

# Resources for Managing COPD

(Chronic Obstructive Pulmonary Disease)



Winnipeg Regional  
Health Authority

Office régional de la  
santé de Winnipeg

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## General Information on COPD

1. COPD Essentials and COPD Medications – a 2-part series to learn the basics of COPD and how to manage it. Each group session is 90 minutes long. See the WRHA Program Guide at [wrha.mb.ca/groups](http://wrha.mb.ca/groups)
2. Manitoba Lung Association at [mb.lung.ca](http://mb.lung.ca)  
COPD phone line 1-866-717-2673. Videos on how to use different medication devices [lung.ca/lung-health/get-help/how-use-your-inhaler](http://lung.ca/lung-health/get-help/how-use-your-inhaler)
3. Living Well with COPD [livingwellwithCOPD.com](http://livingwellwithCOPD.com)



WRHA Group Program Guide (COPD Information, Commit to Quit Smoking, Healthy Eating and other free programs) [wrha.mb.ca/groups](http://wrha.mb.ca/groups)

## Quitting Smoking

1. Commit to Quit - a 5-week program for people who are planning to quit using tobacco. Participants learn about support techniques and aids, including smoking cessation medications. The program supports you to develop a plan to quit and work through your plan. Learn strategies to stay tobacco free long term. See WRHA Group Program Guide at [wrha.mb.ca/groups](http://wrha.mb.ca/groups).
2. Smokers Helpline at [smokershelpline.ca](http://smokershelpline.ca) or call 1-877-513-5333.
3. Tobacco Support Group at St. James 55+ Centre, call 204-987-8850 to register or 204-831-2154 for more information.

## Pulmonary Rehabilitation

Pulmonary Rehabilitation Program – an 8-week program for those with COPD, emphysema, chronic bronchitis or pulmonary fibrosis. Offers an individualized exercise program to improve breathing and lung disease education to prevent infections, learn breathing and relaxation techniques, and learn to use medications effectively. For more information or a referral form, please go to [wrha.mb.ca/groups/pulmonary-rehabilitation](http://wrha.mb.ca/groups/pulmonary-rehabilitation) or call 204-831-2181.

## Supportive Groups

1. Better Breathers 'On Air' monthly phone support group. Call Age and Opportunity at 204-956-6440 for more information or to register.
2. Get Better Together – take control of your health with a workshop designed to help Manitobans with ongoing health conditions. Led by others with health issues who understand the challenges of managing symptoms, medications and health care needs. Workshop times, locations and online programs can be found at [wellnessinstitute.ca/gbt](http://wellnessinstitute.ca/gbt) or call 204-632-3900.



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[wrha.mb.ca/groups](http://wrha.mb.ca/groups)

## Mental Well-being

1. Living Well with COPD [livingwellwithcopd.com](http://livingwellwithcopd.com) become a free member to access all educational material. In the module's sections go to Managing Your Stress and Anxiety.
2. Mental Health Resources Guide for Winnipeg [mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg](http://mbwpg.cmha.ca/resources/mental-health-resource-guide-for-winnipeg)
3. Anxiety Disorders Association of Manitoba [adam.mb.ca](http://adam.mb.ca) or 204-925-0600.
4. Mood Disorders Association of Manitoba [mooddisordersmanitoba.ca](http://mooddisordersmanitoba.ca) or 204-786-0987.
5. Locally developed Phone App: Calm in the Storm (developed by Klinik) [calminthestormapp.com](http://calminthestormapp.com)
6. Mindfulness Phone App [stopbreathethink.com/meditations](http://stopbreathethink.com/meditations)

## Air Quality Index

Air quality health index: [canada.ca/en/environment-climate-change/services/air-quality-health-index.html](http://canada.ca/en/environment-climate-change/services/air-quality-health-index.html)

## Nutrition

1. Eating for Health – a 2-hour group session to explore how healthy eating relates to health. Learn about fats, processed foods, salt and fiber, and how to make simple changes to your eating. See WRHA Group Program Guide at [wrha.mb.ca/groups](http://wrha.mb.ca/groups)
2. Craving Change – a 3-session group program to better understand your eating patterns and change your relationship with food. See WRHA Program Guide at [wrha.mb.ca/groups](http://wrha.mb.ca/groups)
3. Dial-A-Dietitian – Free access to a registered dietitian for nutrition questions, healthy living information and links to community dietitians. Call 204-788-8248 or visit [misericordia.mb.ca/programs/phcc/dial-a-dietitian](http://misericordia.mb.ca/programs/phcc/dial-a-dietitian)

## Transportation

1. Winnipeg Transit Plus (Handi Transit) at [winnipegtransit.com/en/winnipeg-transit-plus](http://winnipegtransit.com/en/winnipeg-transit-plus) or call 204-986-5722.
2. Transportation Options Network for Seniors at [tonsmb.org](http://tonsmb.org) or call 204-668-6299 to inform and educate Manitobans on transportation options.

## Caregiver Supports

Caregiving with Confidence—provides support services to informed caregivers of older adults  
[caregivingwithconfidence.org](http://caregivingwithconfidence.org) or call 204-956-6440.