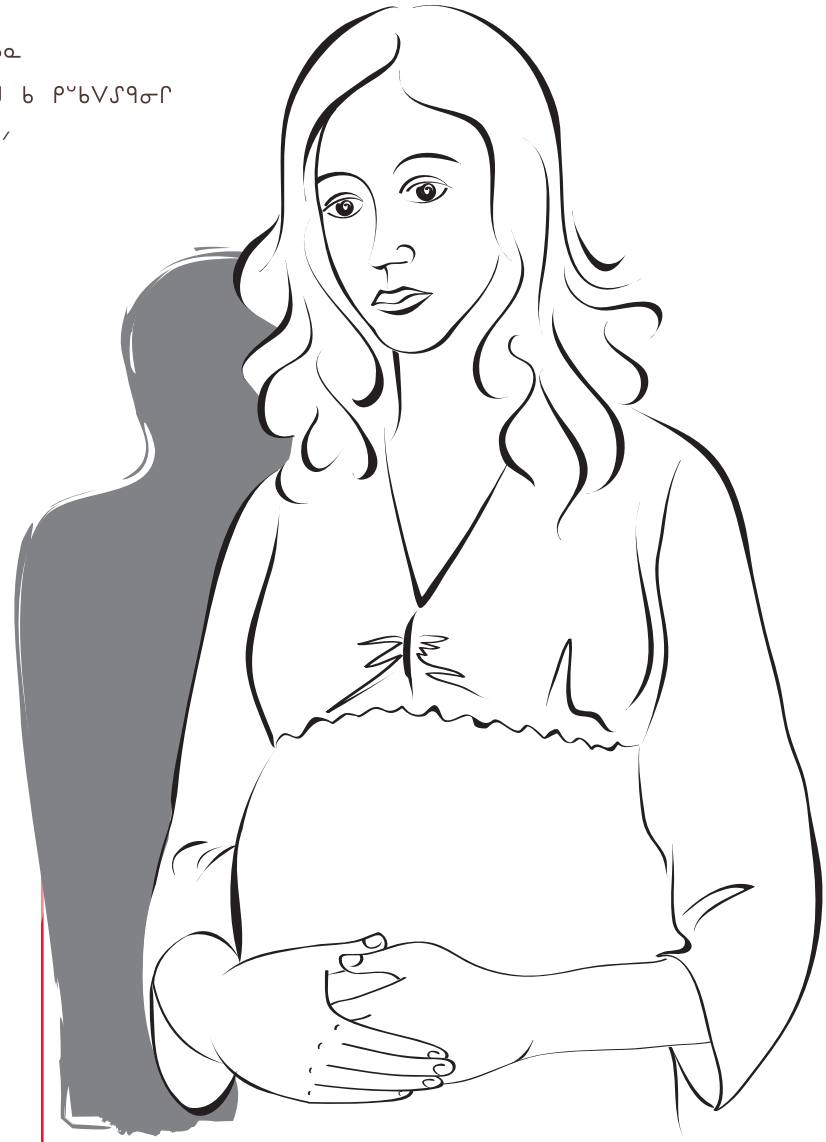
ᑭᓇ ᓂᐟᑕ ᑭᒋᒋᔅᑦ...



ᑭ ᓴᑲᐟᕐᓂᒧᓇ·ᐊᐤ ᓇ ᑭᒋᔅᔅᑦ

ᐅᒪ ᓇ ᑐᑕᑦ ᑭ·ᐃᕐᐧᐊᑲᐣ...

- ☐ ᑭᑕᐡ·ᐸᑎᐧ ᓇ
- ☐ ·ᑲᐣᑕᐤ ᓇ ᑭᑕᐃᔅᓂᑲᑎᐧ
- ☐ ᑭ ᑕᑕᐧᓂᒥᐧ ᓇ ᐁ ᑭᐩ·ᑲ·ᐊ·ᐊᓱ·ᐊ′
- ☐ ᐸᐱ·ᑲᐊᑦ ᓇ ᑭᑕᔾᓇ
- ☐ ᑲ ·ᑲᑕᑭᐁᐤ ᓇ ᓂᐟᑕ ᐱᑯ ᓂᐸᐁᐤ ᑭᑕ·ᐊᑲᓇ
- ☐ ᑭ ᑲ·ᕐᐟᑕᓱᒥᐧ ᓇ ᑭᒋ ᐊᑯᐃᐟᐧ
- ☐ ᑕᔅᓂ ᓇ ᑲ·ᕐ ᐅᑭᒪᑲᓱᐤ
- ☐ ᒧᓇ ᓇ ᑭᐸᑭᑕᓂᐧ ᑭᒋ ·ᐊᐸᒥᒪᒋ ᑭᑐᒪᒪ ᓂᐟᑕ ᐱᑯ ᑭᒋᔅᓇ
- ☐ ᒧᓇ ᓇ ᑭᐸᑭᑎᓂᐧ ᑭᒋ ·ᐊᐸᒥᒪᒋ ᑭ ᐣᑐᑯᓄᓂᒪ ᓂᐟᑕ ᐱᑯ ᑲ ᑭᐩᐯᔅᕐᓂᒋ
- ☐ ᑭᑎᐸᑭᑕᒪᐧ ᓇ ᐃᓂᑯᐧ ᕐᒥᒋᓱ·ᐊ′ ᓂᐟᑕ ᕐ·ᑲᓂᐤ ᕐ ᒥᒋ·ᐊ′
- ☐ ᑭ ᑎᐯᐣᑕᒪᐧ ᓇ ᑭ ᓱᓂᔾᓂᒪ
- ☐ ᑭ ᑲ ·ᕐᐟᑕᓱᒥᐧ ᓇ ᒋᒪᐟᑲᒥᐧ ᑭᒐ·ᐊᔅᒥᔅ

ᒧᔅᐃ·ᐁ·ᐃ ·ᑲᑕᑭᐃ·ᐁ·ᐃᐣ ᐅᒪ

ᑕᑭ ᐊᑎ ᐅᒋᐸᓂᐤ ᒥᔾ·ᐃ ·ᑲᑕᑭᐃ·ᐁ·ᐃᐣ

ᓇᓇᑲᐤ ᑐ·ᐃ ·ᑲᑕᑭᐃ·ᐁ·ᐃᐣ ᑲ ᑭ ᐊᑯᐃᑯᐣ

ᐁ ·ᑲᑕᑭᐃᑲ·ᐃᔾᐣ ᒥ·ᑲ᐀ ᐁ ᑭᐩᑲ·ᐊ·ᐊᓱᔾᐣ ᐅᒪ ᑲ ᐃᑌᓂᒧᐣ

- ☐ ᑲ ᐱᑭᐧᑲᑌᐣ ᓂᐟᑕ ᑲ ᐯᔾᑯ ᐱᐧ·ᑲᑌᓂᒧᐣ
- ☐ ᑭ ᑲᔾᑭᓱᐣ
- ☐ ᑲ ᒪᕐᓂᒥᑎᓱᐣ
- ☐ ᑲ ·ᐃᔾᑲᒪᒋᐅᐣ ᓂᐟᑕ ᑲ ᒧᔅᑕᐣ ᑲ ᑭ ᐃᔅ ᒪᐧᑭᐃᑲ·ᐃᔾᐣ
- ☐ ᑲ ·ᐃᒥᓂ·ᑲᐣ ᓂᐟᑕ ᒪᒋ ᐣᑐᑯᓄᓇ ᑲ ·ᐃᐊᐸᒋᑕᐣ
- ☐ ᒧᓇ ᑲ ᑭᒥᒋᓱᐣ ᓂᐟᑕ ᐱᑯ ᒧᓇ ·ᑲᔾᐧ ᑲ ᑭ ᓂᐸᐣ
- ☐ ᑲ ᑭ ·ᐊᓂᐊᐤ ᑭᒋᔅᔅᑦ

ᓂᐟᑕ ᑕᑭ ᐊᑎ ᐅᒋᒪᐟᕐᓂᒧᐤ ᑭᒋᒋᔅᑦ

- ☐ ᑲᑕ ᐊᐱᔅᔅᔅᐤ ᓂᑕ·ᐃᑭᑌ
- ☐ ᑕᓄᑌ ᓂᑕ·ᐃᑭᐤ
- ☐ ᑕᑭ ᓄᑌ ᓂᐱᐤ ·ᐸᒪᔅ ᓂᑕ·ᐃᑭ′
- ☐ ᑕᒪᐟᑭᓱᐤ ᓂᐟᑕ ᐱᑯ ᑕᑯᓱᐤ
- ☐ ᓇᕐ ᑲᑕ ᐅᒋ ᒪᐟᕐᓂᒧᐤ
- ☐ ᑕᑭ ·ᑲᑕᑭᐊᑲᓂ·ᐊᐣ ᑭᐩ·ᑲ ᓂᑕ·ᐃᑭᑌ

·ᑲᑕᑭᐃ·ᐁ·ᐃᓂᐧ ·ᐃᕐᐧᐃᐣ·ᐃᓂᐧ ᑲ ᐅᒋ ᒪᓂᐸᓂᓇ·ᐊᐤ ᑭᒋᒋᔅᑦ

ᓇᓇᑲᒋᐃᑎᓱ ᓂᐟᑕ ᑭᒋᒋᔅᑦ

ᑭᒃᑲᐢ ᑭ ᑭ ᑐᑕᒪᐢ

- ☐ ᐧᐃᑕᒪᐧᐊᑉ ᐊᐧᐁᓇ ᑲ ᐊᐧᓴᓂᒧᑐᑕᐧᐊᐟ ᑕᓄᑭᓂᓂᐧ
- ☐ ᓇᑕᐧᐊᐸᒥᐧ ᐊᐧᐁᓂᑲᓇᐧ ᑭ ᑭ ᐧᐃᒋᐃᐢᑭᐧ
  - ᑭ ᐧᐃᑐᐧᐊᑲᓇᐧ ᓄᐢᑕ ᐱᑯ ᑭᒋᓴᓇᐧ
  - ᑭ ᐢᑐᑯᓄᓂᑦ ᓄᐢᑕ ᑲ ᑭᒡᑲᐯᔪᑭᐟ
  - ᑲ ᑭ ᑭᐢᑭᓄᐊᒪᐢᐧ ᒣᐧᑲᒻ ᐁ ᑭᐢᑭᐧᐊᐧᐊᓱᐧᐊᐟ
  - ᐢᑐᑯᓄᓂᐢᐧᑭᑉ ᐃᑕᐧᐃᓂᐧ ᑲ ᐊᐸᑎᓯᐟ
  - ᑲ ᒪᒥᓄᒥᐧᐁᐟ
  - ᑲ ᐯᔪᐧᐃᑲᒥᐧ ᐃᐢᐧᑭᐧᐊᐧ ᐅᒋ
- ☐ ᑭᔅᐢᐱᐢ ᑭᐧᑲᐢ ᐃᑭᑭ ᑭᑕᑕᐧᐃᐢ ᐧᐊᐧᐁᓂᑲᑕ ᑭ ᑭ ᐅᒋ ᐅᔪᒧᔭᐢ
- ☐ ᓇᑕᐧᐃ ᑭᐢᑭᓂᑕ ᑭ ᑭ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐢ ᐁ ᐧᐃᓇᑲᑕᐟ ᑭᐧᐃᑐ ᐊᑲᐢ ᑲ ᑲᐧᑲᑕᑭᐃᐢᐧ

ᓇᓇᑕᐧᐃ ᑭᐢᑭᓂᑕᒧᐧᐃᐢ ᐃᐢᐧᑭᐧᐊᐧ ᐅᒋ ᑲ ᐧᑲᑕᑭᐃᒋᐧ ᑭ ᑭ ᐃᔪ ᐊᔭᒥᒋᐧ:

ᐢᐱᐧᓇᐢᐧ ᑕᐞᐟ ᐧᐃᒋᐃᐧᐁᐧᐃᐢ 416-968-3422

www.springtideresources.org

ᐅᐢᐃᓇᐅ ᐃᑕᐧᐃᓂ ᐅᓇᓱᐧᐁᐧᐃᐢ ᑭᐢᑭᓄᐊᒪᑭᐧᐃᐢ

416-408-4420 www.cleo.on.ca

ᑲ ᐧᑲᑕᑭᐃᒋᐧ ᐃᐢᐧᑭᐧᐊᐧ ᐧᐃᒋᐃᐧᐁᐧᐃ ᐊᔭᒥᐧᐃᐢ ᑲ ᑭᔪᔭᐢᐃᐸᓂᐧ www.awhl.org

ᐅᒪ ᓇ ᑭ ᑐᑕᐧ ᑭ ᐧᐃᑐᐧᐊᑲᐢ...

- ☐ ᑭ ᑐᑕᒪᐅᐧ ᓄᐢᑕ ᐱᑯ ᑭᑕᑭᑉᑲᑎᐧ
- ☐ ᑭ ᐊᑯᐃᐧ ᓇ ᑭ ᒍᒍᔪᒥᐧ, ᑲᑕᐧ ᓄᐢᑕ ᐱᑯ ᑲᐸᐧ
- ☐ ᐊᑐᐢᑲᑦ ᓇ ᐧᑲᐢᑕᐞ ᑭ ᐊ ᐃᑐᑕᐧ

ᑭᔅᐢᐱᐢ ᐁᐁᐧ ᐃᐧᑌᔭᓄ ᐅᐅ ᑲᐧᑭ ᑭᒧᐧᐃᓇ ᐁᓂᔪᓂᔪᐧ ᑭᒋᒋᔪᑦ ᑭ ᓇᓂᓴᓂᓯᓇᐧᐊᐞ

ᐊᔭᒥᐃ ᐊᐧᐁᓇ ᑲ ᐊᐧᓴᓂᒧᑐᑕᐧᐊᐟ

ᐃᑕᐧᑲᐢ ᐧᐃᒋᐃᐧᐁᐧᐃᐢ ᒧᓇ ᑭᐯᔭᑯᐢ

ᑕᐢᑌ ᑭ ᑭ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐢ

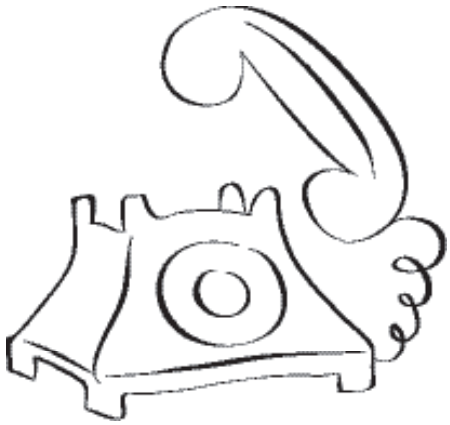
ᐅᑭᐸᐅᐧᐁᓯᐞ 911 (ᐃᑕᐧᑲᑭ): ᐃᐢᑲᓂ ᑭᔪᐧ ᓄᐢᑕ ᐃᐢᑲᓂ ᑎᐱᐢᐧ, ᓂᐧᓴᐢ ᑭᔪᑲᐞ ᐁ ᑕᐧᐊᐢᑌᐧ

ᑲ ᐧᑲᑕᑭᐃᒋᐧ ᐃᐢᐧᑭᐧᐊᐧ ᑭ ᐃᔪ ᐊᔭᒥᒋᐧ 1-866-863-0511
150 ᐃᑕᑎᐧᓇ ᐃᔪᑭᔪᐧᐁᐧᐃᓇ ᐊᔭᒥᐃᑐᐧᐃ ᐊᔭᒧᐧᐃᐢ ᑲ ᐅᒋ ᐧᐃᒋᐃᒋᐧ ᑲ ᒪᓂᐸᓂᒋᐧ
24 ᐁ ᑭᓂᐧᑲᓂᑉᑲᐟ ᓂᐧᓴᐢ ᑭᔪᑲᐞ ᐁᑕᐧᐊᐢᑌᐧ
TTY# 1-866-863-7868

ᐃᑕᐱ ᑌᓕᐳᐧᐃ ᒪᓯᓇᐃᑲᓂᐧ ᐁ ᐃᔪ ᒪᓯᓇᑌᑭ ᐁᑕᓯᓇᑌᑭ ᐃᐢᐧᑭᐧᐃ ᑲ ᐯᔪᐧᐃᑲᒥᐧᑲ ᑭᑎᑕᐧᐃᓂᐧ

ᐧᑲᑕᑭᐃᐧᐁᐧᐃᐢ ᐊᐢᑲᐞ ᐊᑎ ᐅᓴᒥᑭᐢ

ᒧᓇ ᑕᑭᐱᒋᒪᑲᐢ ᓂᑕᐧᐃᑭᑌ ᑭᒋᒋᔪᑦ



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