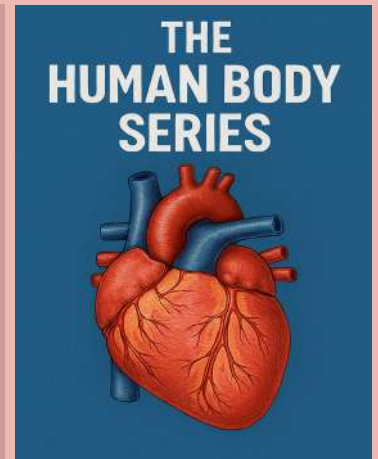
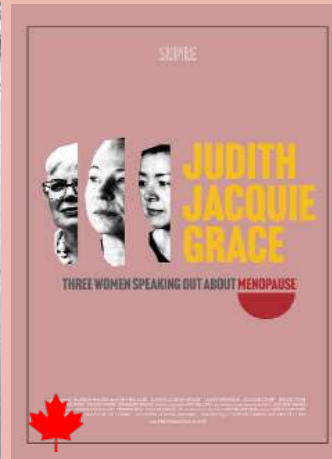
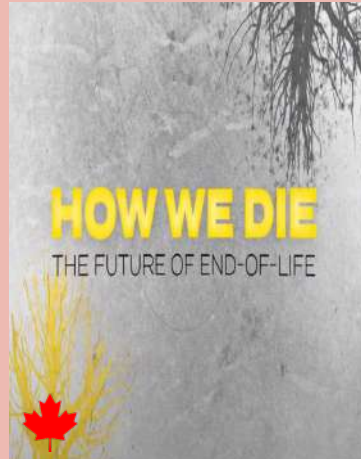
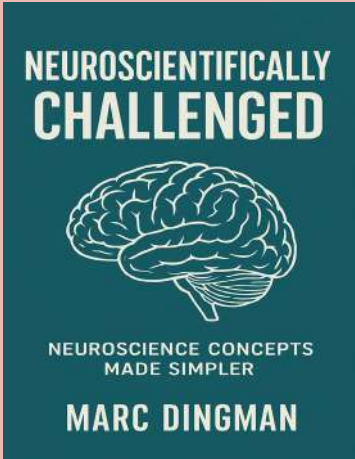
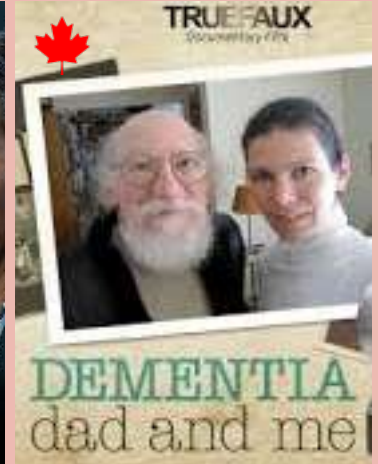
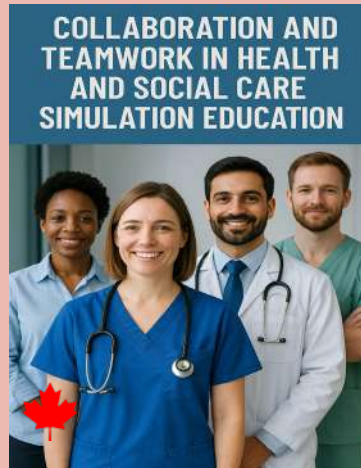


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Collaboration and Teamwork in Health and Social Care Simulation Education

A great resource for your pre-entry to practice Health students and practice-based health professionals



With the **University Health Network (UHN)** as the lead hospital, this series of short video clips was produced by the **Centre for Advancing Collaborative Healthcare & Education (CACHE)**. The Centre provides Interprofessional educational opportunities for pre-entry to practice students and practice-based health professionals at affiliated hospitals and community clinical placements and aims to lead the advancement of IPE through education, practice and research initiatives. Teamwork in health care is often referred to as Interprofessional Practice. Interprofessional practice results in the collaborative, comprehensive care that our clients/patients value and expect. These clips provide health professional students with the core competencies needed for the provision of these skills.

Series 1: Collaboration and Teamwork in Health Care Simulation Videos

Clip 1A: Breaking Bad News

This scenario highlights an example in which the health care providers are not appropriately prepared for the family meeting and deliver care information to the patient/client/family which creates grief and conflict.

Clip 1B: The Family Meeting Preparation

This scenario highlights how a pre-brief effectively assists the health care team in communicating patient/client family information/ concerns and collectively preparing a cohesive plan to deliver care information to the patient/client/family.

Clip 1C: The Family Meeting

This scenario highlights a good family meeting with effective communication amongst the team and in depth information sharing to the patient and his family. The family is fully engaged and is able to ask questions to clarify and the prognosis is fully explained to the family.

Clip 2: Family Huddle

This scenario highlights a good family meeting with effective communication amongst the team and in depth information sharing to the patient and his family. The family is fully engaged and is able to ask questions to clarify and the prognosis is fully explained to the family.

Clip 3: Team Safety Debrief

This scenario highlights an example in which different team members bring perceptions on a long-term care resident fall. The team safety debrief meeting is led by the manager. This clip highlights elements such as role clarity, communication, team functioning and collaborative leadership.

Facilitation Guide available in PDF for Clips 1,2,3.

Collaboration and Teamwork in Health and Social Care Simulation Education (...continued)

Series 2: Interprofessional Education and Care Simulation Videos

Part 1: Student Experiences in Interprofessional Education

Presents clips with health professional students serving as primary characters who test elements of collaboration in their workplace.

Includes the following:

Clip 1: Taking Over Clip 2: Scope of Practice Clip 3: Team Pressure
Clip 4: Discharge Plan

Part 2: Collaboration in Primary Care

Presents the Primary Care Setting with clips that may be used to encourage an understanding of why and how interprofessional collaboration can assist in enhancing patient and provide satisfaction. Includes the following:

Clip 1: Who is This? Clip 2a: Should I Refer? Clip 2b: No Referral Yet
Clip 2c: Can I Help? Clip 2d: Missed Opportunity Clip 3a: Here's My Pager
Clip 3b: One Less Thing Clip 4: Counselling

Part 3: Interprofessional Education and Collaboration in Primary Care

Presents clips that may be used within the Primary Care setting to assist in teaching students from different disciplines who may be working together.

Clip 1: Workload Clip 2: Interruption Clip 3.1: Heads Up
Clip 3.2 Disclosure Clip 3.3: Physical Exam Clip 4: Referral
Clip 5.1: Switch Clip 5.2: Shots Clip 5.3: Dizzy

Part 4: Carol Laurin: Reflections on Interprofessional Care

Presents a stroke survivor's sincere account of her experience with the health care system. Ms. Carole Laurin's 14-min speech followed by an interview, offers realistic suggestions as to how barriers in communication and collaboration between health care providers may be overcome.

Part 5: Don't These People Talk to Each Other

Presents a documentary that links the evidence for interprofessional care, the need for it from the patients' perspectives and the important link with interprofessional education.

Part 6: Facilitating Interprofessional Collaboration with Students

Highlights key teaching principles, potential facilitation challenges and provide examples of effective facilitation with interprofessional groups of students.

Clip 1: Ice Breakers Clip 2a: Group Norms Put Your Hands Up
Clip 2b: Time Constrained Clip 2c: Group Norms: Why it
Worked Out So Well Clip 4: Participation in Rehab Clip 5: Ulcer
Management Clip 6: Medications

Series 3: Collaboration and Teamwork in Health and Social Care Simulation Education Videos

VIDEO 1A: Primary Care: Falling Through the Cracks (2:00 min)

VIDEO 1B: Primary Care: Processing Differences (2:25 min)

These two clips with a Family Physician and a Nurse Practitioner highlight two Learning Objectives:

1A) Team Communication: Manage information and documentation sharing across members of the team/s to support best patient care.

1B) Team Differences and Disagreement Processing: Apply good team functioning processes to address disagreements and prevent their escalation while working to reach an acceptable cooperative solution.

VIDEO 2: Community Care: Negotiating Roles and Responsibilities (3:48 min)

This clip with a Psychiatrist and a Group Home Staff highlight two Learning Objectives:

1) Role Negotiation: Understand the value and challenges of optimizing the knowledge, skills and expertise of all team members regardless of power, status or regulation

2) Relationship Focused Care/Services: Reflect on the opportunity to cultivate trusting relationships with all members of the team considering time, space and roles.

VIDEO 3: Inpatient Care: Team Discharge Planning (3:36 min)

This clip with a team that includes a Unit Manager, Social Worker, Occupational Therapist and a Speech-Language Pathologist highlights three Learning Objectives:

1) Team Functioning: Understand the impact of common purpose/values to negotiate team functioning norms for shared decision-making.

2) Collaborative Leadership: Describe how establishing and maintaining an ongoing sharing of leadership/accountability enables collaborative practice.

3) Team Facilitation: Reflect on facilitation approaches to support and generate effective team practices.

The Human Body Series

This video series explores the how these systems all interact to allow us to move, breath, and grow. Examine the function and structure of each system, learn basic anatomy, and identify major organs. Witness the fascinating and finely tuned systems that keep the body motoring and the scientists guessing.

Breathing and Your Lungs

Explores the respiratory system and how our bodies exchange gases with the environment through breathing, or respiration. We'll cover the roles of key organs—lungs, alveoli, bronchi, and diaphragm—in gas exchange and cellular respiration. The video also examines how breathing is regulated, common respiratory conditions, and tips for maintaining a healthy respiratory system.

The Cardiovascular System

Examines the cardiovascular system—our body's transport network of the heart and blood vessels. It covers how blood circulates, the roles of red and white blood cells, platelets, and hemoglobin in oxygen transport, immunity, and clotting. You'll also learn about heart structure and function, pulmonary and systemic circulation, blood pressure, pulse, and how to support cardiovascular health.

The Immune System

This video explores the human immune system and how it defends the body against illness and injury. Topics include germ transmission, surface and internal immune responses, the roles of blood cells, vaccines, and allergies. We'll also distinguish between general body defenses and the immune system, examine immune disorders, and share tips for maintaining immune health.

Skeleton and Muscle

Examines the different kinds of bones: long bones, flat bones and irregular bones. Learn terms like smooth muscle, saddle joint and periosteum.

The Body's Filter Systems – The Kidneys and Liver

One of the most important features of the body is that it eliminates things it doesn't need, can't use or that can harm the body. The body has its own filter systems for this, consisting mainly of the kidneys and liver. In this film, we learn about the important work they do. Explores terms like renal capsule, nephron and dialysis.

The Skin

This video examines the structure and functions of the skin—the body's largest organ. Topics include the epidermis, dermis, and hypodermis; temperature regulation; sensory functions; and skin-derived features like hair, nails, and scales. We also cover sweat, sebum, pigmentation, UV exposure, acne, skin cancer, and tips for proper skin care.

The Digestive System

Explores the digestive system and how it breaks down food to absorb essential nutrients. We trace the path of digestion from mouth to rectum, covering key organs, the roles of the esophagus, sphincter muscles, and chemical digestion. Additional topics include intestinal villi, digestion timing, and common digestive issues.

The Nervous System

This video explores the human nervous system, focusing on how the brain processes internal and external signals. It covers major brain regions—the cerebrum, diencephalon, cerebellum, and brainstem—and their functions. We also examine the structure and role of nerve cells, and the organization of the central and peripheral nervous systems.

Secrets of the Human Body

This series from the BBC is an exciting guide to the wonders of the human body.

Oxygen and Altitude

Your body has an incredible ability to change and adapt to your environment. We follow builder Mark Benson, member of the Summit County Rescue Group as we learn about the effects of altitude on the human body. Dr. Rob Roach, University of Colorado School of Medicine uses a pressure change to mimic changes in altitude on the body.

Body Temperature

Maintaining a proper temperature is the body's top priority. Professor Mike Tipton studies survival in extreme environments. Skin receptors alert the brain to severe cold, triggering mechanisms such as shivering; increased carbon dioxide levels threaten chemical balance

Genetics - How Traits are Inherited

This video introduces the basics of genetics and how traits are inherited. It covers Gregor Mendel's foundational work, Punnett squares, and key terms like zygote, chromosomes, and cell division. We explore dominant vs. recessive traits, genetic variation through cross-breeding and cloning, and how sex is genetically determined.

Physical Growth

This video explores human growth, focusing on the hormonal processes that influence height. Using the van Kleeef-Bolton family as an example, it highlights the role of the pituitary gland, growth hormone, and liver-produced Growth Factor-1 in stimulating bone, muscle, and cartilage development during childhood.

Muscle Growth

As you grow, your body learns and adapts. For tennis player, Freya Christie, this learning process is all in pursuit of a specific goal - to be a top 50 player in the world. The demands of sport create great demands on your body so your skeleton and muscles have to adapt to avoid the risk of breaking. In Freya's case, her one arm is 20% larger and denser than the other.

Brain Growth

Focusing on a young 6 year old drummer Recker Eans, this segment shows the connections that grow between brain cells - thousands of synapses are formed every second eventually growing into a network that allow humans to perform incredible tasks like riding a bike, playing chess or in this case, playing the drums.

Pain Experiment

Pain is a protective response that prevents us from doing further damage to our bodies. Professor Steve McMahon, Kings College, conducts pain tests on willing volunteers who undergo heat probe and cold immersion. Research reveals thresholds are not fixed. The linkage between injury and pain is a remarkably fluid one.

Breast Feeding

The biggest growth spurt we experience as humans begins the day we are born, and this is fueled by one single food - human milk - "the stuff of life" - everything a baby needs to power its growth spurt. Bizarrely, human milk also provides something babies can't digest, but protects us for life. At the University of California, Dr. J Bruce German has been trying to unlock the secret of human milk.

Escape from Alcatraz

You are in fact younger than you appear because the trillions of cells that make up your body are constantly regenerating. Triathlete Lew Hollander, 87 pushes his body to the limit at the Escape from Alcatraz triathlon. It's his stem cells that are the magicians that help him do this. Stem cells are special human cells that are able to develop into many different cell types. This can range from muscle cells to brain cells. In some cases, they can also fix damaged tissues.

Growing a Heart

From infant to adult, you are on a lifelong journey of growth of cell growth and renewal that is being harnessed by medical science to extend our lifespan. As we age, cell regeneration slows and eventually our organs fail. What if we could grow new organs in the laboratory? Dr. Harold C Ott, Harvard Stem Cell Institute, explores organ engineering as a theoretical alternative to transplantation. In this segment, we learn about his work in developing functional heart tissue and muscle in a laboratory.

Human Anatomy and Physiology Videos



OUP Biology Series - Presented by the Oxford University Press

2021 Makematic

This collection of short “explainer” style videos explain key concepts in biology in clear, concise terms. Great for first year nursing, paramedic, pre-med courses. Search the following videos:

1. How Does the Urinary System Work?
2. What is Synaptic Transmission?
3. What is Mitosis and Meiosis?
4. The Lytic and Lysogenic Cycle of Viruses
5. Evolution by Natural Selection
6. Transport of Oxygen by Jaemoglobin
7. Muscle Contraction
8. Immune Reponse
9. Translation
10. Mitosis Compared to Meiosis
11. What is an Enzyme?
12. How Does Our Digestive System Work?
13. What is Active Immunity?
14. How Does the Circulatory System Work?
15. What is the Human Fertilization Process?
16. How is Gas Exchanged during Respiration?

Genetics: How are Traits Inherited

2022 15:24 min Eduflix Group AB

Experimenting with pea plants in the late 19th century, Gregor Mendel laid the foundation of modern genetic science. In this video, we learn about Punnett squares and how our genes are put together. We go through terms like zygote, cell division, chromosome, cross-breeding and clones. We investigate the difference between dominant and recessive traits, and what determines whether a gamete develops into a girl or boy!

The Cell

2011 5-7 mins each BBC Learning

This is the story of the billion year battle between a human cell and an adenovirus for control of our DNA. Working with world experts in cell visualization, molecular biologists and Hollywood CGI animators, students will experience a thrilling and scientifically accurate cinematic journey into the alien world of the cell.

Part 1: Adenovirus After 24 Hours

Part 2: Blueprints for the Cells Destruction

Part 3: Internal Battle Against a Virus

Part 4: Proteins and White Blood Cells

Cell Divisions and Cancers

2015 5:15 min BBC Learning

Our bodies are made up of cells programmed to do specific jobs. A cell behaves according to the instructions in its DNA, in sections of chemical code known as genes. They are programmed to divide and multiply in a controlled way, a process known as mitosis. Another set of instructions determines when a cell should die, an essential process for maintaining order in the body. When biological instructions go wrong, the cells no longer obey the normal rules and a cancerous tumor develops.



We're All Plastic People Now

2023 57:16 min Blue Ant Media

2023 Emmy for a Long Form Documentary

It's in the air. It's in the water. In an era of throw-away ease, plastic has cost us our well-being. It's been found inside our bodies, our colons, our brains, in breast milk and developing wombs. Now, it's even in our hearts.

This groundbreaking film, for the first time ever, tests the producer's blood and four generations of family members for chemicals derived from plastic. The results are alarming.

Busy Bodies Series

2020 17 episodes x 25 min each Switch

Creating time for exercise with your busy schedule is crucial to maintain a healthy body and a sharp mind. Finding the time to stay healthy and in shape can be difficult for anyone and when you lead a busy life it seems nearly impossible. With this series we explore the effects and importance of exercise on the human body; bring you “how to” exercise tips and hints, together, with healthy eating options, alternative therapies plus recreation and relaxation ideas you can easily invest in.

Search Busy Bodies to see available episodes.



Give and Go - A Sports Education Documentary

2024 34 min Give and Go
Canada's top athletes and sports experts explore how multi-sport participation leads to better physical and mental health, ultimately creating better athletes.

Once, sports were a seasonal pursuit—hockey, basketball, and other indoor sports were reserved for winter, while baseball and soccer took over as the weather became more accommodating.

The film examines the rise of one-sport specialization in youth sports, highlighting its dangers and disadvantages, and offering solutions to the problems it has created.

Walking is a game-changer for our body, mind and soul!



Walking: Miracle Cure for Body and Soul

2021 52 min Authentic GMBH
Is walking a miracle cure for body and soul?

Today, people spend most of their time sitting down. This often leads to massive health problems. The cure is rather simple: regular walking improves our physical and mental condition. It makes us fitter, smarter, younger and even lifts our mood. The latest scientific studies prove the great health benefits of walking as a cure for body and soul without any side effects.



Elements of Human Nutrition Series

2009 6 episodes x 22-26 min ea Learning Seed

This series will give nursing and other healthcare students a basic understanding of the chemical processes of the human body and the function of biological molecules like proteins, carbohydrates, and lipids as they relate to health and disease.

Carbs

Learn how our bodies use carbs, how many we should eat each day, and which foods are healthier choices for carbs than others. Begin to understand the role of glucose, fructose, sucrose, lactose and other sugars in the diet. Learn why people who go on carb-reducing diets lose weight and why carbohydrates are a more efficient fuel than protein. Also, get important facts about blood sugar, insulin, diabetes, and the glycemic index.

Fats

We often think of fat as harmful, but it is actually very important to the body. It is equally important to learn the effects of fats on the body in order to maintain a healthy diet and lifestyle. Why is fat so important to a person's diet? Is all fat bad? Discover the importance of lipids to good nutrition, the differences between various kinds of fat, and how fats relate to vitamins, hormones, energy, and our nervous system. Understand the consequences of consuming certain foods, and how to maintain a healthy, balanced diet.

Minerals

Minerals are more than squares on the periodic table; they're crucial to our health. Learn the names and functions of minerals, and which foods are the best sources to ensure proper nutrition. Understand the differences between vitamins and minerals, and what defines a mineral as "major" or "trace." Also, see how minerals behave in our bodies once we ingest them, as well as how they react with each other in many vital bodily functions.

Protein

The word "protein" comes from a Greek word that means "of prime importance." Proteins help us see, contract our muscles, and clot blood. Our organs and immune system are made up of mostly protein. Learn what a protein is and the foods that provide it, how our bodies process protein, the difference between high and low quality proteins, and the recommended intakes of this essential nutrient. Learn what the best dietary sources of protein are and how our bodies use amino acids.

Vitamins

When you think of vitamins, you may picture pills—but our primary source is the food we eat. This video introduces the essentials of human nutrition, explaining what vitamins are and how they support overall health. Viewers will learn practical strategies for meeting daily vitamin needs, explore research on the risks of excessive intake, and recognize the signs of deficiency. The program also examines common questions: Can vitamins prevent cancer, slow aging, or increase energy? Should they be used to counter stress, illness, or fatigue?

Water

This program explores the vital role of water in the human body—from supporting cell structure and lubricating joints to regulating temperature and dissolving vitamins. It examines the dangers of dehydration, the global impact of water contamination, and the health concerns surrounding alternatives such as energy drinks and sodas. Viewers will also gain practical guidance on daily and exercise-related water intake, learn about common sources of water, and understand the regulations governing purity, filtration, and additives.



Neuroscientist Professor Marc Dingman (Penn State University) breaks down complex topics in neuroscience into digestible, easy-to-understand explanations using engaging visuals and examples. The videos tackle key concepts in the brain and nervous system, such as neurotransmitters, neuroplasticity, brain regions, and neurological disorders. The videos offer clear, concise explanations suitable for students to use as learning material. Topics are offered in 2 minute snippets or more advanced 10 minute programs.

With CAN-CORE AV, you have access to over 160 topics. Simply search 2-Minute Neuroscience Videos and 10-Minute Neuroscience Videos to see entire collection.

Neuropharmacology Videos

Uncover the science of how drugs interact with the brain in this playlist of 2-minute neuropharmacology videos! From neurotransmitters and receptors to the effects of medications and substances on mood, behaviour, and cognition, these concise explanations make complex concepts easy to grasp. Ideal for students and healthcare professionals.

1. Opioids
2. Methadone
3. Nicotine
4. Amphetamine
5. Alcohol
6. Benzodiazepines
7. Caffeine
8. Effects of Cocaine
9. Selective Serotonin Reuptake Inhibitors (SSRIs)
10. L-DOPA
11. LSD
12. Agonism, Antagonism & Allosteric Modulation
13. Psilocybin
14. THC
15. CBD
16. Serotonin--Norepinephrine Reuptake Inhibitors (SNRIs)
17. Ketamine
18. MDMA
19. Methylphenidate
20. Zolpidem (Ambien)
21. Naloxone (Narcan)
22. Fentanyl
23. Melatonin (drug/supplement)
24. Antipsychotics
25. Kratom
26. DMT

Important Areas of the Nervous System

Take a guided tour through the most important areas of the nervous system with this playlist! From the intricate workings of the brain to the essential roles of the spinal cord and peripheral nerves, these short videos break down the anatomy and function of key structures. Perfect for students, educators, or anyone curious about how the nervous system keeps us moving, thinking, and feeling.

- | | |
|---------------------------------------|--|
| 1. Basal Ganglia | 23. Cerebral Cortex |
| 2. Hypothalamus and Pituitary Gland | 24. Touch and the Dorsal Column-Medial Lemniscus |
| 3. Limbic System | 25. Broca's Area |
| 4. Pineal Gland | 26. Wernicke's Area |
| 5. Vestibular System | 27. Prefrontal Cortex |
| 6. HPA Axis | 28. Sympathetic Nervous System |
| 7. Amygdala | 29. Medulla Oblongata |
| 8. The Retina | 30. Midbrain |
| 8. Lobes and Landmarks of the Brain | 31. Corpus Callosum |
| 9. The Cochlea | 32. Parasympathetic Nervous System |
| 10. Blood-Brain Barrier | 33. Primary Somatosensory Cortex |
| 11. Corticospinal Tract | 34. Nucleus Accumbens |
| 12. Reward System | 35. Ventral Tegmental Area (VTA) |
| 13. Cerebellum | 36. Exterior of the Spinal Cord |
| 14. The Thalamus | 37. Suprachiasmatic Nucleus |
| 15. The Ventricles | 38. Striatum |
| 16. The Meninges | 39. Pons |
| 17. The Brainstem | 40. Visual Pathways |
| 18. The Hippocampus | 41. Periaqueductal Gray (PAG) |
| 19. Motor Cortex | 42. Pituitary Gland |
| 20. Spinal Cord Cross Section | 43. Major Brain Structures and Their Functions |
| 21. Pain and the Anterolateral System | 44. Gut-Brain Axis |
| 22. Substantia Nigra | 45. Primary Visual Cortex |
| | 46. Default Mode Network |



Major Brain Structures and Their Functions

2025 8:17 min Marc Dingman

This video provides an overview of some important brain structures, explaining where they're located and what their general functions are. Covered is a long list of structures including: cerebral cortex, lobes of the brain, prefrontal cortex, Broca's area, Wernicke's area, brainstem, thalamus, pineal gland, hypothalamus, pituitary gland, hippocampus, amygdala, corpus callosum, ventricles, and more.

All 12 Cranial Nerves - Anatomy and Physiology

2025 21:24 min Marc Dingman

This video covers the anatomy and physiology of all twelve cranial nerves, and discusses general deficits that may emerge with damage to each nerve.

Neurotransmitters

2025 14:17 min Marc Dingman

Neurotransmitters are chemicals that neurons use to communicate with one another. This video discusses synapses (where neurotransmitter signaling typically occurs), neurotransmitter receptors, and the use of enzymes and reuptake to terminate neurotransmitter signaling. The following six examples of neurotransmitters will be explored: acetylcholine; dopamine; norepinephrine; serotonin; glutamate; and GABA.

Hypothalamus and Pituitary Gland - Deeper Dive

2025 14:17 min Marc Dingman

This video explores the roles of the hypothalamus and pituitary gland in hormone production and release. It explains each structure individually, then details how they communicate to regulate essential body functions. The video also uses the HPA axis as an example to illustrate their coordination during the stress response.

Brainstem

The brainstem connects the brain to the spinal cord and is essential to both survival and healthy nervous system function. In this video, I provide an overview of the structures that make up the brainstem, then I separately discuss the medulla oblongata, pons, and midbrain more in-depth.

Neurodegenerative Diseases

2025 11:39 min Marc Dingman

Neurodegenerative diseases are characterized by the degeneration and death of neurons. Examines some general characteristics and common pathologies of neurodegenerative disease and details five examples of neurodegenerative diseases: Parkinson's Disease, Huntington's disease, Alzheimer's disease, amyotrophic lateral sclerosis (ALS), and multiple sclerosis (MS).

Divisions of the Nervous System

2024 11:30 min Marc Dingman

Explores the divisions of the nervous system, beginning with the central and peripheral systems. It then covers the autonomic and somatic subdivisions, including the parasympathetic, sympathetic, and enteric branches of the autonomic system.

Depression

2024 10:09 min Marc Dingman

This video explores the neuroscience of depression, beginning with the serotonin hypothesis and its limitations in explaining the disorder. It also examines alternative theories involving the HPA axis, immune system dysfunction, and impaired neuroplasticity and neurogenesis. Additionally, the video discusses how common antidepressants like SSRIs work in the brain.

Visual Pathways

2023 9:51 min Marc Dingman

This video explores the visual pathway from the eye to the visual cortex and surrounding areas. It explains how light is focused on the retina, detailing its anatomy and the functions of its various cell types. It then traces how visual information travels to the brain and how the visual cortex processes it further.

Action Potentials

2023 10:33 min Marc Dingman

Covers the basics of the action potential beginning with an explanation of membrane potential and how it sets the stage for the action potential. Also described are how an action potential is generated and how it ends; the propagation of an action potential down the axon and the role myelin plays in this process.

Synapses

2023 9:28 min Marc Dingman

In this video, we cover the different components of a synapse, including the presynaptic neuron, postsynaptic neuron, synaptic cleft, and synaptic vesicles. Also examined are how signals are propagated at chemical synapses through the use of neurotransmitters, as well as how neurotransmitters are removed from the synaptic cleft by enzymes and/or reuptake.

Neurons

2023 9:21 min Marc Dingman

Examines the main parts of a neuron including the dendrites, cell body (soma), axon hillock, axon, and axon terminals (synaptic boutons). We look at how a signal travels from the dendrites of a neuron, down the axon, and to the axon terminals to communicate with another neuron through the release of neurotransmitters.



Little Miss Sleepy

2024 23 min Studio 104

WINNER - 2025 GEMFest - Best of BC

WINNER - 2024 BEST Canadian Short Documentary - Vancouver Asian Film Festival

A captivating documentary that offers a deep dive into narcolepsy and what it is like to live with this misunderstood neurological disorder. The film allows us to glimpse at the hard reality of narcolepsy through the experiences of its director, Jenny Lee-Gilmore, who was diagnosed at 21 years old. Features fascinating footage from the laboratory of Dr. Thanh Dang-Vu, VP of Research, Canadian Sleep Society.



Neurodegenerative Diseases

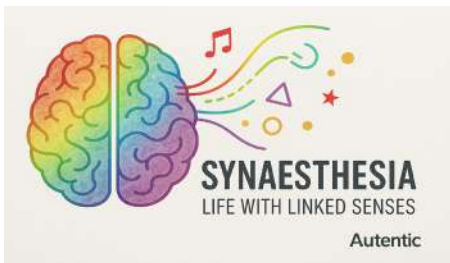
Marc Dingman

Explore the world of neurodegenerative diseases in bite-sized, easy-to-understand videos! These videos offer a quick yet comprehensive overview of various conditions like Alzheimer's, Parkinson's, Huntington's, and more. Each video breaks down the science behind these disorders, from their causes and symptoms to current treatments.

Perfect for anyone curious about the brain and how

neurodegeneration impacts it, these videos provide a digestible look at complex topics. Whether you're a student, or a healthcare professional, these videos will help you understand the essentials of neurodegenerative diseases quickly and efficiently!

1. Amyotrophic Lateral Sclerosis
2. Parkinson's Disease
3. Huntington's Disease
4. Multiple Sclerosis
5. Alzheimer's Disease
6. Wernicke-Korsakoff Syndrome
7. Fatal Insomnia
8. Chronic Traumatic Stress Disorder
9. Frontotemporal Dementia
10. Prion Diseases
11. Neurodegenerative Diseases



Synaesthesia: Life with Linked Senses

2023 52 min Authentic GMBH

Synaesthesia is a condition where people experience sensory overlap, such as seeing letters or numbers in color, tasting words, or hearing sounds as feelings. These unique perceptions are not pathological, but rather an enhanced sensory ability. Neuroscientists have found that synaesthetes have stronger connections between brain regions, enabling these simultaneous sensory experiences. Research into synaesthesia aims to deepen our understanding of brain organization and human consciousness.



The Divided Brain

2019 53 min Matter of Fact Media

The Divided Brain is a mind-altering documentary based on Iain McGilchrist's book *The Master and His Emissary*. Featuring McGilchrist and experts like Onur Gunturkun, Jill Bolte Taylor, and John Cleese, it explores McGilchrist's theory that the left brain's dominance creates an imbalance hindering global progress. The film suggests this imbalance has led society to prioritize technology and systems without understanding their full impact, asking if the left hemisphere has hijacked our world.



Our Amazing Brain: Mindworks Series

2020 24:07 min Switch

No matter how small the act—whether it's tying your shoe, or pressing a button, it's all orchestrated by a complex system of nerves and what we call "gray matter". While we think all our actions are random, these are a result of an intricate mental process. Shapes, colour, and perspective can change a lot about the way we see things or fail to see things. One thing's sure; we have one amazing brain! Video includes left brain or right brain dominance, selective vision, telekinesis, visual illusions, the Ponzo illusion, 3D images, the Stroop Effect, saccades, and blind spots.

Other titles in series include: The Brain-Eye Process; Visual Perception; Altered Views; Auditory Illusion; Everyday Illusions; Memory; Mind Over Matter; Illusions of Touch; Fooling the Tongue and the Nose; Muscle Memory; Moods, Inspirations, and the Mind.



Designer Shit: A Microbiome Love Story

2023 70 min The Best Part Inc.
After suffering from Ulcerative Colitis for a nearly decade, filmmaker Saffron Cassaday tries a new treatment known as Fecal Microbiota Transplant: taking stool from a healthy donor and implanting it into the gut of a sick patient. Using her partner as a stool donor, Saffron spares no details in exploring what some experts believe could be the biggest medical breakthrough of the 21st century. *Featuring Dr. Young-In Kim, Dr. Mark Smith, Dr. Alexander Khoruts, Dr. Joanne Allard, Dr. Majdi Osamn and others.*

Germes and Viruses:
A Self-Defense Guide



Germes and Viruses: A Self Defense Guide

2006 18:17 min
Learning Seed
An infant comes into the world germ free. But not for long. In just a

few days its mouth is a zoo of bacteria. Should parents be alarmed? No, they should celebrate! We think of germs as serial killers, but the vast majority behave more like servants. If we killed off all the germs on earth it would goodbye humans. We need germs to survive, but some kill and we need to protect ourselves. Find out common misconceptions about micro-organisms and learn which to fear, which to welcome, and how to protect yourself. Consider Germes and Viruses a basic unit in cleanliness and personal hygiene.



Super Bug Killers

2019 21:19 min CTV

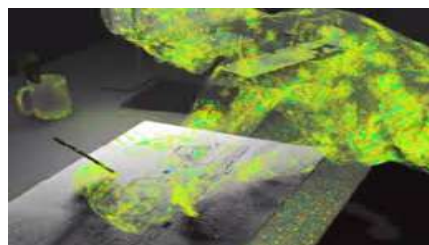
A cystic fibrosis patient in Canada is among the first to try phage therapy—an experimental treatment using viruses from sewage to kill drug-resistant bacteria. Discovered in 1917 by French Canadian scientist Félix d'Hérelle, phages once showed promise against diseases like dysentery but were sidelined in favor of mass-produced antibiotics. Now, with antibiotic resistance on the rise, phage therapy is being reconsidered as a potential lifesaving alternative.



Bacterial World — Microbes That Rule Our World

2016 53:08 min ARTE France

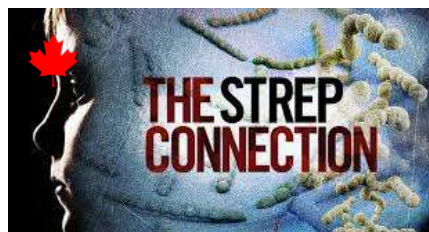
Bacteria are everywhere—from the ocean depths to human intestines—yet less than 1% are harmful. Recent discoveries show they're essential to life's origins and ongoing survival, playing key roles in breathing, digestion, and evolution itself. Scientists now see bacteria as vital partners in life's major functions, prompting a fresh look at Darwin's theory. A Bacterial World explores this deep interdependence and our evolving understanding of these microscopic allies. Also available in FR: Le monde bactérie, ces microbes qui nous gouvernent



A World Without Microbes

2016 51:51 min AB Productions

What if all microbes suddenly vanished? While diseases like Ebola, AIDS, and tuberculosis would disappear, so would many essential life functions. A World Without Microbes explores whether life could survive without bacteria, viruses, or fungi, revealing how these tiny organisms are crucial to both our health and the planet's ecosystems. Through expert insights and striking imagery, the film uncovers how microbes truly are the hidden masters of life on Earth.



The Strep Connection

2015 21:01 min CTV

W5 investigated a possible link between strep infections and psychiatric or neurological disorders in children, known as PANDAS—Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. Proposed by researchers at the U.S. National Institute of Mental Health in 1998, the theory suggests that strep infections can trigger OCD and tic disorders like Tourette syndrome by causing the immune system to mistakenly attack the brain. While the idea was groundbreaking, it remains controversial, and debate continues among medical experts about its validity.



The Virus Within Us

2021 51:59 min Autentic GMBH

Viruses are the most common and ancient life forms on Earth, often seen as dangerous, but they play vital roles in our biology. About 50% of our DNA comes from viruses, which help shape our immune system, memory, and digestion. However, when humans disrupt ecosystems, viruses can become deadly, as history shows with epidemics like measles, AIDS, Ebola, and Covid-19. This film explores virus research, asking whether viruses were the origin of life, how they can heal, and how we can better prevent future pandemics.



Who Do You Trust?

Deconstructing the fears, motives and the manipulations behind vaccine hesitancy.

2024 45 min Supre Inc.

Premiered at 2024 Canadian Immunization Conference.

Vaccine hesitancy is often dismissed as fringe, uneducated, or sheer lunacy. IN this documentary, Director Calvin Hwang sits down with vaccine hesitant families, health care workers, and public health officials pushing beyond the stereotypes to reveal the unresolved traumas, fears, and amplified narratives that have undermined our trust in vaccines and public health institutions.

Features: Dr. Cora Constantinesau, Pediatric and Infectious Disease Physician (Alberta Children's Hospital); Dr. Adina Weinerman, Sunnybrook Research Institute; Dr. Peter Junu, Applied Health Research Centre; Dr. Mireille Norris, Internist and Geriatrician, Sunnybrook Health Sciences Centre, University of Toronto.



Spiked: The Hunt for the Origin of COVID-19

2024 89:52 min Blue Ant Media

Did Covid-19 leak from a lab? The inside story of one of humanity's biggest and most pressing mysteries: the debate over the origins of Covid-19. Unfolding like true crime, this detective story takes us deep into clashing conspiracy theories and partisanship while exposing the dangers posed by experiments regularly taking place in the world's bio-labs.



The Polio Parallel: W5

2020 21:33 min CTV

CTV's W5 draws a parallel between polio and COVID-19. In the 1950s, polio outbreaks shut down schools and events, leaving lasting impacts on survivors like Miki Boleen and former Prime Minister Paul Martin. The March of Dimes funded Dr. Salk's breakthrough vaccine, defended in Canada by Health Minister Paul Martin Sr., leading to the vaccination of 1.8 million children. But protection came too late for others, including former Ontario Lieutenant Governor David Onley. WHO warned that countries must restart polio immunization programs to prevent another epidemic.



Hope and Fear: How Pandemics Changed the World

2020 55:36 min Autentic GMBH

COVID-19 is just the latest in a long line of pandemics that have devastated, and in some cases destroyed, societies throughout history. This film looks at the circumstances that caused diseases, and how science searched for and found cures and vaccines to save millions of lives. Scientists are once again on this quest as the world seeks solutions to a crisis that threatens our future.

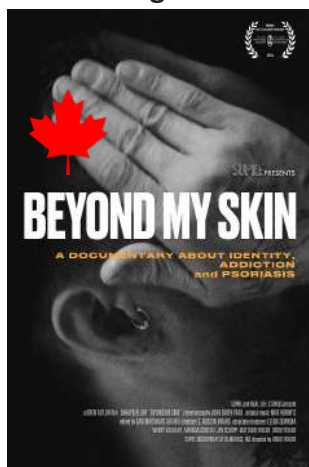


Unmasking Influenza

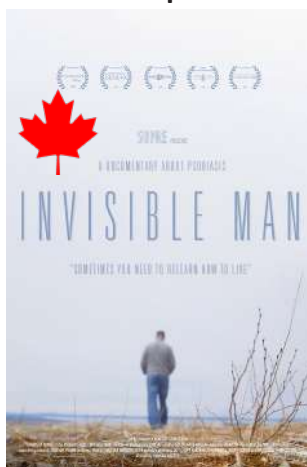
2018 50:55 min Sound Venture

This documentary weaves together historical events and modern strategies, using thematic pillars like Panic & Fear, Social and Indigenous Impact, and Vaccines to explore Canada's response to pandemics. It examines how the 1918 Spanish Flu overwhelmed the country and exposed government shortcomings, while comparing it to responses to later outbreaks like SARS and H1N1.

PSORIASIS - a 3-part award-winning documentary series awarded BEST PATIENT EDUCATION PROGRAMMING by the Canadian Dermatologist Association From Supre Inc.



2024 9 min Supre Inc.
The battle against stigma, addiction and psoriasis. *With Dr. Ronald Vender, Dermatologist and Associate Clinical Professor, Medicine, McMaster University*



2013 12 min Supre Inc.
Andrew's psoriasis scarred his psychology far deeper than his skin. A journey of hope. *With Dr. Wayne Gulliver, Professor of Medicine, Memorial*

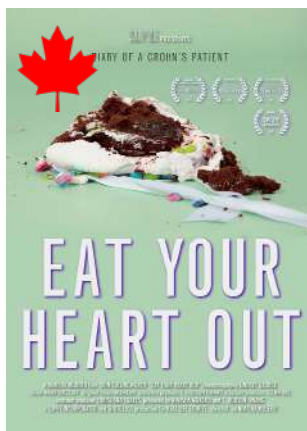


2015 8 min Supre Inc.
Veronica wants her dream wedding but first she commits to herself to manage the psoriasis that has controlled so much of her self esteem.

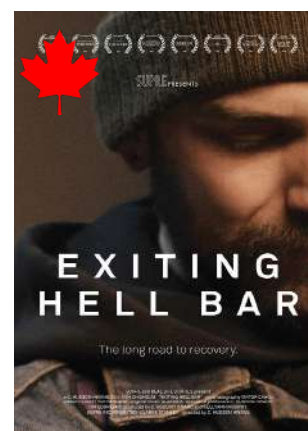
CROHN'S DISEASE - Award winning series examines the impact of Crohn's on sufferers.



2017 13 min Supre Inc.
Charlotte's isolating journey with Crohn's disease compels her to connect kids across the country through a dedicated camp made exclusively for kids impacted by inflammatory bowel disease. *Features Dr. Gabor Kandel, Gastroenterologist, St. Michael's Hospital, University of Toronto; Angie Specic, Crohn's and Colitis Canada.*



2017 14 min Supre Inc.
Erin's lifelong journey with Crohn's disease highlights the coping mechanisms common among chronic illness patients and the psychological fragility of maintaining disease remission. Also explores the fear and uncertainty that comes with the threat of relapse. *Features Dr. Bill Sahl, Gastroenterologist, University of British Columbia.*



2017 26min Supre Inc.
Having failed every treatment available, Crohn's disease left Iain no choice but surgery. But finding remission through an experimental clinical trial restores his hope for the normalcy in life that most have taken for granted. *Features Dr. Remo Panaccione, Gastroenterologist, University of Calgary.*



Pain Warriors

2019 80 min Visionary Media
WINNER: Award of Merit – Impact Docs Awards!
WINNER: Award of Excellence – Accolade Global Film Competition
Chronic pain sufferers now outnumber those with heart disease, cancer, and diabetes combined. Explores the lives of chronic pain patients, the opioid crisis, families affected by suicide, and the doctors who fight for their care. Consultants: Dr. David A Hanscom, Orthopedic Spine Surgeon Seattle WA., Dr. Christne Chambers, Clinical Psychologist, Dalhousie University; Dr. Howard Jacobs, Dr. Gordon D. Ko; Dr. Patty Verdugo.

Endocrinology/ Patient Education

Miracle Baby: Living with Type 1 Diabetes

2019 28 min Supre Inc.



Used by multiple hospitals, clinics and university programs/ screenings across Canada for Diabetes Education programs.

An inspiring documentary about Cory Conacher,

a professional hockey player living with Type 1 diabetes. Beyond gaining an understanding of this complex and misunderstood condition, *Miracle Baby* offers a story of hope. Conacher's story shows audiences that once empowered by information and determination, a T1D diagnosis doesn't have to be a permanent roadblock in the pursuit of a normal and active life. *Features Dr. John Vandermuellen, McMaster University; Dr. Ilana Halperin, Sunnybrook Health Sciences Centre; and Dr. Valerie Lewis, The Charles H. Best Diabetes Centre.*

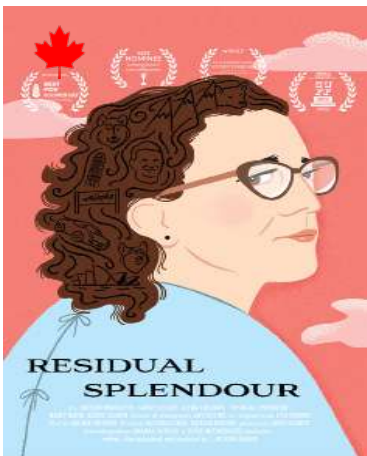


Hormones Have No Gender

2022 52:30 min Autentic GMBH

Hormones shape our bodies—driving growth, appetite, and reproduction—but their role in behavior is more complex. Research shows that behavior can influence hormones as much as hormones influence behavior: acting competitively raises testosterone regardless of sex. Culture, learning, and experience also affect hormone levels and brain structures. Reported differences between men and women often obscure the fact that variations within each group are far greater than between them.

Women's Health



One woman's journey with metastatic breast cancer

2023 24 min Supre Inc.

WINNER - Leo Awards 2023

Sarah Sellars shares her story between anxiety and hope when living with metastatic breast cancer. Screened by multiple universities and Provincial Health Services. Used by the Tom Baker Cancer Centre to support patient, caregiver and staff specific to HER2 and metastatic breast cancer. *Features Medical Oncologists Dr. Nancy Nixon (Tom Baker Cancer Centre / University of Calgary) and Dr. Karen Gelmon (BC Cancer Agency / University of British Columbia).*



Three Women Speaking Out about Menopause

2024 38 min Supre Inc.

Menopause has been largely dismissed and ignored by society, but now that a generation of baby boomer women have passed through this lifestage, they are demanding changes in attitudes, awareness, and solutions. JUDITH JACQUE GRACE follows three women turned menopause advocates, who seek to better their lives, their workplaces, and the future of generations of women to come. *Features Dr. Wendy Wolman, Professor University of Toronto, Director Mount Sinai Hospital; Dr. Timothy Rowe, Associate Professor Emeritus, University of British Columbia; Dr. Shafeena Premji, Founder/Medical Director, Milestones Menopause Clinic.*



Bloody Mess

2024 10 min Megan Wennberg

Audience Choice Award - We Like 'Em Short Film Festival

When filmmaker Megan Wennberg's period went nuts, she thought her Uterus was out for revenge because she was almost 40 and hadn't given it a baby. But it turned out she had fibroids. *Bloody Mess* is a short, personal, animated documentary following Megan and her Uterus (voiced by actor Susan Kent) on their harrowing but darkly funny journey through the medical system to try and stop the bleeding.



Evelyn

2022 15:28 min Millefiore Clarkes

Best of the Fest & Best Non-Fiction Short - Yorkton Film Festival

Audience Choice Award - Dawson City International Short Film Fest

EVELYN introduces 94-year-old Evelyn Christopher, who still grows food to share with neighbors and lives by rhythms of an older time. With her, we glimpse a fading way of life—early chores, soil-stained hands, winter firewood stacked high—a triumphant story of aging with wisdom and resilience.

AIDS



Undetectable: How Stigma Has Gone Viral in the Fight against HIV

2021 42 min Snapshot Studios

This documentary examines Canada's potential to end HIV and the AIDS epidemic, despite ongoing deaths. It explores the history of AIDS, barriers to progress, and the gatekeepers hindering change. Using archival footage, it highlights the stigma, hysteria,

and misinformation since the 80s, showcasing the lasting impact of early societal prejudice. Through the voices of artist Mark Randall, front-line workers, and activists, Undetectable reveals how these factors contribute to rising infection rates.



bploi wai dtaai: Leave Her to Die

2020 49 min Think Positive Productions

A 2 year old baby girl lay alone on a bamboo mat in a government orphanage in Northern Thailand. She had been abandoned in the "AIDS room". Her medical chart read: "bploi wai dtaai: Leave her to die". In a country that ostracizes those living with HIV, one extraordinary woman, Avis Rideout, was determined

to prove that through loving and caring for those rejected and abandoned due to HIV, it is the incredible power of love that can and is saving lives.



Promise Me

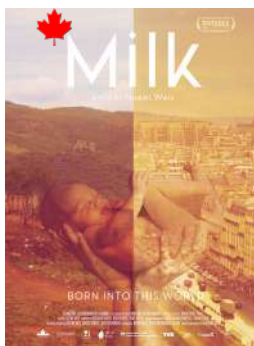
2020 22:48 min OYA Media Group

Stand Out Writer for Short Film Award at Reelworld Film Festival
Best Short Film Award at Bronze Lens Film Festival

Winston W. Moxam Best Black Canadian Shorts Award at Afro Prairie Film Festival
Best Short Film – Columbus Black International Film Festival

Charlie is determined to care for her ailing mother, Yolonda Thomas, even as her health declines. But when school officials notice her absence, Charlie finds herself under watch—and learns some choices are beyond her control. Promise Me is inspired by real events uncovered while filming The Woman I Have Become (2008), a documentary about African, Black, and Caribbean women living with HIV/AIDS in Toronto.

Breastfeeding/Newborn Health



Join the global conversation about maternal and newborn health! A wonderfully insightful documentary for nursing and medical students, early child educators, social workers, emergency policy planners, infant nutrition programs, emergency responder programs, lactation consultants, midwifery education and doula training.

Milk

2015 90 min Filmblanc Inc.

Screened across Canada in Community Health Centres, Colleges, Universities, Midwifery Programs and Hospitals.

According to UNICEF and WHO, 7 MILLION children die every year due to malnutrition, of those, 1 MILLION babies die every year due to not breastfeeding and OVER 300,000 Women die every year due to complications during pregnancy and birth. Through an intimate and artistic lens, Milk brings a universal perspective on the politics, commercialization and controversies surrounding birth and infant feeding over the canvas of stunningly beautiful visuals and poignant voices from around the globe. Inspiring, informative, provocative and sensitive, Milk celebrates bringing a new life into this world with a strong call to action and reflection.

Naître dans ce monde

2015 52/90 min Filmblanc Inc.

éalisé par Noemi Weis, Naître dans ce monde aborde la politique, la commercialisation et les controverses entourant la naissance et l'alimentation des nourrissons. Des dons de lait dans les situations d'urgence, aux mères qui luttent pour obtenir le soutien médical approprié, de la stigmatisation des femmes qui allaitent leurs bambins en public, aux jugements que subissent celles qui donnent le biberon, ce sujet polarisé déclenche un débat émotif. Concrétisant trois ans de recherches, dans 35 villes et 11 pays, Naître dans ce monde témoigne de l'importance de l'allaitement pour une diminution des taux de mortalité infantile et un monde en meilleure santé.



How We Die Series: The Future of End-of-Life

2022 7 min each Kitab Productions

As we face our mortality, questions arise about how we care for ourselves and loved ones during this time, and how we support caregivers. The relationship between caregivers and terminal patients is evolving, with families, volunteers, and medical professionals exploring ways to provide meaningful support. How We Die, narrated by Ziya Tong, challenges our views on end-of-life care through 11 inspiring stories, aiming to spark conversations about the changing nature of death and dying in Canada.

Episodes include:

1. **A Good Dog** - In the halls of Hospice Simcoe, therapy dog Daisy can be found visiting with patients and family.
2. **Not in the Street** - Journey Home Hospice in Toronto provides palliative care for those living and dying on the city's streets.
3. **The MAiD Decision** - An intimate look into the decision that a couple has made for one partner who has been diagnosed with ALS.
4. **The Last Note** - Music therapist Joshua Denny-Keys works as a music therapist in palliative care in Vancouver, BC.
5. **How We Die** - Karry Sawatsky is a Death Doula who provides non-medical advice on end-of-life care.
6. **'Til Death Do Us Part** - What does it do to a relationship when the caregiver is your partner?
7. **The Great Ceremony** - Indigenous ritual and ceremony have brought together and supported Indigenous peoples.
8. **Death by Appointment** - Two sons discuss their dad's (Toronto General Hospital physician Dr. Jay Keystone) choice to use MAiD
9. **Death and Mindfulness** - Buddhist monk Khenpo Kunga Sherpa advocates meditation and mindfulness.
10. **The Caring Confidante** - A grieving mother finds support from a volunteer caregiver.
11. **The Good Trip** - Andrea Bird received permission to use psilocybin, aka magic mushrooms to cope with end-stage anxiety.



Road to Mercy

2016 83 min Indiecan Entertainment
Road to Mercy documents Canada's journey into the furthest ethical frontier - a place where doctors are allowed to take a life and where society must decide on the circumstances under which they can.



After Caregiving Series

2023 5-7 min each The Best Part Inc. #3

Also available with French subtitles

In Canada, over 8 million unpaid caregivers balance full-time jobs with caring for loved ones, leaving little time for themselves. *After Caregiving* is a documentary series that follows former caregivers as they reflect on their experiences and transition out of caregiving. The series explores their grief, struggles, and healing journey, offering comfort and guidance to others in similar situations.

Season 1 episodes include:

1. Julie's Story - Mom cared for 21 year old daughter
2. Michelle's Story - Wife cared for husband with dementia
3. Katherine's Story - Young woman cared for boyfriend with traumatic brain injury
4. Daniel's Story - Cared for his partner diagnosed with AIDS
5. Barb and Jim's Story - Aging couple cared for autistic son
6. Aasa's Story - Cared for her father with dementia
7. Mitch's Story - Cared for father with terminal cancer during COVID
8. Paulina's Story - Cared for partner with heart issues

Season 2 episodes include:

1. Paula's Story - Caring for her sister diagnosed with ALS
2. Jackie's Story - Caring for the challenges of transitioning with her trans son
3. Jill's Story - Caring for her dad after he suffered a stroke
4. Dave's Story - Dave's wife Annie used MAiD after battling fibromyalgia and chronic fatigue
5. Louise's Story - Supporting her daughter through addiction treatment
6. Jen's Story - Caring for her dad with Parkinson's disease.
7. Adeya's Story - At age 15, she became the primary caregiver for her older sister diagnosed with cancer

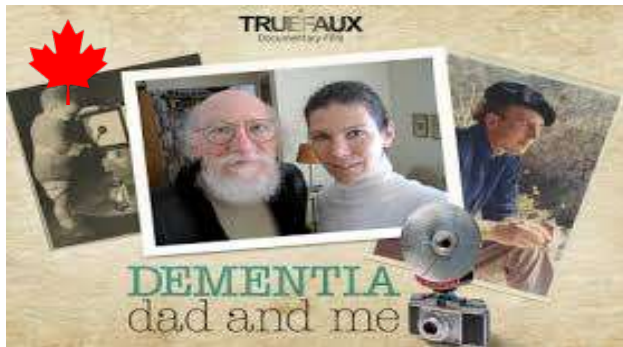
The Final Word: W5

2013 20 min CTV



Dr. Larry Librach, a pioneer in palliative care, was diagnosed with terminal pancreatic cancer and given only a few months to live. Librach championed compassionate care throughout life, empowering patients to make decisions about their dying process, surrounded by loved ones.

Librach was the founder of Mount Sinai Hospital's Temmy Latner Centre for Palliative Care and a former Director of the Joint Centre for Bioethics at U of T. As the physician leader of a national project called Educating Future Physicians for Palliative and End-of-Life Care, Librach helped introduce curriculum in end-of-life care to Canada's medical schools.



Used by Dalhousie University Medical Training Program for student learning

Used by the Alzheimer Society of NS for Staff and Volunteer Training

Dementia, Dad and Me

"One of the important parts of the film is that people connect to Hannah's journey. It is real and authentic. It can be hard to describe this caregiving journey in words but Hannah did it with honesty and love that is very realistic." - Linda Bird Program Director, Alzheimer Society of Nova Scotia

2020 45 and 77 min versions Truefaux Films
The onset of his dementia brought a dramatic change to the relationship filmmaker Hannah Minzloff has with her father. *Dementia, Dad and Me* follows the two of them as they find new ways to connect, and to navigate the delicate transition of their roles from father and daughter to caregiver and cared for.

Community Engagement Toolkit and Academic Toolkit included.



Garden Shark

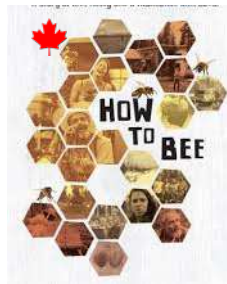
2020 27 min Indiecan Entertainment

A dementia diagnosis can feel hopeless. But there are ways to live a meaningful life. At Village Improv for Alzheimer's, people living with different forms of dementia learn improv from professional improvisers, and discover new ways of communicating with the world around them.

Enduring Love: W5

2022 21 min CTV

W5's Sandie Rinaldo sits down with former deputy Conservative leader Lisa Raitt about her husband's early onset Alzheimer's diagnosis. Bruce Wood is now in long-term care after years of descending into the fog of Alzheimer's disease.



How to Bee

2019 82 min Bee Good Films

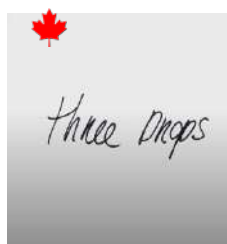
Set against the unique backdrop of Canada's North, *How To Bee* follows a filmmaker on a journey to connect with her father through beekeeping after he is diagnosed with a COPD, a degenerative lung disease.



For Dear Life

2017 75 min Diving Bell Films

With a surprising amount of humour, terminal cancer patient James Pollard, a seasoned theatre producer, rallies his family and friends to turn death on its head and stretch his final years into an unconventional project.



Three Drops

2018 22 min ResearchTV Inc.

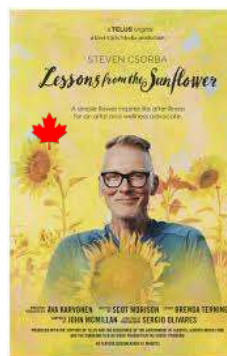
Yellowknife filmmaker France Benoit shares her personal journey through the grief of losing her environmental activist husband, Doug, following his terminal diagnosis. Explores themes of loss, love, and resilience, with shadow and light serving as metaphors for relationships.



Breaking Loneliness

2019 44 min Brandy Y Productions

Breaking Loneliness is about people finding ways to escape loneliness and social isolation, a social epidemic that is impacting all age groups around the world. Although most of us are connected on social media, we have never felt more alone. Many of us find ourselves isolated from our communities and feeling lonely.



Lessons From the Sunflower

2023 81 min Reel Girls Media

Steven Csorba uses his experience as a survivor of devastating illness, and the example of resilience and beauty in the struggle that he draws from a simple, common garden plant to help others understand how they too can overcome enormous challenges to healing, improve their overall health, discover a deeper purpose in life and ultimately find the happiness all of us yearn for.

A family's account of life after Schizophrenia

2018 15 min Supre Inc.

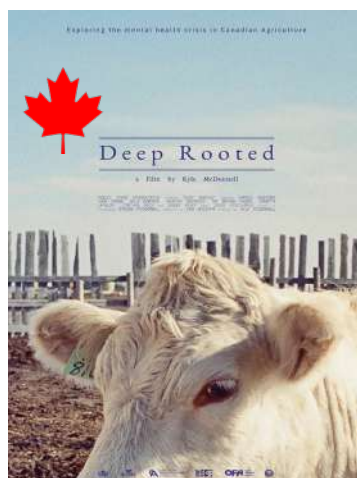


OVER 1 million views on social media.

Diagnosed with schizophrenia, Quentin takes us deep behind the delusions and depression, the relapses, and his remarkable recovery that sees him continue to chart his impressive academic achievements. *Features Dr. Maria Alexiadis, Chief of the Dept of Family Medicine, Nova Scotia Early Psychosis Program.*

Deep Rooted explores the overwhelming mental health crisis facing farmers and agricultural producers across Canada

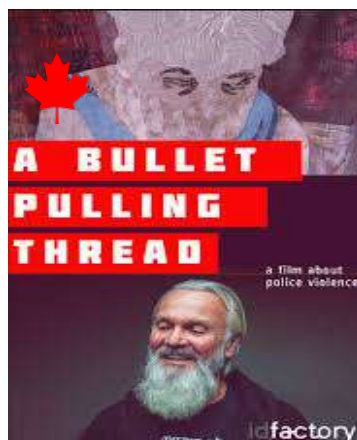
2022 32:52 min Van Wickham



Deep Rooted

The film follows four agriculture producers in discussing their mental health and how it relates to farming. There are an immeasurable number of stressors facing farmers and ranchers across the country, from weather and climate change, through to succession planning and farming legacy. Through these four agriculture producers, we get a glimpse into how and why this crisis persists in the farming community.

With the help of experts and researchers, Deep Rooted also explores farm culture and its relationship to mental health. Stigmatization around mental health; depression, anxiety, stress and even suicide, continues to be perpetuated in the agricultural community, only deepening the taboo nature of seeking mental health care.



A Bullet Pulling Thread

2023 73 min Ian Daffern

After police killed her brother during a mental health crisis, quilter Marilyn Farquhar created Kairos, a series of quilts to process her grief and spark change in policing. Her brother, an activist for the homeless, was shot by the RCMP in January 2020. Marilyn, once a non-political artist, now uses her work to confront law enforcement and share her story. Kairos—meaning “an opportune time for action”—is Marilyn’s call for change.

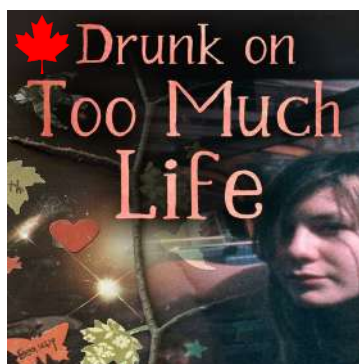


Billy

FR with EN subtitles 2025 105 min Vital Distribution
Grand Jury Prize – 5th Terraviva Film Festival – Italy 2025

La cinéaste Lawrence Côté-Collins retrouve son agresseur en prison. Elle veut comprendre, pardonner et accompagner un homme souffrant. Billy est schizophrène et sa plus grave crise a laissé deux morts. Leur relation d'amitié carcérale épistolaire met en lumière la vérité sur cette maladie mentale qui n'était ni diagnostiquée ni soignée. Ensemble, ils se racontent et se reconstruisent à travers une correspondance intime et des archives vidéo inédites.

Filmmaker Lawrence Côté-Collins finds her attacker in prison. She wants to understand, forgive, and support a suffering man. Billy is schizophrenic and his worst attack left two people dead. Their epistolary prison friendship sheds light on the truth about this mental illness which was neither diagnosed nor treated. Together, they tell their stories and reconstruct themselves through intimate correspondence and unpublished video archives.



Drunk on Too Much Life

2021 76:43 min Parallèle Vision Pictures

In a world gone crazy, a young woman discovers that her madness is a fierce and powerful gift that makes her more fully human.

Drunk on Too Much Life is an intimate and powerful documentary following the filmmaker's 21-year-old daughter's mind-opening journey from locked-down psych wards and diagnostic labels towards expansive worlds of creativity, connection and greater meaning. Meeting the likes of renowned trauma specialist Dr. Gabor Maté and other cutting-edge voices, the family begins to question the widespread idea that mental illness should be understood in purely biological terms. They learn the myriad ways that madness has meaning that goes far beyond brain chemistry and find the tools to forge a new path towards recovery.



Hailey Rose - Youth Leader: Warrior Up! Series
2024 22 min Picture This Productions
Hailey Rose, represents Indigenous youth for the FSIN and AFN, advocating passionately for mental health. At a wellness workshop, she guides teens in balancing all four parts of the medicine wheel. Host Joel Oulette visits her family, discovering how Hailey is reviving Plains Cree culture and language at home. He even gets a Cree language lesson before they head to a powwow together.



Sarah's story with a genetic life-threatening genetic mutation - BRC2
Not Quite That
2022 47 min On the Creek Films
Audience Choice Award - London Lesbian Film Festival
Audience Choice - Cinema Systems Film Festival

Not Quite That offers an intimate exploration of identity through Sarah, a 57-year-old Jewish butch lesbian.

Navigating life's complexities, she grapples with being both seen and unseen—Jewish yet not fully accepted, a mother in every way but biologically, and often mistaken for transgender. Her journey as a breast cancer previvor adds further depth to her sense of self. Through Sarah's story, the documentary prompts reflection on how we perceive ourselves and others, highlighting the significance of visibility, acceptance, and the nuances of identity and belonging.



Give and Go - A Sports Education Documentary
2024 34 min Give and Go
Canada's top athletes and sports experts explore how multi-sport participation leads to better physical and mental health, ultimately creating better athletes.

Once, sports were a seasonal pursuit—hockey, basketball, and other indoor sports were reserved for winter, while baseball and soccer took over as the weather became more accommodating.

The film examines the rise of one-sport specialization in youth sports, highlighting its dangers and disadvantages, and offering solutions to the problems it has created.



Unloved: Huronia's Forgotten Children
2022 88:14 min White Pine Pictures
In *Unloved – Huronia's Forgotten Children*, filmmaker Barri Cohen uncovers the tragic fate of her half-brothers, Alfie and Louis, who were institutionalized and neglected at the Huronia Regional Centre in the 1950s. Through personal narrative and survivor testimony, the film exposes a hidden history of systemic abuse. Despite the pain, it offers redemption by demanding recognition, remembrance, and humanity for those once forgotten.

Cold Dip

BEST Documentary - 2024 Screen Nova Scotia Awards



Jessica Wiebe, a Canadian veteran and artist practices cold dipping in Nova Scotia as a way to heal physical and emotional trauma from a life no one

expected her to pursue. While the visuals of Jessica's cold dips are stunning, the story that led her to the ice is even more remarkable.

Lanterns Flicker

2023 14 min Yonaton Collins

Canadian Armed Forces veteran Dennis Mackenzie returned from Afghanistan with severe PTSD. After trying various healing methods, he turned to music and songwriting. With PEI musician Dennis Ellsworth, he created his debut album *The Guardian Angel Platoon*, chronicling his journey from enlistment to war and the struggle of returning home.

The Invisible Wounds of War

2019 6:28 min Research TV

Canadian soldiers returning home have always been changed by war and peacekeeping, frequently in harmful but unseen ways. They often did not want to talk about their experiences except with comrades who would understand their feelings.

Ode to My Father

2020 22 min Prairie Boy Productions

A year after his father's suicide, Mexican Canadian musician Jorge Requena Ramos struggles to write a song in his father's honour. *Ode to My Father* follows his emotional journey between Mexico City and Winnipeg as he explores grief, mental illness, and the complexities of father-son relationships.

Dear Anorexia

2016 52 min ARTE France

The film focuses on the "enigma" of anorexia (the pursuit of maximum thinness) rather than on the wider field of eating disorders, which would include too many diverse notions.

Also available in French: Chère anorexie

Solastalgia

2019 12:43 min Millefiore Clarkes

Best Canadian Short - Silverwave Film Festival

SOLASTALGIA is a lyrical film that explores the anguish that climate change and a global state of uncertainty can impart upon the human psyche. Ava, a mother of two young children, is bombarded throughout her day with news of global disasters. She worries about her children's futures. Her mental health is unwinding. SOLASTALGIA gestures toward the vast timeline of the earth, poetically evoking the idea that life has meaning beyond human life.

A Cage in Freezing Water

2019 6:41 min Shortcutstv Ltd

Depression is a mental disorder marked by negative thoughts and dysfunction. Sharon So shares her personal battle with severe depression, highlighting factors like family history, chemicals, and treatment options. Her story, "A Cage in Freezing Water," reflects the isolation and resilience that come with the condition.

Rosenhan: Being Sane in Insane Places

2019 7 min Shortcutstv Ltd.

Claire Parsons explores the controversial David L. Rosenhan study Being Sane in Insane Places, where participants faked schizophrenia to expose flaws in psychiatric diagnoses. Inspired by Nellie Bly's 1887 undercover work, the study revealed how easily sanity could be misjudged and highlighted the dehumanization and overmedication of patients.

Core Concepts in Psychology

2015 Shortcutstv Ltd.

These four programs simplify core psychological research concepts for students, using real studies to highlight their importance. They also provide revision and exam tips.

Reliability and Validity (7:14): Introduces the definitions, types, and applications of reliability and validity, essential concepts in all sciences.

Sampling (7:30): Uses classic studies (Loftus, Maguire, Baron-Cohen, Zimbardo) to explain various sampling techniques, issues, and problems.

Reductionism (4:45): Explores reductionist and holistic approaches through the example of obesity.

Variables (6:08): Defines and discusses the importance of variables in psychology, covering types, reliability, validity, and application.

The Exceptional Life series: Autism

2018 Fifth Ground Entertainment

The Exceptional Life is a five-part documentary web series that teams Development Pediatrician Dr. Joeline Huber, a specialist in Autism Spectrum Disorder (ASD) and "Nanny 911" Behaviour Therapist Sarah Davis. Together they'll work closely with parents raising children with Autism, focusing on key communication, social skills and behaviour issues. Produced with the intention of being a service to families who find themselves on endless waiting lists with few resources, after having their child diagnosed with autism.

Non-Experimental Research Methods Series:

Psychology Short Cuts Series

2015 Shortcutstv Ltd.

This series explores how psychologists study social behavior using non-experimental methods, focusing on both their strengths and limitations.

Naturalistic Observation (4:48): Examines different types of naturalistic observation through studies by Rosenhan, Hartup, LaFrance, and Mayo.

Correlations (5:28): Discusses the difference between correlation and causation, using the example of media and violence.

Self-Report Methods (6:06): Illustrates the use of self-report methods, such as questionnaires and interviews, with an example on education data collection.

Case Studies (5:52): Uses the case of Susan "Genie" Wiley to explore the history, strengths, and limitations of case study research.

Experimental Research Methods: Psychology Short Cuts Series

2015 Shortcutstv Ltd.

This series introduces students to key issues in psychological research through experiments, using a mix of classic and modern studies. It covers various experimental methods and their strengths and weaknesses:

Laboratory Experiments (5:49) - Explores classic studies to highlight the pros and cons of controlled, lab-based experiments.

Field Experiments (7:06) - Uses studies by Hofling, Piliavin, Fisher, and Geiselman to explain how field experiments are conducted and why they're valuable.

Natural Experiments (7:11) - Compares natural experiments to field and lab experiments, with a focus on Costello et al's study on poverty, behavior, and mental health.

Experimental Design (7:40) - Examines three experimental designs—Repeated Measures, Independent Measures, and Matched Pairs—through a study on learning and time of day.

Math in Psychology Series

2015 Shortcutstv Ltd.

This series provides a clear, step-by-step guide for psychology students who are less comfortable with math, covering key statistical tests. It includes six segments:

Spearman's Rho (4:44) – Applying it to self and peer-rated aggression.

Sign Test (3:08) – Used to shape attitudes toward the death penalty.

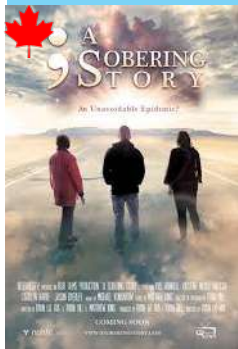
Chi Square Test (4:35) – Applying it to Piaget's Conservation Experiment.

Mann-Whitney Test (3:12) – Testing if males score higher on an aggression questionnaire than females.

Probability Tests (3:40) – Explaining probability in psychology.

Wilcoxon Sign Rank Test (2:19) – Applied to the hypothesis that alcohol affects reaction test scores.

Addictions & Substance Abuse



A Sobering Story

2024 97:42 min ResearchTV Inc.
Unveiling the harsh reality of substance use in Thunder Bay, Ontario, this universally themed documentary, told through personal narratives and expert insights, exposes a lack of resources while aiming to shatter stigmas and ignite compassion for those grappling with addiction.



Project Cold Days

2020 48 min Lex Film Inc.
Explores the lives of people surviving Ottawa's streets in the cold. Shot over a period of four years during the freezing Ottawa winters, the film follows three main characters as they battle mental health, addictions and the elements.

Broken Lines: A Story of Addiction

2018 32 min Human Relations Media
WINNER: Heal Award - Manhattan Film Festival
Acclaimed filmmaker Peter Scheer illuminates the many and overlapping issues related to dealing with an addiction and traveling the difficult road to recovery.



48 Hours: Lessons from Vancouver in Canada's Opioid Crisis

2017 40 min CTV
W5's Jon Woodward investigates Canada's growing fentanyl epidemic at ground zero - Vancouver's Downtown Eastside. Woodward spends the 48 hours after "welfare Wednesday", often considered the toughest two days on the streets, delivering an unprecedented, first-hand account of the fight against the growing synthetic opioid crisis.
Profiles Vancouver Coastal Health's Mobile Medical Unit (MMU); Sarah Blyth, Operator of a Safe Injection Site; and Dr. Scott Macdonald, Crosstown Clinic.

Kids in Chaos: Chaos and Courage Series

2014 22:24 min Animiki See Distribution
Inhalant abuse runs rampant among the youth of many First Nations communities across the country. The White Buffalo Youth Inhalant Centre provides immersive programs to help teenaged girls kick the habit, and reconnect with their Aboriginal cultures, while nearby Cartier Farms uses horse therapy to teach the girls about trust and bonding.



Inspire by Example

2016 61 mins Chris Cull
Explores the prevalence of prescription drug abuse in Canada. At the age of 22, triggered by the loss of his father, Chris turned to prescription medication to numb the pain. He narrates his experience of turning into a person he never thought possible. From lying and stealing, to pushing away those that mattered most in his life, Chris felt that hitting that all time low was a real wake up call. It was at that point he decided to set out on a road to recovery.



Sociology

Introducing Sociology Series

2016 Shortcutstv Ltd.
This short series features four segments that introduce key concepts in Sociology:
What Is Sociology (6:47) – Explores the distinction between social and sociological problems, focusing on social order, change, and the individual-society relationship.
Identity (6:14) – Examines personal vs. social identities and their connection to society.
Social Constructionism (6:49) – Discusses how culture shapes our perceptions, using examples of gender construction across cultures.
Sociology and Commonsense (6:49) – Compares sociological thinking with common sense, particularly in relation to crime.

Social Theory and Crime Series

2018 Shortcutstv Ltd.
This series introduces three key sociological theories of crime, featuring the following segments:
Strain Theory (5:09) - Explores Merton's strain theory, its application in consumer societies, and its lasting influence on modern crime theories.
Labelling Theory (7:41) - Expands criminology beyond criminal actions to the social reaction to crime and its effects, tracing the rise, decline, and lasting impact of labelling theory.
Space, Place & Crime (7:11) - Investigates spatial criminology, focusing on Zimbardo's abandoned cars experiment, Wilson and Kelling's broken windows theory, and recent studies showing how changing environments can reduce crime.

Unmasking: The End of Debate?

2020 13:40 min Shortcutstv Ltd.
Unmasking, as described by Professor Peter Baehr, differs from debate—it accuses someone or their ideas of being corrupt or fraudulent. It seeks to expose delusions rather than engage with theory or evidence, often using tactics like weaponization. Examples include the Brexit vote, Elizabeth Loftus' research, and Professor Eileen Barker's studies. Unmasking fosters intolerance, division, and rage, while understanding others through methods like ethnography can prevent it.

The English Romanian Adoptee Project: Re-Thinking Deprivation and Development

2022 11:04 min Shortcutstv Ltd.
The English-Romanian Adoptees Project was the first to track children who experienced institutional deprivation into adulthood. Researchers found that many Romanian adoptees faced neurodevelopmental issues, suggesting deprivation impacted brain development. The film, guided by lead researcher Professor Sonuga-Barke, offers an introduction to the study, which challenges common assumptions about childhood deprivation and its effects on development.



Seeking Bimaadiziwin

2007 31 min Research TV
Kaitlyn, a young Anishinawbe woman, falls into deep depression after personal and family struggles and the death of a close friend. After a suicide attempt and hospital stay, she's encouraged to join a therapy group with three other Anishinawbe youth, each representing a direction in Native culture. Though hesitant, the group finds strength in one another and their shared heritage.

Kaitlyn's path to healing remains uncertain until a near-tragedy reveals to her the true value of life.

Accompanying the drama is Sharing Tebwewin, an educational documentary designed to help health workers become more "culturally competent" when working with First Nation clients.



Sharing Tebwewin

2008 30 min
Research TV
"Sharing Tebwewin" (Sharing the Truth) is an educational documentary designed to help health workers become more

"culturally competent" in their work with First Nations people. Features: Dr. Cornelia (Nel) Wieman, the first indigenous woman to become a psychiatrist in Canada; Stella Montour, a Consumer/Survivor advocate. The film was made with support from First Nation Initiative (FNI), a committee of First Nations health professionals from various organizations in Thunder Bay and Dr. Paul Mulzer of the St. Joseph's Care Group.

In Good Hands

2021 4:32 min Winnipeg Film Group
The poetry film, "In Good Hands" is a Métis woman's expression of birth sovereignty, punctuated by intimate experiences of motherhood. She traces the storylines of identity to ancestral birthwork, spirit names, and kinship connections. It is a show of resistance that contributes to dismantling colonial narratives that devalue and ignore indigenous women's life experiences.

Midwives: From Chaos and Courage Series

2014 22 min Animiki See Distribution
Pre-contact, midwifery was a traditional practice among First Nations across the country. Driven underground for over a century, Midwifery is currently enjoying a long overdue reclamation. Meet the women at the helm of this movement and hear how this ancient practice benefits the health of mother and child, and their community.

Medical Outposts: From Chaos and Courage Series

2014 22:24 min Animiki See Distribution
Canada offers advanced medical services, but access is limited in remote communities like northern Ontario's nurse-run outposts and Ahousat, BC, which relies on newly trained first aiders.

Redefine: From Future History

2019 22 min Redcloud Studios
Host Kris Nahrgang learns about the ancient practice of pictographs from artist, activist and Anishinaabe knowledge keeper, Isaac Murdoch. Sarain goes to North Bay and visits with K'Tigaaning Midwives who are indigenizing childbirth and the Western practice of prenatal care.

Dr. Esther Tailfeathers: The Impact Colonization has on Indigenous Health: REDx Talks Series

2016 29 mins Eccentricus Imagery Productions
Family Physician for Fort Chipewyan and Standoff, Medical Lead for the Aboriginal Health Program working with rural and northern communities. Some of these communities were among the first to raise the alarm about fentanyl use in Canada.

Stories of Métis Women: Tales My Kookum Told Me

2021 22 min LeMay Media
In this program narrated by Norma Spicer, we look at Métis society as told through the voices of various Métis women. They share their passion for Métis history, culture and customs. They are the caretakers of traditional knowledge and are ensuring that the perspectives of Métis women are included in their history. In many ways, Métis women are the heart and soul of the Métis people. They are the strength in Métis families, communities and places of work.

Wellness: Future History - Harnessing Knowledge

2018 22 min Redcloud Studios
Hosts Kris and Sarain share their experience of health and wellness. They meet with Traditional Healer/Counsellor John Rice who teaches them about Mino Bimaadiziwin. They travel to Six Nations for a check up with Family Physician Dr. Karen Hill and Traditional Medicine Practitioners Val King and Elva Jamieson at Juddah's Place, a health clinic that combines Indigenous and Western Medicine. Sarain and Kris visit with Personal Trainer Isabelle Aube who reminds them of their own power and strength.

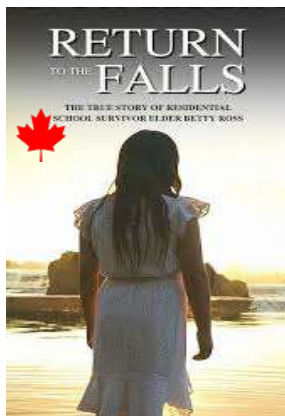
Get Over It: A Path to Healing

2018 28:01 min InFilm Productions
This film exposes the health crisis facing the Indigenous community in Canada through the stories of three Indigenous women. These women who survived the residential school system in Canada take viewers through an emotional journey of abuse and trauma and exposes viewers to the negative effects of these experiences on their health.

Walking with Our Sisters: Urban Native Girl

2016 22:02 min Animiki See Distribution
Aboriginal fashionista Lisa Charleyboy explores the heart-breaking issue of Murdered and Missing Indigenous Women and Girls. This episode features interviews with Maria Campbell, Christi Belcourt, Pam Palmater, Dr. Evan Adams and Nahanni Fontaine talking about violence against aboriginal girls and women.

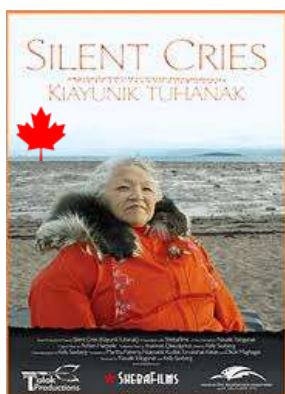
Indigenous Health Perspectives



Return to the Falls: The True Story of Residential School Survivor Elder Betty Ross

2024 61:17 min Sandy Robinosn
Please be advised that this film depicts scenes of trauma to Indigenous youth and adults. Return to the Falls is a powerful program that sheds light on Elder Betty Ross's life story as a Residential School Survivor, who held onto her father's sacred teachings to navigate trauma. In the film, Betty discusses the profound impact of the hardship

she experienced. Despite this painful and complex experience, she remembered the wise lessons her father taught her, which helped her stay strong. This film gently shows her journey and helps people understand how these schools affected many Indigenous families.



Silent Cries/Kiayunik Tuhanak

2024 16:50 min ResearchTV
Navalik Tologanak, journalist and emerging filmmaker shares her experience as a residential school survivor. SILENT CRIES (KIAYUNIK TUHANAK) documents the private meeting between Pope Francis and Inuit survivors on their land in July 2022. As a respected Elder, Navalik weaves her personal story into the narrative to bring an intimate perspective to a historic event and

what followed.

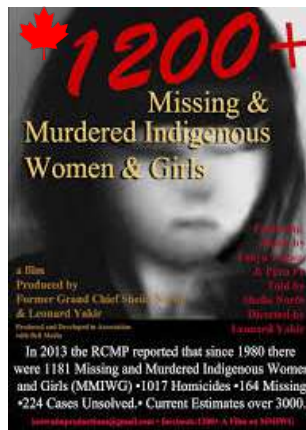


The Nature of Healing

2023 81:39 min Mohawk Village Memorial Park
Special Jury Prize – Weengushk International Film Festival, 2023
Special Jury Prize – Most Impactful Film – Female Eye Film Festival, 2023
Best Documentary – Three Fires International Film Festival, 2023
The Courage Award – Red Nation International Film Festival, 2023
Outstanding Excellence – WRPN Women's International Film Festival

The Nature of Healing is the spoken truth of seven courageous Survivors of Mohawk Institute, Canada's first and longest running Indian residential school. From victim to survivor, to activist, this is a story of resistance, resilience and a healing path.

Resource Guide Included



1200+

2018 88 min
Winnipeg Film Group
1200+ is a film that tells the story of Missing and Murdered Indigenous Women and Girls (MMIW OR MMIWG). The fact is that MMIW impacts not only a large population in Canada and the USA but also Indigenous peoples throughout the world. The film is a call to awareness and action for all.

Nursing/ Outreach Nursing



Street Nurse

2002 46 min Bishari Films
Order of Canada member, Cathy Crowe is a familiar name. For years as one of Toronto's 50 or so street nurses, she visited the habitats of the homeless tending to their blistered feet, infected wounds and often fragile psyches. She helps find night shelter for them when temperatures reach lethally low levels. Cathy is currently the voluntary Executive Director of the Toronto Disaster Relief Committee.



Nurses: If Florence Could See Us Now

2012 52 min The Video Project
Offers a unique look into the complex and challenging world of being a nurse, exploring the many different roles that nurses play and their areas of practice, from the bedside to the board room, and the many ways that nurses impact the lives of others.

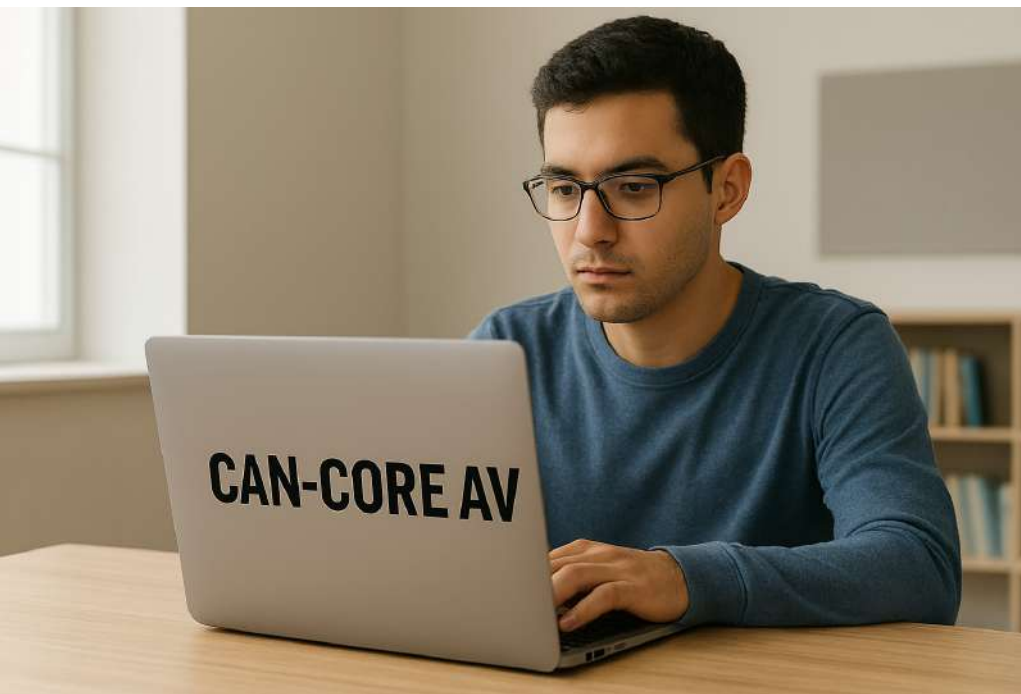


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