ᑭᓇ ᓄᑦᑕ ᑭᒋᒋᔅᑦ...

ᑭ ᓴᑲᑦᕿᓂᒧᓇᐧᐊᑉ ᓇ ᑭᒋᔅᔅᑦ

ᐅᒪ ᓇ ᑐᑕᑦ ᑭᐧᐃᕿᐧᐊᑲᔾ...

- ☐ ᑭᑕᒐᐧᐸᑎᑊ ᓇ
- ☐ ᐧᑳᔾᑕᑉ ᓇ ᑭᑕᐃᔅᓂᑲᑎᑊ
- ☐ ᑭ ᑕᑕᒣᓂᒥᑊ ᓇ ᐁ ᑭᐧᑲᐧᐊᐧᐊᓱᐧᐊᐟ
- ☐ ᐸᐱᐧᑲᐊᑦ ᓇ ᑭᑕᔭᓇ
- ☐ ᑲ ᐧᑲᑕᑭᐁᑉ ᓇ ᓄᑦᑕ ᐱᑯ ᓂᐸᐁᑉ ᑭᑕᐧᐊᑲᓇ
- ☐ ᑭ ᑲᐧᕿᑦᑕᓱᒥᑊ ᓇ ᑭᒋ ᐊᑯᐃᑦᑊ
- ☐ ᑕᔅᓄ ᓇ ᑲᐧᕿ ᐅᑭᒪᑲᓱᑉ
- ☐ ᒧᓇ ᓇ ᑭᐸᑭᑕᓂᑊ ᑭᒋ ᐧᐊᐸᒥᒪᒋ ᑭᑐᒐᒪ ᓄᑦᑕ ᐱᑯ ᑭᒋᔖᓇ
- ☐ ᒧᓇ ᓇ ᑭᐸᑭᑎᓂᑊ ᑭᒋ ᐧᐊᐸᒥᒪᒋ ᑭ ᐣᑐᑯᓄᓂᒪ ᓄᑦᑕ ᐱᑯ ᑲ ᑭᑉᑲᐯᔅᕿᓂᒋ
- ☐ ᑭᑎᐸᑭᑕᒪᑊ ᓇ ᐃᓂᑯᑊ ᕿᒥᒋᓱᐧᐊᐟ ᓄᑦᑕ ᕿᐧᑲᓂᑉ ᕿ ᒥᒋᐧᐊᐟ
- ☐ ᑭ ᑎᐯᐣᑕᒪᑊ ᓇ ᑭ ᓱᓂᔭᓂᒪ
- ☐ ᑭ ᑲ ᐧᕿᑦᑕᓱᒥᑊ ᓇ ᒋᒪᑦᑲᒥᑊ ᑭᒐᐧᐊᔅᒋᔖ

ᒧᔅᐃᐧᐁᐧᐃ ᐧᑲᑕᑭᐃᐧᐁᐧᐃᐣ ᐅᒪ

ᑕᑭ ᐊᑎ ᐅᒋᐸᓂᑉ ᒥᔭᐧᐃ ᐧᑲᑕᑭᐃᐧᐁᐧᐃᐣ

ᓇᓇᑲᑉ ᑐᐧᐃ ᐧᑲᑕᑭᐃᐧᐁᐧᐃᐣ ᑲ ᑭ ᐊᑯᐃᑯᐣ

ᐁ ᐧᑲᑕᑭᐃᑲᐧᐃᔭᐣ ᒣᐧᑲᐧ ᐁ ᑭᐧᑲᐧᐊᐧᐊᓱᔭᐣ ᐅᒪ ᑲ ᐃᑌᓂᒧᐣ

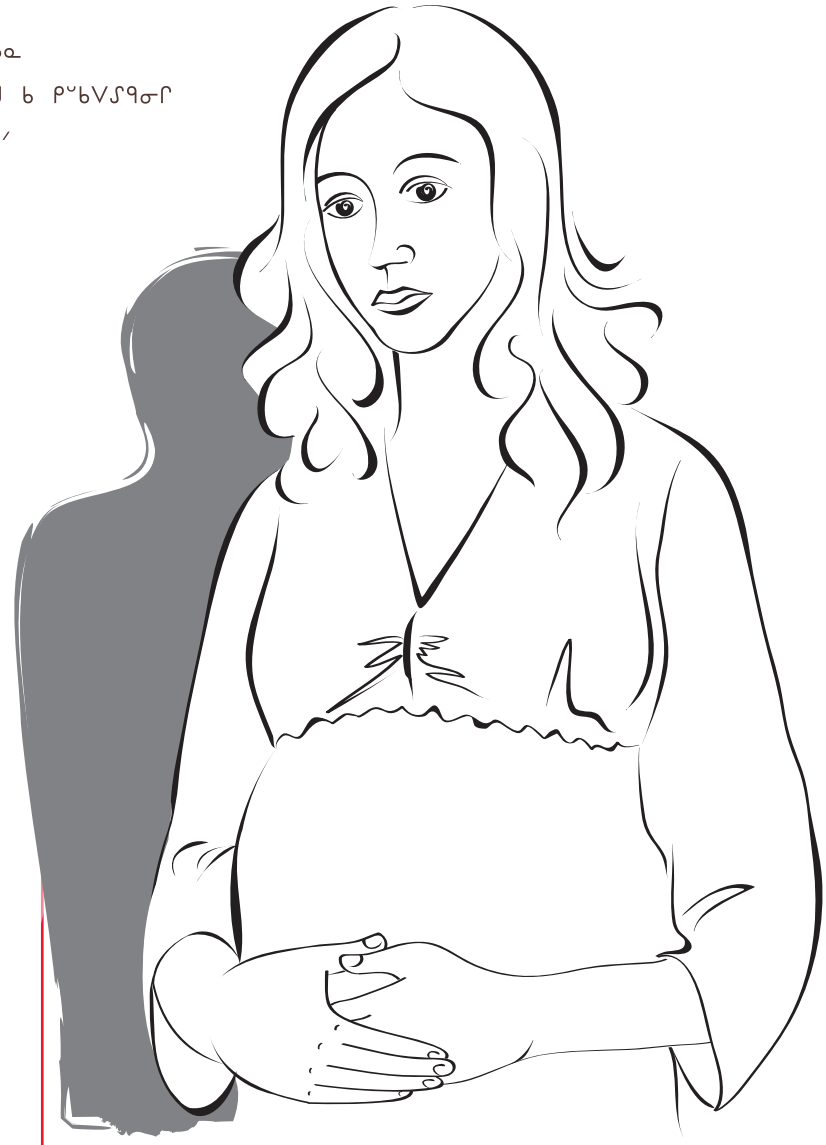
- ☐ ᑲ ᐱᑭᑦᑲᑌᐣ ᓄᑦᑕ ᑲ ᐯᔭᑯ ᐱᑦᐧᑲᑌᓂᒧᐣ
- ☐ ᑭ ᑲᔭᑭᓱᐣ
- ☐ ᑲ ᒪᑎᓂᒥᑎᓱᐣ
- ☐ ᑲ ᐧᐃᔭᑲᒪᒋᐅᐣ ᓄᑦᑕ ᑲ ᒧᔅᑕᐣ ᑲ ᑭ ᐃᔅ ᒪᑦᑭᐃᑲᐧᐃᔭᐣ
- ☐ ᑲ ᐧᐃᒥᓂᐧᑲᐣ ᓄᑦᑕ ᒪᒋ ᐣᑐᑯᓄᓇ ᑲ ᐧᐃᐊᐸᒋᑕᐣ
- ☐ ᒧᓇ ᑲ ᑭᒥᒋᓱᐣ ᓄᑦᑕ ᐱᑯ ᒧᓇ ᐧᑲᔭᑦᑊ ᑲ ᑭ ᓂᐸᐣ
- ☐ ᑲ ᑭ ᐧᐊᓂᐊᐧ ᑭᒋᔅᔅᑦ

ᓄᑦᑕ ᑕᑭ ᐊᑎ ᐅᒋᒪᑦᕿᓂᒧᐧ ᑭᒋᒋᔅᑦ

- ☐ ᑲᑕ ᐊᐱᔅᔅᔅᐧ ᓂᑕᐧᐃᑭᑌ
- ☐ ᑕᓄᑌ ᓂᑕᐧᐃᑭᐧ
- ☐ ᑕᑭ ᓄᑌ ᓂᐱᐧ ᐧᐸᒪᔅ ᓂᑕᐧᐃᑭᐟ
- ☐ ᑕᒪᑦᑭᓱᐧ ᓄᑦᑕ ᐱᑯ ᑕᑯᓱᐧ
- ☐ ᓇᕿ ᑲᑕ ᐅᒋ ᒪᑦᕿᓂᒧᐧ
- ☐ ᑕᑭ ᐧᑲᑕᑭᐊᑲᓂᐧᐊᐣ ᑭᐧᑲ ᓂᑕᐧᐃᑭᑌ

ᐧᑲᑕᑭᐃᐧᐁᐧᐃᓂᑊ ᐧᐃᕿᐧᐃᑐᐧᐃᓂᑊ ᑲ ᐅᒋ ᒪᓂᐸᓂᓇᐧᐊᐧ ᑭᒋᒋᔅᑦ

ᓇᓇᑲᒋᐃᑎᓱ ᓄᑦᑕ ᑭᒋᒋᔅᑦ



ᑭᒃᑲᐢ ᑭ ᑭ ᑐᑕᒪᐢ

- ☐ ᐧᐃᑕᒪᐧᐊᑉ ᐊᐧᐁᓇ ᑲ ᐊᐧᓴᓂᒧᑐᑕᐧᐊᐟ ᑕᓄᑭᓂᓂᐧ
- ☐ ᓇᑕᐧᐊᐸᒥᐧ ᐊᐧᐁᓂᑲᓇᐧ ᑭ ᑭ ᐧᐃᒋᐃᐢᑭᐧ
  - ᑭ ᐧᐃᑐᐧᐊᑲᓇᐧ ᓄᐢᑕ ᐱᑯ ᑭᒋᔅᓇᐧ
  - ᑭ ᐢᑐᑯᓄᓂᑦ ᓄᐢᑕ ᑲ ᑭᒡᑲᐁᔪᑭᐟ
  - ᑲ ᑭ ᑭᐢᑭᓄᐊᒪᐢᐧ ᒣᐧᑲᒻ ᐁ ᑭᐢᑭᐧᐊᐧᐊᓱᐧᐊᐟ
  - ᐢᑐᑯᓄᓂᐢᐧᑭᑉ ᐃᑕᐧᐃᓂᐧ ᑲ ᐊᐸᑎᓯᐟ
  - ᑲ ᒪᒥᓄᒥᐧᐁᐟ
  - ᑲ ᐯᔪᐧᐃᑲᒥᐧ ᐃᐢᐧᑭᐧᐊᐧ ᐅᒋ
- ☐ ᑭᔅᓇᐢ 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...

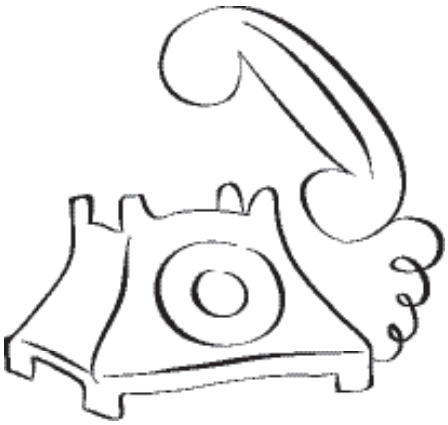
- ☐ ᑭ ᑐᑕᒪᐅᐧ ᓄᐢᑕ ᐱᑯ ᑭᑕᑭᑉᑲᑎᐧ
- ☐ ᑭ ᐊᑯᐃᐧ ᓇ ᑭ ᒍᒍᔪᒥᐧ, ᑲᑕᐧ ᓄᐢᑕ ᐱᑯ ᑲᐸᐧ
- ☐ ᐊᑐᐢᑲᑦ ᓇ ᐧᑲᐢᑕᐟ ᑭ ᐊ ᐃᑐᑕᐧ

ᑭᔅᓇᐢᐱᐢ ᐁᐁᐧ ᐃᐧᑌᔭᓄ ᐅᐅ ᑲᐧᑭ ᑭᒧᐧᐃᓇ ᐁᓂᔪᔅᐧ ᑭᒋᒋᔪᑦ ᑭ ᓇᓂᔭᓂᓯᓇᐧᐊᐟ

ᐊᔭᒥᐃ ᐊᐧᐁᓇ ᑲ ᐊᐧᓴᓂᒧᑐᑕᐧᐊᐟ

ᐃᑕᐧᑲᐢ ᐧᐃᒋᐃᐧᐁᐧᐃᐢ ᒧᓇ ᑭᐯᔭᑯᐢ

ᑭᔅᓇᐢᐱᐢ ᐁᐁᐧ ᐃᐧᑌᔭᓄ ᐅᐅ ᑲᐧᑭ ᑭᒧᐧᐃᓇ ᐁᓂᔪᔅᐧ ᑭᒋᒋᔪᑦ ᑭ ᓇᓂᔭᓂᓯᓇᐧᐊᐟ



ᑕᐢᑌ ᑭ ᑭ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐢ

ᐅᑭᐸᐅᐧᐁᓯᐟ 911 (ᐃᑕᐧᑲᑭ): ᐃᐢᑲᓂ ᑭᔪᐧ ᓄᐢᑕ ᐃᐢᑲᓂ ᑎᐱᐢᐧ, ᓂᐧᓴᐢ ᑭᔪᑲᐟ 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 ᑭᔪᑲᐟ ᐁᑕᐧᐊᐢᑌᐧ

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ᖃᐢᑐᔅᓄᐟ ᑲ ᑭᔪᐸᔭᐢᑌᐸᓂᐧ ᐊᔭᒧᐧᐃᐢ ᐁᑯᑕᓂ ᑭ ᐃᔪ ᒥᐢᑲᑭᐧ

ᐃᐢᑭᐧᐊᐧ ᑭᔪᐧᐊᐧ ᑲ ᐃᑕᐧᑲᓂᓂᑭ ᑭ ᑭᔪ ᑕᔪᑭᒋᐧ

ᐃᑕᐱ ᐃᓕᐳᐧᐃ ᒪᓯᓇᐃᑲᓂᐧ ᐁ ᐃᔪ ᒪᓯᓇᐃᑭ ᐁᑕᓯᓇᐃᑭ ᐃᐢᐧᑭᐧᐃ ᑲ ᐯᔪᐧᐃᑲᒥᐧᑲ ᑭᑎᑕᐧᐃᓂᐧ

ᐧᑲᑕᑭᐃᐧᐁᐧᐃᐢ ᐊᐢᑲᐧ ᐊᑎ ᐅᓴᒥᑭᐢ

ᒧᓇ ᑕᑭᐱᒋᒪᑲᐢ ᓂᑕᐧᐃᑭᐃᑌ ᑭᒋᒋᔪᑦ

ᐅᐢᐃᓇᐅ ᑭᒋ ᐅᑭᒪᐧ ᑭ ᐸᑭᑎᓄᐧ ᓱᓂᔭᓇ ᐅᒣᓂᐧ ᐅᒋ

Adapted with permission by the Best Start Resource Centre.