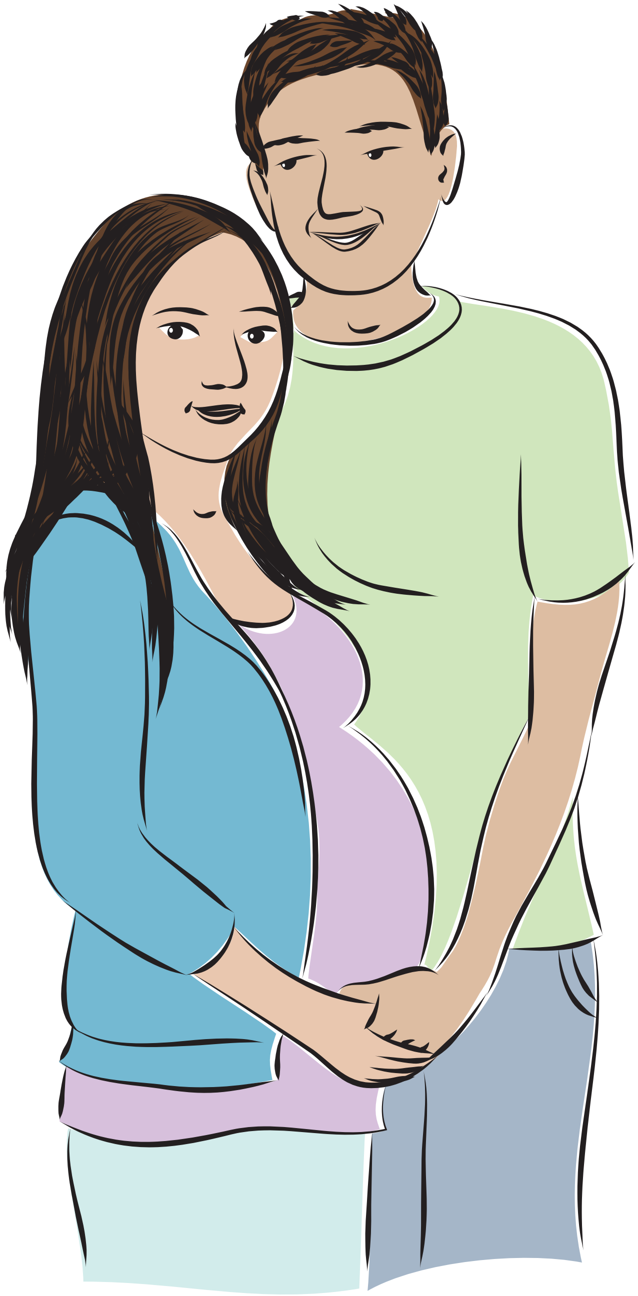
ᑭᐡᑯᐧᐊᐧᐊᓱᐧᐃᐣ ᓀᐢᑕ ᒥᓂᐧᑫᐧᐃᐣ



ᑲ ᒥᐧᓇᔑᓄᐸᐣ ᐁᑲ ᑭᒋ ᒥᓂᐧᑫᔭᐣ ᒣᐧᑲᐨ ᐁ ᑭᐡᑯᐧᐊᐧᐊᓱᔭᐣ

ᐃᐢᐧᑫᐤ ᒪᐧᐊᐨ ᐯᐧᓴᐱᒣᐤ ᑭᒍᒪᓂᑐᐧᐊ ᒣᐧᑲᐨ ᐁ ᑭᐡᑯᐧᐊᐧᐊᓱᐟ᙮ ᐁᑯᑕᓂ ᒪᐧᐊᐨ ᐁᔑ ᒪᐡᑲᐧᐊᓂᐠ ᐅ ᐣᑐᑯᓄᓂᒥᐁᐧᐃᐧᐃᐣ᙮ ᐧᐃᓇ ᐱᒪᒋᑕᐤ ᓀᐢᑕ ᑲᓇᐧᐁᓂᑕᑦ ᐱᒪᑎᓯᐧᐃᓂᓂᐤ ᐱᒋ ᐁ ᑭᐢᑲᐟ ᐧᐊᔭᐧᐃᐠ᙮

-- ᒧᐊᐠ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᐣ

ᑭ ᐣᑕᐧᐁᓂᑌᓇᓇᐤ ᑫ ᐅᒋ ᒥᓄᐸᓂᐃᑯᒋᐠ ᐊᐧᐊᔑᓴᐠ᙮ ᐃᐢᐱ ᐁᑲ ᐁ ᐅᑎᓇᒪᐣ ᑲ ᒥᓂᐧᑲᓂᐧᐊᐠ ᑭ ᒥᓄᑐᑌᐣ ᓀᐢᑕ ᑭ ᒋᒋᔑᑦ ᐅ

ᒋ᙮ ᑭᐢᑫᓂᑕ, ᒧᓇ ᐧᐊᔦᐤ ᐃᓂᑯᐠ ᐁ ᐅᑎᓇᒪᐣ ᑲ ᒥᓂ-ᑲᓂᐧᐊᐠ, ᒪᒋᑐᒋᑫᒪᑲᐣ ᒣᐧᑲᐨ ᐁ ᑭᐡᑯᐧᐊᐧᐊᓱᔭᐣ᙮ ᒥᐢᑕᐃ ᐁ ᒥᓂᐧᑫᔭᐣ ᒥᑐᓂ ᒪᒋᑐᑕᑯᐤ ᑭ ᒋᒋᐢᔑᑦ ᐁ ᑲ ᐁᐡᐧᑲ ᑲ ᓂᑕᐧᐃᑭᐟ᙮ ᐅ

ᑫᐧᑲᐣ ᐧᐁᒋ ᑭᐢᑌᓂᑕᐧᑲᐠ ᐃᐢᐧᑫᐤ ᐁᑲ ᑭᒋ ᐅ ᑎᓇᐠ ᒥᓂᐧᑫᐧᐃᓂᓂᐤ ᒣᐧᑲᐨ ᐁ ᑭᐢᑯᐧᐊᐧᐊᓱᐟ᙮

ᐁ ᒥᓂᐧᑫᔭᐣ ᒣᐧᑲᐨ ᐁ ᑭᐡᑯᐧᐊᐧᐊᓱᔭᐣ, ᐧᐊᔦᐤ ᑲ ᐃᔑ ᒪᒋᑐᑕᑯᐤ ᑭ ᒋᒋᔑᑦ ᐧᐃᔭᐧᐃᐠ ᒪᐢᑭᓯᐧᐃᓂᐠ ᓀᐢᑕ ᒥᑐᓀ-ᐣᒋᑫᐧᐃᓂᐠ᙮ ᒧᓇ ᒪᑲ ᑲᑭ ᓇᑲᑎᑯᐤ ᑲ ᐃᔑ ᒪᒋᐸᓂᐟ ᐊᐧᐊᔑᐡ ᐊᑎ ᓇᑭᑭᑌ, ᐧᑲᓂ ᐁᐢᐱᒋ ᒪᓂᐸᓂᐃᐧᐁᒪᑲᐠ ᒥᓂᐧᑫᐧᐃᐣ᙮ ᐃᓂᓂᐧᐃ ᑭᐢᑭᓄᐊᒪᑫᐧᐃᓂᐠ ᐧᐃᓇ, ᑕᐱᐢᑯᐨ ᑭᐡᑯ ᐧᐊᐧᐊᓱᐧᐊᐠ ᐁᔑᓇᐧᑲᐣ, ᒧᓇ ᓀᐢᑕ ᐧᐃᓇ ᐣᑕᐧᐁᓂᑕᑯᓯᐤ ᑭᒋ ᒥᓂᐧᑫᐟ᙮ ᐅᓇᐯᒥᒪᐤ ᓀᐢᑕ ᐅ

ᐯᔭᑯᑌᐧᐃᓯᐧᐃᓂᐠ ᑭᐢᑌᓂᑕᐧᑲᐣ ᑫ ᐃᔑ ᐧᐊᐧᐃᒋᐧᑕᒋᐠ ᐅᒪ ᒣᐧᑲᐨ, ᑕᐣᑌ ᑫ ᐃᔑ ᐧᐃᒋᐊᒋᐠ ᐃᐢᐧᑫᐧᐊ ᑭᒋ ᐅᒋ ᒥᓄᐱᒪᑎᓯᓂᒋ᙮ ᑭᓴᐢᐱᐣ ᓇᐯᐤ ᒥᓂᐧᑫᑌ ᐁᐧᑲᓂ ᐯᔭᐧᑲᐣ ᑫ ᐃᔑ ᒪᒋᐸᓂᐃᑯᐟ ᒋᒋᐡ ᒪᒣᐧᑕᔭᐠ, ᒧᓄᐡᐧᑲ ᑭᐢᑫᓂᒋᑲᑌᐤ ᑕᐣᑌ ᐧᒧᒋ ᐃᔑ, ᓴᑯᐨ ᒧᓇ ᑲ ᑭᐢᑲᑦ ᒥᓂᐧᑫᐧᐃᐣ ᑲ ᐃᔑ ᒪᓂᐸᓂᒋᑫᒪᑲᐠ᙮

ᒥᓂᐧᑫᐧᐃᓂᐠ ᑲ ᐅᒋᐸᓂᐠ ᓇᓇᑲᐤ ᑲ ᐅᒋ ᒪᐢᑭᐃᐧᐁᒪᑲᐠ ᒥᔭᐧᐃᐠ᙮

ᐅᒪ ᑲ ᐃᐧᑌᒪᑭᑕᓂᐧᐊᐠ ᐧᐃᑕᒪᑫᐧᐃᓂᐠ ᑲ ᐃᔑ ᒪᒋᑐᑕᑯᐟ ᒉᐧᑲᐨ ᐁ ᑭᐢᑲᐟ ᒥᓂᐧᑫᐧᐃᐣ ᑲ ᐃᔑ ᒪᒋᑐᑕᑫᒪᑲᐠ᙮ ᐅ ᒪᐢᑭᐃᐧᐁᐧᐃᓇ ᒧᓇ ᒧᔑᒍ ᓄᐧᑲᐧᓇ ᐁ ᐊᑎ ᐅᐟᐱᑭᐟ ᐊᐧ-ᐊᔑᐡ᙮ ᓂᐱᑌᓯᓇᑌᐧᐊ ᐅᑕ:

- ᒪᓂᐸᓂᐤ ᐁ ᑭᐢᑭᓄᐊᒪᓱᐟ ᒧᓇ ᑭᑎᐱ ᑭᐢᑭᓱᐤ ᑫᐧᑲᓇ
- ᐧᐊᓂ ᐧᐊᓂᑭᐢᑭᓱᐸᓂᐤ ᑫᐧᑲᓇ
- ᒧᓇ ᑭᐧᓄᐡ ᑭ ᓄᒋᑕᐤ ᑫᐧᑲᓇ
- ᐸᐧᑲᑎᓯᐢᑕᐧᐁᐤ ᐊᐧᐁᓂᑲᓇ, ᑎᐱᓇᐧᐁ ᐅᒋᓴᓇ ᓀᐢᑕ ᐅᐯᔭᑯᑌᐧᐃᓯᐧᐃᓂᐠ
- ᒧᓇ ᓱᑭ ᐅᓯᑌᐧᐊᐠ ᓀᐢᑕ ᐧᐊᐱᐧᐊᐠ
- ᐧᐊᓂᑭᐧᐊᐠ ᐅᐢᑲᓂᐧᐊᐠ, ᐅᐢᐱᑐᓂᐧᐊᐠ, ᓀᐢᑕ ᐅᓂᓂᑭᒋᒐᓂᐧᐊᐠ
- ᒧᓇ ᓱᑭ ᐱᒋᒋᑭᐧᐊᐠ
- ᓂᓇᒥᓯᐧᐊᐠ ᐅᑌᐃᐧᐊᐠ, ᐅᑌᑎᐧᑲᓯᐧᐊᐠ, ᓀᐢᑕ ᐅᐢᑯᓂᐧᐊᐠ

ᓂᐧᐃ ᐳᓂᑕᐣ ᓴᑯᐨ ....

ᒥᒉᐟ ᐃᐢᐧᑫᐧᐊᐠ, ᐧᐃᒋᑲᐸᐧᐃᐢᑕᑲᐧᐃᐧᐊᐠ ᐅᐧᐃᑫᐧᐊᑲᓂᐧᐊᐧᐊ, ᐅᐯᔭᑯᑌᐧᐃᓯᐧᐊᐧᐊ, ᓀᐢᑕ ᐅᑐᑌᒥᐧᐊᐧᐊ ᐧᐃᒋᐃᑯᐧᐊᐠ ᐁᑲ ᑭᒋ ᒥᓂᐧᑫᒋᐠ ᒉᐧᑲᐨ ᐁ ᑭᐢᑯᐧᐊᐧᐊᓱᒋᐠ᙮ ᓴᑯᐨ ᐊᓂᒪᐣ ᐊᓂᒪ ᐱᑯ ᑭᒋ ᐃᔑ ᐳᓂᑕᒋᐠ ᐃᐢᐧᑫᐧᐊᐠ᙮ ᐊᑕ ᐁ ᑭᐢᑫᓂᑕᐠ ᑭᒋ ᐧᐃ ᒋᐃᑯᓂᒋ ᐅᒋᒋᔑᒪ, ᓇᐢᐱᐨ ᐊᓂᒪᐣ ᑭᒋ ᐳᓂ ᒥᓂᐧᑲᓂᐧᐊᐠ᙮

ᑭᐢᑫᓂᑕ ᒪᑲ: ᒧᓇ ᑭ ᐯᔭᑯᐣ, ᐃᑕᐧᑲᐣ ᑫ ᐃᔑ ᐧᐃᒋᐃᑲᐧᐃᔭᐣ᙮

ᐅᓂᐢᑕᒪᐢᑲᓀᓯᐧᐊᐠ ᒥᓂᐧᑫᐧᐃᐣ ᓀᐢᑕ ᒪᒋ ᐣᑐᑯᓄᓇ ᐧᑲᑕᑭᐃᐧᐁᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᐣ ᐸᑯᔑᒧᐧᐃᐣ ᑕᔑᑫᐧᐃᑲᒥᐠ - ᐧᐃᑕᒪᑫᐧᐃᐣ ᐃᑕᐧᑲᐣ ᑕᓀ ᑫᑐᑕᒪᐣ ᐧᐃ ᓇᑕᐧᐁ ᑭᐢᑫᓂᑕᒪᓀ ᑲ ᓇᓇᑲᑕᐧᐁᓂᒪᒋᐠ ᑲ ᑭᐢᑯᐧᐊᓱᓂᒋ ᐃᐢᐧᑫᐧᐊᐠ ᐅᑕ ᐃᔑᐧᐁᐸᐊ᙮ www.hc-sc.gc.ca/fniah-spnia/substan/ads/nnadappnlaadadir-rep-eng.php

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ᑭ ᓇᓂᒋᐣ ᓇ ᑭᒋᒋᔑᑦ ᐅᒋ ᓀᐢᑕ ᐱᑯ ᑯᑕᐠ ᐊᐧᐁᓇ ᑲ ᑭᐢᑫᓂᒪᐟ ᐅᒋ᙮ ᑭ ᐣᑕᐧᐁᓂᑌᐣ ᓇ ᑭᒋ ᐳᓂ ᒥᓂᐧᑫᔭᐣ᙮

ᐅᑕ ᐁᔑ ᓇᑕᐧᐁ ᑭᐢᑫᓂᑕ:

- ᐅᐣᑌᓇᐅ ᑲᓇᑕ ᐃᓂᓂᐧᐃ ᐅᑐᑌᒥᑐᐧᐃᑲ ᒥᐧᑲ (ᒧᒍ ᐊᔭᒥᐧᐃᐣ 1-800-772-9291) ᑲᑭ ᐧᐃᒋᐃᐧᑲᐠ ᑭᑎᑕᐧᐃᓂᐠ ᑭᒋ ᐅ ᒋ ᐧᐊᐧᐃᒋᐃᑲᐧᐃᔭᐣ ᓀᐢᑕ ᐊᐸᑎᓯᐧᐃᓂᐠ ᐅᒋ
- ᐅᐣᑌᓇᐅ ᐧᐃᒋᐃᐧᐃᐧᐃᐣ ᐊᑐᐢᑫᐧᐃᓇ ᓂᐱᑌᓯᓇᑌᐧᐊ ᐅ ᓂᐢᑕᒪᐢᑲᓀᓯᐧᐊᐠ ᑭᒋᐃᐧᐁᐧᐃᐣ ᐧᐃᒋᐃᑎᓱᐧᐃᓇ ᒥᓄᐱᒪᑎᓯᐧᐃᓂᐠ ᐧᐊᐧᐁᓇᐢᑕᓱᐧᐃᓇ ᐊᑐᐢᑫᐧᐃᓂᐠ, ᐅᓂᐢᑕᒪᐢᑲᓀᓯᐧᐊᐠ ᐊᑯᓯᐧᐃ ᐊᑐᐢᑫᐧᐃᐣ ᐣᑐᑯᓄᓂᑲᒥᐧᑲ ᓀᐢᑕ ᑯᑕᑭᔭ ᐊᑐᐢᑫᐧᐃᓇ᙮ᐅ www.mcss.gov.on.ca/en/mcss/programs/community/ahws/index.aspx
- ᑲ ᓇᓂᓴᓀᐣᑕᐧᑲᑭ ᐣᑐᑯᓄᓇ ᐊᔭᒥᐧᐃᐣ (ᒧᒍ ᐊᔭᒥᐧᐃᐣ 1-877-327-4636)
- ᐅᐣᑌᓇᐅ ᐊᑯᓯᐧᐃ ᐊᑐᐢᑫᐧᐃᐣ (ᒧᒍ ᐊᔭᒥᐧᐃᐣ 1-866-797-0000)
- ᑭᐣᑐᑯᓄᓂᑦ, ᑭᑎᑕᐧᐃᓂᐠ ᐣᑐᑯᓄᓂᑲᒥᑯᐠ ᑲ ᐅᒋ ᐣᑐᑯᓄᓂᐧᐃ ᐊᐸᒋᐊᑲᐣ, ᑲ ᐅᑎᐟ ᐊᐧᐊᔑᓴ ᐃᓂᓂᐧᐃᐢᐧᑫᐤ, ᐣᑐᑯᓄᓂᐢᐧᑫᐤ
- ᒥᓇ ᐧᐃᓇᑕᐧᐁ ᑭᐢᑫᓂᑕᒪᓀ ᐅᑕ

ᐃᔑᐧᐁᐸᐊ:

www.alcoholfreepregnancy.ca

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