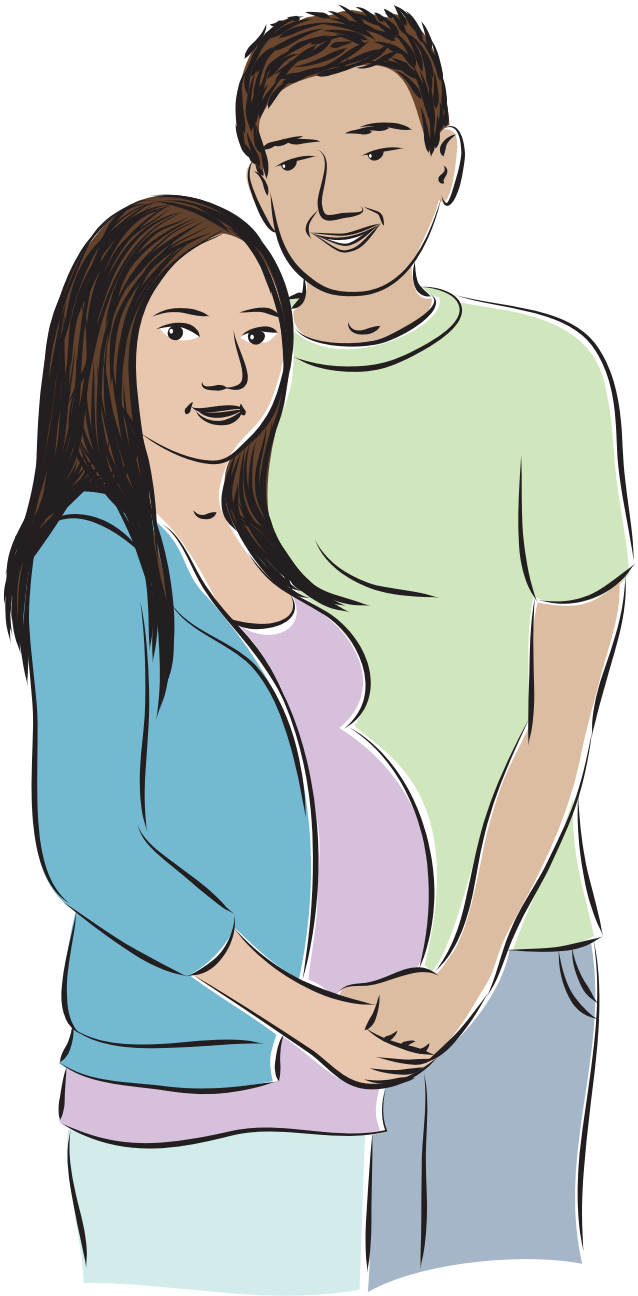

ᑭᑭᔥᑲᐧᐊᐧᐊᓱᐧᐃᓐ & ᒥᓂᐧᑫᐧᐃᓐ

ᑕᐅᓂᔑᔑᓐ ᒋᒥᓂᐧᑫᓯᐧᐊᓐ ᒣᐧᑲ ᑭ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᔭᓐ.

ᐧᐃᓐᑫ ᐧᐃᑫ ᐅᐯᔓᐊᓐ ᑭᔐᒪᓂᑐᓐ ᒣᐧᑲ

ᑭ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᒡ. ᒥᐃᒪ ᒣᐧᑲ ᑲᐃᔑ ᑭᒋ

ᒪᔥᑲᐧᐊᓂᒃ ᐅᒪᔥᑭᑭᒪᓐ. ᐧᐃᓐ ᐅᑲᓇᐧ

ᐁᓐᑕᓐ ᔑᐧᑲ ᐅᐱᒪᒋᑐᓐ ᐱᒪᑎᓯᐧᐃᓂ

ᐃᒪᓇᑫ ᐱᓐᒋᐃ ᐧᐃᔭᐧᐃᓐᒃ.

– ᐊᓂᔑᓇᐯ ᒧᐊᒃ ᑭᑭᓄᐊᒪᑫᐧᐃᓐ

ᑭᓇᓐᑕᐧᐁᓐᑕᒥᓐ ᑲᑭᓇ ᑫᑯᓇᓐ ᒋᒥᓄᓭᑭᓐ ᑭᑕᐱᓄᒋᔑᒥᓇᓐ ᐅᓐᒋ. ᑲᐅᓀᓐᑕᒪᓐ ᒋᒥᓂᐧᑫᓯᐧᐊᓐ ᒣᐧᑲ ᑲ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᔭᓐ ᐧᐃᓐᑫ ᑲᒥᓄᑐᑕᑯᓐ ᔑᐧᑲ ᑭᑕᐱᓄᒋᔑᒣᔅ.

ᑲᓂᑫᓐ, ᒥᓴᐧᐊ ᐊᓀᐱᒐᓐᒃ ᒥᓂᐧᑫᐧᐃᓐ ᐁᐅᓂᔑᔑᓄᒃ ᒣᐧᑲ ᑭ ᑭᑭᔥᑲᐧᐊᐧᐊᐧᓱᓇᓂᐧᐊᒃ. ᔑᐧᑲ ᑲᑭᒋ ᒥᓂᐧᑲᓂᐧᐊᒃ ᔑᐧᑲ ᓂᐱᐧᐊ ᐊᐧᐃᔭ ᑲᒥᓂᐧᑫᒡ ᐧᐃᓐᑫ ᑲᒪᔑᑐᑕᑯᓐ ᑭᑕᐱᓄᒋᔑᒣᔅ ᒣᑲᐧ ᑫᔭᐱ ᑲᑭᑭᔥᑲᐧᐊᒡ.

ᐧᐁᑯᓀᓐ ᑕᔥ ᐧᐁᓐᒋ ᑭᒋᓀᑕᐧᑲᒃ ᐃᐧᑫ ᒋᐅᑕᐱᓇᓯᒃ ᒥᓂᐧᑫᐧᐃᓐ ᒣᐧᑲ ᑭ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᒡ?

ᑲᐅᑕᐱᓂᑲᑌᒃ ᒥᓂᐧᑫᐧᐃᓐ ᒣᐧᑲ ᑭ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᓇᓂᐧᐊᒃ ᒥᑯ ᐊᐸᓀ ᑫᓀᐱᒋ ᒪᔑᑐᑕᑯᒡ ᑭᑕᐱᓄᒋᔑᒣᔅ ᔑᐧᑲ ᐧᐃᓐᑎᐱᓐᒃ ᐅᑲᐃᔑ ᒪᑭᐃᑯᓐ ᐃᐃᐧᐁ ᑲᒥᓂᐧᑫᔭᓐ. ᑭᑕᐱᓄᒋᔑᒻ
ᒋᓇᑲᓂᑯᓯᒃ ᑲᒪᑭᐃᑯᒡ ᑭᒥᓂᐧᑫᐧᐃᓐ. ᐊᓂᔑᓇᐯ ᑭᑭᓄᐊᒪᑫᐧᐃᓐ ᑲᐃᑭᑐᓇᓂᐧᐊᒃ, ᐧᐊᐊ ᑲᐧᐃᒋᐧᐊᒡ ᑫᐧᐃᓐ

ᐁᑭᑭᔥᑲᐧᐊᐧᐊᓱᒡ ᔑᐧᑲ ᑲᒥᓂᐧᑫᓯᒃ ᑫᐧᐃᓐ. ᐧᐊᐊ ᑲᐧᐃᒋᐧᐊᑲᓂᐧᐃᒡ ᑲᔦ ᑎᐯᓐᒋᑫᐧᐃᓐ ᑕᑭ ᐧᐃᑐᑲᐧᐃᑎᐧᐊᒃ ᒋᐧᐃᒋᐊᐧᐊᒡ ᐃᓂ ᑲᑭᑭᔥᑲᐧᐊᐧᐊᓱᓂᒡ ᐧᐁᐧᐁᓂ ᒋᐃᔑ ᑲᓇᐧᐊᐸᒥᑎᓱᓂᒡ. ᑭᔥᐱᓐ ᐧᐊᐊ ᐧᐃᒋᐧᐊᑲᓐ ᒥᓂᐧᑫᒡ ᒥᔕ ᒋᒪᔑᑐᑕᑯᒡ ᑭᑕᐱᓄᒋᔑᒣᔅ ᒋᐧᐸ ᐧᐁᐧᐁᓂ ᑲᑭᑫᓐᑕᐧᑲᓯᓄᒃ ᐧᐁᑯᓀᓐ ᒪᔭ ᑲᐅᒋ ᒪᔑᔥᑲᑯᒡ ᐧᐊᐊ ᑭᑕᐱᓄᒋᔑᒣᔅ
ᒣᑲᐧ ᐅᒪᒪᓐ ᑲᑭᑭᔥᑲᐧᐃᑯᒡ ᒥᓂᐧᑫᐧᐃᓂ ᑲᐅᒋ ᒪᔑᑐᑕᑯᒡ.

Ojibway

ᑭᑕᐱᓄᒋᔑᒣᔅ ᐅᒪ̇ᒪᒪᓐ ᑲᑭᑭᔥᑲᑯᒡ ᒥᓂᐧᑫᐧᐃᓐ ᑲᐅᒋ ᒪᔑᑐᑕᑯᒡ
ᒥᐅᐧᐁ ᐁᐊᐸᑕᒃ ᑲᐧᐃᓐᒋᑲᑌᓂᒃ ᑲᐃᓇᐱᓀᐃᑯᐧᐊᒡ ᒋᐧᐸ ᑲᓂᑕᐧᐃᑭᐧᐊᒡ ᐊᐱᓄᒋᔭᒃ ᐅᒪᒪᒥᐧᐊᓐ ᑲᐊᐸᒋᑐᓂᒡ ᒥᓂᐧᑫᐧᐃᓐ. ᐅᓄ ᑲᒪᑭᐃᑯᐧᐊᒋᓐ ᐧᐃᑲ ᒋᒪᒐᒪᑲᓯᓄᑭᓐ ᐱᒥ ᐅᒻᐱᑭᒡ ᐊᐱᓄᒋᔥ. ᐅᓄ ᑕᐱᔥᑯ:

• ᒋᓴᓇᑭᐃᑯᒡ ᒋᑭ ᑭᑫᓐᑕᓱᒡ ᔑᐧᑲ ᑫᑯᓇᓐ ᒋᑲᑲᓂᑫᓯᒃ

• ᒋᓴᓇᑭᐃᑯᒡ ᐧᐁᐧᐁᓂ ᑫᑯᓇᓐ ᒋᓇᓇᑲᑕᐧᐁᓐᑕᑭᓐ

• ᒋᓴᓇᑭᐃᑯᒡ ᑫᑯᓐ ᐧᐁᐧᐁᓂ ᒋᐊᓄᑲᑕᒃ ᑲᐊᓂᑲᑕᓐᒃ

• ᒋᓴᓇᑭᐃᑯᒡ ᐧᐁᐧᐁᓂ ᐊᐧᐃᔭᓐ ᒋᐧᐃᒋᐧᐊᒡ, ᑕᑯ ᑲᔦ ᐅᑎᓇᐧᐁᒪᑲᓇᓐ

• ᐊᐱᒋ ᒋᐅᓯᑌᓯᒃ ᔑᐧᑲ ᐧᐁᐧᐁᓂ ᒋᐧᐊᐱᓯᒃ

• ᒋᒪᔑᔭᓂᑭᓐ ᐅᑲᓇᓐ, ᐅᓂᑲᓐ, ᐅᑲᑕᓐ ᔑᐧᑲ
ᐅᓂᓯᑭᓂᓐᒐ̇ᓇᓐ

• ᓇᐧᐊᒡ ᒋᐸᐯᒋᑭᒡ

• ᐅᑌᐃᓐᒃ ᒋᐃᔑᐊᑯᓯᒡ, ᐅᑎᑎᑯᓯᐧᐊ̇ᓐᒃ ᔑᐧᑲ ᐅᐸᓂᓐᒃ

ᓂᐧᐃ ᐳᓂᑐᓐ ᔕᑯᒡ ᑕᔥ…

ᓂᐱᐧᐊ ᐃᐧᑫᐧᐊᒃ, ᑲᐅᒋ ᐧᐃᒋᐃᑯᐧᐊᒡ ᑲᐧᐃᒋᐧᐊᐧᐊᒡ, ᐅᑎᓇᐧᐁᒪᑲᓂᐧᐊ ᔑᐧᑲ ᐅᑐᑌᒥᐧᐊ ᒥᐁᑕᑯ ᐃᓂ ᐁᓇᓐᑕᐧᐁᓂᒪᐧᐊᒡ ᒋᒥᓂᐧᑫᓯᐧᑲ ᒣᐧᑲ ᑭ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᐧᐊᒡ. ᔕᑯᒡ ᐁᔥᑲᒻ, ᓴᓇᑲᓐ ᐃᐧᑫ ᒋᑭ ᐳᓂᑐᒡ. ᒥᓴᐧᐊᒡ ᐁᐊᓐᑕᐧᐁᓐᑕᒃ ᐧᐁᐧᐁᓂ ᒋᑭ ᑐᑕᐧᐊᐸᓐ ᐃᓂ ᐅᑕᐱᓄᒋᐁᓯᒪᓐ, ᐊᐱᒋ ᐁᓴᓇᑲᒃ ᒋᑭ ᐱᒣᓐᒋᑲᑌᓯᓄᒃ ᒥᓂᐧᑫᐧᐃᓐ.

ᑲᓂᑫᓐ: ᐁᐯᔑᑯᓯᐧᐊᓐ ᔑᐧᑲ ᐊᔭᐧᐊᓐ ᑫ ᐃᔕᔭᓐ ᐧᐃᒋᑯᐧᐃᓐ ᑫᐃᔑ ᒥᑲᒪᓐ.

ᐊᓂᔑᓇᐯ ᒥᓂᐧᑫᐧᐊᐱᓀᐧᐃᓐ ᔑᐧᑲ ᒪᒋᒪᔥᑭᑭᑫᐧᐃᓐ ᐧᐃᒋᐃᐧᐁᐧᐃᑲᒥᒃ ᑲᐃᔑᑭᑐᓇᓂᐧᐊᒃ – ᐅᐸᑭᑎᓇᓇᐧᐊ ᐧᐃᓐᑕᒪᑫᐧᐃᓇᓐ ᐃᒪᓇᑫ ᐧᐃᒋᐃᐧᐁᐧᐃᑲᒥᒃ ᐁᐅᑕᐱᓇᐧᐊᒡ ᑲ ᑭᑭᔥᑲᐧᐊᐧᐊᓱᐧᐊᒡ ᐃᐧᑫᐧᐊᒃ.

www.hc-sc.gc.ca/fniah-spnia/substan/ads/nnadappnlaada_dir-rep-eng.php

ᑭᐧᐊᐧᐊᓀᓐᑕᒧᐃᒃ ᓇ ᑭᑕᐱᓄᒋᐁᓯᒻ,
ᑫᒪ ᑭᑭᑫᓂᒪ ᐊᐧᐃᔭ?
ᑭᓇᓐᑕᐧᐁᓐᑕᒻ ᓇ ᒋᐧᐃᒋᐃᑯᔭᓐ ᒋᐳᓂᒥᓂᐧᑫᔭᓐ?

ᐅᒪᓇᑫ ᐃᔑᑭᑭᑐᓐ:

• ᐅᓐᑌᕆᐅ ᑲᐅᓐᒋᐅᑭᒪᐧᐊᒃ ᐊᓂᔑᓇᐯᐧᐃᑲᒥᑯᓐ (ᑲᑎᐸᐃᑲᑌᓯᓄᒃ 1-800-772-9291) ᑲᐧᐃᓐᑕᒪᑯ ᐊᓐᑎᓇᑫᐃ ᑫᐃᔑ ᐧᐃᒋᐃᑯᔭᓐ ᔑᐧᑲ ᐧᐃᒋᐃᐧᐁᐧᐃᓇᓐ ᑲᐃᔑᔭᑭᓐ.
• ᐅᓐᑌᕆᐅ ᐅᑭᒪᐧᐃᓂᒃ ᐧᐃᒋᐃᐧᐁᐧᐃᓇᓐ ᐅᑕᔭᓇᐧᐊ ᑫᐅᔑ ᒥᑲᒪᓂᓐ ᐊᓂᔑᓇᐯᒃ ᓇᓇᑕᐧᐃᐃᑯᐧᐃᓐ ᔑᐧᑲ ᒥᓄᔭᐧᐃᓐ ᐅᓇᒋᑫᐧᐃᓐ ᐧᐃᒋᐃᐧᐁᐧᐃᓇᓐ, ᐊᓂᔑᓇᐯ ᒥᓄᔭᐧᐃᓐ ᐧᐃᒋᐃᐧᐁᐧᐃᑲᒥᑯᓐ ᔑᐧᑲ ᑯᑕᑭᔭᓐ ᐧᐃᒋᐃᐧᐁᐧᐃᓇᓐ. www.

mcss.gov.on.ca/en/mcss/programs/community/ahws/index.aspx
• ᑌᓓ ᒥᓄᔭᐧᐃᓐ ᐅᓐᑌᕆᐅ (ᑲᑎᐸᐃᑲᑌᓯᓄᒃ 1-866-797-0000)
• ᑭᒪᔥᑭᑭᐧᐃᓂᓂᒻ, ᑭᑕᐧᐃᓂᒃ ᒪᔥᑭᑭᐧᐃ ᐊᓄᑭᐊᑲᓐ, ᑲᐅᑕᐱᓇᐧᐃᓱᒡ ᑫᒪ ᒪᔥᑭᑭᐧᐃᐧᑫ
• ᒪᔥᑭᑭᐧᐃ ᐧᐃᒋᐃᐧᐁᐧᐃ ᐊᓄᑭᐊᑲᓇᒃ.

ᐊᐊᐧᔑᒣ ᐧᐃᓐᑕᒪᑫᐧᐃᓐ ᐃᓇᐱᓐ ᒪᒪᑕᑲᐱᑯᒃ:

www.alcoholfreepregnancy.ca

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