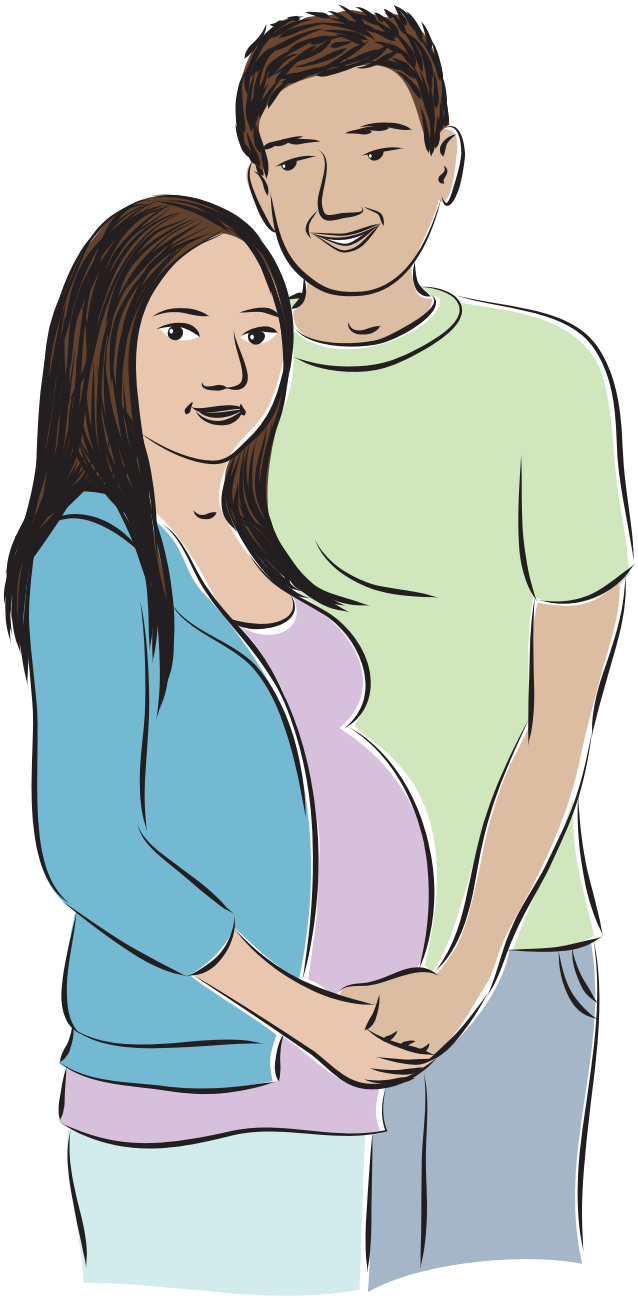
ᑭᑭᖅᑲᐧᐊᐧᐊᓱᐧᐃᓐ & ᒥᓂᐧᑫᐧᐃᓐ



ᑕᐅᓂᓱᓱᓐ ᒋᒥᓂᐧᑫᓱᐧᐊᓐ ᒣᐧᑲ ᑭ ᑭᑭᖅᑲᐧᐊᐧᐊᓱᔭᓐ.

> ᐧᐃᓐᑫ ᐧᐃᑫ ᐅᐯᓕᐊᓐ ᑭᖓᒪᓂᑐᓐ ᒣᐧᑲ ᑭ ᑭᑭᖅᑲᐧᐊᐧᐊᓱᒐ. ᒥᐃᒪ ᒣᐧᑲ ᑲᐃᓱ ᑭᒋ ᒪᖅᑲᐧᐊᓂᑲ ᐅᒪᖅᑭᑭᒪᓐ. ᐧᐃᓐ ᐅᑲᓐᐧ ᐅᓐᑕᓐ ᓱᐧᑲ ᐅᐱᒪᒋᑐᓐ ᐱᒪᑎᓱᐧᐃᓂ ᐃᒪᓐᑫ ᐱᓐᒋᐃ ᐧᐃᔭᐧᐃᓐᑲᒃ.
>
> – ᐊᓂᓱᓐᐯ ᒧᐊᒃ ᑭᑭᓄᐊᒪᑫᐧᐃᓐ

ᑭᓐᓇᑕᐧᐅᓐᑕᒥᓐ ᑲᑭᓐ ᑫᑯᓐᓇ ᒋᒥᓄᔭᑭᓐ ᑭᑕᐱᓄᒋᓱᒥᓐᓇ ᐅᓐᒋ. ᑲᐅᑐᓐᑕᒪᓐ ᒋᒥᓂᐧᑫᓱᐧᐊᓐ ᒣᐧᑲ ᑲ ᑭᑭᖅᑲᐧᐊᐧᐊᓱᔭᓐ ᐧᐃᓐᑫ ᑲᒥᓄᑐᑕᑯᓐ ᓱᐧᑲ ᑭᑕᐱᓄᒋᓱᒥᔅ.

ᑲᓂᑫᓐ, ᒥᔅᐊ ᐊᑐᐱᒐᓐᑲ ᒥᓂᐧᑫᐧᐃᓐ ᐅᐅᓂᓱᓱᓄᑲ ᒣᐧᑲ ᑭ ᑭᑭᖅᑲᐧᐊᐧᐊᓱᓇᓂᐧᐊᑲ. ᓱᐧᑲ ᑲᑭᒋ ᒥᓂᐧᑲᓂᐧᐊᑲ ᓱᐧᑲ ᓂᐱᐧᐊ ᐊᐧᐃᔭ ᑲᒥᓂᐧᑫᒐ ᐧᐃᓐᑫ ᑲᒪᓱᑐᑕᑯᓐ ᑭᑕᐱᓄᒋᓱᒥᔅ ᒣᑲᐧ ᑫᔭᐱ ᑲᑭᑭᖅᑲᐧᐊᒐ.

ᐧᐅᑯᑐᓐ ᑕᖅ ᐧᐅᓐᒋ ᑭᒋᑐᑕᐧᑲᑲ ᐃᐧᑫ ᒋᐅᑕᐱᓇᓱᑲ ᒥᓂᐧᑫᐧᐃᓐ ᒣᐧᑲ ᑭ ᑭᑭᖅᑲᐧᐊᐧᐊᓱᒐ?

ᑲᐅᑕᐱᓂᑲᑐᑲ ᒥᓂᐧᑫᐧᐃᓐ ᒣᐧᑲ ᑭ ᑭᑭᖅᑲᐧᐊᐧᐊᓱᓇᓂᐧᐊᑲ ᒥᑯ ᐊᐸᑐ ᑫᑐᐱᒋ ᒪᓱᑐᑕᑯᒐ ᑭᑕᐱᓄᒋᓱᒥᔅ ᓱᐧᑲ ᐧᐃᓐᑎᐱᓐᑲ ᐅᑲᐃᓱ ᒪᑭᐃᑯᓐ ᐃᐃᐧᐅ ᑲᒥᓂᐧᑫᔭᓐ. ᑭᑕᐱᓄᒋᓱᒻ ᒋᓇᑲᓂᑯᓱᑲ ᑲᒪᑭᐃᑯᒐ ᑭᒥᓂᐧᑫᐧᐃᓐ. ᐊᓂᓱᓐᐯ ᑭᑭᓄᐊᒪᑫᐧᐃᓐ ᑲᐃᑭᑐᓇᓂᐧᐊᑲ, ᐧᐊᐊ ᑲᐧᐃᒋᐧᐊᒐ ᑫᐧᐃᓐ

ᐅᑭᑭᖅᑲᐧᐊᐧᐊᓱᒐ ᓱᐧᑲ ᑲᒥᓂᐧᑫᓱᑲ ᑫᐧᐃᓐ. ᐧᐊᐊ ᑲᐧᐃᒋᐧᐊᑲᓂᐧᐃᒐ ᑲᔪ ᑎᐯᓐᒋᑫᐧᐃᓐ ᑕᑭ ᐧᐃᑐᑲᐧᐃᑎᐧᐊᑲ ᒋᐧᐃᒋᐧᐊᐧᐊᒐ ᐃᓂ ᑲᑭᑭᖅᑲᐧᐊᐧᐊᓱᓂᒐ ᐧᐅᐧᐅᓂ ᒋᐃᓱ ᑲᓇᐧᐊᐸᒥᑎᓱᓂᒐ. ᑭᖅᐱᓇ ᐧᐊᐊ ᐧᐃᒋᐧᐊᑲᓇ ᒥᓂᐧᑫᒐ ᒥᔪ ᒋᒪᓱᑐᑕᑯᒐ ᑭᑕᐱᓄᒋᓱᒥᔅ ᒋᐧᐸ ᐧᐅᐧᐅᓂ ᑲᑭᑫᓇᑕᐧᑲᓱᓄᑲ ᐧᐅᑯᑐᓐ ᒪᔭ ᑲᐅᒋ ᒪᓱᖅᑲᑯᒐ ᐧᐊᐊ ᑭᑕᐱᓄᒋᓱᒥᔅ ᒣᑲᐧ ᐅᒪᒪᓐ ᑲᑭᑭᖅᑲᐧᐃᑯᒐ ᒥᓂᐧᑫᐧᐃᓂ ᑲᐅᒋ ᒪᓱᑐᑕᑯᒐ.

ᑭᑕᐱᓄᒋᓂᕐᒃ ᐅᒫᒪᒪᓇ ᑲᑭᑭᖅᑲᑯᒃ ᒥᓂᔅᕿᔅᐃᓇ ᑲᐅᒋ ᒪᓂᑐᑕᑯᒃ

ᒥᐅᔅᐁ ᐁᐊᐸᑕᒃ ᑲᔅᐃᓇᒋᑲᒐᓂᒃ ᑲᐃᓇᐱᖮᐃᑯᔅᐊᒃ ᒋᔅᐸ ᑲᓂᑕᔅᐃᑭᔅᐊᒃ ᐊᐱᓄᒋᔭᒃ ᐅᒪᒪᒥᔅᐊᓇ ᑲᐊᐸᒋᑐᓂᒃ ᒥᓂᔅᕿᔅᐃᓇ. ᐅᓄ ᑲᒪᑭᐃᑯᔅᐊᒋᓇ ᔅᐃᑲ ᒋᒪᒐᒪᑲᓯᓄᑭᓇ ᐱᒥ ᐅᒪᐱᑭᒃ ᐊᐱᓄᒋᖅ. ᐅᓄ ᑕᐱᖅᑯ:

- ᒋᓴᓇᑭᐃᑯᒃ ᒋᑭ ᑭᕿᓇᑕᓱᒃ ᓂᔅᑲ ᕿᑯᓇᓇ ᒋᑲᑲᓂᕿᓱᒃ
- ᒋᓴᓇᑭᐃᑯᒃ ᔅᐁᔅᐁᓂ ᕿᑯᓇᓇ ᒋᓇᓇᑲᑕᔅᐁᓇᑕᑭᓇ
- ᒋᓴᓇᑭᐃᑯᒃ ᕿᑯᓇ ᔅᐁᔅᐁᓂ ᒋᐊᓄᑲᑕᒃ ᑲᐊᓂᑲᑕᓇᒃ
- ᒋᓴᓇᑭᐃᑯᒃ ᔅᐁᔅᐁᓂ ᐊᔅᐃᔭᓇ ᒋᔅᐃᒋᔅᐊᒃ, ᑕᑯ ᑲᔪ ᐅᑎᓇᔅᐁᒪᑲᓇᓇ
- ᐊᐱᒋ ᒋᐅᓯᒐᓯᒃ ᓂᔅᑲ ᔅᐁᔅᐁᓂ ᒋᔅᐊᐱᓯᒃ
- ᒋᒪᓂᔭᓂᑭᓇ ᐅᑲᓇᓇ, ᐅᓂᑲᓇ, ᐅᑲᑕᓇ ᓂᔅᑲ ᐅᓂᓯᑭᓂᓇᒫᓇᓇ
- ᓇᔅᐊᒃ ᒋᐸᐯᒋᑭᒃ
- ᐅᒐᐃᓇᒃ ᒋᐃᓂᐊᑯᓯᒃ, ᐅᑎᑎᑯᓯᔅᐋᓇᒃ ᓂᔅᑲ ᐅᐸᓂᓇᒃ

ᓂᔅᐃ ᐳᓂᑐᓇ ᔪᑯᒃ ᑕᖅ...

ᓂᐱᔅᐊ ᐃᔅᕿᔅᐊᒃ, ᑲᐅᒋ ᔅᐃᒋᐃᑯᔅᐊᒃ ᑲᔅᐃᒋᔅᐊᔅᐊᒃ, ᐅᑎᓇᔅᐁᒪᑲᓂᔅᐊ ᓂᔅᑲ ᐅᑐᒐᒥᔅᐊ ᒥᐁᑕᑯ ᐃᓂ ᐁᓇᓇᑕᔅᐁᓂᒪᔅᐊᒃ ᒋᒥᓂᔅᕿᓯᔅᑲ ᒣᔅᑲ ᑭ ᑭᑭᖅᑲᔅᐊᔅᐊᓯᔅᐊᒃ. ᔪᑯᒃ ᐁᖅᑲᒪ, ᓴᓇᑲᓇ ᐃᔅᕿ ᒋᑭ ᐳᓂᑐᒃ. ᒥᓴᔅᐊᒃ ᐁᐊᓇᑕᔅᐁᓇᑕᒃ ᔅᐁᔅᐁᓂ ᒋᑭ ᑐᑕᔅᐊᐸᓇ ᐃᓂ ᐅᑕᐱᓄᒋᐁᓯᒪᓇ, ᐊᐱᒋ ᐁᓴᓇᑲᒃ ᒋᑭ ᐱᒣᓇᒋᑲᒐᓯᓄᒃ ᒥᓂᔅᕿᔅᐃᓇ.

ᑲᓂᕿᓇ: ᐁᐯᓂᑯᓯᔅᐊᓇ ᓂᔅᑲ ᐊᔭᔅᐊᓇ ᕿ ᐃᓴᔭᓇ ᔅᐃᒋᑯᔅᐃᓇ ᕿᐃᓂ ᒥᑲᒪᓇ.

ᐊᓂᓂᓇᐯ ᒥᓂᔅᕿᔅᐊᐱᓇᔅᐃᓇ ᓂᔅᑲ ᒪᒋᒪᖅᑭᑭᕿᔅᐃᓇ ᔅᐃᒋᐃᔅᐁᔅᐃᑲᒥᒃ ᑲᐃᓂᑭᑐᓇᓂᔅᐊᒃ – ᐅᐸᑭᑎᓇᓇᔅᐊ ᔅᐃᓇᑕᒪᕿᔅᐃᓇᓇ ᐃᒪᓇᕿ ᔅᐃᒋᐃᔅᐁᔅᐃᑲᒥᒃ ᐁᐅᑕᐱᓇᔅᐊᒃ ᑲ ᑭᑭᖅᑲᔅᐊᔅᐊᓯᔅᐊᒃ ᐃᔅᕿᔅᐊᒃ.
www.hc-sc.gc.ca/fniah-spnia/substan/ads/nnadappnlaada_dir-rep-eng.php

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ᑭᔅᐊᔅᐊᐳᓇᑕᒧᐃᒃ ᓇ ᑭᑕᐱᓄᒋᐁᓯᒪᒃ, ᕿᒪ ᑭᑭᕿᓂᒪ ᐊᔅᐃᔭ? ᑭᓇᓇᑕᔅᐁᓇᑕᒪᒃ ᓇ ᒋᔅᐃᒋᐃᑯᔭᓇ ᒋᐳᓂᒥᓂᔅᕿᔭᓇ?

ᐅᒪᓇᕿ ᐃᓂᑭᑭᑐᓇ:

- ᐅᓇᑎᓇᐅ ᑲᐅᓇᒋᐅᑭᒪᔅᐊᒃ ᐊᓂᓂᓇᐯᔅᐃᑲᒥᑯᓇ (ᑲᑎᐸᐃᑲᑎᓯᓄᒃ 1-800-772-9291) ᑲᔅᐃᓇᑕᒪᑯ ᐊᓇᑎᓇᕿᐃ ᕿᐃᓂ ᔅᐃᒋᐃᑯᔭᓇ ᓂᔅᑲ ᔅᐃᒋᐃᔅᐁᔅᐃᓇᓇ ᑲᐃᓂᔭᑭᓇ.
- ᐅᓇᑎᓇᐅ ᐅᑭᒪᔅᐃᓂᒃ ᔅᐃᒋᐃᔅᐁᔅᐃᓇᓇ ᐅᑕᔭᓇᔅᐊ ᕿᐅᓂ ᒥᑲᒪᓂᓇ ᐊᓂᓂᓇᐯᒃ ᓇᓇᑕᔅᐃᐃᑯᔅᐃᓇ ᓂᔅᑲ ᒥᓄᔭᔅᐃᓇ ᐅᓇᒋᕿᔅᐃᓇ ᔅᐃᒋᐃᔅᐁᔅᐃᓇᓇ, ᐊᓂᓂᓇᐯ ᒥᓄᔭᔅᐃᓇ ᔅᐃᒋᐃᔅᐁᔅᐃᑲᒥᑯᓇ ᓂᔅᑲ ᑯᑕᑭᔭᓇ ᔅᐃᒋᐃᔅᐁᔅᐃᓇᓇ. www.mcss.gov.on.ca/en/mcss/programs/community/ahws/index.aspx
- ᐅᒪᒪᒥᒪᔅᐃ ᔅᐃᒋᐃᑯᔅᐃᓇ (ᑲᑎᐸᐃᑲᑎᓯᓄᒃ 1-877-327-4636)
- ᑎᓗ ᒥᓄᔭᔅᐃᓇ ᐅᓇᑎᓇᐅ (ᑲᑎᐸᐃᑲᑎᓯᓄᒃ 1-866-797-0000)
- ᑭᒪᖅᑭᑭᔅᐃᓂᓂᒪ, ᑭᑕᔅᐃᓂᒃ ᒪᖅᑭᑭᔅᐃ ᐊᓄᑭᐊᑲᓇ, ᑲᐅᑕᐱᓇᔅᐃᓯᒃ ᕿᒪ ᒪᖅᑭᑭᔅᐃᔅᕿ
- ᒪᖅᑭᑭᔅᐃ ᔅᐃᒋᐃᔅᐁᔅᐃ ᐊᓄᑭᐊᑲᓇᒃ.

ᐊᐊᔅᓂᒥ ᔅᐃᓇᑕᒪᕿᔅᐃᓇ ᐃᓇᐱᓇ ᒪᒪᑕᑲᐱᑯᒃ:

www.alcoholfreepregnancy.ca

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