camh ᑎᒥᕐᑯᑎᖓ ᐅᐃᓇᓯᒪᔪᓕᓇᓂᕐᒧᑦ
ᐃᓱᒪᒃᑯᓗ ᖃᓄᐃᖕᒋᓯᐊᕐᓂᒧᑦ

ᐊᕐᓂᑦ

ᑕᒪᒃᑯᐊ ᓇᓗᓂᒃᑯᐅᑦ ᓱᓇᓂᒃ ᐊᑦᐆᒋᖕᒍᑭᑎᖃᕐᖃᑦ?

ᐃᓕᑕᕐᓯᒍᖕᓇᓯᓂᕐᖃ
ᓱᕐᕿᑕᐅᒍᑎᒋᔭᖕᒋᖕᓂᒃ
ᐱᓗᒃᑕᐅᕐᖃᑦᑕᓂᕐᒧᑦ
ᕐᑯᐊᕐᓵᓯᒪᓂᕐᒥᒃ

ᓱᓇᐅᕙᑦ ᐱᓗᒃᑕᐅᕐᖃᑦᑕᓂᕐᒨᑦ ᕐᑯᐊᕐᓵᓯᒪᓂᖅ?

ᐱᓗᒃᑕᐅᕐᖃᑦᑕᓂᕐᒨᓕᖕᒐᔪᖅ ᕐᑯᐊᕐᓵᓯᒪᓂᖅ
ᐱᕙᓪᓕᐊᓯᓱᖕᒍᔪᖅ ᐃᓄᒃ ᐋᖕᓂᑕᐅᔪᕕᓂᐅᑐᐊᕐᒪᑦ
ᐊᒻᒪᓗ/ᐅᕙᕙᓗ ᐃᐱᓄᖕᓇᑕᕕᓂᐅᑐᐊᕐᒪᑦ,
ᐱᐊᕋᐅᑦᓱᓂᓗᐊᖕᖕᒍᐊᖅ.
ᐊᕐᓇᖅ ᐃᒣᑦᑐᑰᕐᓯᒪᑐᐊᕋᒥ:

- ᐋᖕᓂᑎᕐᑕᐅᕐᖃᑦᑕᓂᕈᓂ ᑎᒥᒃᑯᑦ
- ᐃᑉᐱᓂᐊᕐᓂᑎᒍᑦ ᐋᖕᓂᑕᐅᕐᖃᑦᑕᓂᕈᓂ ᐅᕙᕙᓘᖕᓃᒃ ᐃᐱᓄᖕᓇᑕᐅᖕᓂᕈᓂ.

ᑎᒣᖕᓂᑯᖕᒐᓄ, ᐊᕐᓇᖅ ᑕᑕᒥᐅᒪᖕᓇᑐᓂᒃ ᐃᑉᐱᓂᐊᕐᓂᕐᖃᓱᖅ ᐅᕐᑯᒣᓪᓕᐅᓂᕐᒥᒃ, ᖃᑉᐱᐊᓱᖕᓂᒥᒃ ᓱᕖᕈᓯᒪᔪᓇᓂᕐᒥᓗ.

ᕐᑯᐊᕐᓵᓯᒪᓇᕐᑐᑰᕐᖃᑦᑕᓂᕈᓂᒃ ᐱᐊᕋᐅᓂᕐᒥᓂᒃ ᓱᕐᓄᓂᕐᖃᕈᖕᓇᑐᖅ ᐊᓯᑦᐆᒍᖕᓇᓱᓂᓗ ᐃᓅᑉ ᖃᓇᑕᖕᒐᑕ ᑎᒥᖕᒐᑕᓗ ᐱᓇᓱᐊᕐᓂᓇᓱᖕᒐᓂᒃ. ᕐᑯᐊᕐᓵᓯᒪᓂᖅ ᓱᕐᓄᓱᖕᒍᐅᖅ ᐃᓅᑉ ᐃᑉᐱᓂᐊᕐᓂᖕᒋᖕᓂ, ᐊᐅᓚᐆᓂᖕᒐᓂ, ᐃᓱᒪᓂᖕᒐᓂᒃ ᐊᒻᒪᓗ ᕈᓇᐅᓂᕐᒥᓂ. ᕐᑯᐊᕐᓵᓯᒪᓂᖅ ᓱᕐᓄᓂᕐᖃᓱᖕᒍᒻᒥᔪᖅ ᐱᕐᖃᑎᒋᖕᓂᐅᔪᓂᑦ.

ᐊᕐᓂᑦ ᓄᐃᑦᓯᓯᖕᒍᐅᑦ ᓱᕐᕋᑕᐅᒪᓂᕐᒥᓂᒃ ᕐᑯᐊᕐᓵᓯᒪᓂᕕᓂᕐᒥᓄᒃ, ᐱᐊᕋᐅᑦᓱᑎ ᐃᒣᑦᑐᑰᕐᓂᕈᑎᒃ, ᓱᕖᕈᑦᑐᓇᖕᓂᕈᑎ ᐊᒻᒪᓗ ᓱᕐᕐᖃᔭᕐᓯᒪᔪᓇᖕᓂᕈᑎ ᐱᓗᒃᑕᑕᐅᓂᕐᒥᓄᑦ. ᐱᔭᕐᓱᔨᖕᒋᑦ ᐃᓚᖕᓗᑐᓇᔭᐅᕙᖕᓗᖕᒍᐅᑦ ᐅᕙᕙᓘᖕᓃᑦ ᐃᓚᒋᖕᒍᔪᓄᑦ ᐱᖃᖕᓈᓇᔭᐅᑦᓱᓂ.

ᐊᑕᐅᓯᖅ ᑕᖕᓕᒪᓄᑦ ᐊᕐᓇᖅ ᓄᓕᐊᕐᓂᑯᑦ ᕐᑯᓄᔪᕐᓂᐊᑕᐅᓯᒪᕗᖅ ᐱᐊᕋᐅᑦᓱᓂ. ᐊᑕᐅᓯᖅ ᒪᕐᕈᓄᒃ ᐊᕐᓇᖅ ᓄᓕᐊᕐᓂᑯᑦ ᐱᔭᕐᓱᑕᐅᒪᓯᒪᕗᖅ ᐅᕙᕙᓘᖕᓃᒃ ᐊᑑᑎᓯᒪᕗᑦ ᕐᑯᓄᔪᕐᓂᐊᑕᐅᒐᓱᐊᕐᓂᒥᒃ ᐃᓅᒻᒪᓇᐅᓕᕐᓱᓂ. ᓄᓕᐊᕐᓂᑯᑦ ᐱᓗᒃᓂᖅ ᓱᕐᓄᓂᕐᖃᓱᖕᒍᕗᖅ ᐊᕐᓇᓂᑦ ᓇᑭᑐᐃᖕᓈᖕᒐᕐᑐᓂ.

ᓱᓇᐅᕙᑦ ᐱᓗᒃᑕᐅᕐᖃᑦᑕᓂᕐᒨᑦ ᕐᑯᐊᕐᓵᓯᒪᓂᖅ?

ᕐᑯᐊᕐᓵᓯᒪᓂᕐᖃᓱᖅ ᐱᓗᒃᑕᐅᔪᕐᖃᕐᖃᑦᑕᓕᑐᐊᕐᒪᑦ. ᐊᒥᓱᐃᑦ ᐱᐊᓄᑦ ᐋᖕᓇᐅᒪᓯᒪᔪᑦ ᐱᓗᒃᑕᐅᕐᖃᑦᑕᓂᕐᒥᓂᒃ ᐱᐅᓯᕐᑖᓯᒪᓱᑦ ᖃᔪᓯᒪᓱᐊᑦᓴᓂᐊᕈᑎᑦᓴᓂᒃ ᐃᓅᒻᒪᓇᐅᓂᖕᒐᓄᒃ ᑎᑭᐅᑎᑐᐃᖕᓇᕋᑦᑎᓗᒍ ᐱᐅᓯᑖᓇᓯᒪᔭᖕᒐ.

ᐱᐊᓄᑦ ᐱᓗᒃᑕᑕᐅᕙᑦᑐᕕᓃᑦ ᑐᑭᓯᒪᖕᖕᒋᑑᒍᖕᓇᒥᔪᑦ ᓈᒻᒪᖕᒋᑦᑑᒋᐊᖕᒐᓂ ᐊᑑᑎᔭᕕᓂᖕᒐ. ᑭᓯᐊᓂ ᑎᒥᖕᒋᑦ ᐃᑉᐱᓂᐊᕐᑕᒥᓂᒃ ᐅᓗᓇᐊᓇᓇᐊᖕᒐᓂ ᖃᐅᔨᒪᒍᖕᓇᑐᖅ ᐃᓅᒻᒪᓇᐅᓕᕈᑎᓪᓗ ᑎᒥᖕᒋᑦ ᑎᒍᒥᐊᔭᕐᓱᑎᒃ ᐊᐅᓚᔨᒍᖕᓇᓱᑦ ᐱᓗᒃᑕᐅᓂᕕᓂᕐᒥᓂᒃ.

ᑎᒣᖕᓂᑯᒥᓄ, ᐊᒥᓱᐃᑦ ᐊᕐᓂᑦ ᐱᓗᒃᑕᐅᓚᐅᕐᓯᒪᔪᑦ ᓱᕐᕋᑕᐅᒍᐊᕐᑑᓯᖕᒍᕗᑦ ᓱᓇᑐᐃᖕᓇᓄᑦ ᐃᕐᕐᕿᓚᕐᑭᑦᓱᑎᒃ ᐱᓗᒃᖕᓂᑰᕐᓂᕕᓂᕐᒥᓂᒃ. ᑎᒥᖕᒋᑦ ᐊᑑᑎᒋᐊᓪᓚᔫᔭᕈᖕᓇᑐᑦ ᕐᑯᐊᕐᓵᓯᒪᓂᕕᓂᕐᒥᓂᒃ, ᐊᒻᒪᓗ ᐅᑎᕐᔫᔭᕈᖕᓇᓱᑎᒃ (ᑕᕝᕙᓇᖅ, ᐃᕐᕐᖃᐅᒪᓇᑦᓱᐊᓱᓂ ᐊᒻᒪᓗ ᐃᓱᐃᑦᑐᓂᒃ ᐊᐅᓚᔨᓂᖃᕐᓱᓂ ᐊᑑᑎᓚᐅᕐᑕᕕᓂᕐᒥᓂᒃ).

ᐃᓕᑕᕐᓯᒍᓐᓇᓯᓂᖅ ᐱᓗᒃᑕᐅᖃᑦᑕᓂᑯᒥᓄᑦ ᖁᐊᕐᓵᓯᒪᓂᕐᒥᒃ

ᐃᓕᑕᕐᓇᐅᑏᑦ ᓄᐃᑕᕐᖃᒃᐃᓐᓇᑐᑦ ᑖᑦᓯᒪ ᐊᓪᓚᓯᒪᔪᑉ ᐱᒋᐊᖕᖓᐅᑎᖕᖓᓂ ᓱᕐᕿᑕᐅᒪᓂᐅᒍᓐᓇᑐᑦ ᖁᐊᕐᓵᓯᒪᓂᕐᒧᑦ ᐱᓗᒃᑕᐅᓚᐅᕐᓂᑯᖕᖓᓄ.

ᒪᑯᐊ ᓱᕐᕿᑕᐅᒪᓂᐅᒍᓪᓗᓲᑦ ᖁᐊᕐᓵᓯᒪᓂᑯᒥᓄᑦ:

· ᓯᓂᕐᖃᔭᖕᖕᒋᓂᖅ
· ᖁᐊᕐᓵᖕᖓᓂᕐᒧᑦ ᐊᑦᓱᕈᐊᓕᖕᖓᓃᑦ ᐊᒻᒪᓗ ᓂᓇᐅᓗᒃᓐᓂᖅ
· ᐃᒥᐊᓗᖃᑦᑕᓂᖅ ᐅᑯᑦᓗᓐᓃᒃ ᐋᖕᖓᔭᓐᓇᑐᕐᑑᒪᓂᖅ
· ᓱᒐᓗᓗᐊᕐᑐᒥᒃ ᓂᓇᓂᒃ, ᐃᓛᓂ ᒥᓇᐊᕐᓂᖅ ᐅᑯᑦᓗᓐᓃᒃ ᓂᓇᑦᒐᓕᒪᓂᖅ
· ᐃᓈᒍᒪᓂᖃᕈᓐᓄᓂᖅ ᐅᑯᑦᓗᓐᓃᒃ ᒃᔪᓯᒍᒪᒍᓐᓄᓂᖅ ᐃᓈᒐᓱᐊᕐᓂᒥᒃ
· ᐊᑑᑎᓕᕐᕿᓂᖅ ᓄᓕᐊᕐᓂᑯᑦ ᐱᓗᒃᑕᐅᓂᕐᒥᒃ ᐅᑯᑦᓗᓐᓃᒃ ᑎᒥᒃᑯᑦ ᐋᓐᓂᑎᕐᑕᐅᓂᕐᒥᒃ
· ᐃᑉᐱᓂᐊᕐᓂᖃᓕᕐᓂᒃ ᐃᒻᒥᓂᒃ ᓇᕈᓕᓇᓐᓂᒥᒃ ᐊᒻᒪᓗ ᐃᒻᒥᓂᒃ ᐊᓐᓂᓇᕐᑐᔪᓇᖕᖕᒋᓂᕐᒥᒃ
· ᑲᑉᐱᐊᓱᓐᓂᖃᕐᑐᖅ ᐃᓄᓐᓂᒃ ᐊᒻᒪᓗ ᐱᖃᑎᒌᓐᓂᒥᒃ.

ᐃᓚᖕᖓᓂ ᐊᕐᓂᑦ ᕿᓂᓕᑐᐊᕋᒪ ᐃᑲᔪᕐᓯᒍᓐᓇᑐᓂᒃ, ᐃᑲᔪᕐᓂᒥᒃ ᐱᒍᑦᑦᑦ ᐱᑐᑦᑎᓯᖕᖕᒋᑑᕈᓐᓇᑐᖅ ᐊᕐᓇᐅᑉ ᐱᐅᓯᓇᔭᖕᖓᓂ ᐱᓯᒪᒋᐊᖕᖓ ᐱᓗᒃᑕᐅᖃᑦᑕᓂᕐᒧᒃ ᖁᐊᕐᓵᓯᒪᓂᑰᒋᐊᖕᖓᓂ. ᐊᕐᓂᑦ ᑕᒻᒪᐅᑕᐅᒍᓐᓇᒪᑕ ᐋᓐᓂᐊᒍᑎᖕᒋᑦ ᐊᒻᒪᓗ ᓈᒻᒪᓈᖕᖕᒋᓚᓇᑦᑐᓂᒃ ᑐᓂᔭᐅᒪᒍᓐᓇᓯᑎᒃ ᐋᓐᓂᐊᓯᐅᓇᒍᓯᓂᒃ, ᐃᔭᒐᕐᓂᐊᓛᑦ. ᐊᒥᓱᕕᑦᓱᓂ, ᐃᑲᔪᕐᓂᒥᒃ ᐱᒍᑦᑦᑦ ᑕᑯᕙᓪᓗᑐᐃᓐᓇᓲᖕᒍᒻᒪᑦ ᓱᕐᕿᑕᐅᒪᓂᖕᒋᓐᓂ (ᐅᑦᑑᑎᒥᓗᒍ: ᐃᓚᓯᒪᓲᖕᒍᓂᖕᖓ, ᑭᑦᓴᓂᖕᖓ) ᐱᓄᓗᑕᐅᔪᓇᓕᕐᓯᒋᑦ, ᖁᐊᕐᓵᓯᒪᓂᑯᕕᓂᖕᖓ ᐃᑉᐱᒋᔭᐅᕈᓐᓄᓯᓂ.

ᐊᕐᓂᑦ ᑲᔪᓯᒐᓯᐊᑦᓴᓂᐊᓲᑦ ᐋᓐᓂᓇᕐᑐᓂᒃ ᐃᑉᐱᓂᐊᕐᓯᑎᒃ ᐊᑦᑦᒋᖕᖕᒋᑐᓂᒃ ᐱᓂᐊᕐᓂᖃᕐᓯᑎᒃ. ᐅᑦᑑᑎᒋᓗᒍ: ᐱᐅᓯᕐᑖᕈᓐᓇᑐᑦ ᓂᓇᒍᓯᖕᒋᑦ ᑐᑮᕈᑎᓯᒪᓕᕐᓯᑎ; ᐊᑐᕐᓂᓗᖃᑦᑕᒍᓐᓇᑐᑦ ᐃᒥᐊᓗᓐᓂᒃ ᐋᖕᖓᔭᓐᓇᑐᓂᓪᓗ; ᐅᑯᑦᓗᓐᓃᒃ ᐃᒻᒥᓂᒃ ᐋᓐᓂᑎᖃᑦᑕᑯᓪᓗᑎᒃ. ᑕᒪᒃᑯᐊ ᐱᐅᓲᑦ ᐃᑲᔪᕐᓯᕿᓐᓇᔫᔭᕈᓐᓇᑐᑦ ᐊᕐᓇᓂᒃ ᑭᓯᐊᓂ ᐃᓱᓕᑦᓴᐅᑎᒋᑦᑯᑦᓯᑎ. ᐃᒣᓗᕐᓂᓗ ᐊᕐᓇᓂᒃ ᐃᑉᐱᓂᐊᕐᓂᖃᕐᑎᓯᓲᖅ ᐃᓄᑑᓕᐅᒥᔫᔭᕐᓂᒥᒃ ᑭᑦᓴᓂᒦᓕᕐᓯᑎᓗ, ᑯᑦᓴᓯᐊᖕᖓᓂᕐᓴᐅᓕᕐᓯᑎ ᓯᓂᑦᓯᐊᖃᔪᓕᕐᓯᑎᓗ.

ᖁᐊᕐᓵᓯᒪᓂᒧᑦ ᓱᕐᕿᑕᐅᒪᒍᓯᖕᒋᑦ ᐊᕐᓇᒥᒃ ᐃᑉᐱᒍᓱᑦᑎᓯᒍᓐᓇᑐᖅ ᐊᐅᓚᑦᓯᖃᔭᖕᖕᒋᑑᔪᓇᓃᕐᒥᒃ, ᐅᑯᑦᓗᓐᓃᒃ "ᖃᐅᔨᒃᓕᕐᒥᒃ". ᐃᑉᐱᓂᐊᕐᖃᔪᒪᔫᔭᕈᓐᓇᑐᖅ ᖁᐊᕐᓯᒪᔪᕐᑎᑐᑦ ᐃᓕᒪᓱᐊᓐᓂᒦᑲᑦᓚᓕᕐᓯᓂᓗ ᐅᐃᒪᓱᑲᓐᓂᒦᑦᓯᓂᓗ. ᑎᒣᑦᑐᑰᑐᖅ ᐊᕐᓇᖅ ᖃᐅᔨᒪᖕᖕᒋᑑᑐᐃᓐᓇᓇᐊᓕᒃ ᑎᒣᓚᕐᑭᑎᑕᐅᒋᐊᒥᒃ ᐃᕐᖃᐅᒪᓕᕐᓂᒦᓐᓂᑯᒥᓄᒃ ᐱᓗᒃᑕᐅᓂᕐᖃᓂᕐᒥᓂᒃ. ᐊᒥᓱᐃᑦ ᐃᓄᐃᑦ ᖃᐅᔨᒪᓲᖕᒍᖕᖕᒋᓚᑦ ᐱᓗᒃᑕᐅᒪᓂᖅ ᓱᕐᕿᐃᓂᖃᓲᖕᒍᒻᒪᑦ ᐃᓄᓯᖕᒋᓐᓂ ᐊᓂᒍᕐᓯᒪᔪᑐᖃᐅᒐᓗᐊᕐᒪᑦ, ᐊᒻᒪᓗ ᐱᑐᑦᑎᓯᕐᖃᔭᖕᖕᒋᓯᒋᑎᒃ ᓱᕐᕿᑕᐅᒪᒍᓯᑦ ᐊᑐᕐᑕᐅᒍᓪᓗᓲᑦ ᖁᐊᕐᓵᓯᒪᓂᑯᓂᕕᓂᕐᒥᓄᒃ ᐱᓯᒪᒋᐊᖕᖓ ᐱᐊᕐᐅᓂᕐᒥᓂᒃ ᐱᓗᒃᑕᐅᓚᐅᕐᓂᑯᒥᓄᑦ.

ᓱᓄᓂᒃᑯᐊ ᐊᕐᓇᒥᒃ ᑲᑕᑦᑎᓯᓗᐊᖕᖕᒍᐊᓲᖕᒍᕙᑦ ᐃᑉᐱᓂᐊᕐᓂᖕᒋᓐᓂ?

ᐊᒥᓲᕗᑦ ᐊᑑᑎᓂᐅᔪᑦ ᐱᐅᖕᖕᒋᓗᐊᖕᖕᒍᐊᑎᑦᓯᒍᓐᓇᑐᑦ ᐊᕐᓇᐅᑉ ᖁᐊᕐᓵᓯᒪᓂᖕᖓᓂ.

ᓂᐯᕐᑎᑕᐅᓂᖅ

ᐃᓚᖕᒋᑦ ᐊᕐᓂᑦ ᐅᕐᑲᖓᓯᐊᕈᓐᓇᑐᑦ ᐱᓗᒃᑕᐅᓂᕕᓂᕐᒥᓂᒃ ᐱᖃᓐᓈᒥᓄᒃ ᐃᓚᒥᓄᓪᓗᓐᓂᒃ. ᐊᕐᓇᖅ ᐅᕐᑲᐅᑦᔭᐅᒍᓂ ᐃᒫᒃ "ᐳᐃᒍᑐᐃᓐᓇᓕᕈᒃ ᐃᓈᒐᓱᐊᑦᓴᓂᐊᑐᐃᓐᓇᓕᓇᓪᓗ," ᐊᕐᓇᖅ ᐃᑉᐱᓂᐊᓚᕐᕿᒍᓐᓇᑐᖅ ᐃᓄᑑᓕᕐᑎᓂᕐᒥᒃ ᓂᐯᕐᑎᑕᐅᓂᕐᒥᓗ.

ᐱᓗᒃᑕᐅᖃᑦᑕᓂᓕᒃ ᐁᑉᐸᓈᓐᓂᑎᒍᑦ

ᐱᓗᒃᑕᐅᖃᑦᑕᓂᓕᒃ ᐁᑉᐸᓈᓐᓂᑎᒍᑦ
ᐊᕐᓇᖅ ᑲᑎᖕᖕᒐᑐᐊᕈᓂ ᐃᓄᒻᒥᒃ ᐃᓱᒪᑎᒍᑦ, ᑎᒥᑎᒍᑦ ᐅᑯᑦᓗᓐᓃᒃ ᓄᓕᐊᕐᓂᑯᑦ ᐱᓗᒃᓱᒥᒃ, ᐱᐅᖕᖕᒋᓕᓗᐊᖕᖕᒍᐊᓯᓲᖅ ᓱᕐᕿᑕᐅᒪᓂᖕᒋᑦ ᐊᑑᑎᒋᐊᖕᖕᖓᓚᐅᕐᓯᒪᔭᖕᖓᑕ ᖁᐊᕐᓵᓯᒪᓂᕕᓂᖕᖓᓂ. ᑕᒪᓐᓇᓗ ᐊᕐᓇᒥᒃ ᒪᒥᓴᕐᑉᓕᐊᑎᑦᓯᒍᓐᓇᖕᒋᑦᓚᖅ.

ᐊᑦᐅᐅᖕᒋᑦᑑᑎᑕᐅᒪᓂᖅ

ᐊᒥᓱᐃᑦ ᐊᕐᓂᑦ, ᐊᑦᐅᐅᖕᒋᑦᑑᑎᑕᐅᓂᕐᒥᒃ ᐊᑑᑎᓲᖕᒍᕗᑦ ᖃᐅᑕᒫᑦ. ᑕᒪᓐᓇᓗ ᐅᖁᒍᓪᓕᐅᑎᑦᓯᓲᖕᒍᕗᖅ, ᐊᕐᓇᒍᓪᓗ ᓱᒍᓗᓗᐊᖕᖕᒍᐊᒍᑎᐅᕙᑦᓯᓂ ᖁᐊᕐᓵᓯᒪᓇᕐᓯᒪᔪᒍᒃ. ᐊᕐᓂᑦ ᐅᕕᓂᓖᑦ ᑖᕐᓂᓴᒥᒃ ᐊᒻᒪᓗ ᐊᕐᓇᐅᖃᑎᒥᓂᓲᑦ, ᐃᓗᕐᕈᓯᖃᑎᒋᔭᐅᖕᖕᒋᑐᑦ ᐊᒻᒪᓗ ᓇᕐᕈᓲᓄᑦ ᐊᕐᓇᐅᖃᑎᒌᑦᑐᓂᒃ ᐊᖕᒍᑎᐅᖃᑎᒌᑦᑐᓂᓐᓂᒃ ᐃᓚᐅᕐᑐᐃᓲᖕᒍᕗᖅ ᐊᑐᐃᓐᓇᖃᖕᖕᒋᓂᖕᖓᓂ ᓴᑐᕐᕕᓴᒥᒃ. ᐊᔪᕐᓴᓂᕐᓗ ᐃᓱᓕᑦᑕᑎᑦᓯᓲᖕᒍᒋᕗᖅ ᐊᕐᓇᐅᑉ ᐃᓄᓯᖕᒋᑦᑕ ᓂᕈᐊᒍᓐᓇᓂᖕᒋᓐᓂ (ᐅᑦᑑᑎᒥᓗᒍ: ᐊᑭᓕᕐᑐᐃᒍᓐᓇᓂᖅ ᒪᒥᓴᕐᓂᐅᔪᒥᒃ), ᐃᓚᐅᕐᑐᐃᓚᕐᑮᑦᓯᓂᓗ ᐱᓂᓗᑕᓂᑦ.

ᐸᓯᑦᓯᓂᖅ ᐃᓕᕐᑯᔾᔨᓂᑦᓗ

ᓴᐳᑦᔭᐅᖏᑦᑯᓂ ᑐᑭᓯᔭᐅᒪᖕᖏᑯᓂᓗ, ᐊᕐᓄᑦ ᐃᑉᐱᓂᐊᕐᓂᕐᑯᓐᓇᑭᓐᓇᑐᑦ ᐸᓯᔭᑦᓴᐅᓂᕐᒥᒃ ᐃᑦᓕᕐᑯᑎᓂᕐᒥᓗ. ᑕᒪᓐᓇᓗ ᐃᓄᑑᓕᕐᑎᓯᒍᓐᓇᑐᖅ, ᑭᑦᓴᓕᕐᑎᓯᓗᓂ ᐅᑦᑭᔫᓐᓃ ᐃᒪᒥᓂᒃ ᐋᓐᓂᑎᓕᕐᓗᓂ. ᑕᒪᒃᑯᐊ ᐃᑉᐱᓂᐊᕐᓃᑦ ᐊᑑᑎᓲᑦ ᐃᓄᒃ ᐃᑐᓕᕐᒪ:

- ᐸᓯᔭᐅᓐᓂᑭᓂ ᐱᓗᒃᑕᑕᐅᒃᑕᓂᕐᒥᓄᒃ
- ᐅᖃᕐᒌᓕᕐᑯᔭᐅᖃᑦᑕᓂᑭᓂ ᐱᓗᒃᑕᓂᐅᔪᒥᒃ
- ᑕᒪᒪᓯᓂ ᐅᑉᐱᓇᔭᖃᓕᕐᑐᖅ ᐱᓗᒃᑕᑕᐅᖃᑦᑕᑭᒪᔪᓇᓕᕐᓯᓂ
- ᐅᖃᐅᑏᒐᓗᐊᕋᒥ ᐱᓗᒃᑕᐅᓂᕐᒥᓂᒃ ᐅᑉᐱᓇᔭᐅᖕᖏᑐᖅ.

ᖁᐊᕐᓵᓯᒪᓂᖅ ᐁᑉᐸᓈᓐᓂᓗ

ᖁᐊᕐᓵᓯᒪᓂᖅ ᐊᑑᑎᔭᐅᓚᕿᓱᖅ ᐊᕐᓇᖅ ᐋᓐᓂᑕᐅᔪᕕᓂᐅᑐᐊᕐᒪᑦ ᐊᓯᒥᓄᒃ, ᓱᕐᓄᓂᐊᓕᕐᒪᑦ ᑕᑎᖃᒍᓐᓇᓂᖅᒐᓂ ᐃᓯᒥᓂᒃ:

- ᐃᓚᖏᑦ ᐊᕐᓄᑦ ᓂᓇᐅᓐᓂᑖᓱᑦ ᐊᓯᒥᓄᒃ ᐋᓐᓂᑕᐅᓛᓇᐊᒥᒃ. ᑎᒥᓐᓂᑯᒥᓄᒃ, ᐱᓄᓗᑕᖃᓱᑦ ᑕᑎᖃᒍᓐᓇᓂᕐᒥᒃ.
- ᐃᓚᖏᓪᓗ ᐊᕐᓄᑦ ᓱᒃᓗᐊᕐᑐᒥᒃ ᑕᑎᖃᒍᐊᕐᑑᓗᐊᕐᑐᑦ, ᐃᓕᑦᓯᒍᓐᓇᓯᕋᑎᓪᓗ ᓇᐅ ᐃᓕᒪᓇᕐᑑᒪᖔᑦ. ᐃᓕᑦᓯᓂᕋᒥ ᐱᐊᕋᐅᑦᓱᑎ ᐃᓚᖓᓂ ᐃᓚᒥᓄᒃ ᓇᓪᓕᒋᔭᒥᓄᒃ ᑕᑎᒋᓱᒥᓄᒃ ᐱᓗᒃᑎᖃᕐᓂᕋᒥ. ᑎᒥᓐᓂᑯᖓᓄ, ᐃᓕᑦᓯᔪᕕᓃᑦ ᑐᓂᓯᑐᐃᓐᓇᓂᕐᒥᒃ ᑕᑎᖃᕐᓂᒥᓂᒃ, ᐃᓄᒃ ᐱᔪᑦᓴᐅᖏᒃᑲᓗᐊᕐᑎᓗᒍ.

ᓄᓕᐊᕐᓂᑯᑦ ᐱᓗᒃᑕᐅᓂᖅ ᓱᕐᓄᓂᖃᓱᖅ ᐊᕐᓇᐅᑉ ᓄᓕᐊᕐᓂᓕᓇᓂᖅᒐᓂ. ᐊᕐᓄᑦ ᑕᒪᒪᐅᔨᒍᓐᓇᑐᑦ ᓄᓕᐊᕐᓂᒥᒃ ᓇᓪᓕᒍᓱᓐᓂᒧᒃ ᓈᒃᑭᒍᓱᓐᓂᒧᓪᓗ. ᐱᑦᔪᑕᐅᑎᓗᒍ ᐱᓗᒃᑕᑎ ᑲᖏᒋᔭᖃᕐᐸᒪᒃ ᓄᓕᐊᕐᓂᑯᕙᓪᓗᑦ ᑭᓯᐊᓂ. ᑎᒥᑦᑐᑑᕐᓃᑦ ᐊᑦᑕᓇᕐᑐᒦᑎᑦᓯᓗᐊᖅᖅᒍᐊᓯᓱᖅᒍᐅᖅ ᓄᓕᐊᑭᒪᖅᖏᓯᓂ ᓄᓕᐊᕐᑎᑕᐅᔪᖅ ᐃᓈᒪᓇᐅᓕᕋᓗᐊᕋᒥ.

ᐃᓚᖏᑦ ᐊᕐᓄᑦ ᓄᓕᐊᕐᓂᒥᒃ ᑲᒪᑦᑎᓕᓯᑦ ᑎᒥᒃᑯᓗ ᖃᓂᑕᖃᕐᓂᒥᒃ, ᐃᑉᐱᓂᐊᓚᕿᒍᒪᖅᖏᒧᑦ ᐃᓱᐃᑦᑐᓂᒃ ᐊᒻᒪᓗ ᐊᐅᓚᔨᓚᕿᒍᒪᖅᖏᒧᑦ ᐱᓗᒃᑕᐅᓂᕐᒥᓂᒃ.

ᔪᓂᖅ ᒪᒥᓴᕐᓂᓗ

ᐊᑑᑎᓯᒪᓐᓂᕿᕕᑦ ᐱᓗᒃᑕᐅᓂᕐᒥᒃ ᐱᐊᕋᐅᑦᓱᑎᑦ, ᐃᓚᖓᓂ ᑕᑕᒥᓐᓇᕿᓐᓇᑐᖅ ᐊᒻᒪᓗ ᑐᑭᓯᒪᓕᑐᐊᕋᒥ ᖃᓄᑎᒋᒃ ᐃᓈᓯᕐᒥᒃ ᓱᕐᕋᑕᐅᒪᓂᕐᒥᒃ ᓂᖅᖓᐅᒪᓕᕐᓇᕿᓐᓇᑐᖅ. ᐃᕐᖃᐃᑎᒋᐊᕐᖃᕐᑐᑎᒃ ᐃᒪᒥᓂᒃ ᐊᓐᓇᐅᒪᓯᒪᓂᕐᓂᒃ. ᐊᑦᓱᕿᕐᓇᓚᐅᕋᓗᐊᕐᑎᓗᒍ ᐃᓈᓯᖅ, ᓇᓂᓯᓯᒪᓚᕐᕿᓕᕐᑐᑎᑦ ᓱᖅᒍᓂᖃᕐᓂᓂ ᖃᔪᓯᒍᑎᒋᑦᓱᒍᓗ.

ᐱᒻᒪᕆᐅᓚᖓᔪᖅ ᓱᓱᑦᓴᕆᐊᖃᕐᓂᒥᒃ ᖃᔪᓯᒐᓱᐊᕐᓂᕆᑦᑕᓂᒃ ᑐᒥᓘᕐᓂᑦ ᓴᐅᓗᑕᕆᓐᓂᕋᐃᐅᒃ, ᐊᒻᒪᓗ ᐃᑉᐱᓂᐊᕐᓂᑯᑦ ᑎᒥᒃᑯᓗ ᐊᓐᓇᐅᒪᒐᓱᐊᕈᑎᒥᓐᓂᕋᐃᐅᒃ. ᑖᓐᓇᓴᓐᓇᖅ ᓱᖅᒍᔫᓐᓂᑦ ᐊᑐᕈᓐᓇᓯᐊᕐᒥᔪᖅ ᒪᒥᓴᕐᐸᓕᐊᓂᕐᓄᑦ ᐱᓗᒃᑕᐅᓂᕆᓯᒪᔭᑎᓐᓂ.

ᒪᒥᓴᕐᓂᖅ ᐱᒋᐊᓱᖅ ᓇᓗᓐᕐᓯᒍᓐᓇᓯᑐᐊᕋᒥ ᐊᒻᒪᓗ ᑐᑭᓯᒪᓕᑐᐊᕋᒥ ᖃᓄᐃᑦᑐᑰᕐᓂᕕᓂᕐᓂᒃ, ᖃᓄᑎᒋᓗ ᓱᕐᓄᓂᖃᕐᒪᖔᑦ ᐃᓄᓯᕐᓂᒃ ᐅᓪᓗᒥᒧᑦ. ᑎᒪ, ᓇᕝᕚᕈᓐᓇᓯᓕᕐᓂᐊᕋᕕᑦ ᐃᑲᔪᕐᓯᒍᑎᐅᓂᐊᕐᑐᒥᒃ ᐋᕐᕿᒋᐊᕐᓂᓇᓂᐊᕐᑕᓄᑦ.

ᓱᒧ ᒪᒥᓴᕐᓂᖅ ᐱᒻᒪᓇᐅᑎᒋᕗᖅ

ᒪᒥᓴᕐᓂᖅ ᐱᒻᒪᓇᐅᕗᖅ ᐃᒥᓐᓂᑯᖓᓄ:

- ᐊᑑᑎᓂᐊᕐᒪᑕ ᐊᕐᓄᑦ ᐊᐅᓚᑦᓯᓂᖃᕐᓂᒥᒃ ᐃᓈᓯᕐᒥᓂᒃ ᐊᒻᒪᓗ ᐱᒍᓐᓇᓂᖃᕐᓂᐊᓗᑎ ᐃᓱᒪᒋᔭᒥᓂᒃ ᐃᑉᐱᓂᐊᕐᑕᒥᓂᓪᓗ
- ᐊᑑᑎᓂᐊᕐᒪᑕ ᐊᕐᓄᑦ ᖃᓂᑕᖃᕈᓐᓇᓂᕐᒥᒃ ᐱᖃᑎᖃᕐᓂᑯᑦ
- ᐃᑲᔪᕐᓯᓂᐊᕐᒪᑦ ᐊᕐᓇᓂᒃ ᐊᐅᓚᑕᐅᓂᐊᕈᓐᓄᓗᑎᒃ ᖁᐊᕐᓵᓯᒪᓂᕕᓂᕐᒥᓄᒃ; ᐊᑑᑕᓂᐊᖅᖏᒪᑕ ᐱᐅᖅᖏᑐᒃᑰᓂᕕᓂᕐᒥᓄᑦ ᐅᑉᐸᓈᓐᓂᑦ ᖃᐅᑕᒫᕐᓯᐅᑎᒥᓂᒃ ᑲᑉᐱᐊᓱᐊᓕᑐᐊᕈᑎᒃ ᓱᖅᒍᓂᖃᔫᔭᕈᓐᓄᓕᕈᑎᒃ
- ᐃᑲᔪᕐᓯᒍᓐᓇᒪᑦ ᐋᓐᓂᐊᕈᓐᓄᓕᕐᓗᓂ ᑭᑦᓴᕈᓐᓄᓂᕐᒥᓗ
- ᐃᑲᔪᕐᓯᒍᓐᓇᒪᑦ ᐊᕐᓇᓂᑦ ᑎᒥᒥᓂᒃ ᐃᑉᐱᓂᐊᕐᓂᒥᓂᒃ ᐊᑑᑎᑦᓯᐊᕈᓐᓇᓯᖃᑦᑕᓂᐊᓕᕐᒪᑦ

ᕿᓂᕐᓂᒃ ᐃᑲᔪᕐᑕᐅᒍᒪᓂᕐᒥᒃ ᐱᒻᒪᓇᐅᑎᒋᕗᖅ

ᐊᕐᓄᑦ ᐊᑑᑎᒍᓐᓇᐳᑦ ᕙᑦᓱᑎᓪᓗ ᐋᕐᕿᒋᐊᕐᓂᒥᒃ ᑕᒪᒃᑯᓇᖅᖓᑦ ᐱᓗᒃᑕᐅᓂᒃᑯᑦ ᖁᐊᕐᓵᓯᒪᓂᕐᒥᒃ. ᐱᒋᐊᖅᖓᐅᑎᐅᓱᖅ ᖁᐊᕐᓵᓯᒪᓂᕐᒥᒃ ᑕᓯᐅᕐᓯᔭᐅᓂᖅ, ᐊᕐᓄᑦ ᐃᓕᑦᓯᓱᑦ ᐱᐅᓂᕐᓴᒥᒃ ᐋᓐᓂᓇᖅᖏᓂᕐᓴᒥᒃ ᓵᖅᖓᓯᓂᐅᔪᓂᒃ ᑕᑕᒥᐅᒪᓇᕐᑐᓂᒃ ᐋᓐᓂᐊᓂᐅᔪᓂᒃ ᐃᑉᐱᓂᐊᕐᑕᒥᓂᒃ. ᑕᓯᐅᕐᓯᔭᐅᓂᖅ ᐃᑲᔪᕐᓯᓱᖅᒍᒪᒥᔪᖅ ᐊᕐᓇᓂᑦ ᑲᔪᓯᒐᓱᐊᕐᓂᒥᒃ ᓱᕐᕋᑕᐅᒪᓂᐅᔪᓂᑦ ᒪᑯᓂᖅᒐᒃ: ᐅᑎᕿᓐᓇᓂᕐᒥᒃ, ᖁᐊᕐᓵᖅᒐᓂᕐᒥᒃ, ᐊᒻᒪᓗ ᐃᒪᒥᓂᒃ ᐋᓐᓃᑎᓇᓂᕐᒥᒃ.

ᕿᓂᓕᕈᕕᑦ ᐃᑲᔪᕐᓯᔭᐅᒍᒪᓂᕐᒥᒃ, ᐅᒍᒪᓂᕐᒥᒃ, ᐃᓱᕐᓇᒋᔭᖃᑦᓯᐊᓇᐊᖃᕐᑐᑎ ᐃᑲᔪᕐᓯᔭᐅᑉ ᖃᐅᔨᒪᓂᖅᒐᓂᒃ ᐱᓇᓱᐊᕐᒍᓯᖅᒐᓂᓪᓗ. ᐊᐱᕐᓱᖃᑦᑕᓗᒍᓗ.

ᖁᒥᕐᑭᒍᓐᓇᑌᑦ CAMH ᖁᒥᕐᑭᐊᖓ ᐊᕐᓂᑦ, ᐱᓗᒃᓐᓂᖅ ᐊᒻᒪᓗ ᖁᐊᕐᓵᓯᒪᓂᕐᒧᑦ ᑕᓯᐅᕐᓯᔭᐅᓂᖅ ᑐᑭᓯᒪᒍᑎᒋᓗᒍ ᖃᓄᐃᓕᖓᒪᖕᒐᑦ ᖁᐊᕐᓵᓯᒪᓂᖅ ᐊᒻᒪᓗ ᑕᓯᐅᕐᓯᔭᐅᓂᕐᒥᒃ, ᐊᒻᒪᓗ ᖃᓄᐃᓗᔪᑦᓴᐅᓂᕐᒥᒃ ᑕᓯᐅᕐᓯᔾᐅᔪᒥᒃ. ᕿᓂᕐᓂᖅ ᓈᒻᒪᑐᒥᒃ ᓴᓗᐊᕐᓯᕕᑦᓴᒥᒃ ᐊᑯᓐᑎᒋᒍᓐᓇᑐᖅ, ᐊᔪᐃᓐᓇᑭᑕᐅᒋᐊᖃᕐᓯᓂ ᐊᒻᒪᓗ ᕿᓄᐃᓵᕐᓂᓇᓇᐊᖃᕐᓯᓂ-ᑭᓯᐊᓂ ᐱᒻᒪᓇᐅᔾᖅ ᕿᓂᖅᑭᓐᓇᓇᐊᖃᕐᓂᖅ.

ᓇᓂᓯᓂᖅ ᐃᑲᔪᕐᓯᒍᓐᓇᑐᒥᒃ

ᐃᓱᒫᓗᒍᑎᖃᕈᕕᑦ ᐱᓗᒃᑕᐅᓂᑯᒧᑦ ᖁᐊᕐᓵᓯᒪᓂᕐᒥᒃ, ᐃᓄᖃᕐᖁᖅ ᐃᑲᔪᕈᓐᓇᑐᓂᑦ ᐃᓕᓐᓂ ᐅᑦᑕᓐᓃᑦ ᐃᑲᔪᕈᓐᓇᑐᓂᑦ ᓇᑦᑖᕈᑦᕈᒍᓐᓇᑐᓂᑦ. ᖃᐅᔨᒋᐊᕐᕕᓴᑦ ᒪᑯᐊ:

- ᐊᕐᓂᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᖅᒪᑕ ᑐᑦᑕᕕᑦ
- ᓄᓇᓐᓂ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒥᒃ ᑐᑦᑕᕕᑦ
- ᑕᓯᐅᕐᓯᔾᑦ ᓇᒻᒥᓂᐅᑦᓯᑎᒃ ᐊᑭᓕᕐᑕᐅᓲᑦ(ᐃᓱᒪᓕᓇᔾᑦ, ᐃᓄᓕᓇᔾᑦᓗ)
- ᓄᓕᐊᕐᓂᑯᑦ ᐱᓗᒃᑕᐅᔪᓄᑦ ᐃᑲᔪᕐᓯᕕᑦ
- ᑭᑦᓴᑐᓄᑦ ᐅᕐᑳᓚᕕᐅᕕᑦ ᐊᕐᓇᓅᓕᖓᔪᑦ ᐱᓗᒃᑕᐅᔪᓄᑦ
- YMCA
- ᐊᕐᓂᑦ ᕿᒫᕕᖅᑭᑦ
- ᑐᑦᓯᐊᕕᑦ
- ᐃᓚᒋᓂᒃ ᐱᒍᑦᔾᔾᑦ
- ᐃᓚᒋᓂᑦ ᐋᓂᐊᓯᐅᕐᑎᒪᓇᑦ

ᐊᑐᐃᓐᓇᖃᕐᒥᔪᖅ ᑐᑦᑕᕕᐅᔪᒥᒃ ᐅᐃᓇᓯᒪᓂᕐᓄᑦ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒧᑦ:

ᐊᕐᓂᑦ, ᐱᓗᒃᓐᓂᖅ ᐊᒻᒪᓗ ᖁᐊᕐᓵᓯᒪᓂᕐᒧᑦ ᑕᓯᐅᕐᓯᔭᐅᓂᖅ: ᖃᐅᔨᒋᐊᕐᕕᐅᒍᓐᓇᑐᖅ ᐊᕐᓇᓄᑦ ᐊᒻᒪᓗ ᐃᓚᒌᖅᒍᔪᓄᑦ Lori Haskell, EdD, C.Psych.

ᑖᓐᓇ ᑐᑭᒧᐊᕈᑎᒃ ᐊᕐᓇᓅᓕᖓᔪᖅ ᑕᓯᐅᕐᓯᔭᐅᔪᓄᑦ ᐅᑦᑕᓅᓐᓂᑦ ᕿᓂᕐᑐᓄᑦ ᑕᓯᐅᕐᓯᔭᐅᒍᒪᔪᓄᑦ ᐃᑲᔪᕐᓯᓂᐊᕐᓗᓂ ᓵᖅᖓᓯᓂᕐᒥᒃ ᐱᓗᒃᑕᐅᓂᑯᑦ ᖁᐊᕐᓵᓯᒪᓂᐅᔪᒥᒃ. ᐃᓗᓕᑕᖃᕐᓯᓂ ᑐᑭᓯᒍᑎᑦᓴᓂᑦ ᖁᐊᕐᓵᓯᒪᓂᕐᒨᓕᖓᔪᓂᑦ ᐊᒻᒪᓗ ᐊᑑᑎᔭᐃᑦ ᒪᓕᑦᑕᓇᓐᓂᖅᑭᓐᓂ ᑕᓯᐅᕐᓯᔭᐅᓂᐅᑉ. ᐊᑐᕐᑕᐅᒍᓐᓇᑐᓂᓪᓗ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᒥᑦᓯᓂ ᐱᕙᓪᓕᓇᕐᑑᒍᓐᓇᓂᖅᑭᓐᓂ ᖁᐊᕐᓵᓯᒪᓂᕐᒧᑦ ᑕᓯᐅᕐᓯᔭᐅᓂᕐᒥᒃ.

ᓴᕐᕿᑎᑕᖅ 2004 – 44 ᒪᑉᐱᕐᑦ - $6.95
ISBN 0-88868-442-8
PM033
ᒍᐃᒍᐃᑎᑐᑦ ᐊᑐᐃᓐᓇᐅᕈᓐᓇᒥᔪᖅ

ᖃᐅᔨᒋᐊᓪᓚᕈᒪᒍᐃᑦ ᐅᐃᓇᓯᒪᓂᕐᒨᓕᖓᔪᓂᑦ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒨᓕᖓᔪᓂᑦ, ᐅᑦᑖᓐᓂᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᕿᒥᕐᑭᒍᒪᒍᐃᑦ, ᐅᐸᒍᓐᓇᓯᐊᕐᑐᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᕿᒥᕐᑭᔭᐅᐃᖅᒪ: www.camh,ca

ᑖᓐᓇ ᓄᐃᑕᐅᒪᔪᖅ ᐊᑐᐃᓐᓇᑎᑕᐅᔾᖅ ᐊᓯᐊᑎᒍᑦ ᐃᓂᓪᓚᖓᐅᓯᐅᔪᓂ ᖃᓇᑕᐅᔭᑎᒍᑦ, ᑎᑭᕐᑯᔨᒍᒪᒍᐃᑦ ᐊᑦᔨᖅᑭᓐᓂ, ᖃᐅᔨᒋᐊᕐᕕᒋᒍᓐᓇᑐᑦ Sales and Distribution: ᐅᕐᑳᓚᐅᑎᒃ ᐊᑭᕐᑲᖅᑭᑐᖅ: 1 800 661 1111
ᑐᕌᓐᑐᒥ: 416 595-6059
ᖃᓇᑕᐅᔭᒃᑯᑦ ᐊᓪᓚᕕᕐᑲᕐᓂᖅ: publications@camh.ca
ᖃᓇᑕᐅᔭᒃᑯᑦ ᖁᒻᒧᐊᑎᑕᐅᒪᕕᖓᑕ ᑐᑦᑕᕕᖓ: http://store.camh.ca

ᑮᓇᐅᔭᓂᒃ ᑐᓂᓯᒍᒪᖕᓂᕈᕕᑦ, ᖃᐅᔨᒋᐊᕐᕕᖃᕈᓐᓇᑐᑎᑦ CAMH Foundation: ᐅᕐᑳᓚᐅᑎᖓ: 416 979-6909
ᖃᓇᑕᐅᔭᒃᑯᑦ ᐊᓪᓚᕕᕐᑲᕐᓂᖅ: foundation@camh.ca

ᐊᐱᕐᓱᑎᑦᓴᕐᑲᕈᕕᑦ, ᐃᓱᒫᓗᒍᑎᕐᑲᕈᕕᓪᓗᓂᑦ ᐅᓐᓂᓗᒍᒪᕈᕕᓪᓗᓂᑦ ᐱᒍᑦᔾᔾᑦᑎᓂ CAMH-ᒥ, ᓂᓪᓚᕕᒋᒍᓐᓇᑕᑎ ᑲᒥᔾᔾᔪᑦ ᐱᒍᑦᔾᓂᕐᓂ: ᐅᕐᑳᓚᐅᑎᖓ: 416 535-8501 EXT. 32028 ᐅᑦᑖᓐᓂᑦ 32027

ᐊᑦᔨᓕᐊᓇᔭᐅᕐᕐᑲᔭᖅᑭᑐᖅ © 2004, ᑐᑦᑕᕕᒃ ᐅᐃᓇᓯᒪᔪᓕᓇᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒥ.

ᒍᐃᒍᐃᑎᑐᑦ ᐊᑐᐃᓐᓇᐅᒥᔪᖅ.

camh ᑎᒥᕐᑯᑎᖓ ᐅᐃᓇᓯᒪᔪᓕᓇᓂᕐᒧᒃ ᐃᓱᒪᒃᑯᓗ ᖃᓄᐃᖅᑭᓯᐊᕐᓂᒧᒃ

Pan American Health Organization /
World Health Organization Collaborating Centre

Fully affiliated with the University of Toronto

P573 2935R / 02-2014