ᐱᑭᕐᑲᑎᑮᑦ
ᑲᑎᕝᕕᖕᒋᑦ
PIRUQATIGIIT
RESOURCE CENTRE

ᐃᓕᓐᓂᐊᕐᑲᑎᑮᓐᓂᖅ: ᐅᕐᑲᕐᑲᑎᑮᒍᑎᒋᓚᕗᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ

ᓱᓇᐅᒻᒪᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ

ᑲᓇᑕᒥ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᓂᒃ ᖃᐅᔨᓴᕐᓂᒧᑦ ᑲᓱᒪᕐᑲᑎᑮᑦ (CanFASD) ᓇᓗᓇᐃᔭᐃᔪᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᓂᕐᒥᒃ ᐃᒫᒃ:

“ᖃᐅᔨᓴᕐᓂᕐᒨᖓᔪᖅ ᐅᕐᑲᐅᓯᖅ ᐊᑐᖅᑕᖅ ᓇᓗᓇᐃᔭᐃᒍᑕᐅᑦᓱᓂ ᐊᑦᑐᖅᑕᐅᓂᖓᓂᒃ ᖃᓇᑕᐅᑉ ᑎᒥᖓᑕᓗ ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᕈᑕᐅᓯᒪᔪᑦ. ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᐃᓅᓯᓕᒫᕐᒨᖓᔪᒥᒃ ᐊᔪᕈᑎᖃᓱᑦ. ᐊᑑᑎᓂᖅᓴᐅᓲᖑᑦᓱᑎᒃ ᖃᓄᑐᐃᓐᓇᖅ ᐊᑦᓱᕈᕐᓇᖅᑐᓂᒃ ᖃᐅᑕᒫᑦ ᐃᓅᓯᓇᓱᕐᓂᕐᒥᓂ, ᐃᑲᔪᖅᑕᐅᑎᐊᓖᑦ ᓄᑭᖕᒋᓐᓅᖓᔪᓄᑦ, ᑎᒥᒃᑯᑦ ᖃᓄᐃᑦᑕᐃᓕᒪᓂᕐᒧᑦ, ᐃᓕᓐᓂᐊᕐᓂᕐᒧᑦ, ᐊᐅᓚᔨᒍᓐᓇᕐᓂᕐᒧᑦ, ᐅᔾᔨᖅᑐᕈᓐᓇᕐᓂᕐᒧᑦ, ᐅᕐᑲᕐᑎᕐᑲᕈᓐᓇᕐᓂᕐᒧᑦ, ᐃᑉᐱᓐᓂᐊᔭᒥᓂᒃ ᐊᐅᓚᑦᓯᒍᓐᓇᓂᕐᒧᑦ, ᐃᓅᓯᕐᓵᖓᔪᓂᓪᓗ ᑎᑭᐅᑎᒍᓐᓇᕐᑯᓪᓗᒋᑦ ᐱᒍᓐᓇᕐᓂᓕᒫᖕᒋᓐᓄᑦ. ᐊᑐᓂᑦ ᐃᓄᒃ ᓇᔾᔨᐊᖑᓪᓗᓂ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᖅ ᐊᔾᔨᐅᖏᑦᑐᖅ ᓴᙱᓂᕐᑲᖅᓱᓐᓈᑦ ᐊᑦᓱᕈᕐᓇᖅᑐᒃᑰᐸᑦᓱᑎᒃ ”

ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᐃᓅᓯᓕᒫᖅ ᐊᔪᕈᑎᖃᓱᑦ ᐊᑦᑐᐃᓂᖃᕈᓐᓇᕐᒪᑦ ᖃᓇᑕᕐᒥᒃ ᑎᒥᒥᓪᓗ. ᐊᑐᓂᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᓴᙱᓂᕐᑲᖅᑐᑦ ᐊᑦᓱᕈᕐᓇᖅᑐᒃᑰᕐᓂᖃᖅᓱᑎᓪᓗ. ᐃᓄᐃᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᑦ ᐃᑲᔪᖅᓯᓯᒪᔭᐅᑐᐃᓐᓇᓇᐊᓖᑦ ᖃᖓᑐᐃᓐᓇᑦᓯᐊᖅ ᐃᓅᓯᖓᓂ.

CanFASD ᐃᓚᒋᓐᓂᒃ ᐅᕐᑲᐅᔾᔨᒋᐊᖅᑏᑦ ᑲᑎᒪᔨᕋᓛᑦ

ᓄᑖᑦ 2015–ᒧᑦ ᑲᓇᑕᒥ ᖃᐅᔨᓴᖅᑕᐅᓂᕐᒧᑦ ᒪᓕᒐᐃᑦ ᐱᖃᓯᐅᔾᔨᔪᑦ:

- ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᑮᓇᖕᒋᑦᑎᒍᑦ ᑕᑯᑦᓴᐃᑦ - ᑮᓇᒃᑯᑦ ᐊᑦᑐᖅᑕᐅᓯᒪᓂᖃᖅᑐᑦ ᐃᔨᖕᒋᑦᑕ ᓯᓂᖕᒋᑎᒍᑦ ᒪᓂᕋᑦᑑᔭᖅᑐᑦ ᓇᕿᑎᖅᓯᒪᔫᔭᖅᑐᓪᓗᓐᓂᑦ (ᑲᒃᑭᕕᐅᒃᑯᑦ) ᐊᒻᒪᓗ ᐊᒥᑦᑑᓂᖅᓴᐅᑦᓱᓂ ᖃᓂᖓ
- ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᑮᓇᖕᒋᑦᑎᒍᑦ ᓇᓗᓇᐃᕈᑎᑦᓴᖃᖕᒋᑦᑐᑦ
- ᐊᑦᑕᕐᓇᖅᑐᒦᑐᐃᓐᓇᓇᐊᓖᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐱᕈᓈᖅᓯᒪᖕᒋᖅᑐᑦ ᐊᒻᒪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓐᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᑦ

ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᑕᐃᔭᐅᒐᔪᑦᑐᑦ “ᑕᑯᑦᓴᐅᖕᒋᑦᑐᒥᒃ ᐊᔪᕈᑎᓐᑦ” ᑕᑯᓐᓇᑐᐃᓐᓇᕐᓗᓂ ᐃᓄᒻᒥᒃ ᓇᓗᓇᕐᒪᑦ ᖃᓇᑕᒃᑯᒃ ᑎᒥᒃᑯᓗᓐᓂᑦ ᐊᔾᔨᐅᖕᒋᓐᓂᖕᒋᑦ ᐃᑲᔪᖅᓯᔭᐅᒋᐊᓕᓐᓂᒃ ᓇᔪᒐᖃᓇᐊᓕᓐᓂᓪᓗ. ᑮᓇᖕᒋᑦᑕ ᑕᐅᑦᑐᓇᓕᖅᓯᒪᔭᖕᒋᑦ ᑕᑯᒐᔪᐃᑦᑕᕗᑦ. ᑮᓇᖓᑕ ᐊᔾᔨᐊᖕᒋᓐᓂᖕᒋᑦ ᓇᓗᓇᐃᕈᑎᑦᓴᐅᖕᒋᑦᑐᑦ ᖃᓄᑎᒋ ᐃᑲᔪᖅᑐᖅᑕᐅᒋᐊᖃᕐᒪᖔᖅ ᐃᓄᒃ ᖃᐅᑕᒫᑦ ᐊᑦᓱᑑᑎᖕᒋᓐᓂᒃ ᐃᑲᔪᖅᑕᐅᓗᓂ.

‘ᑕᑯᑦᓴᐅᖕᒋᓐᓂᖓ’ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᓴᖅᑭᕈᑕᐅᒍᓐᓇᖅᑐᑦ ᐃᓄᓐᓄᑦ ᑐᑭᓯᔭᐅᒍᒪᔫᖓᓗᐊᓄᑦ, ᐃᑲᔪᖅᑕᐅᒋᐊᓕᓐᓄᑦ, ᓇᔪᒐᖃᓇᐊᓕᓐᓄᑦ ᐃᑲᔪᖅᑕᐅᒋᐊᓕᓐᓄᓪᓗ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᕐᓄᑦ ᐃᓄᓐᓄᑦ ᓇᔪᒐᕐᓄᓪᓗ ᐃᓚᐅᕕᒋᔭᒥᓐᓄᑦ ᖃᐅᑕᒫᑦ.

ᖃᓄᖅ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᑦ ᐊᑦᑐᖅᑕᐅᓂᖃᕈᓐᓇᖅᑲᑦ?

ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᐱᔭᕆᐊᑐᔪᒃᑰᑐᐃᓐᓇᕆᐊᓖᑦ ᐅᑯᑎᒎᓇ:

- ᐃᓕᑉᐸᓪᓕᐊᓂᖏᑦ ᐊᔾᔨᒌᙱᑦᑑᓗᑎᒃ
- ᐳᐃᒍᑐᔪᑦ
- ᐃᓱᒪᒃᑯᑦ ᖃᓄᐃᓕᒃᑦᓚᐸᑦᑐᑦ ᖃᓄᐃᓕᐅᓯᒃᑦᓚᐸᑦᓱᑎᒃ
- ᐱᔭᕆᐊᑐᔪᖅ ᐃᓱᒪᑦᓴᖅᓯᐅᑦᓯᐊᕋᓱᐊᕆᐊᑦᓴᖅ ᐱᖃᓯᐅᑎᑦᓱᓂ ᐸᖃᓐᓂᖅ ᐋᖅᑭᑦᓱᐃᓂᕐᓗ; ᓯᕗᑦᓕᐅᑎᒋᐊᓕᓐᓂᒃ ᓯᕗᑦᓕᐅᔾᔨᓱᐊᕐᓂᖅ; ᑲᓲᒪᑎᑦᓯᓂᖅ ᖃᓄᐃᓐᓂᐅᔪᓂᒃ ᖃᓄᐃᓚᕿᓂᐅᔪᓂᑦᓗ; ᐱᕕᖃᕐᓂᕐᒥᒃ ᐊᐅᓚᑦᓯᓂᖅ; ᐃᓱᒪᑦᓴᖅᓯᐅᕆᐊᓕᓐᓄᑦ ᐊᐅᓚᓃᑦ; ᑐᑭᓕᐅᕆᓂᖅ ᐃᓅᓱᕐᒨᖓᔪᓂᒃ; ᓇᒻᒥᓂᖅ ᓇᔪᒻᒥᒍᓐᓇᕐᓂᖅ, ᐊᓯᖏᑦᓗ.
- ᑕᕝᕗᖓᖓᑦᓴᐃᓐᓇᑯᑖᒍᓐᓇᖏᑦᑐᑦ ᐅᓚᕕᑕᐅᓯᐊᑦᓗ
- ᐅᐃᒪᔾᕐᓂᐅᓴᔪᑦ
- ᐃᓅᓯᕐᒨᖓᔪᑦ ᑲᓲᒪᓂᖏᑦ
- ᐃᑉᐱᓐᓂᐊᓂᕐᒨᖓᔪᑦ ᐊᑦᓱᕈᕐᓇᖅᑐᑦ

ᐱᔭᕆᐊᑐᒋᔭᖏᑦ:

- ᑐᓴᐅᒪᑦᓯᐊᕐᓗᓂ ᖃᓄᖅᑑᕋᓱᐊᕐᓂᖅ
- ᐅᐸᓗᑦᑕᐃᓕᒪᓂᖅ
- ᑐᑭᓯᓇᓱᐊᕐᓂᖅ
- ᒪᓕᒋᐊᓕᓐᓂᒃ ᑐᑦᓯᕋᓂᓪᓗ ᒪᓕᒐᓱᕐᓂᖅ

ᓄᑖᑦ ᖃᐅᔨᓴᕐᓂᐅᓯᒪᔪᑦ ᑐᑭᓯᒍᑎᒋᔭᕗᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᐊᑦᑐᖅᑕᑐᐊᖃᙱᑦᑐᑦ ᖃᓇᑕᕐᒥᒃ. ‘ᑎᒥᓕᒫᒃᑯᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᖅ’, ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᐊᓯᖏᓐᓂᒃ ᐊᐅᓚᓂᐅᔪᓂᒃ ᑎᑭᐅᑎᒍᑕᐅᓗᑎᒃ ᐋᓐᓂᐊᕕᓕᐊᑭᑕᓐᓂᕐᒧᑦ.[1]

ᐃᓚᖓᓂ, ᓇᓗᓇᐃᕈᑎᑦᓴᑑᓲᖅ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐱᐅᓯᐅᔪᑦ ᖃᓇᑕᐃᑦ ᐊᔾᔨᒌᙱᓐᓂᖏᓐᓄᑦ. ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᑐᓴᐅᒪᔪᑦ ᐸᐸᑦᓯᔨᑦ ᐱᔨᑦᓯᖅᑏᓪᓗ, ᐱᖃᓯᐅᑎᑦᓱᑎᒃ ᐃᓕᓐᓂᐊᑎᑦᓯᔨᑦ, ᐱᕈᖅᐸᓪᓕᐊᑎᑦᓯᒍᓐᓇᖅᑐᑦ ᐃᓅᑉ ᓴᙱᓂᖓᓂᒃ ᐃᑲᔪᖅᑕᐅᓗᑎᓪᓗ ᐃᒻᒥᒃᑯᑦ ᓇᔪᒐᖃᖅᑎᑕᐅᓗᑎᒃ ᖃᓄᐃᙱᑦᓯᐊᒃᑲᓐᓂᕐᑯᓪᓗᒋᑦ ᑲᔪᓯᑦᓯᐊᕈᓐᓇᕐᑯᓪᓗᒋᓪᓗ.

ᑭᓇ ᓇᔾᔨᐊᖑᓪᓗᓂ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᕝ?

ᑭᓇᑐᐃᓐᓇᑦᓯᐊᖅ ᓇᑭᑐᐃᓐᓇᑦᓯᐊᖅ ᓄᓇᕐᔪᐊᕐᒥᒃ ᐃᒥᐊᓗᑉᐸᑦᑐᓂ ᓇᔾᔨᐊᖑᓪᓗᓂ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᒍᓐᓇᖅᑐᑦ. ᑕᒪᓐᓇ ᐊᔪᕈᑕᐅᔪᖅ ᐱᑕᖃᐃᓐᓇᖅᑐᑦ ᑕᐃᒪᙱᓂᑦ ᐃᒥᐊᓗᑦᑐᖃᖃᑦᑕᓯᓐᓂᕐᒪᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᑦᓱᓂ ᐊᕐᕌᒍᕋᓴᕐᔪᐊᓂᒃ ᐄᐊᓐᓇᓚᖏᓐᓃᑦᑐᓂᒃ ᓇᓗᓇᐃᖅᑕᐅᓚᕆᓚᐅᙱᓐᓂᖓᓂ 1973–ᒥ.

- ᓄᑖᖅ ᖃᐅᔨᓴᕐᓂᐅᔪᖅ ᓇᓗᓇᐃᖅᓯᓯᒪᓕᖅᑐᖅ ᑎᑭᐅᒪᔪᑦ 4%–ᒧᑦ ᑲᓇᑕᒥᐅᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ, ᐃᓚᖏᑦ ᓄᐊᕐᕋ ᐊᒥᐊᕆᑲᒥ ᖃᐅᔨᓴᕐᓂᐅᔪᑦ ᓇᓗᓇᐃᖅᓯᑦᓯᑎᒃ 5% ᐅᖓᑖᓄᓪᓘᓐᓃᑦ.

- ᓱᖏᖅᑑᑎᑦᓴᓂᒃ ᑲᔪᓯᑦᓯᐊᖅᑐᓂᓪᓗ ᑲᑎᖅᓱᖅᓯᒪᔭᖅᑲᖏᑦᑐᒍᑦ ᖃᑦᓯᐅᒻᒪᖕᒐᑕ ᓄᓇᕗᒻᒥᐅᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ. ᑲᓇᑕᒥ 4%–ᖑᐸᑦ ᐃᓄᓕᒫᖏᑦᑕ, ᐃᒻᒪᖃ 1,500 ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃᑦ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᑐᐃᓐᓇᕆᐊᓖᑦ ᓄᓇᕗᒻᒥ.

- ᐅᖓᑖᓃᑦᑐᑦ 1.4 ᒥᓕᐊᓐ ᑲᓇᑕᒥᐅᑕᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ.

- 7%–ᖏᑦ ᓄᓇᕐᔪᐊᕐᒥᐅᑦ ᓇᓚᐅᑦᓴᖅᑕᐅᓯᒪᔪᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᒋᐊᖏᑦ ᐊᒥᓱᐊᓗᐃᑦ ᓄᓇᓕᕐᔪᐊᑦ ᐊᒥᓱᒋᐊᓚᓐᓂᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᐱᖃᓯᐅᑎᑦᓱᑎᒃ ᑕᓇᐅᑉ ᐊᑭᐊᓂ ᔫᕋᑉᒥ ᓄᓇᓕᕐᔪᐊᑦ ᑎᑭᐅᒪᔪᑦ 50%–ᒧᑦ ᐊᓚᒐᐃᓐᓂᖏᑦ.[2]

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[1] ᑕᑯᓗᒋᑦ CanFASD’s ᐅᓂᒃᑳᖏᑦ ᑕᐃᔭᐅᔪᑦ ᐃᓕᓐᓂᐊᖃᑎᒌᓐᓂᖅ ᐱᔭᕐᓴᐃᑦ ᐅᕙᖓᑦ: http://canfasd.ca/wp-content/uploads/sites/35/2016/10/FASD-Learning-Together-Final.pdf

[2] https://jamanetwork.com/journals/jamapediatrics/fullarticle/2649225

ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐊᑦᑐᐃᓂᖅᑲᖅᑐᖅ ᐃᓄᓕᒫᕐᓯᐊᓂᒃ ᓇᒥᓕᒫᕐᓯᐊᖅ ᓇᑭᑐᐃᓐᓇᕐᓯᐊᖅ. ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᓂᖅ ᐊᑦᑐᐃᓂᖅᑲᑐᐃᓐᓇᖏᑦᑐᖅ ᓄᓇᖅᑳᖅᓯᒪᔪᑦ ᓄᓇᓕᖏᓐᓂᒃ. ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐱᑕᓕᒃ ᓇᒥᓕᒫᕐᓯᐊᖅ ᐃᒥᐊᓗᕝᕕᐅᓲᓕᒫᕐᓯᐊᓂ.

CanFASD ᐊᐅᓚᕐᓯᔾᒪᓇᖓᑦ ᐋᑐᓇ ᒪᒃᑮᕐᓕᓐ ᐅᖃᖅᓯᒪᔪᖅ:
“ᐱᖓᓱᐊᖅᑎᓪᓗᐊᖅᑐᑦ ᑲᓇᑕᒥᐅᑉ ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᑎᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᕐᓯᒪᔪᑦ ᑕᐃᔭᐅᔪᒥᒃ Autism Spectrum Disorder, ᕿᑲᖅᓯᒍᓇᖏᑦᑐᑦ ᓱᓕᓗ ᐅᖃᐅᓯᐅᓗᐊᙱᑦᑐᖅ ᐃᓄᓐᓄᑦ ᑐᐊᕕᕐᓇᕆᔭᐅᓗᓂ”
(ᐃᓱᒪᒋᔭᐅᔪᖅ ᑭᐅᔾᔪᑕᐅᔪᖅ 2018-ᒥ ᒐᕙᒪᑐᖅᑳᖅᑭᓐᓂ ᑮᓇᐅᑦᑐᑎᑦᓴᓂ ᐃᓕᓯᓯᒪᙱᒪᑕ ᑐᕌᖓᔪᓂᒃ ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᕐᓯᒪᔪᑦ ᑕᑯᔭᑦᓴᐃᑦ ᐅᕙᓂ: http://canfasd.ca/wp-content/uploads/sites/35/2018/04/18/canfasd-responds-to-federal-budget/)

ᕿᐅᔾᔭᖅᑏᑦ ᐊᒻᒪᓗ ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐊᖏᑦᑲᑎᑏᑦᑐᑦ ᐊᓚᒡᒐᐃᓐᓂᖓ ᓇᔾᐊᖑᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᖁᕝᕙᖅᓯᒪᔪᓛᓗᒋᐊᖓ ᐅᖃᐅᓯᐅᓯᒪᓂᒃ ᐅᖓᑕᐅᕐᓯᕐᓯᑎᒃ ᐊᒥᓱᓂᒃ ᐱᔾᔪᑎᖃᖅᓯᑎᒃ ᐱᖃᓯᐅᑎᑦᓱᓂ ᓱᕈᕋᓂᖅ, ᑕᐅᑐᒐᐅᓂᖅ, ᖃᐅᔾᒪᔭᐅᙱᓗᐊᖅᑐᖅ ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᒥᑦᓵᓈᖓᔪᑦ ᐊᓐᓂᐊᕖᑦ ᐃᓱᐊᓗᓐ ᐊᓱᖏᑦᑕᓗ, ᐋᖅᑭᓯᒪᔪᒥᓪᓗ ᐱᑕᖃᕋᓂ ᐊᐱᖅᑯᑕᐅᔪᓂᒃ ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᖃᑦᑕᖅᑐᑦ ᐊᐳᖅᓯᒪᒍᑕᐅᖃᓯᐅᑎᑦᓱᑎᒃ ᓈᒻᒪᓈᖅᓯᒪᔪᓂᒃ ᓇᓗᓇᐃᖅᑕᐅᒍᓐᓇᕐᓂᖏᓐᓄᑦ.

ᑲᓇᑕᒥ, 50%-ᖏᑦ ᓇᔾᐊᖑᔪᑦ ᐸᕐᓇᑕᐅᓯᒪᙱᑦᑐᑦ 11%-ᓗ ᒥᑦᓵᓃᑦᑐᑦ ᐊᕐᓇᐃᑦ ᑭᐅᔪᑦ ᓇᓗᓇᐃᖅᓯᔪᑦ ᐃᒥᐊᓗᖃᑦᑕᖅᓯᒪᓂᕋᖅᓱᑎᒃ ᖃᐅᔾᔪᓚᐅᕋᑎᒃ ᓇᔾᔪᑎᐊᑦᓴᖅ.[3]

2011-ᒥ, 74%-ᖏᑦ ᑲᓇᑕᒥ ᐊᕐᓇᐃᑦ ᐃᒥᐊᓗᕐᓯᒪᔪᑦ ᐊᕐᕌᒍᒥ ᐊᓂᒍᖅᑐᒥ[4]. 56%-ᖏᑦ ᐊᕐᓇᐃᑦ ᑭᐅᓯᒪᔪᑦ ᐊᓱᐊᒍᑦ ᐊᐱᖅᓱᕐᓂᐅᔪᒃᑯᑦ ᐃᒥᐊᓗᖃᑦᑕᕐᓂᕋᖅᓱᓂ ‘ᐊᑦᑕᓇᖅᑐᑎᒍᑦ’ ᐱᖃᓯᐅᑎᑦᓱᓂ ᐊᕗᖓᑐᐃᓐᓇᖅ ᐃᒥᐊᓗᓐᓂᖅ ᐅᕕᒃᑲᓛᓪᓗ ᐊᕐᓇᐃᑦ ᑭᐅᔪᑦ ᐃᒻᒥᒃᑯᑦ ᖃᐅᔾᔭᕐᓂᐅᔪᒥ ᐅᖃᖅᓯᒪᔪᑦ ᐃᒥᓗᖃᑦᑕᕐᓂᖅ ‘ᐊᑦᑕᓇᖅᑑᒋᐊᖓ’ ᐱᖃᓯᐅᑎᑦᓱᓂ ‘ᐊᕗᖓᑐᐃᓐᓈᓂᖅ’ ᑐᙵᕕᐅᑦᓱᑎᒃ ᑲᓇᑕᒥ ᐃᒥᐊᓗᒻᒧᑦ ᒪᓕᒐᐃᑦ[5].

ᑖᒃᑯᐊ ᖃᐅᔾᔭᕐᓂᐅᔪᑦ ᕿᒥᕐᕈᓂᖅᑲᙱᒃᑲᓗᐊᖅᓱᑎᒃ ᑲᓱᒪᓂᖏᓐᓂᒃ ᐊᕐᓇᐃᑦ ᓂᕕᐊᖅᓯᐊᓪᓗ ᐊᑑᑎᑐᐃᓐᓇᕆᐊᓖᑦ ᓄᖅᑲᕈᓐᓇᐃᓪᓕᖅᑲᓂᕐᒥᒃ ᐊᓱᖏᓐᓂᓪᓗ ᐃᓗᓕᖅᑐᔪᓂᒃ ᐱᔾᔪᑎᓂᒃ ᐃᒥᐊᓗᓚᕿᓕᖅᓱᑎᒃ ᓇᔾᔪᑦᓱᑎᒃ, ᐅᓂᒃᑳᖑᔪᖅ ᐃᒥᐊᓗᒻᒥᒃ ᐊᑐᕐᓂᖅ ᐊᑑᑎᑐᐃᓐᓇᕆᐊᓕᒃ ᓇᔾᔪᔪᖅᑲᕐᓗᓂ.

ᖃᐅᔾᔭᕐᓂᐅᕙᓪᓕᐊᔪᓂ ᖃᐅᔾᔭᓯᒪᓕᕐᒥᔪᑦ ᐊᖑᑏᑦ ᐃᒥᐊᓗᖃᑦᑕᖅᑐᑦ ᐊᑦᑐᐃᓂᖅᑭᓐᓇᕐᒥᔪᑦ ᓇᔾᔪᐊᑉ ᐱᕙᓪᓕᐊᓂᖓᓂᒃ ᐱᒋᐊᕐᕕᖅᑲᖅᓱᑎᒃ ᓇᔾᔪᓕᖅᑎᕐᓯᑎᓪᓗᒍ ᐊᑦᑕᕐᓇᕈᑕᐅᒃᑲᓐᓂᖅᓱᓂ ᓇᔾᔪᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᓂᕐᒧᑦ ᐊᓈᓇᖓᑦᑕᐅᖅ ᐃᒥᐊᓗᖃᑦᑕᖅᐸᑦ, ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᐊᑦᑐᖅᑕᐅᓯᒪᓂᖃᕈᓐᓇᖅᑐᑦ ᐊᔾᔨᒌᙱᓂᒃ ᓇᔾᔪᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐃᒥᐊᓗᖃᑦᑕᕐᓂᖏᒃᑲᓗᐊᕈᓂ ᓇᔾᔨᓗᓂ.[6] 82%-ᖏᑦ ᑲᓇᑕᒥᐅᑦ ᐊᖑᑏᑦ ᑭᐅᓯᒪᔪᑦ ᐅᖃᖅᓯᒪᔪᑦ ᐃᒥᐊᓗᑦᑐᒥᓂᐅᒋᐊᕐᓴᖅ ᐊᕐᕌᓂ 2011.[7]

ᑕᒪᓐᓇ ᐃᓱᒪᒋᓪᓗᒍ, ᐃᒥᐊᓗᒻᒧᑦ ᐊᑦᑐᖅᑕᐅᓯᒪᔪᑦ ᖁᕝᕙᓯᓐᓂᖅᓴᓪᓚᓇᒃ 4%-ᒥᒃ. ᓄᓇᕗᓪᓗᑕ ᓄᓇᓕᕐᔪᐊᖑᓪᓗᑕᓗ, ᑲᑐᔾᔭᖅᑎᑏᒋᐊᖅᑐᒍ ᑐᓴᐅᒪᔭᐅᑎᕐᓯᕐᓯᐊᕐᓗᑕ ᐱᒃᑯᓇᖅᑐᒃᑯᑦ, ᐱᖅᑯᓯᖅᑎᒎᖅᑐᒃᑯᑦ ᐅᖃᖅᑎᑏᓐᓂᒃᑯᑦ ᐃᑲᔪᖅᑐᕐᓗᒋᓪᓗ ᐃᓄᐃᑦ ᓇᔾᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐊᒻᒪᓗ ᓇᔾᔪᔪᑦ ᐊᕐᓇᐃᒃ ᓂᕕᐊᖅᓯᐊᓪᓗ. ᑭᓪᓕᓯᓂᐊᖅᑕᐅᓯᒪᔪᑦ ᑲᑎᖅᓱᖅᓯᒪᔪᑦ ᑕᑯᔭᑦᓴᐃᑦ ᐅᕙᓂ: https://canfasd.ca/wp-content/uploads/sites/35/2018/01/Alcohol-Consumption-and-FASD.pdf

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3 https://fasdprevention.wordpress.com/2014/04/09/alcohol-consumption-during-pregnancy-in-canada/

4 http://www.addictionresearchchair.ca/wp-content/uploads/Alcohol-Use-and-Pregnancy-An-Important-Canadian-Health-and-Social-Issue.pdf

5https://www.canada.ca/en/health-canada/services/health-concerns/drug-prevention-treatment/drug-alcohol-use-statistics/canadian-alcohol-drug-use-monitoring-survey-summary-results-2011.html

6 https://canfasd.ca/wp-content/uploads/sites/35/2019/03/Fathers-Role-1-Issue-Paper-Final.pdf

7 https://www.canada.ca/en/health-canada/services/health-concerns/drug-prevention-treatment/drug-alcohol-use-statistics/canadian-alcohol-drug-use-monitoring-survey-summary-results-2011.html

ᐃᑲᔪᖅᑐᑦᓴᐃᑦ - ᑕᒪᑦᑕ – ᐃᓘᓐᓇᑕ

ᐊᓈᓇᒋᔭᐅᔪᑦ ᓂᕈᐊᖃᑦᑕᖏᑦᑐᑦ ᐋᓐᓂᖅᑎᓇᒍᒪᓪᓗᑎᒃ ᐱᕈᖅᐸᓪᓕᐊᔪᓂᒃ ᓇᔾᔨᐊᒥᓂᒃ. ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᑐᖃᖏᑦ ᑕᑯᓐᓇᕐᒪᑕ ᓇᔾᔨᔪᓂᒃ ᐃᒥᖃᑦᑕᕐᑯᔨᒐᑎᒃ ᐋᓐᓂᖅᑎᓇᓂᕐᒥᓪᓗ ᒥᑭᓪᓕᑎᓇᓗᑎᒃ ᐃᓱᒪᒪᓯᒃᑯᑦ ᐊᒻᒪᓗ ᑕᑯᓐᓈᕐᓗᑎᒃ ᐃᑲᔪᖅᑐᑦᓯᐊᖅᑐᓂᒃ – ᑕᒪᑦᑕ. ᑭᓇᒃᑯᓕᒫᑦ ᐊᒻᒪᓗᖅᓯᔪᒦᑦᑐᑦ ᑲᒪᒋᔭᖃᖅᑐᑦ ᐃᑲᔪᖅᑐᐃᓂᕐᒥᒃ ᐃᒥᐊᓗᑦᑕᖃᖏᑦᑐᒥ ᓇᔾᔨᓂᕐᒥᒃ ᖃᐅᔨᒪᔭᐅᑎᑦᓯᑦᓯᐊᕐᓗᑎᓪᓗ ᖃᓄᐃᖕᒋᑦᓯᐊᕈᓐᓇᕐᓂᖏᓐᓂᒃ ᐊᓈᓇᒋᒃ ᕿᑐᕐᖓᓇᒃ. ᐱᖃᓯᐅᑎᔪᑦ ᐊᐃᑉᐸᖏᑦ, ᐃᓚᖏᑦ ᓇᒻᒥᓂᖏᑦ, ᑭᓇᒃᑯᖏᑦ, ᐱᖃᓐᓇᕆᔭᖏᑦ, ᐃᖅᑲᓇᐃᔭᖃᑎᖏᑦ, ᐃᓄᑐᖃᐃᑦ, ᐃᓈᓯᕐᒨᖓᔪᓄᑦ ᑐᑦᓯᐊᕐᕕᒻᒧᓗ ᑲᓱᒪᓃᑦ ᐃᓗᐊᓐᓂ ᓄᓇᓖᑦ, ᑎᒥᐅᔪᑦ, ᐱᔾᑦᓯᕋᖅᑏᑦᓗ. ᑲᑐᔾᔨᖃᑎᒌᓐᓂᒃᑯᑦ, ᒪᑐᐃᖓᕐᓂᒃᑯᑦ, ᑐᖕᒐᓇᕐᓂᒃᑯᑦ ᐊᑭᕋᖅᑐᑐᐃᓐᓇᖏᓐᓂᕐᓗ ᐃᑲᔪᖅᑐᖅ. ᐸᓯᐅᓇᑐᐃᓐᓇᑎᑦᓗᑕ ᑲᖕᒍᓱᑦᑎᑦᓯᑎᑦᓗᑕᓗ ᐊᕐᓇᓂᒃ ᑕᕝᕙᐅᓂᖓᓄᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᖅ, ᐊᐳᖅᑕᕐᕕᓕᐅᑕᐃᓐᓇᖃᑦᑕᕋᑦᑎᒍ ᐊᓈᓇᒋᔭᐅᔪᑦ, ᓇᔾᔨᔪᑦ ᐊᕐᓇᐃᑦ ᓂᕕᐊᖅᓯᐊᓪᓗ, ᐊᒻᒪᓗ ᐃᓚᒌᑦ ᐃᓄᐃᓪᓗ ᑐᑭᓯᒋᐊᕈᒪᒐᓗᐊᖅᑎᓪᓗᒋᑦ ᐃᑲᔪᖅᑕᐅᒍᒪᑐᐃᓐᓇᕆᐊᖃᖅᓱᑎᓪᓗ.

ᖃᐅᔨᓴᕐᓂᖅ ᓇᓗᓇᐃᖅᓯᓂᕐᓗ

ᓱᒻᒪᑦ ᐃᓄᐃᑦ ᐃᓚᖏᑦ ᓂᕈᐊᓲᖑᕙᑦ ᖃᐅᔨᓴᖅᑕᐅᒍᒪᓪᓗᑎᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᕐᒧᑦ?

- ᐃᑲᔪᕐᓂᖃᑐᐃᓐᓇᕆᐊᖃᕐᒥᔪᖅ ᑐᕈᓯᓯᒪᒐᓱᐊᕐᓂᖅ ᐊᑦᓱᕈᕐᓇᖅᑑᒃᑯᕐᓂᖏᓐᓂᒃ ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᕐᒥᒃ ᖃᐅᔨᓯᒪᔪᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒪᓕᑕᐃᑦ ᐅᐸᓗᖓᐃᔭᐅᑏᑦ ᐅᕝᕙᓘᓐᓃᑦ ᓇᔪᒐᕐᒥᒃ ᐃᑲᔪᖅᑕᐅᑦᓯᐊᕆᐊᒃᑲᓐᓂᕐᑯᓪᓗᒋᑦ ᑭᖑᒫᒪᒋᔭᖏᓐᓄᑦ ᓴᖏᓂᖏᓐᓄᓪᓗ

- ᓇᓗᓇᐃᖅᓯᓂᖅ ᑐᓴᕋᕐᓴᖃᖅᑎᑦᓯᓲᖅ ᐃᑲᔪᕈᑕᐅᒍᓐᓇᖅᑐᓂᒃ ᑐᑦᓯᕋᐅᑎᓄᑦ ᑮᓇᐅᔭᑎᒍᑦ ᐱᔾᑦᓯᕋᐅᑎᑎᒍᓪᓘᓐᓃᑦ ᐃᓄᒻᒧᑦ ᐸᐸᑦᓯᔾᔨᖏᓐᓄᓘᓐᓃᑦ

- ᓇᓗᓇᐃᖅᑕᐅᓂᖅ ᓴᐳᔾᔨᒍᑕᐅᔪᖅ ᓄᑕᖅᑲᓂᒃ ᒪᒃᑯᑦᑐᓂᓪᓗ ᐊᑐᐃᓐᓇᖃᕐᑎᑕᐅᓂᕐᒧᑦ ᐃᓕᓐᓂᐊᕕᒻᒥᒃ ᑐᖕᒐᕕᖃᖅᑐᓂᒃ ᓇᔪᒐᕐᓂᒃ ᐊᓯᖏᓐᓂᓪᓗ ᐃᑲᔪᖅᑐᕈᑕᐅᒋᐊᓕᓐᓂᒃ ᐃᓕᓐᓂᐊᕐᓂᐅᒋᐊᓕᓐᓂᓪᓗ

- ᐃᑲᔪᕐᓯᖃᕈᓐᓇᕐᒥᔪᖅ ᐃᓄᓐᓂᒃ ᑕᑯᒍᓐᓇᕐᓂᕐᒥᒃ ᐃᔾᖅᓯᒪᔪᓂᒃ ᐊᑦᓱᕈᑎᖃᕐᓂᖓᓂᒃ ᐊᑦᑐᐃᓂᖃᖅᑐᒥᒃ ᐱᐅᓯᓇᔭᖏᓐᓂᒃ ᐃᓕᓐᓂᐊᕈᓐᓇᕐᓂᖏᓐᓂᓪᓗ, ᑕᑯᓐᓈᑐᐃᓐᓇᕈᓐᓃᕐᓗᒍ ‘ᐱᔭᕆᐊᑐᔫᒋᐊᖓ’ ᐃᓂᖃᖅᑎᑕᐅᓯᐊᕐᓗᓂ

ᐅᖃᖃᑎᒋᓗᒍ ᐋᓐᓂᐊᕕᒻᒥᒃ ᐃᑲᔪᖅᑎᑎᑦ ᐋᓐᓂᐊᕕᓪᓘᓐᓃᑦ ᑐᕈᓯᒋᐊᕈᒪᒍᕕᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᖃᐅᔨᓴᕈᑎᓂᒃ ᓇᓗᓇᐃᖅᓯᒍᑎᓂᓪᓗ.

ᐃᑲᔪᕈᑎᑦᓴᐃᑦ ᐅᐸᓗᖓᐃᔭᐅᑎᓄᑦ ᖃᓄᖅᑑᕈᑎᑦᓴᐃᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᓂᒃ.

- ᐃᓕᒍᓐᓇᖅᑕᓕᒫᑎᑦ ᑐᕈᓯᓂᐊᕐᓗᒋᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᒥᑦᓴᓄᑦ ᐊᑑᑎᓯᒪᔪᑦ ᓱᖏᖅᑑᑎᑦᓴᐃᓪᓗ (ᐃᑲᔪᖅᑎᑦᓴᐃᑦ ᑎᑎᕋᖅᓯᒪᔪᑦ ᐊᑖᓂ).

- ᐃᓱᒪᒋᖅᑲᓯᐅᑎᓗᒋᑦ ᖃᓇᑕᕐᒥᒃ ᑐᖕᒐᕕᖃᖅᑐᑦ ᐊᐅᓚᓂᐅᔪᑦ ᐃᓱᒪᒪᓯᕐᒧᑦ ᐱᐅᓯᐅᔪᓄᑦ. ᕿᒥᕐᕈᓗᒋᑦ ᐊᑦᓱᕈᑕᐅᑐᐃᓐᓇᕆᐊᓖᑦ ᐃᑲᔪᕐᓗᒍᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᕐᒨᖓᔪᑦ ᒥᑭᓪᓕᑎᕐᓗᒋᑦ ᐊᑦᓱᕈᑎᒋᑐᐃᓐᓇᕆᐊᓕᖏᑦ ᑲᔪᓯᑦᓯᐊᖅᑐᒥᒃ ᖃᐅᑕᒫᑦ ᐊᑑᑎᑎᑉᐸᓪᓗᒍ; ᐃᑲᔪᖅᓯᓂᖅ ᖃᓄᑐᐃᓐᓇᖅ ᐃᓱᒪᒪᓯᖃᕐᓂᒃᑯᑦ; ᐃᑲᔪᖅᑐᕆᐊᒃᑲᓂᕐᓂᖅ ᖃᐅᔨᓴᕐᓂᕐᓗ ᐊᒥᓱᑎᒍᑦ ᓱᓕᕆᐊᑦᓴᒃᑯᑦ; ᐃᓈᓯᕐᒥᓗ ᐃᑲᔪᖅᑕᐅᓗᓂ.

- ᒥᑭᓪᓕᑎᕐᓗᒋᑦ ᐃᔾᖅᓯᒪᔪᑦ ᐊᑦᓱᕈᕈᑕᐅᒍᓐᓇᖅᑐᑦ ᓲᕐᓗ ᖃᕆᑕᐅᔭᓕᕆᓂᖅ, ᐅᐃᒪᔫᕐᓇᖅᑐᑦ ᐊᕙᑎᒋᔭᐅᔪᑦ, ᐅᐃᒪᔫᕐᓇᖅᑐᑦ ᐊᐅᓚᓂᐅᔪᑦ ᐊᓯᖏᓪᓗ.

ᐱᕈᖃᑎᒌᑦ
ᑲᑎᖕᕕᖏᑦ
PIRUQATIGIIT
RESOURCE CENTRE

- ᐅᓂᒃᑲᓇᔭᖏᑦ ᐃᖅᑲᐃᒍᑕᐅᑐᐃᓐᓇᓇᐊᓖᑦ ᐊᑦᓱᕈᕐᓇᖅᑐᓂᒃ ᐱᖃᓯᐅᑎᑦᓱᓂ ᑕᐅᑦᑐᒃᑯᑦ, ᑐᓵᓂᒃᑯᑦ, ᐊᑦᑐᐃᓂᒃᑯᑦ, ᓇᐃᒪᓂᒃᑯᑦ, ᓂᓇᓂᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓗᒃᑯᑦ ᐃᑉᐱᓐᓂᐊᓂᐅᔪᑦ ᐊᑦᑐᐃᓂᖃᕈᓐᓇᖅᑐᑦ ᒪᑭᒪᕐᓱᐊᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᑎᒥᒥᒃ ᓄᑦᑕᕐᓂᕐᒥᓪᓗ. ᐃᓄᐃᑦ ᑕᑯᓐᓈᕐᓂᖏᑦ ᐃᑉᐱᓂᐊᔭᒥᓐᓂᒃ ᐊᑦᑐᐃᓂᖃᑦᓚᓇᒍᓐᓇᖅᑐᑦ ᐱᐅᓯᖓᓂᒃ ᐃᓕᓐᓂᐊᕐᓂᖓᓂᓪᓗ. ᐃᑲᔫᑏᑦ ᓇᔪᒐᖃᕐᓱᐊᕐᓃᓪᓗ ᐃᑲᔪᕈᓐᓇᖅᑐᑦ.

- ᐃᑲᔪᖅᑐᐃᓂᖅ ᓇᒻᒥᓂᖅ ᒪᓕᒐᖃᕐᓂᕐᒥᒃ ᓴᐃᓕᔾᔪᑎᑦᓴᓂᓪᓗ ᐊᐅᓚᓂᐅᔪᓂᒃ ᓄᑦᑕᕐᓂᒃᑯᑦ ᐱᙵᐊᕐᓂᒃᑯᓪᓗ; ᐃᑉᐱᓐᓂᐊᓂᕐᒧᑦ ᐊᖅᑯᑕᐅᒍᓐᓇᖅᓱᑦ ᒪᑯᐊ ᓲᕐᓗ ᑎᒍᒥᐊᒐᐃᑦ ᐱᙵᐊᑦ, ‘ᐃᖅᑲᓇᐃᔮᖃᕐᓂᖅ ᐊᑦᓱᕈᕐᓇᖅᑐᓂᒃ’, ᐊᒻᒪᓗ ᐱᕕᑦᓴᖃᕐᓂᖅ ᐃᑉᐱᓂᐊᒻᒪᓇᓐᓂᕐᒥᒃ ᖃᓱᓴᓂᕐᒥᓪᓗ.

- ᓄᖅᑲᖓᑲᐃᓐᓇᓇᐊᖃᕈᑎᒃ ᓄᖅᑲᖓᑲᐃᓐᓇᐸᓪᓗᑎᒃ. ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᑕᖃᒪᑐᐃᓐᓇᓇᐊᓖᑦ ᐅᐃᒪᔾᔪᕐᓗᑎᓪᓘᓐᓃᑦ ᐊᑦᓱᕈᕐᓇᖅᑐᒥᒍᑎᒃ ᐊᕙᑎᒥ. ᐃᓚᖓᓂ ᑕᖃᒪᓗᐊᒧᑦ ᐅᐃᒪᔾᔪᖅᑑᔾᔪᖓᕈᓐᓇᖅᑐᑦ.

- ᖃᐅᑕᒫᑦ ᑕᐃᒫᑦᓴᐃᓐᓇᖅ ᐱᐅᓯᖃᖅᐸᓪᓗᑎᒃ. ᐊᑐᕐᓗᑎᒃ ᑕᑯᑦᓴᓂᒃ ᐊᐅᓚᓂᐅᔪᓂᒃ, ᑕᑯᑦᓴᒥᒃ ᑎᓕᓯᔾᔪᑎᓂᒃ, ᐊᑐᐃᓐᓇᐅᑦᓯᐊᑎᑦᓯᓂᕐᓗ ᓂᓇᐅᒋᔭᐅᔪᓂᒃ ᐃᑲᔪᕐᓂᖃᕈᓐᓇᖅᑐᖅ.

- ᐃᖅᑲᐃᑎᒋᐊᕋᔪᐸᐸᓪᓗᒋᑦ – ᐃᑲᔪᕐᓗᒍ ᓇᓪᓕᒋᔭᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᓱᓇ ᑭᖑᓪᓕᕐᒥ ᓂᓇᐅᓇᕐᒪᖔᖅ, ᐅᕝᕙᓗ ᑕᑯᔭᐅᕕᑦᓴᖃᕐᓂᖅᐸᑦ ᐊᐅᓚᓂᐅᔪᒥᓘᓐᓃᑦ ᐃᖅᑲᐃᑎᒐᔪᓪᓗᒍ.

- ᐃᑲᔪᖅᓗᒍ ᐃᓅᓯᖓ ᐃᓅᓯᕐᒨᖓᔪᓂᒃ ᐅᓂᒃᑲᑎᒍᑦ, ᐃᓅᓯᕐᒨᖓᔪᓂᒃ ᐱᒋᐅᖅᓴᓂᖅᑎᒍᑦ, ᐱᓪᓚᓇᖑᐊᕐᓂᕐᓗ ᐃᓅᓯᕐᒨᖓᔪᓂᒃ.

- ᑐᑭᓯᒍᓐᓇᖅᓯᕕᖅᑲᖅᑎᓪᓗᒋᑦ – ᐱᕕᖅᑲᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᕐᓂᐅᑉ ᐊᒻᒪᓗ ᐊᐱᖅᑯᑎᖏᑦᑕ ᐊᑯᖓᓐᓂ ᐃᓄᒃ ᑐᑭᓯᒍᓐᓇᕐᑯᓪᓗᒋᑦ ᑐᓴᖅᑕᒥᓂᓪᓗ ᐃᑖᕐᓯᓗᓂ ᐊᐅᓚᔾᔪᑎᐊᕈᑎᖅᓂᒃ ᑎᓕᓯᔾᔪᑕᐅᔪᓄᑦ.

- ᐅᖃᒃᑲᓐᓂᖅᐸᓪᓗᒋᑦ ᐃᒫᖓᐃᕈᑏᑦ/ᑐᕐᓯᕋᖑᔪᑦ ᐅᖃᒃᑲᓐᓂᕈᐊᑐᐸᐸᑦ. ᑭᖑᓪᓕᕐᒥ ᐃᓄᐃᓴᓐᓂᖅᓴᓂᒃ ᒪᓕᑦᑎᓪᓗᒍ.

- ᐅᖃᑭᑕᐸᐸᓪᓗᒋᑦ ᐊᑦᑕᓇᑦᑕᐃᓕᒪᓂᕐᒨᖓᔪᑦ ᐃᑲᔪᕐᓗᒍᓗ ᑲᓱᖅᑎᕐᓯᑎᓪᓗᒍ ᖃᖓᒃᑯᑦ ᐊᑦᑕᓇᑦᑕᐃᓕᒪᓂᖅ ᐊᑑᑎᒐᔭᕐᒪᖔᕐᖅ, ᑭᓯᐊᓂ ᑐᑭᓯᑦᓴᐅᑎᒋᙱᑐᐃᓐᓇᓇᐊᓕᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ.

- ᑕᕝᕙᓴᐃᓐᓇᕐᓕᖅ ᐃᓱᒪᑦᓴᖅᓯᐅᕈᓐᓇᖏᓂᕐᓗ ᐊᐅᓚᓂᐅᔪᒫᖓᔪᒥᒃ ᐃᓗᓐᓈᒍᑦ ᓄᑕᖅᑲᓄᑦ, ᐅᕕᒃᑲᕐᓄᑦ ᐃᓐᓇᕐᓄᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐊᑦᑕᕐᓇᖅᑐᒧᕈᑕᐅᑐᐃᓐᓇᓇᐊᖃᕐᒪᑦ. ᐄᔭᒐᐃᑦ (ᓂᐅᕕᕐᕕᒻᒥᔭᐅᒐᓗᐊᖅᐸᑕ) ᑮᓯᒪᔪᒦᒋᐊᓖᑦ, ᓱᓇᑐᐃᓐᓇᐃᓪᓗ ᐃᐱᐃᑦᑐᑦ ᐊᓯᖏᑦᓗ ᐃᓪᓗᒥᐅᑕᐃᑦ ᐊᑦᑕᕐᓇᓕᕈᓐᓇᖅᑐᑦ ᓄᑕᖅᑲᓄᑦ ᐅᕕᒃᑲᕐᓄᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐅᐸᓗᐃᓗᑎᒃ ᐊᑐᖅᑕᐅᓯᑐᐃᓐᓇᓇᐊᖃᑦ.

- ᑕᑯᓇᖑᐊᕋᓱᐊᕐᓗᒍ ᓄᓇᕐᔪᐊᖅ ᓇᓕᒋᔭᕕᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔫᑉ ᐊᑑᑎᑐᐃᓐᓇᓇᐊᓕᖏᑦ, ᓂᓇᐅᓇᖅᑐᓪᓗ ᐊᑦᓱᕈᕈᑎᒋᑐᐃᓐᓇᓇᐊᓕᖏᑦ. ᐃᑲᔪᕈᓐᓇᖅᑕᕗᑦ ᒥᑭᓪᓕᑎᕐᓗᒋᑦ ᐊᑦᓱᕈᕈᑕᐅᑐᐃᓐᓇᓇᐊᖃᑦ ᐃᑲᔪᖅᓯᒍᓐᓇᕐᑯᓪᓗᒍ ᓇᒻᒥᓂᖅ.

- ᐃᓕᑕᓇᒍᓐᓇᕐᓗᒋᑦ ᑖᒃᑯᐊ ᐊᑦᓱᕈᓴᓕᕈᓂ ᐱᐅᓯᐅᔪᑦ ᒥᑭᓪᓕᑎᓇᐊᕐᓗᒋᑦ. ᖃᓄᐃᑦᓯᒋᐊᕐᓂᖅ ᐃᑲᔪᕐᓂᖅᑲᔾᔭᖏᑦᑐᖅ.

- ᐃᖅᑲᐅᒪᓂᐊᖅᑯᑎᑦ ᐊᒥᓱᑦ ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᑦ ᐊᑑᑎᓲᑦ ᐊᔾᔨᕿᖏᑦᑐᓂᒃ ᐊᕐᕌᒐᓗᐊᖏᓪᓗ ᐱᕙᓪᓕᐊᓂᖏᓪᓗ ᐊᔾᔨᕿᖏᑦᑐᑦ ᖃᓄᑐᐃᓐᓇᕐᓯᐊᖅ ᐃᓄᓯᖏᓐᓂ. ᑕᒪᓐᓇ ᖃᐅᔨᒪᔭᐅᔪᖅ ‘ᐱᕈᓇᖅᓯᒪᙱᑦᑐᖅ’. ᑭᓇᑐᐃᓐᓇᖅ ᐃᓄᒃ ᓇᔾᔨᐊᖑᓪᓗᓂ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᖅ ᐊᑦᓱᕈᑎᓕᒃ ᑲᒪᒋᒋᐊᓕᒥᓂᒃ, ᐃᑲᔪᕐᓂᓕᒃ ᖃᐅᔨᓴᕐᓯᐊᕐᓂᖅ ᓂᓇᐅᒋᔭᕗᑦ ᐊᑕᐅᕐᓯᑰᖅᓯᒪᓂᖓ ᐱᒍᓐᓇᓂᖓᓄᑦ.

- ᐃᓱᒪᒋᖓᓄᒃ ᖃᓇᑕᖓ, ᐱᐅᓯᖓᐅᖏᑦᑐᖅ. ᐊᐱᓇᓗᑎᑦ ‘ᓱᒻᒪᓄᓇ ᑕᐃᒪᐃᓕᐅᖅᑲ? ᐊᑦᓱᕈᑎᒋᔭᖏᑦ ᓇᓗᓇᐃᖅᑕᐅᒍᓐᓇᕐᒪᖔᑕ ᒥᑭᓪᓕᑎᖅᑕᐅᓗᑎᓪᓗ ᓴᐃᓕᑎᑕᐅᓗᓂ ᐱᕙᓪᓕᕐᑯᓪᓗᒋᑦ ᐃᓅᑉ ᐊᐅᓚᓂᖏᑦ.

- ᐱᕕᖅᑲᖅᑎᐸᓪᓗᒋᑦ ᑕᖏᓕᓐᓂᒃ ᐃᓕᓐᓂᐊᕈᑎᖅᑲᕐᓗᑎᒃ, ᖃᒥᕐᕈᓗᑎᒃ ᐱᔭᕇᐅᖅᓴᓗᑎᓪᓗ. ᐃᖅᑲᐅᒪᓂᐊᖅᑯᑎᑦ ᑕᑯᑦᓴᐅᖏᑦᑐᑦ ᐃᓱᒪᓲᑦ ᐊᑦᓱᕈᕐᓇᖅᑑᒍᓐᓇᕐᒪᑕ ᐃᓄᓐᓄᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᓯᒪᔪᓄᑦ. ᑎᒍᒥᐊᕋᑦᓴᓂᒃ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᕙᓪᓗᑎᑦ, ᑕᖏᓕᓐᓂᒃ ᐃᓕᓐᓂᐊᑎᑦᓯᓂᒃᑯᑦ.

- ᓱᓐᓂᕋᐃᑉᐸᑕ ᖃᓄᐃᑦᓯᒋᐊᖃᑦᑕᕐᓂᖅ/ᐱᔪᒻᒪᓱᐊᕐᓂᖅ ᐊᑑᑎᑦᑕᐃᓕᓗᒍ; ᓄᖅᑲᖓᑎᑦᓯᓂᖅ ᐊᓱᖏᑦᓗ ᐱᐅᓯᖓᓂᒃ ᓄᖅᑲᐅᒥᑎᑦᓯᓃᑦ ᑐᙵᕕᖃᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᕐᓂᕐᒧᑦ ᐃᓱᒪᓱᐅᔪᓂᒃ. ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᑦ ᐊᑦᓱᕈᑎᖃᕐᓂᖅᓴᐅᒻᒪᑕ ᑕᒪᒃᑯᓂᖓ ᐊᐅᓚᓂᐅᔪᓂᒃ, ᐊᑲᐅᓈᖅᓯᒪᙱᑦᑐᑦ. ᐃᓱᒪᒋᓗᒍ ᐃᕕᖅᑎᑎᑦᓯᓂᖅ

ᐊᕙᑎᒥᒃ, ᐱᖃᓯᐅᑎᑦᓱᓂ ᕿᑐᕐᖓᓂᒃ ᐱᕈᖅᓴᐃᓂᖅ, ᐃᓕᓐᓂᐊᑎᑦᓯᓂᖅ ᐃᖅᑲᓇᐃᔭᖅᑎᑦᓯᓂᕐᓗ ᑭᙵᒫᒋᕙᖏᓐᓄᑦ ᓴᙱᓂᖏᓐᓄᑦᓗ ᐃᓅᑉ, ᐊᓯᔾᔨᕋᓱᐊᑐᐃᓐᓇᕈᓐᓃᕐᓗᒍ ᐃᓅᓯᓕᒫᖅ ᐊᔪᕈᑎᖓ ᐊᓯᔾᔨᕈᓐᓇᖏᑦᑐᖅ. ᐃᑲᔪᖅᑐᖅᑕᐅᑦᓱᐊᕈᑎᒃ ᓂᕆᐅᒋᔭᐅᔪᑦᓗ ᓈᒻᒪᓈᖅᓯᒪᑉᐸᑕ ᐱᔪᓐᓇᕐᓂᖏᑦᓗ ᐃᓅᑉ, ᑭᓇᒃᑯᓕᒫᑦ ᐱᕙᓪᓕᕐᓂᐊᖅᑐᑦ. ᑕᖏᓕᓐᓂᒃ ᐊᑐᖅᑲᑦᑕᕈᓐᓇᕐᓂᖅ ᑕᑯᓐᓈᕈᑎᒋᓗᒋᑦ ᐱᔭᕆᐅᖅᓴᐅᑎᒋᓗᒋᑦᓗ ᐊᑐᕐᓂᓕᑦᓚᕆᒃ. ᐃᓱᒪᒋᑦ ᑕᐅᑐᒋᑦ ᑲᑐᔾᔨᒃᑕᖅᑯᒍᒃ ᖃᓄᐃᒋᐊᖕᒫᖏᑦᓗᒍ.

- ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᐱᕚᓪᓕᕈᓐᓇᖅᑐᑦ ᓇᓗᓇᐃᖅᑕᐅᓵᓕᕈᑎᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᒋᐊᖏᑦ ᐱᖃᓯᐅᑎᑦᓯᓂ ᐃᒻᒥᒃᑯᑦ ᐃᑲᔪᖅᑕᐅᓂᖅ ᓇᔪᒐᖃᑦᓯᐊᕐᓂᕐᓗ ᐊᖏᕐᕋᒥ ᐃᓕᓐᓂᐊᕕᑦᓴᓂᓪᓗ ᐃᖅᑲᓇᐃᔭᕐᕕᑦᓴᓂᓗ ᐃᓅᓯᓕᒫᖅ.

- ᐃᓄᐃᑦ ᑲᖏᒋᔭᐅᔪᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᒋᐊᖏᑦ ᐱᔪᓐᓇᐅᑎᓖᑦ ᐃᓚᐅᑎᑦᓯᐊᕐᓂᕐᒧᑦ ᓄᓇᓕᒻᒥᓂ, ᐃᓕᓐᓂᐊᕐᕕᓐᓂ, ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂᓗ. ᖃᐅᔨᓴᑦᓯᐊᕐᓂᖅ ᐊᑐᐊᒐᐃᑦ ᐊᐅᓚᓂᐅᔪᓪᓗ ᑐᓴᐅᒪᓂᖃᑦᓯᐊᕋᓗᐊᕐᒪᖔᑕ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᒥᑦᓴᐃᓐᓄᑦ, ᐱᖃᓯᐅᑎᑦᓯᓂ ᓇᔪᒐᖃᑦᓯᐊᑎᑦᓯᓂᖅ ᐃᑲᔫᑎᑦᓴᓂᓪᓗ ᓱᓇᒃᑯᑎᓂᒃ ᐊᓯᖏᓐᓂᓪᓗ ᐃᑲᔫᑎᓂᒃ ᑭᖑᒪᓇᑐᐃᓐᓇᕆᐊᓕᓐᓂᒃ ᑲᔪᓯᑎᑦᓯᒍᑕᐅᓗᑎᒃ ᐃᓄᐃᑦ ᐱᔪᓐᓇᐅᑎᖏᓐᓂᒃ. ᐃᓄᐃᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᐃᑲᔪᖅᑕᐅᑦᓯᐊᑐᐊᕋᒥᒃ, ᐊᒥᓱᐊᓗᐃᑦ ᐱᔪᓐᓇᕐᓂᖏᑦ ᖃᐅᒪᓂᖃᕈᓐᓇᖅᑐᑦ. ᐃᓚᖓᓂ ᐃᓄᐃᑦ ᐊᔾᔨᒌᖏᑦᑐᓂᒃ ᐊᑐᕆᐊᓖᑦ ᐊᔾᔨᐅᓕᕐᓂᐊᕐᓗᑎᒃ: ᐊᔾᔨᒌᑎᑦᓯᓂᖅ = ᐊᔾᔨᒌᓐᓂᖅ.

*ᑐᑭᓯᒋᐊᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᐃᑲᔫᑎᓂᒃ ᐊᐅᓚᓂᐅᔪᓂᓪᓗ ᑕᑯᒋᐊᕆᑦ ᐊᑖᓂ.

ᒪᑐᐃᖕᒫᕐᓂᖅ, ᑐᙵᓇᕐᓂᖅ ᐃᓚᐅᑎᑦᓯᓂᕐᓗ

ᐱᒃᑯᓇᖅᑐᒃᑯᑦ, ᐃᓄᒃ ᐃᓱᒪᒋᖅᑳᕐᓗᒍ ᐅᖃᐅᓯᒃᑯᑦ ᒪᑐᐃᖕᒫᖅᑐᒥᓪᓗ ᐅᖃᓕᒪᒍᑕᐅᓗᓂ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ, ᐅᔾᔨᓇᔭᐅᒋᐊᒃᑲᓐᓂᖅᑎᒍᓐᓇᖅᑕᕗᑦ ᑭᙵᒫᒋᔭᐅᔪᑦ ᓴᙱᓂᓇᔭᐅᔪᑦᓗ ᐃᓄᓐᓄᑦ ᐃᓚᖏᓐᓄᓪᓗ ᑕᒪᑦᓱᒥᖓ ᐊᔪᕈᑎᒥᒃ ᐊᑑᑎᔪᑦ. ᑭᓇᒃᑐᐃᓐᓇᕐᓄᑦ ᖃᐅᔨᒪᔭᐅᑎᑦᓯᓂᖅ ᐃᑲᔪᕐᓂᖅᑲᖅᑐᑦ ᐅᕙᑦᑎᓐᓂᒃ ᓴᖅᑮᑎᓪᓗᑕ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᕐᒥᒃ ᑐᓴᐅᒪᕕᑦᓴᓂᒃ, ᐱᐅᓯᐅᔪᓂᒃ ᐊᑐᐊᒐᕐᓂᓪᓗ. ᐊᑐᐃᓐᓇᐅᑎᑦᓯᓂᖅ ᓈᒻᒪᓈᖅᓯᒪᔪᓂᒃ, ᐃᒻᒥᒃᑯᑦ ᐊᑲᕐᓇᒍᑕᐅᔪᓂᒃ ᐃᑲᔪᖅᓯᒍᑕᐅᔪᓂᓪᓗ ᐃᓄᓐᓂᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᓂᒃ ᐃᓄᓐᓄᑦ ᐱᔪᓐᓇᐅᑎ. ᐱᔪᓐᓇᐅᑎᓖᓐᓇᐅᔪᒍᑦ ᐊᑐᐃᓐᓇᕐᑲᕈᓐᓇᕐᓂᕐᒧᑦ, ᐊᔾᔨᐅᑎᑦᓯᓂᕐᒧᑦ ᐃᓚᐅᑎᑦᓯᓂᕐᓗ ᐃᓚᐅᑎᑦᑎᓪᓗᒋᑦ ᓄᓇᓕᑦᑎᓐᓂ, ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂ, ᐃᓕᓐᓂᐊᕕᓐᓂ ᐊᓯᖏᓐᓂᓗ ᐃᓅᓯᑦᑎᓐᓂ.

ᐱᕈᖅᑎᑏᑦ ᑲᑎᕝᕕᖏᓐᓂ ᐃᓄᐃᑦ ᐅᖃᐅᔾᔨᑏᐊᖃᑎᑏᑦᑐᑦ ᐃᑲᔪᖅᑐᓪᓚᕆᑦᑐᑦ ᒪᑐᐃᖓᑦᓯᐊᖅᑐᓂᒃ ᐅᖃᐅᓯᐅᓂᖓᓂᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᖅ ᐱᒃᑯᓇᖅᑐᒃᑯᑦ ᓴᙱᓂᕐᒥᓪᓗ ᑐᙵᕕᖅᑲᕐᓗᓂ, ᓄᓇᕗᒻᒥᐅᑦ ᑲᖏᒋᔭᐅᔪᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᒋᐊᖏᑦ ᐃᑲᔪᖅᑕᐅᑦᓯᐊᕋᔭᕐᒪᑕ ᐊᑲᕐᓇᑎᑕᐅᔪᓂᒃ ᑲᙵᓱᑦᑎᑕᐅᑐᐃᓐᓇᖏᓪᓗᑎᒃ ᑕᐅᑐᒐᑐᐃᓐᓇᙱᓪᓗᑎᓪᓗ.

ᐱᒻᒪᕆᓂᖓ ᒪᑐᐃᖓᑦᓯᐊᖅᑐᒥᒃ ᐅᖃᑲᖃᑎᑏᒍᑕᐅᓂᖓᑕ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᐅᑉ ᖃᐅᔾᔨᒪᓕᑦᑕᖅᑐᖅ ᐃᓄᐃᑦ ᐃᓅᓯᕐᒨᖓᔪᓂᒃ ᐊᑐᖅᑐᕐᑯᑎᖏᓐᓂᒃ ᑕᒪᑦᑕ (ᑲᓱᖃᑎᑏᓐᓂᖅ; ᑕᒪᑦᑕ); ᑐᙵᓇᕐᓂᖅ (ᐃᓄᑦᓯᐊᖑᓂᖅ ᒪᑐᐃᖓᓂᒃᑯᑦ, ᑐᙵᓇᕐᓂᒃᑯᑦ ᐃᓚᐅᑎᑦᓯᓂᒃᑯᑦᓗ); ᐃᓅᖃᑎᑏᑦᓯᐊᕐᓂᖅ (ᐱᒃᑯᒋᔭᖃᕐᓂᖅ ᐊᓯᒥᒃ, ᑲᓱᒪᐅᓂᔪᓂᒃ ᐃᑉᐱᒍᓱᑦᓯᐊᕐᓂᓪᓗ ᐃᓅᖃᑎᓂᒃ). ᑖᒃᑯᐊ ᐊᑐᖅᑐᕐᑯᑎᒋᔭᐅᔪᑦ ᐃᑲᔪᖅᑐᖅᑐᑦ ᓄᓇᕗᒻᒥ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᓂᒃ, ᑭᓯᐊᓂᑦᑕᐅᖅ ᐃᑲᔪᕐᓂᓖᑦ ᑲᙵᓵᓇᕐᓂᖃᙱᓂᖅᓴᒥᒃ, ᐸᓯᓯᑦᓂᕐᓂᒃ ᐊᕐᓇᓂᒃ ᓂᕕᐊᖅᓯᐊᓂᓪᓗ ᐃᒥᐊᓗᐸᑦᑐᓂᒃ ᐊᓯᖏᓐᓂᓪᓗ ᓱᕐᕋᓇᖅᑐᓂᒃ ᓇᔾᔨᓂᕐᒥᓂ.

ᐊᑕᓇᙱᑦᑑᑎᓪᓗᒍ ᑐᙵᓱᑦᑎᑦᓯᓂᒃᑯᓪᓗ ᐅᖃᖃᑎᑏᒍᑎᖃᓂᕐᒥᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᕐᒥᒃ, ᐊᒥᓲᓂᖅᓴᐃᑦ ᐃᓄᐃᑦ ᐃᓚᑏᓪᓗ ᐃᑲᔪᖅᑕᐅᒍᒪᓐᓇᖅᑐᑦ ᐃᑲᖅᑕᐅᔪᑎᒋᒋᐊᓕᒻᒥᓄᑦ ᖃᓄᐃᙱᑦᓯᐊᕐᓂᕐᒨᖓᔪᓄᑦ, ᓴᐃᖃᑎᑏᓐᓂᒃᑯᑦ ᑲᓱᒪᓂᐅᔪᓂᒃ, ᐊᑲᐃᓪᓕᓇᖅᑐᒧᑦᑕᐃᓕᑎᑦᓯᒍᑕᐅᓗᓂᓗ.

ᐱᕈᖅᑎᑏᑦ
ᑲᑎᕝᕕᖏᑦ
PIRUQATIGIIT
RESOURCE CENTRE

“ᖃᐅᔨᒪᓯᒪᔪᒍᑦ ᐊᑯᓂᐊᓗᒃ ᓄᑕᖅᑲᑦ, ᐅᕕᒃᑲᐃᑦ ᐃᓐᓇᐃᓪᓗ
ᐱᐅᑦᓯᐊᕆᓲᙵᖏᒻᒪᑕ ᐱᔭᕆᐊᑐᑦᓴᖅᓱᑎᓪᓗ ᐃᒥᐊᓗᒍᑕᐅᓯᒪᒧᑦ.
ᒪᑐᐃᖕᒐᔪᒥᒃ ᐅᖃᐅᓯᕆᒋᐊᖃᓕᖅᑕᕗᑦ”
ᐋᓂ ᓇᑖᖅ, ᐱᕈᖃᑎᒌᒃᑯᓐᓂ ᐃᓄᑐᖃᕆᔭᐅᓪᓗᓂ ᐅᖃᐅᔨᔨᒋᐊᖅᑎ,
ᐃᖃᓗᐃᑦ

ᐱᕈᖃᑎᒌᑦ ᑲᑎᕝᕕᖕᒋᑦᑕ ᒥᑦᓴᓅᖓᔪᑦ

ᑮᓇᐅᔭᓕᐅᕋᓱᐊᖅᑎᐅᓇᑕ ᑎᒥᐅᔪᒍᑦ ᐃᖃᓗᓐᓂ, ᓄᓇᕗᒻᒥ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᕙᑦᓱᑕ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓂᒃ ᑐᙵᕕᓕᓐᓂᒃ, ᐱᖅᑯᓯᕐᒥᒃ ᖃᐅᔨᒪᓕᑕᖃᖅᓱᑎᒃ ᐃᓕᓐᓂᐊᕋᑦᓴᓂᒃ ᐃᑲᔪᖅᓯᒍᑎᓂᒃ ᐊᐅᓚᓂᐅᔪᓈᖓᔪᓄᑦ ᓄᓇᕗᒻᒥᐅᓄᑦ ᑲᖏᒋᔭᐅᓯᒪᔪᓄᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓄᑦᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᔪᓄᑦ ᐃᓚᖏᓐᓄᑦᓗ ᐃᓈᓯᖓᓂ. ᑲᑐᔾᔨᖃᑎᖃᖅᐸᑦᑐᒍ ᑎᒥᐅᔪᓂᒃ ᐱᔨᑦᓯᕋᐅᑎᓂᑦᓗ ᐊᒻᒪᓗᖅᓯᓯᒪᔪᒥᒃ ᐃᑲᔪᖅᓯᓂᖃᕐᑯᑦᓗᒍ. ᐱᕈᖃᑎᒌᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᕙᒻᒥᔪᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᓂᐅᑉ ᒥᑦᓴᓄᑦ ᑎᒥᐅᔪᓄᑦ ᐱᔨᑦᓯᕋᖅᑎᓄᑦᓗ.

ᐱᕈᖃᑎᒌᑦ
ᑲᑎᕝᕕᖕᒋᑦ
PIRUQATIGIIT
RESOURCE CENTRE

ᓂᕆᐅᒋᔭᐅᔪᓄᑦ ᐅᖃᐅᓯᖅᑕᕆᔭᖅ: ᐱᕈᖃᑎᒌᑦ ᑲᑎᕝᕕᖓᑦ ᓂᕆᐅᒋᔭᖃᕐᒪᑦ ᓄᓇᕗᒻᒥᐅᑦ ᑲᖏᒋᔭᐅᔪᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᒋᐊᖏᑦ ᐊᑑᑎᒍᓐᓇᕐᑯᓪᓗᒋᑦ ᐱᕙᓪᓕᖅᓯᒪᔪᒥᒃ ᐃᓄᓯᕐᒥᒃ ᐱᕕᖃᕐᓯᐊᕐᓗᑎᓪᓗ ᐃᓚᐅᑎᒍᓐᓇᕐᓂᕐᒥᒃ ᐃᓕᓐᓂᐊᕐᕕᓐᓂ, ᐃᖅᑲᓇᐃᔭᕐᕕᓐᓂ, ᑲᑎᑉᐸᑦᑐᓂᓗ ᓄᓇᓕᓐᓂ. ᓂᕆᐅᑦᑐᒍᑦ ᐱᔾᕐᓯᕐᐅᑎᓂᒃ, ᐊᐅᓚᓂᐅᔪᓂᒃ ᐊᒻᒪᓗ ᑕᖅᑳᓂ ᐃᓄᐃᑦ ᖃᐅᔨᒪᔭᓕᖅᐸᓪᓕᕐᑯᓪᓗᒋᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᔪᑦ ᒥᑦᓵᓄᑦ ᑐᓴᐅᒪᑎᑕᐅᑦᓱᐊᕐᓂᒃᑯᑦ ᐊᑐᕆᐊᒃᑲᓐᓂᕐᑯᓪᓗᒋ ᐃᒻᒥᓂᒃ ᐃᑉᐱᒋᑦᓯᐊᓂᒃᑯᑦ, ᐊᔾᔨᐅᑎᑦᓯᓂᒃᑯᑦ, ᐊᑐᐃᓐᓇᖃᖅᑎᑦᓯᓂᒃᑯᑦ ᐃᓚᐅᑎᑦᓯᓂᒃᑯᓪᓗ ᓄᓇᕗᒻᒥᐅᓂᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᔪᓂᒃ ᓇᓪᓕᑎᖏᓐᓂᓪᓗ.

ᐱᓕᕆᐊᑦᓴᒧᑦ ᐅᖃᐅᓯᖅᑕᕆᔭᐅᔪᖅ: ᐊᑐᐃᓐᓇᐅᑎᑦᓯᓂᖅ ᖃᐅᔨᒪᔭᐅᓯᒪᔪᓂᒃ ᑐᙵᕕᖃᕐᓗᑎᒃ, ᐃᓄᓐᓂᒃ ᖃᐅᔨᒪᓕᑦᑕᖃᕐᓗᑎᒃ ᑐᓴᐅᒪᓗᑎᓪᓗ ᐊᐅᓚᓂᖃᕐᓗᑎᒃ, ᐃᓚᓐᓂᐊᑎᑦᓯᓂᖅ, ᐃᑲᔫᑏᑦ ᓄᓇᕗᒻᒥᐅᓂᒃ ᑲᖏᒋᔭᐅᔪᓂᒃ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓂᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᔪᓂᒃ ᐃᓚᖏᓐᓂᓪᓗ ᐃᓅᓯᖏᓐᓂ. ᐱᕈᑎᖃᑎᒌᑦ ᓯᕗᓪᓕᖅᑎᐅᓂᐊᕐᒥᔪᑦ ᐱᕙᓪᓕᐊᑎᑦᓯᓗᑎᒃ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᓗᑎᓪᓗ ᖃᐅᔨᒪᔭᐅᓯᒪᔪᓂᒃ ᑐᙵᕕᖃᖅᑐᓂᒃ, ᓄᓇᓕᓐᓅᖓᔪᓂᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᔪᑦ ᒥᑦᓵᓄᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᓂᕐᒥᒃ ᓄᓇᓕᓕᓐᓂᒃ, ᑎᒥᐅᔪᓂᒃ ᐊᐅᓚᑦᓯᔾᔨᐅᔪᓂᓪᓗ ᑐᓴᐅᒪᔭᐅᑎᑦᓯᑯᓪᓗᒋ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᔪᑦ ᒥᑦᓵᓄᑦ ᐊᑐᐊᒐᓕᐅᕐᓗᑎᒃ, ᐱᐅᓯᖃᐅᕐᓗᐅᑎᒃ ᖃᐅᔨᒪᓂᖃᕐᓗᑎᓪᓗ ᐃᓗᐊᓐᓂ ᓄᓇᕗᑦ.

ᑕᒪᑦᑕ- ᐃᓘᓐᓇᑕ - ᐊᓂᓇᖅᑐᐃᓐᓇᐅᔪᒍᑦ, ᐊᑑᑎᖃᖅᑐᐃᓐᓇᐅᔪᒍᑦ ᐃᑲᔪᖅᓯᓂᖃᑦᓯᐊᖅᑐᐃᓐᓇᐅᑦᓱᑕᓗ ᓄᓇᑦᑎᓐᓂ ᐃᓚᒌᓐᓂᑦᑕᓗ ᐃᓗᐊᓂ ᑲᓲᒪᖃᑎᑦᑕᓗ. ᑲᑐᔾᔨᖃᑎᒌᑦᑐᐃᓐᓇᐅᒍᓐᓇᖅᑐᒍᑦ ᑐᓴᐅᒪᔭᐅᑎᓪᓗᒍ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᔪᑦ ᒥᑦᓵᓅᖓᔪᑦ. ᐃᓘᓐᓇᑕ ᐃᒻᒥᓂᒃ ᐅᐱᒋᓂᖃᕈᓐᓇᖅᑐᒍᑦ ᖃᐅᔨᓴᕐᓯᐊᕐᓗᑕᓗ ᓄᓇᕗᒻᒥᐅᓕᒫᑦ ᐱᕕᖃᕐᓯᐊᖅᑐᐃᓐᓇᐅᒐᓗᐊᕐᒪᖔᑦᑕ ᑲᖏᒋᔭᐅᔪᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᕐᒪᒋᐊᖏᑦ ᖃᓄᐃᙱᓯᐊᕐᓂᕐᒨᖓᔪᓂᒃ ᐃᓚᐅᑎᕐᓯᓂᕐᒥᓪᓗ. ᑕᒪᑦᑕ ᑐᙵᕕᐅᔪᖅ ᐱᕈᖃᑎᒌᑦ ᐋᖅᑭᑦᓯᒪᓂᖓᓄᑦ ᐱᔾᑦᓯᕐᓂᒃᑯᑦ ᐊᑐᐃᓐᓇᐅᑎᑦᓯᓂᕐᒧᑦ ᖃᓄᖅ ᐱᐅᓯᖃᕐᕕᖃᖃᑎᒌᓐᓂᐊᕐᒪᖔᑦᑕ. ᑕᒪᑦᑕ –ᐅᕙᒍᑦᑕᖓ; ᐊᑕᖏᖅᓯᑕ.

Tamatta. Interconnectedness. Equity.

Piruqatigit Resource Centre honours the voices and choices of Nunavummiut with FASD regarding their personal goals and well-being. We embrace the lived experiences, insights and knowledge of people with FASD and their caregivers as equal members of the circle of support team.

Tamatta – all of us are working together to promote the dignity and quality of life for people with FASD by:

- Listening to people and families
- Valuing lived experience and knowledge
- Providing advocacy, awareness training and education to systems and organizations to reduce barriers
- Advocating for equitable, accessible and inclusive participation in community, education and employment opportunities
- Promoting healthcare equity and accessibility
- Ensuring Piruqatigiit programs are responsive, strengths based and grounded in Inuit Qaujimajatuqangit
- Providing information and support to individuals and loved ones that promote personal and family well-being
- Providing opportunities for meaningful connection to community and peers

ᐱᕈᖅᑎᑦ ᑲᑎᕝᕕᖕᒋᓐᓂ ᐃᓕᓐᓂᐊᕋᕐᓴᐃᑦ

ᐊᖓᔪᖅᑳᕆᔭᐅᔪ <<ᑦᓱᕈᓪᓗ:

- ᖃᐅᒪᔪᑦ <<ᑦᓱᕈᑦ (ᑲᑎᒪᐅᖅᑐᓄᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᒥᑦᓵᓄᑦ ᐃᓕᓐᓂᐊᕐᓂᖅ, ᕿᑐᕐᖓᓂᒃ ᐱᕈᖅᓴᐃᓂᖅ ᐃᒻᒥᒃᑯᑦ ᖃᓄᐃᓕᖓᓂᐊᕐᓂᕐᒧᑦ ᐸᕐᓇᐅᑏᑦ ᓄᑕᖅᑲᓄᑦ/ᐅᕕᒃᑲᕐᓄᑦ/ᐃᓐᓇᕐᓄᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᓄᑦ)
- ᖃᐅᒪᔪᑦ ᐃᑲᔪᖅᓯᕐᑲᑎᑏᑦ (ᑲᑎᑦᓯᒪᔪᑦ ᐅᒐᑦᓴᐃᑦ ᓯᕗᓕᖅᑕᐅᑦᓯᓂ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ ᐸᑦᓯᔪᓄᑦ ᓄᑕᖅᑲᓂᒃ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᓂᒃ)
- ᐃᓚᑏᑦ ᑲᑐᔾᔨᔪᑦ/ᐃᓚᑏᑦ ᐱᓕᕆᖅᑲᑎᑏᑦᑐᑦ (ᐃᒻᒥᒃᑯᑦ ᐃᓚᑏᑦ/<<ᑦᓱᕈᑦ ᐃᑲᔪᖅᑏᑦ ᐊᒻᒪᓗ ᐃᓕᓐᓂᐊᕐᓃᑦ)
- ᐃᓚᑏᓄᑦ ᐅᐸᒐᐃᑦ ᐊᐅᓚᓂᐅᔪᑦ
- ᐃᒻᒥᒃᑯᑦ ᐃᓚᑏᑦ ᐃᑲᔪᖅᑕᐅᓂᖕᒋᑦ ᐅᖁᑦᑲᓚᐅᑎᒃᑯᑦ ᖃᕆᑕᐅᔭᒃᑯᓪᓗ

ᓄᑕᖅᑲᓄᑦ ᐅᕕᒃᑲᕐᓄᓪᓗ:

- ᐃᓕᓐᓂᐊᕋᕐᓴᐃᑦ ᓄᑕᖅᑲᓄᑦ ᐅᕕᒃᑲᕐᓄᓪᓗ ᑲᖕᑏᒋᔭᐅᔪᓄᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓄᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᒋᐊᖕᒋᑦ
- ᐃᓕᓐᓂᐊᕋᕐᓴᐃᑦ ᖃᑕᙵᑎᒋᔭᐅᔪᓄᑦ ᕿᑐᕐᖓᓇᔭᐅᔪᓄᑦ/ᐅᕕᒃᑲᕐᓄᓪᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᓄ

ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᒥᑦᓵᓄᑦ ᐃᓕᓐᓂᐊᑎᑦᓯᓂᖅ:

- ᐱᙳᐊᖅᑎᓂᒃ ᐃᑲᔪᖅᑎᓄᑦ ᐃᓕᓐᓂᐊᕋᕐᓴᓂᓪᓗ ᐊᐅᓚᑦᓯᔾᔨᓄᑦ
- ᐃᓕᓐᓂᐊᑎᑦᓯᔾᔨᓄᑦ ᐃᓕᓐᓂᐊᕕᓐᓂᓗ ᐱᓕᕆᖅᑲᑎᑏᑦᑐᓄᑦ
- ᑎᒥᐅᔪᓄᑦ ᐊᕕᑦᑐᖅᓯᒪᔪᓄᓪᓗ
- ᐃᖅᑲᓇᐃᔭᕐᕕᐅᔪᓄᑦ
- ᒪᓕᒐᓕᕆᕕᒻᒥ ᐃᖅᑲᓇᐃᔭᖅᑎᒻᒪᕆᓐᓄᑦ
- ᐋᓐᓂᐊᖅᑐᓕᕆᔨᓄᑦ
- ᑭᓇᒃᑯᑐᐃᓐᓇᕐᓂᒃ ᑲᑎᑎᑦᓯᓂᖅ ᖃᐅᔨᒪᔭᐅᔪᓂᓪᓗ ᐊᒥᖅᑲᐅᑎᖃᕐᓂᖅ
- ᓯᕗᓂᕐᒥ ᖃᕆᑕᐅᔭᒃᑯ ᐃᓕᓐᓂᐊᕋᕐᓴᐃᑦ ᐃᓕᑕᕆᔭᐅᔾᔪᑎᓖᑦ

ᐃᓕᓐᓂᐊᕋᕐᓴᐃᑦ ᐊᐅᓚᓂᑦᓴᖕᒋᓐᓄᑦ ᐃᓂᑦᓴᓕᐅᕐᓂᕐᒧᑦᓗ ᐅᕗᖓᕆᑦ
www.piruqatigiit.ca ᐅᕐᑳᓚᓗᑎᓪᓘᓐᓃᑦ 867-877-4155

ᑐᓴᕆᐊᒃᑲᓐᓂᕕᑦᓴᐃᑦ ᖃᕆᑕᐅᔭᒃᑰᖓᔪᓪᓗ:

- ᑲᓇᑕᒥ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ ᒥᑦᓵᓄᑦ ᖃᐅᔨᓴᖃᑎᑏᑦᑐᑦ:
  - ᖃᕆᑕᐅᔭᒃᑯᑦ ᐃᓕᓐᓂᐊᕐᓂᖅ ᐱᖃᓯᐅᑎᑦᓯᑎᒃ ᐊᑭᖃᙱᑦᑐᑦ ᑐᙵᕕᓐᓂᒃ ᐃᓕᑕᕆᔭᐅᔾᔪᓕᓐᓂᒃ ᐃᓕᓐᓂᐊᕋᕐᓴᐃᑦ: https://canfasd.ca/online-learners/
  - <<ᑦᓱᔾᔨᓄᑦ ᖃᐅᔨᒪᓕᑕᐃᑦ: https://canfasd.ca/wp-content/uploads/sites/35/2018/03/Caregiver-Resource-Guide-FASD-March-2018.pdf
  - Blog: https://canfasd.ca/2017/04/26/canada-fasd-research-network-blog/
  - ᖃᐅᔨᓴᕐᓃᑦ ᐊᑑᑎᓖᓪᓗ ᑐᓴᕋᕐᓴᐃᑦ: https://canfasd.ca/
- ᐋᓐᓂᐊᑦᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᑦ ᑲᓇᑕᒥ: https://www.canada.ca/en/public-health/services/diseases/fetal-alcohol-spectrum-disorder/about.html
- ᓴᒃᑲᓯᐊᓐᒥ ᓴᐳᔾᔨᔾᔨᑦ (ᑕᕆᔭᕋᓯᐊᕝᕚᓗᐃᑦ ᐊᖓᔪᖅᑳᕆᔭᐅᔪᓄᑦ ᐃᓄᓐᓄᓪᓗ ᐊᑦᑐᖅᑕᐅᓯᒪᔪᓄᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᓯᒪᓂᕐᒧᑦ ᐱᖃᓯᐅᑎᑦᓯᓂ ᓂᐱᓕᐅᖅᓯᒪᔪᖅ) https://skprevention.ca/resource-catalogue/alcohol/fasd-lets-talk-about-it/
- POPFASD (ᑕᕆᔭᐃᑦ ᐃᑲᔫᑎᑦᓴᐃᓪᓗ): https://www.fasdoutreach.ca/

Lived voice:

- http://www.heretohelp.bc.ca/visions/alcohol-vol2/my-life-with-fasd

ᐱᕈᖅᑎᑦ
ᑲᑎᕝᕕᖕᒋᑦ
PIRUQATIGIIT
RESOURCE CENTRE

- https://www.fasdoutreach.ca/resources/all/f/fasd-through-variety-lenses-e02-himmelreich
- https://www.gov.mb.ca/healthychild/fasd/fasdeducators_en.pdf

ᐊᓯᖏᑦᑕᐅᖅ ᐃᑲᔫᑎᒍᓐᓇᖅᑐᑦ:
- Kids Brain Health Network: http://kidsbrainhealth.ca/
- Better Nights Better Days (ᓯᓂᒐᓱᐊᕈᑎᑦᓯᐊᕙᐃᑦ ᓄᑕᖅᑲᓄᑦ ᖃᓇᑕᒃᑯᑦ ᐱᕙᓪᓕᐊᓂᒃᑯᑦ ᐊᑲᐃᓪᓕᐅᕈᑎᓕᒃᑯᑦ) http://betternightsbetterdays.ca/
- Healthy Child Manitoba: ᐃᓕᓐᓂᐊᑎᑦᓯᔨᑦ ᖃᐅᔨᒪᒋᐊᓕᖏᑦ: https://www.gov.mb.ca/healthychild/fasd/fasdeducators_en.pdf
- Stuart Shanker Self Reg & The Mehrit Centre: https://self-reg.ca/

ᐅᖃᓕᒫᒐᐃᑦ:
- ᐊᔾᔨᐅᖏᑦᑐᒃᑰᖅᑐᖅ ᐊᑦᓱᕈᓐᓇᓂᖅᓴᐅᑎᓐᓇᒍ - Diane Malbin
- ᐃᒻᒥᓄᑦ ᒪᓕᒐᐃᑦ: ᐃᑲᔫᕈᓐᓇᐅᑏᑦ ᕿᑐᖕᒐᓐᓂᒃ ᐊᑦᓱᕈᓐᓇᖅᑐᒃᑰᖕᒋᓐᓂᐅᓴᖅᑯᓪᓗᒍ - Stuart Shanker
- ᓄᑕᖅᑲᑦ ᐅᖃᓕᒫᒐᖏᑦ ᓂᐱᓕᓪᓗ ᐅᖃᓕᒫᒐᖅ ᐱᕈᑎᖃᑎᑦ ᑲᑎᑦᑕᖅᕕᖓᓂᒃ

ᑎᑎᕋᖅᓯᒪᔪᑦ ᑐᑭᒋᔭᐅᔪᑦ:

ᐊᑐᐃᓐᓇᖃᖅᓂᖅ: ᑭᓇᒃᑯᓕᒫᑦ ᐱᕕᖃᖅᓂᖏᑦ ᐊᑕᖏᖅᑐᒥᒃ ᐃᓚᐅᑎᓐᓂᖅᒧᑦ ᐊᐅᓚᓂᐅᔪᓂ: ᐃᓂᑦᓴᖃᑦᓯᐊᖅᓂᖅ; ᑐᓴᕋᑦᓴᖃᖅᓂᖅ ᑐᑦᓯᕋᐅᑏᑦ ᐊᒥᓱᓄᑦ ᐊᐅᓚᓂᐅᔪᓄᑦ ᐅᖃᐅᓯᔪᓄᑦᓗ, ᐊᓯᖏᑦᓗ. ᐊᑐᐃᓐᓇᖃᖅᓂᖅ ᐊᑕᐅᓯᒃᑰᖃᑎᖃᕋᔪᓲᖅ ᐃᓱᒪᒪᓯᕐᒥᒃ ᐊᔾᔨᑏᑦᓯᓂᖅ. ᐊᑐᐃᓐᓇᖃᖅᓂᖅ ᖃᐅᔨᓴᕐᓯᐊᖅᓂᖅ ᐊᔾᔨᑏᖏᓐᓂᐅᔪᑦ ᐃᓱᒪᒋᔭᐅᒐᓗᐊᖅᒪᖔᑕ ᐃᓄᓕᒫᑦ ᐱᔪᓐᓇᐅᑎᖏᑦ, ᑭᖑᒫᒋᔭᖏᑦ ᓴᖏᓂᖏᓪᓗ ᐃᑲᔪᖅᑐᖅᑕᐅᒐᓗᐊᖅᒪᖔᑕ.

ᐊᑲᕈᒍᑏᑦ: ᐊᖅᑯᑕᐅᔪᑦ, ᐃᑲᔪᑎᓖᑦ ᖃᓇᑕᐅᔭᐃᑦ, ᐃᕕᖅᑎᕈᑏᑦ ᐊᒻᒪᓗ ᐊᓯᔾᔨᓇᐊᑭᑦᑐᑦ ᖃᓄᖅᑑᕈᑏᑦ ᖃᐅᔨᓴᕐᓯᐊᕈᑕᐅᓗᑎᒃ ᐃᓄᓕᒫᑦ ᐃᓕᓐᓂᐊᕋᓗᐊᖅᒪᑖ, ᐊᑑᑎᒐᓗᐊᖅᒪᖔᑕ ᐃᓚᐅᑎᓐᓂᖅᑲᖅᒪᖔᑕᓗ ᐊᑲᐅᓈᖅᐸᒃᑯᑦ. ᐃᓚᖏᑦ ᐆᑦᑑᑎᑦᓴᐃᑦ: ᑕᑯᑦᓴᐃᑦ ᐊᐅᓚᓂᑦᓴᐃᑦ ᐱᕕᖃᖅᓂᖅᓗ, ᒥᑭᓪᓕᑎᖅᓯᒪᔪᑦ ᐋᖅᑭᐊᕋᑦᓴᐃᓪᓗᓐᓃᑦ ᐃᑲᖅᕋᐃᑦ ᐃᓕᓐᓂᐊᖅᓂᖅᒧᑦ, ᐃᒥᒃᑯᑦ ᐃᓕᓐᓂᐊᖅᓂᖅᒧᑦ ᐸᖅᓇᐅᑏᑦ ᐊᑲᖅᓇᑎᑦᓯᓂᖅᒧᓪᓗᓐᓃᑦ ᐸᖅᓇᐅᑏᑦ, ᐊᑐᖅᓗᑎᒃ ᓂᐱᖅᑲᓗᐊᓈᒃᑯᑎᓂ ᓯᐅᒻᒥᒫᖅᓂᒃ, ᓄᖅᑲᖕᒐᑭᑕᐸᐸᓪᓗᑎᒃ, ᐊᓯᖏᓪᓗ.

ᐊᑲᐅᓈᖏᑦᑐᑦ ᖃᓄᐃᓕᖕᒐᓐᓂᐅᔪᑦ: ᐊᑑᑎᒍᒥᓇᖏᑦᑐᑦ ᐋᓐᓂᐅᔪᓂᐅᔪᓪᓗᓐᓃᑦ ᓲᖅᓗ ᐊᖏᕋᖅᑲᖏᓐᓂᖅ, ᒪᓕᒐᓕᕆᔨᓄᑦ ᐊᐳᖅᑕᑦᓂᖅ, ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᖅᓂᖅ, ᐃᓄᑑᑎᓐᓂᖅ, ᐅᓗᕆᐊᓇᖅᑐᒧᖅᑕᑦᓂᖅ, ᐸᕝᕕᒐᑐᐃᓐᓇᕆᐊᖅᓂᖅ, ᐃᓚᒋᓐᓄᑦ ᓯᕐᑯᑦᑎᓐᓂᖅ, ᐃᒻᒥᓃᕐᓂᖅ ᐊᓯᖏᓪᓗ (ᑕᐃᔭᐅᒐᔪᑦᑐᖅ ᑭᖑᓕᕆᔭᐅᒋᐊᖏᑦ ᑕᖅᑳᖅᒐᖅᑐᓄᓪᓗ ᐊᔪᕈᑏᑦ)

ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ: ᑭᖑᕐᖓᒍᑦ ᐱᓕᕆᖃᑎᒌᑦᑐᑦ ᖃᐅᔨᓴᖅᑐᑦ (ᐅᖃᕈᓐᓇᕐᓂᓕᕆᔨ, ᐱᐊᕋᓕᕆᔨ, ᐃᖃᐃᓕᓴᐃᔨ, ᐊᓯᖏᓪᓗ) ᓇᓗᓇᐃᖅᓯᓂᕐᓗ ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒥᒃ ᐊᑑᑎᓯᒪᓂᕐᒧᑦ ᑐᙵᕕᐅᑦᓯᓂ 2015–ᒥ ᑲᓇᑕᒥ ᐱᐊᕋᓕᕆᔨᑦ ᖃᐅᔨᒪᓕᖏᑦ, ᓇᔾᔨᐊᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᓂᕐᒥᒃ ᓇᓗᓇᐃᖅᑕᐅᔪᖅᑲᖅᐸᑦ ᐃᓄᒻᒥᒃ.

ᐃᐸᐱᓐᓂᐊᓂᒃᑯᑦ ᒪᓕᒐᖃᖏᓐᓂᖅ: ᐱᔭᕆᐊᑐᑦᓴᖅᑐᖅ ᐃᐸᐱᓐᓂᐊᔭᒥᓂᒃ, ᐆᒻᒪᕆᓐᓂᕐᒥᓂᒃ, ᐅᐸᓗᐃᔭᕐᓂᕐᒥᓪᓗ. ᑕᑯᑦᓴᐅᒍᓐᓇᖅᑐᖅ ᓂᖕᒐᑦᓯᒪᔫᔭᕐᓗᓂ, ᓇᓗᓕᖅᓯᒪᓗᓂ, ᖃᖅᑕᕐᓗᓂᓗ ᐱᐅᓯᖕᒐ.

ᐊᔾᔨᑏᑦᓯᓂᖅ: ᐊᔾᔨᑏᖏᓐᓂᐅᔪᑦ ᐃᓱᒪᒋᔭᐅᖃᓯᐅᑎᔪᑦ ᑲᔪᓯᑎᑦᓯᔪᑦ ᐃᓅᓯᕐᒨᖓᔪᓂᒃ ᒪᓕᒐᐅᔪᓂᒃ, ᓄᓇᕐᔪᐊᕐᒨᖓᔪᓂᒃ ᐊᔾᔨᑏᑦᓯᓂᖅᑲᑦᓯᓂ. ᐃᓚᖓᓂ ᐃᓄᐃᑦ ᐊᔾᔨᑏᑦᑕᐅᕙᑦᑑᒐᓗᐊᑦ (ᐊᔾᔨᑏᑦ), ᐊᑲᕈᓕᕈᑕᐅᖏᑦᑐᖅ ᐊᔾᔨᑏᖏᓐᓂᐅᔪᓄᑦ. ᐃᓚᖓᓂ ᐃᓄᐃᑦ ᐊᔾᔨᑏᑦᑕᐅᐸᑦᑕ (ᐊᔾᔨᑏᑦ), ᐊᑲᕐᓇᓕᓇᑕᐅᖏᑦᑐᖅ ᐊᔾᔨᑏᖏᑦᑐᓄᑦ. ᑎᑭᐅᑎᒍᑕᐅᒍᓐᓇᖅᑐᑦ ᓇᓕᒧᑏᒍᓐᓃᕐᓗᑎᒃ ᓴᖏᓂᐅᔪᑦ. ᐊᔾᔨᑏᑦᓯᓂᖅ ᐃᓄᓕᒫᓂᒃ ᐃᓚᐅᑎᑦᓯᒻᒪᑦ ᐃᓄᓕᒫᓂᒃ ᐃᓚᐅᑎᖅᑯᓪᓗᒋᑦ ᑭᖑᒫᒋᔭᐅᖏᑦᓗ ᐊᐅᓚᔭᒋᐊᕈᑕᐅᓗᑎᒃ, ᓇᓗᓇᐃᔭᐃᓯᓐᓈᑦ ᐊᔾᔨᑏᖏᑦᑐᓂᒃ ᓴᖏᓂᖅᑖᑎᑦᓯᓂᒃᑯᑦ ᐱᕕᖃᖅᑎᑦᓯᓂᒃᑯᓪᓗ. ᐊᔾᔨᑏᑦᓯᓂᖅ ᐃᖅᑲᐃᑎᑦᓯᒋᐊᕈᑎ ᐃᓄᓐᓄᑦ ᐊᑑᑎᖃᖅᑐᐃᓐᓇᐅᓂᑦᑎᓐᓂᒃ ᐃᓄᑦᑎᒍᓪᓗ ᐱᔪᓐᓇᐅᑎᕗᑦ ᐱᒃᑯᒋᔭᐅᒋᐊᓖᑦ ᐊᓯᑦᑎᓐᓄᑦ ᖃᖓᓕᒫᖅ.

ᓇᔾᔨᑏᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᔪᑦ – ᑐᓴᐅᒪᓂᖅ: ᑐᑭᓯᓯᒪᔪᖅ ᐊᔪᕈᑕᐅᔪᒥᒃ ᐃᑲᔪᖅᓯᓂᖅᑲᑦᓯᐊᖅᓱᓂ ᑭᖑᒫᒋᔭᐅᔪᓂᒃ ᓴᖏᓂᐅᔪᓂᓪᓗ ᐃᓄᓐᓄᑦ ᑲᖏᒋᔭᐅᔪᓄᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓄᓪᓗ ᓇᔾᔨᑏᖑᓪᓗᑎᒃ ᐃᒥᐊᓗᒻᒧᑦ ᐃᑦᑕᑦᑕᐅᑦᓯᒪᒋᐊᖏᑦ ᐊᑲᕐᓇᑎᑕᐅᓂᒃᑯᑦ ᐊᑲᐅᔪᓂᓪᓗ ᐊᐅᓚᔭᒋᐊᕐᓂᖅᑲᕐᓂᖅ.

ᐃᓚᐅᑎᑦᓯᓂᖅ: ᐊᔾᔨᑏᖏᓐᓂᖅ ᓇᓪᓕᐅᓂᖅᓯᐅᕈᑎ. ᐊᔾᔨᑏᖏᓐᓂᖅ ᑐᙵᓱᑦᑎᑕᖅ. ᑭᓇᒃᑯᓕᒫᑦ ᐊᔾᔨᑏᑦᑐᒥᒃ ᐃᓂᖅᑲᖅᑐᑦ ᑐᙵᓱᑦᓱᑎᓪᓗ ᐃᓚᐅᑎᑕᐅᑦᓱᑎᓪᓗ. ᐱᐅᓯᐅᔪᑦ ᐊᑐᐊᒐᐃᓪᓗ ᐃᓚᐅᑎᑦᓯᓂᖅᑲᓇᐊᓖᒃ ᓄᓇᓕᓕᓐᓄᑦ.

ᐊᒻᒧᑎᖅᑕᐅᓂᖅ: ᐊᔭᐅᖅᑕᐅᓂᖅ ‘ᐊᒻᒧᑎᕐᓂᕐᒧᑦ’ ᓯᓚᑖᓃᒋᐊᕐᔫᓐᓃᑦ. ᐃᐸᐱᓐᓂᐊᓂᖅ ᑐᑭᓯᔭᐅᙱᒋᓂᕐᒥᒃ. ᑲᓯᖅᓯᒪᔪᔾᔭᙱᑦᑐᖅ ᑲᑎᑦᑐᖅᑐᓂᒃ ᓄᓇᓕᓕᓐᓂᔫᓐᓃᑦ. ᓇᕿᑎᖅᑐᖅᓯᔪᔾᔭᕐᓂᖅ ᓇᕿᒋᔭᐅᔪᔾᔭᕐᓂᓪᓗ ᐃᓅᕐᑲᑎᓐᓄᑦ.

ᖃᓇᑕᕐᒧᖕᒐᔪᑦ ᐊᔾᔨᒌᙱᑦᑐᑦ: ᖃᓇᑕᖏᑦ ᐊᔾᔨᒌᙱᑦᑐᑦ

ᖃᓇᑕᕐᒧᖕᒐᔪᑦ – ᐊᑑᑎᒐᔪᑦᑐᑦ: ᐃᓄᐃᑦ ᖃᓇᑕᒃᑯᖕᒐᔪᒥᒃ ᐊᔪᕈᑎᖃᙱᑦᑐᑦ

ᓴᙱᓂᕐᒥᒃ ᑐᙵᕕᓛᑦ: ᐃᓕᑕᖅᓯᓂᓕᒃ ᐱᔪᓐᓇᕐᓂᙱᓐᓂᒃ, ᐊᓐᓇᒍᓐᓇᕐᓂᙱᓐᓂᒃ ᐃᓗᐊᓂ ᐃᓅᕐ; ᐃᓚᒌᑦ; ᓄᓇᓕᓖᑦ ᐊᓯᙱᓪᓗᓐᓃᑦ ᐊᐅᓚᓂᐅᔪᓂᑦ ᓇᓗᓇᐃᖅᑕᐅᒍᓐᓇᖅᑐᑦ ᐃᑲᔪᖅᑐᖅᑕᐅᕐᓯᐊᕆᐊᒃᑲᓐᓂᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᕋᑦᓴᑎᓪᒍ, ᐃᑲᔪᖅᑎᖃᕐᓂᒃᑯᑦ, ᐱᕕᑦᓴᖃᕐᓂᒃᑯᓪᓗ ᐱᕙᓪᓕᕈᑎᓴᑦᓄᑦ ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓄᑦ ᓴᙱᓂᐅᔪᓄᑦ.

ᑲᙱᓇᖅᑐᑦ ᓇᔾᔨᐊᖑᓪᓗᑎᒃᑦ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᑦ: ᐃᓄᒃ ᓇᓗᓇᐃᖅᑕᐅᓲᖑᙱᑦᑐᖅ ᓇᔾᔨᐊᖑᓪᓗᑎᒃᑦ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᓂᕐᒧᑦ ᑭᓯᐊᓂ ᓇᓗᓇᙱᑦᑐᓂᒃ ᐱᑕᓕᒃ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᐅᒋᐊᖓ ᓇᔾᔨᐊᖑᓪᓗᓂ ᐊᑦᑐᐃᓂᖅᑲᖅᓯᒪᑐᐃᓐᓇᕆᐊᖅᑲᕆᐊᖓ ᐃᓅᕐ ᐱᕙᓪᓕᐊᒍᓐᓇᕐᓂᖓᓂᒃ.

ᐱᒍᒪᓐᓂᕈᑦᓯᐅᒃ ᑲᓇᑕᒥ ᓇᔾᔨᐊᖑᓪᓗᑎᒃᑦ ᐃᒥᐊᓗᒍᑕᐅᓕᓂᕐᒧᑦ ᐊᑦᑐᖅᑕᐅᓂᕐᓗᑦᓯᒪᔪᑦ ᐅᖃᐅᓯᖏᓐᓄᑦ ᒪᓕᒐᕐᓂᒃ ᐅᕗᖓᕐᓗᓯ: https://canfasd.ca/wp-content/uploads/sites/35/2018/01/LAEO-Language-Guide.pdf

ᑮᓇᐅᔭᐃᑦ ᑕᕝᕗᖓ ᖃᐅᔨᓴᕐᓂᕐᒧᖕᒐᔪᑦ ᓴᓇᔭᐅᓂᖏᓪᓗ ᐅᑯᐊ ᑐᓴᕋᑦᓴᐃᑦ ᐅᖃᓕᒫᕋᕋᓛᑦ ᐊᒻᒪᓗ ᐱᕈᖃᑎᒌᑦ ᐊᐅᓚᓂᖏᑦ ᐊᔪᕈᓐᓃᖅᑎᑕᐅᓯᒪᔪᑦ ᒐᕙᒪᒃᑯᖏᓐᓂ ᓄᓇᕗᑦ ᐱᖅᑯᓯᓕᓇᔨᒃᑯᓐᓄᑦ ᐃᑦᓴᕐᓂᑕᓕᓇᔨᓄᓪᓗ ᐃᓄᐃᑦ ᐊᑐᖅᑐᕐᑯᑎᖏᓐᓄᑦ ᐊᐅᓚᓂᐅᔪᓄᑦ ᑮᓇᐅᔭᓂᒃ ᐊᒻᒪᓗ ᐊᕕᑦᑐᖅᓯᒪᔪᓂᒃ ᐋᓐᓂᐊᑦᑕᐃᓕᒪᓂᕐᒧᑦ ᐃᓅᓯᑦᓯᐊᓇᓂᕐᒧᓪᓗ ᑐᑦᑕᕐᕕᖓᓐᓂᒃ ᐊᑐᓕᖅᑎᑕᐅᓂᖓᒍᑦ ᐃᓅᓯᕗᑦ ᐊᓐᓂᓇᖅᑐᖅ.

ᑲᑐᑎᓗᒍ ᓄᓇᕗᑦ ᐱᕈᖅᐸᓕᐊᑎᓪᓗᒍ
Building Nunavut Together
Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble
Nunavut

ᐃᓅᓯᕗᑦ ᐊᓐᓂᓇᖅᑐᖅ
unitedfor life
InuusivutAnninaqtu
unispour la vie

ᐱᕈᖅᑎᒌᑦ
ᑲᑎᖕᕕᖕᒋᑦ
PIRUQATIGIIT
RESOURCE CENTRE