw mina taki mamitoneycikeycik metaweywinawaw.

Wiyitihp pahkoko iyhiwin, mina mitehik pakokowin, mina kotak wiyitihp petos ikote ika tapakisinihk, mina kapimotek kwayask, mina kamiyo mamitoneyhtamihk.

Ometiweywinawaw pohko kwayask kawaskaweycik mina ika kapisicik, ahpo kwayask kapimpatacik. Oma macipeyhitawin ikwanima mayiskakocik moya kwayask kawaskaweycik mina moya kwayask kamitoneyiceycik mina moya mina nitasakitocik wiya oma macipeyhitawin emayiskakocik.

### Ahpo metawewina?



Metawewina ikwanima ika miyaskakocik ika kwayask taki pimatacik mina ahpo kapacitacik. Mahti pihtwawin oma nakinik oma miyo pimatisiwin liani kaniyewitak metawewina.

KAWANHTA  
KIPIMATISWIN

**MASINPAWINA 17**



Plains Cree: Ometiweywinawaw pohko  
kwayask kawaskaweycik mina ika kapisicik,  
ahpo kwayask kapimpataciak. Oma  
macipeyhitawin ikwanima mayiskakocik  
moya kwayask kawaskaweycik mina  
moya kwayask kamitoneyiceycik  
mina moya mina nitasakitocik wiya  
oma macipeyhitawin emayiskakocik



**Taki wiyhtin kikwaya  
kamiyweyhtaman  
tosihrayin ohe:**

- Miyonikewin
- Ayatiliwin
- Nisohkamakewin
- Sisawewin
- Itapisinewin
- Itasiwewin-osihcikatew



**MASINPAWINA 18**



Atiht ayisenewak apacitacik oma maci pihtwawin osam moya  
nahayacik. Mina ahpo kitocikewina pitamak miyosik tanitotak.

Kitocikewin miyosin ewiko osam ikwanima kamiyosik wiyitihp  
ohci kamiyoskakot ayisenew.

Macipeyhitawin oma owitihpawaw oskayak ota nikan ostikwanowak  
moya kwayask kamamitoneycikeycik, mina oma wetiphawaw atamihk  
oma tanite kaskiskicik mina atamihk ote ka kwayask kamitoneycikeycik  
ikwanima moya kwayask kapimotecik mina oma mina atamihk  
wetihpawaw ikwanima moya kwayask keysicikeycik.

**Kihceyimowin oma osecikewin  
mina kitocikewin?**

Atiht ayisenewak apacitacik oma maci  
pihtwawin osam moya nahayacik.  
Mina ahpo kitocikewina pitamak  
miyosik tanitotak.

Oma pihtwawin mikahitwanikan miyosin, kistawin, miyeyhtamowin ikoni  
kapacitacik oma moya kwayask ikoni kistototak.

**MASINPAWINA 19**



Ayamihita oma ohe oskayak taki nanaskomocik  
kwecimitawi kikwaya



**Miyo nitotamowin  
kitocikewin.**

Tansisi Ismiyiptamik  
kipehtin ci?



## MASINPAWINA 20



Atiht ayisenewak apacitacik oma maci pihawin osam moya nahayacik. Wapahtam oma mina miweyhtamowin.

Macipeyhitwawin oma owitihpawaw oskayak ota nikan ostikwanowak moya kwayask kamamitoneycikeycik, mina oma wetiphawaw atamihk oma tanite kaskiskicik mina atamihk ote ka kwayask kamitoneycikeycik ikwanima moya kwayask kapimotecik mina oma mina atamihk wetihpawaw ikwanima moya kwayask keysicikeycik.

Maci pihawin mamitoneyhtamowin, tanisisi isayayin, kiskisowin, mina kahkiyas kikway miyosik.

### Taki osetan ci kikwaya?



Atiht ayisenewak apacitacik oma maci pihawin osam moya nahayacik. Wapahtam oma mina miweyhtamowin.

Wapahtawin ikwanima miyoskocik wiyithp ita kamisatamk mikshikwanikahk ita kwayask kapahtosi wiya maskocik.

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## MASINPAWINA 21



Ayamita mina ohi oskaya kwecikeymowina mina opikiskweyina taki tepwatahkaw kispin kiskeyitamak ikwanima kwayask pikisweyina. Taki otinaki kwayask naskomowin.



### Mina metawewina ika miyoyacik kikwaya?

Wiyithp  
Mocikhiwewin  
Miskahkosamitoneyhtamowin  
Niskahkwanikan

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## MASINPAWINA 22



Kwayask naskomowin: miyopakawkewin. Oma mocikhiwewin astew wiyithp ikwanima watakisowin. Mina ikwanima miyoyawin mina osecikewin mina kamamaskacitamahk kikwaya.

### Mina metawewina ika miyoyacik kikwaya?

Wiyithp  
Mocikhiwewin  
Miskahkosamitoneyhtamowin  
Niskahkwanikan

Oma mocikhiwewin astew wiyithp ikwanima watakisowin. Mina ikwanima miyoyawin mina osecikewin mina kamamaskacitamahk kikwaya.

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## MASINPAWINA 23



Ayamihta oma masinipacikeywin



Aw maka mahti  
kikway  
kimweyitin



## MASINPAWINA 24



Taki nawasonamik tansisi oma osecikeywin metaweywina tositacik. Peyak tipahikanis isko tamiyacik kiskinahamawakana tisi mamitoneyhtaki kikwaya sesawina tetotaki. Niso cipahikanis pohko.

Ayamihta kotak ikwanima masinipacyikeywin.  
Peyak tipahikanis isko tamiyacik  
kiskinahamawakana tisi mamitoneyhtaki  
kikwaya sesawina tetotaki.

Niso tipahikanis isko oskaya kakwecimawak.



### Sisawewin

- Niso sisawewin -  
Peyak osecikanis
- Ahiy wawya kihakawin
  - Kewakawin
  - Pata kaway
  - Cihawina natikewin

### Osita kikway waskawiwinn

- Peyak waskawiwinn niso  
opahikama isko
- Nawasona peyak ita masinla
  - Tote oty [www.wawasilik.com](http://www.wawasilik.com) ta  
masinla kiki kaway
  - Tote oty [www.typtstone.com](http://www.typtstone.com)  
masinla kiki kaway. Egep kawatashin  
oma iwawina kibacin kapi  
nikipayiw

KAWAHITA  
KIPMATSWIN

Nikan, tapwe, tohtel

Taki wetamawacik oskaya ohi tanimayikok cipayikansa isko kispin ohi kawaskawecik  
tanisi kawaskaweycik mina kotak waskweywin taki totahkik.

Pakitin oskaya ohi wistawaw taki pikiskwecik tanisi sayacik.



**MASINPAWINA 25**



**Sisawewin**  
Misa sisawewin - Payik opahitami

<p>Atiyi miyaji kishonon</p>	<p>Kankahle</p>
<p>Pim ikwya</p>	<p>Chawewa nahawin</p>

**Osita kikway waskawewin**  
Payik waskawewin nisa ipahitami ika

Nawonon payik ika waskawewin

Tote ota [www.wasosawall.com](http://www.wasosawall.com) ta mawononik. Awonon

Tote ota [www.zupatona.com](http://www.zupatona.com) mawononik kwin kamawonon ota Awonon kwinon kwinon kwinon

**MASINPAWINA 26**



Ayamihta oma masinipacikeywin.

Mihcetaw ikosisi taki totahkik ika tapihitwakik kwayask tamitonetaki. Taki miyopimatisiwin ika apachitacik oma pihtwawin.

Ikotawik miyanohk kikwaya totameki ahpo kitocikewina ahpo masinahikewina ikoni kamietamik ika kapomet tapihitwat oma maci pihtwawin.



**MASINPAWINA 27**



Ayamihta oma masinipacikeywin.

**Miwetaman titoaman?**

**KWECIKEYMOWIN?**

Tansisi kamiyyat oma ika apachit maci pihtwawin oma taki tohtew ota: [Canada.ca/cannabis](http://Canada.ca/cannabis)