



2021  
Mental Health Academy

# FUN FACTS ABOUT CANADA



YUKON

NORTHWEST  
TERRITORIES

NUNAVUT

BRITISH  
COLUMBIA

ALBERTA

SASKATCHEWAN

MANITOBA

ONTARIO

QUEBEC

NEWFOUNDLAND  
& LABRADOR

PRINCE EDWARD  
ISLAND  
NEW  
BRUNSWICK  
NOVA SCOTIA

# Did you Know?



1

First Mental Health Academy held in the West! Additionally, it is also the first ever to be held virtually!



2

Canadian hockey teams have won the most Stanley Cups-42 in all since 1915 with Montreal winning the most with 24 cups won!



3

There have been 10 Nobel Prize laureates in Canada. Dr Michael Houghton, professor at the University of Alberta, won a 2020 Nobel Prize in Physiology and Medicine.



4

Canadian composer David Foster has won the most grammy awards (16) out of all Canadian musicians and was nominated 47 times!



5

Buffy Sainte-Marie was the first indigenous person to win an Oscar. Winning both a Golden Globe and Academy Award for "Best Original Song", "Up Where We Belong" in 1983!



6

Maple syrup was first used by the Indigenous People of North America as a sweetener. The practice was adopted by settlers.



7

In Yukon, Canada, there is a bar where you can order a Sourtoe Cocktail - containing an actual human toe in a shot of whiskey!



8

There are more doughnut shops per capita in Canada than any other country in the world.



9

Canadians like their beer! The oldest brewery in North America is Molson Coors Canada. It is still running and it started in 1786.



10

Canada has more lakes than the rest of the world combined, estimated at 2 million! Lake Superior is as big as Austria!



11

Canada is the 2nd biggest country in the world, after Russia, but 90% of Canada is uninhabited! It's population is only 0.48% of the total world population.



12

Alberta has been rat free for 70 years! Also known as the first place to "banish the rat".



13

The Spirit Bear-this species of black bear is so rare that it's only found in the coastal rainforests of British Columbia.



14

There exist more than 630 indigenous communities, which represent over 50 nations and 70 languages all across Canada!



15

Oldest rock on earth is found in the Canadian Shield found in 2001 by geologists and is 4.28 billion years old!



16

Superman was created by a Canadian, Joe Shuster. The Daily Planet is based on the Toronto Star and Metropolis was modeled after Toronto!



17

The baseball glove was invented in Canada in 1883. However, the Toronto Blue Jays is the only Canadian team that plays in Major League Baseball.



haidee.vael@instagram