ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᓂᖅ ᐃᖅᑲᓇᐃᔭᕐᕕᒃᒥ: ᐱᓕᕆᖃᑎᒋᓐᓂᒃᑯᑦ ᑲᒪᒋᔭᖃᕐᓂᖅ

ᐃᖅᑲᓇᐃᔭᖅᑎᕐᑯᑎᓕᐅᑉ ᐱᔭᒃᓴᕆᔭᓐᒋᑦ

ᐃᖅᑲᓇᐃᔭᕐᕕᒋᔭᐃᑦ ᑲᒪᒋᔭᖃᕐᑐᖅ ᐊᑦᑕᓇᙱᑦᑐᒥᒃ ᐊᒻᒪ ᐋᓐᓂᐊᓕᔭᓐᓇᙱᑦᑐᒥᒃ ᐃᖅᑲᓇᐃᔭᕐᕕᖃᖅᑎᑦᑎᓗᓂ.

ᓴᖅᑭᔾᑦᑎᐊᖅᑐᑦ ᓂᕆᐅᓇᖅᑐᑦ
ᓴᖅᑭᔾᑦᑎᐊᖅᑐᑦ ᐊᒻᒪ ᐱᓕᕆᐊᖑᐃᓐᓇᐅᔭᕐᓂᙵᓄᑦ ᐃᓱᒪᒋᔭᐅᙱᓐᓇᐅᔭᕐᓗᓂ ᐃᕝᕕᓪᓗ ᐃᖅᑲᓇᐃᔭᖃᑎᒋᔭᑎᓪᓗ ᖃᐅᑕᒫᑦ ᑐᑭᓯᓯᒪᔭᕆᐊᖃᖅᑕᔅᓯᓐᓂᒃ

ᐃᓱᒪᒋᔭᖃᑦᑎᐊᕐᓂᒃᑯᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᒃ
ᐃᓱᒪᒋᔭᖃᑦᑎᐊᕐᓂᒃᑯᑦ ᐃᖅᑲᓇᐃᔭᕐᕕᖃᕋᔭᕐᑐᑦ ᒪᑯᐊ ᓲᖑᓴᖃᑦᑕᕐᓂᖅ ᐊᒻᒪ ᐸᒡᕕᓵᕆᓇᕝᕙᓐᓂᖅ ᐊᑐᖅᑕᐅᑎᑕᐅᑦᑕᐃᓕᓪᓗᓂ

ᐅᓗᕆᐊᓇᙱᑦᑐᒥᒃ ᐃᓂᖃᕈᓐᓇᕐᓂᖅ
ᐃᖅᑲᓇᐃᔭᕐᕕᒃ ᐊᑦᑕᓇᙱᓪᓗᓂ ᑭᒃᑯᓕᒫᓄᑦ ᐃᓕᔅᓴ ᐃᖅᑲᓇᐃᔭᖅᑐᓯᓯᒍᑦ ᑎᒥᒃᑯᑦ ᐊᒻᒪ ᐃᓱᒪᒃᑯᑦ ᐊᑦᑕᓇᙱᑦᑐᒦᓪᓗᓯ

ᐊᔪᕈᓐᓃᖅᓴᖅᑎᑦᑎᓂᖅ ᐊᒻᒪ ᐱᓕᕆᔾᔪᑎᑦ
ᐊᔪᕈᓐᓃᖅᓴᖅᑎᑦᑎᓂᖅ ᐊᒻᒪ ᐱᓕᕆᔾᔪᑎᖃᕐᓂᖅ ᐊᒻᒪᓗ ᑭᓱᖃᑦᑎᐊᕐᓗᓂ ᐱᓕᕆᐊᕆᔭᕐᓂ ᐊᑦᑕᓇᙱᑦᑐᒃᑯᑦ ᐱᓕᕆᖃᕈᓐᓇᕐᓗᑎᑦ ᐋᖅᑭᒃᑕᐅᓯᒪᓂᖑᒍᑦ

ᐃᖅᑲᓇᐃᔭᖅᑎᑦᑎᔨ ᑲᒪᒋᔭᖃᕆᐊᖃᖅᑐᖅ ᐃᖅᑲᓇᐃᔭᖅᑎ ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᓂᖑᓂᒃ!

ᑲᒪᒋᔭᒃᓴᑎᑦ

ᑲᒪᒋᔭᖃᖅᑐᖅ ᐱᓕᕆᐊᖃᕈᓐᓇᕐᓂᕐᒥᒃ ᑎᒥᒃᑯᑦ, ᐃᓱᒪᒃᑯᑦ ᐊᒻᒪ ᐃᓅᖃᑎᒌᙱᒃᑯᑦ.

ᑎᒥᒃᑯᑦ ᐸᕐᓇᒃᓯᒪᔭᕆᐊᖃᕐᓂᖅ
ᐃᖅᑲᓇᐃᔾᔭᕐᓄ ᑭᖑᕙᙱᓗᑎᑦ ᐅᐸᖃᑦᑕᖅᐲ, ᑕᖃᐃᕐᓯᒪᓪᓗᑎᑦ, ᐊᒻᒪᓗ ᐱᓕᕆᓕᑐᐃᓐᓇᕆᐊᖃᖅᓗᑎ ᐃᖅᑲᓇᐃᔾᔭᕐᓃ?

ᐃᓱᒪᒃᑯᑦ ᐸᕐᓇᒃᓯᒪᓂᖅ
ᐃᖅᑲᓇᐃᔾᔭᕐᓂᒃ ᐱᓕᕆᐊᖃᕈᓐᓇᑦᑎᐊᖅᐲ ᐊᒻᒪ ᐱᐊᓂᒃᓯᒪᒃᓗᑎᒃ, ᑕᕝᕙᓂ ᐃᖅᑲᓇᐃᔭᕐᕕᒃᒥ ᐊᙱᕐᕋᕐᓂᓪᓘᓐᓃᑦ ᓈᒻᒪᙱᑦᑐᖃᕋᓗᐊᖅᓗᓂ? ᓇᑭ ᐃᑲᔪᖅᑕᐅᔪᓐᓇᕐᓂᕐᓂ ᖃᐅᔨᒪᕕ ᑐᑭᓯᔪᓐᓇᐃᓪᓕᒫᖓᕕ ᐅᕝᕙᓘᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᔭᕆᐊᖃᓕᕈᕕ?

ᐃᓅᑲᑎᒌᙱᒃᑯᑦ ᐸᕐᓇᒃᓯᒪᓂᖅ
ᑐᙵᓇᖅᐲ ᐊᒻᒪ ᐃᓅᖃᑎᙱᓂ ᐃᓱᒪᒋᔭᖃᕈᓐᓇᖅᐱᑦ ᐃᖅᑲᓇᐃᔾᔭᕐᐃᑦ ᑕᐃᒪᐃᑦᑕᕆᐊᖃᖅᐸ? ᐃᓚᒋᔭᐅᑦᑎᐊᖅᑰᔨᕕᑦ ᐃᖅᑲᓇᐃᔭᖃᑎᒋᔭᕐᓂ?

ᐃᖅᑲᓇᐃᔭᖅᑎᑦᑎᔨᒋᔭᐃᑦ ᓇᓕᐊᓐᓂ ᕐᑯᓛᓃᑦᑐᓂᒃ ᒪᓕᙱᑉᐸᑦ:

ᐅᖃᐅᓯᕆᓗᒍ ᑲᒪᒋᔭᖃᓕᕈᓐᓇᖅᑐᒥᒃ

ᑖᓐᓇ ᑲᒪᔨᒋᔭᕐᓄᑦ ᐅᖃᐅᓯᕆᓗᒍ ᐊᒻᒪᓗ ᐱᔪᓐᓇᐅᑎᑎᑦ ᐃᓱᒪᒋᔭᐅᑎᓪᓗᒋᑦ. ᑲᒪᔨᒋᔭᐃᑦ ᑕᒪᑐᒧᖓ ᓈᒻᒪᙱᓕᐅᕈᑎᐅᖃᑕᐅᒃᐸᑦ, ᐃᖅᑲᓇᐃᔾᔭᓴᓕᕆᔨᒃᑯᓐᓄᑦ ᖃᐅᔨᓇᓱᒃᓗᑎᑦ, ᑲᑐᔾᔨᖃᑎᒌᓄᑦ ᐃᓚᒋᔭᐅᔪᒧᑦ, ᑲᒪᔨᕝᕙᒃᑕᕐᓄᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᖅᑲᓇᐃᔭᖃᑎᒋᔭᕐᓄᑦ.

ᑕᑎᖃᕈᒪᒍᕕᑦ ᐊᑏ ᑕᑎᖃᕋᓱᒃᓗᑎᑦ ᐃᓱᒫᓗᑎᒋᔭᐃᑦ ᐅᖃᐅᓯᕆᓂᐊᓕᕈᕕᐅᒃ.

ᐅᔾᔨᕈᓱᒃᑯᕕᑦ ᐊᔪᙱᓐᓂᕆᔭᕐᓂ ᐱᓕᕆᐊᓅᖓᔪᑦ ᐊᔪᓕᕈᕕᑦ:

ᐅᒃᐱᕆᔪᓐᓇᖅᑕᕐᓂ ᐅᖃᖃᑎᖃᕐᓗᑎᒃ

ᐅᑯᓂᖓᑦᑕᐅᖅ ᐊᑐᕈᓐᓇᖅᑐᑎᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ:

ᖃᓄᐃᑦᑕᐃᓕᒪᖃᑎᒌᙱᓂᖅ ᐊᑕᐅᑦᑎᒃᑯᑦ ᑲᓇᑕ
https://wellnesstogether.ca/en-CA

ᓯᕈᓯᕐᓄᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᔪᓐᓄᑦ ᐅᕝᕙᓘᕐᕕᒃ ᑎᑎᕐᓗᓯ CONNECT ᐅᕙᓪᓕ 686868

ᐃᓚᓐᓄᑦ ᐋᓐᓂᐊᓯᐅᖅᑎ ᐃᓚᓐᓂ ᖃᐅᔨᑎᑦᑎᔪᓐᓇᖅᑐᖅ ᖃᓄᐃᓕᐅᕆᐊᖃᕆᒃᓴᐃᑦ

ᐃᖅᑲᓇᐃᔭᖅᕕᒋᔭᐃᑦ ᐊᐱᕆᓗᒍ ᐊᐅᓐᓇᖅᑐᑎᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᖅᑲᓇᐃᔾᔭᕐᓂᒃᑯᓐᓄᑦ.

ᒫᓐᓇᑲᐅᑎᒋ ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᕐᓂᕐᒧᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐅᖃᓚᓗᑎᑦ 911