ᐊᑯᓂᐅᔪᒧᑦ ᓱᕋᒍᑕᐅᔪᓐᓇᖅᑐᑦ ᒥᓗᒃᓲᑦ ᐊᒃᑐᐃᓂᖅᑭᓐᓇᕐᒥᔪᑦ ᒪᑯᓂᖓ:

- ᐧᖃᓄᐃᓕᐅᕈᒪᖕᒋᓐᓂᖅᓴᐅᓕᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓱᒪᖃᕈᓐᓇᖕᒋᓐᓂᖅᓴᐅᓕᕐᓂᖅ
- ᐊᒡᕕᐊᕐᑯᑕᐅᓕᕈᓐᓇᕐᓂᖅ ᐃᓕᓐᓂᐊᕈᓐᓇᕐᓂᕐᒧᓪᓗ ᐃᖃᓇᐃᔾᑦᑎᐊᕈᓐᓇᕐᓂᕐᒧᓪᓗ
- ᐊᓂᖅᓵᖅᑦᑎᐊᕈᓐᓇᐃᓕᓯᒪᓂᖅ ᒥᓗᒃᓱᓐᓇᕐᓂᕐᒧᑦ
- ᐃᖃᐅᒪᑦᑎᐊᕈᓐᓇᐃᓕᖃᑦᑕᓕᕐᓂᖅ
- ᐃᓱᒪᖓᒍᑦ ᓈᒻᒪᒍᓃᖅᓯᒪᓂᖅ (ᐋᖓᔾᔪᓇᖅᑐᓂᒃ ᐊᑐᖅᓯᒪᓂᕐᒧᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᕈᑎᖃᓕᕐᓂᕐᒧᑦ)
- ᐃᓱᒪᓗᓕᕈᑕᐅᒋᒃᑲᓐᓂᕈᓐᓇᕐᓂᖕᒋᓐᓂᒃ ᐊᓐᓂᐊᕈᑕᐅᒋᖅᑐᓂᒃ

ᓇᑭᖕᒫᕐᓂᖕᒋᑦ ᖃᐅᔨᒪᑎᑦᑎᔾᔪᑏᑦ:

- ᐱᓕᕆᕙᖓᓐᓂᒃ ᐅᐃᕆᓐᓇᖅᑐᓂᒃ ᓄᖃᕈᓐᓇᐃᓕᓯᒪᓂᖅ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒥᒃ
- ᑲᓇᑕᓕᒫᒥ ᐱᓕᕆᕙᖓᑦ ᐋᖓᔾᔪᓇᖅᑐᓂᒃ ᐊᑐᕐᓂᕐᓗᖃᑦᑕᕐᓂᕐᒥᒃ
- ᐋᖓᔾᔪᓇᖅᑐᓂᒃ ᐊᑐᕐᓂᕐᓗᕋᑦᑕᕐᓂᖅ ᐊᒻᒪᓗ ᐃᓱᒪᒃᑯᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᓂᕐᒧᑦ ᐱᓕᕆᕙᖓᓐᓂᒃ, ᖃᐅᔨᑎᑦᑎᔾᔪᑏᑦ ᒪᒃᑯᒃᑐᓄᑦ

ᓇᒧᑦ ᐃᑲᔪᖅᑕᐅᔭᖅᑐᕈᓐᓇᕐᓂᖅ

- ᒐᕙᒪᒃᑯᑦ ᐋᓐᓂᐊᖅᑐᓕᕆᔨᒃᑯᖕᒋᑦ ᐱᑕᖃᖅᑎᑦᑎᕙᒃᐳᑦ ᓄᓇᓕᖕᓂ, ᐊᕕᒃᑐᖅᓯᒪᓂᐅᔪᓂ ᐊᒻᒪᓗ ᓄᓇᕗᑦ ᓯᑖᓄᑦ ᐱᔨᑦᑎᕋᐅᑎᓂᒃ ᐃᑲᔫᑕᐅᔪᓐᓇᕐᓂᖅᑐᓂᒃ ᖃᐅᔨᓴᖅᑕᐅᔪᓐᓇᕐᓂᖕᒋᓐᓄᑦ ᐃᑲᔪᖅᑕᐅᓂᖕᒋᓄᑦᓗ ᐃᓄᐃᑦ ᐅᐃᕆᓯᒪᔭᒥᓂᒃ ᐊᔪᓕᕈᑎᖃᖅᓯᒪᓂᕐᒥᓄᑦ ᐃᓱᒪᔫᑕᐅᔪᓂᒃ.
- ᐅᖃᕐᕕᐅᓗᓂ ᐃᓱᒪᓕᕆᔨᐅᓂᕐᒧᑦ ᐃᓱᐊᖅᓴᐃᔨ ᐅᕝᕙᓗᓐᓃᑦ ᖃᓄᐃᖕᒋᑎᑎᓂᕐᒧᑦ ᐅᖃᕐᕕᐅᕙᒃᑐᖅ ᓄᓇᔾᔪᓐᓂ ᐊᓐᓂᐊᕐᕕᖕᓂ, ᐱᔾᔪᑎᖃᖅᑐᓂᒃ ᐃᓕᖕᓂᒃ ᐃᑲᔪᖅᑕᐅᒋᐊᕐᑯᔨᓂᖅ ᐊᓯᖕᓂᒡᓗᓐᓃᑦ ᐃᓄᖕᓂᒃ ᐃᑲᔪᖅᑕᐅᕐᑯᔭᕐᓂᒃ.
- ᓱᕈᓯᕐᓄᑦ ᓄᑕᖃᓄᑦ ᐃᑲᔪᖅᑕᐅᕕᖕᒐᑕ ᐅᖅᑳᒪᐅᑎᖕᒐᑦ 1-800-668-6868 (24/7)
- ᓄᓇᕗᒻᒥ ᐃᑲᔪᖅᑕᐅᕝᕕᒃ ᐅᖅᑳᒪᐅᑦ ᐅᕙᓃᑦᑐᖅ 1-800-265-3333 (7-ᒥᒃ ᐅᓐᓄᒃᑯᑦ ᖁᑦᓄᐊᕋᓱᐊᕐᓂᖕᒐᓂ, ᑲᓇᖕᓇᕐᒥᐅᓂ)
- ᐃᒥᐊᓗᓕᕆᔩᑦ ᐊᑎᖃᖅᑎᑕᐅᖕᒋᑦᑐᑦ - ᐃᓄᖕᓄᑦ ᐃᒥᐊᓗᖃᑦᑕᕈᒪᔪᓐᓃᓂᖅᑐᓄᑦ ᐅᕝᕙᓗᓐᓃᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᔪᓄᑦ ᓄᖃᖕᒐᓕᖅᑎᑦᓗᒋᑦ ᐃᒥᐊᓗᖕᒥᒃ (1-888-616- 4011) ᖃᓇᑕᐅᔭᒃᑯᑦ ᑕᑯᓂᐊᖅᑕᐅᕝᕕᖕᒐᑦ www.aacanada.com/
- ᐃᒥᐊᓗᒃᑐᓂᒃ ᐃᓕᖃᖅᑐᑦ ᐊᑎᖃᖅᑎᑕᐅᖕᒋᑦᑐᑦ - ᐃᓄᒐᓴᐃᑦ ᐃᓕᒋᔭᐅᔪᑦ ᐊᒻᒪᓗ ᐱᖃᑎᐊᓗᒍᔭᐅᔪᑦ ᐃᒥᐊᓗᒍᓐᓇᐃᓕᓂᕐᒥᒃ ᓄᖃᕈᓐᓇᐃᓕᓯᒪᔪᓂᒃ. ᑐᑭᓯᓂᐊᕐᕕᐅᔪᓐᓇᖅᑐᑦ ᐅᕙᓂ ᖃᓇᑕᐅᔭᒃᑯᑦ ᑕᑯᒋᐊᖅᑕᐅᕝᕕᖕᒥ: http://al-anon.alateen.org/

ᑮᓇᐅᔭᒃᓴᖃᖅᑎᑕᐅᓚᐅᖅᑐᑦ ᐅᑯᓄᖓ

ᐃᓇᓐᓇᖅᑐᓂᒃ ᓄᖃᕈᓐᓇᐃᓕᓂᖅ

ᓴᓇᔭᐅᓯᒪᔪᑦ ᑖᒃᑯᐊ ᐃᑲᔪᖅᑕᐅᓪᓗᑎᒃ ᐅᑯᓄᖓ: ᑲᓇᑕᒥᐅᑕᓂ ᐊᐅᐸᓗᒃᑐᓂᒃ ᓴᓐᓂᖓᔪᓖᑦ

ᐃᓱᒃᓴᒪᑦ ᐃᓅᓯᕐᒧᑦ ᑲᑎᒪᔨᖕᒋᑦ ᑎᑎᖃᕐᓂᐊᕐᕕᒃ 2259
ᐃᖃᓗᐃᑦ, ᓄᓇᕗᑦ X0A 0H0
ᖃᓇᑕᐅᔭᒃᑯᑦ ᑎᑎᖃᖅᑖᕐᕕᖕᒐᑦ:
www.inuusiq.com 1-867-975-3233

ᐃᓴᒃᓯᒪᑦ ᐃᓅᓯᕐᒥ ᑲᑐᔾᔨᖃᑎᒌᑦ
IKITIAHIMALUGU INUUHIK KATIMAJIIT

EMBRACE LIFE COUNCIL
CONSEIL SAISIS LA VIE

ᐃᓇᓐᓇᖅᑐᓂᒃ ᓄᖅᑭᓐᓇᐃᓕᓂᖅ

ᑕᒪᒃᑯᓂᖓ ᓱᕋᖕᓇᖅᑐᓂᒃ ᐊᑐᖅᐸᒃᑐᑦ ᓄᖅᑭᓐᓇᐃᓕᓯᒪᕙᖕᒪᑕ ᐅᐃᓇᓐᓇᖅᑐᓂᒃ, ᓄᖅᑭᒪᓕᕋᓗᐊᕈᑎᒃ, ᓄᖅᑭᓐᓇᐃᓕᓯᒪᓂᕋᖅᑕᐅᕙᒃᐳᑦ ᐅᐃᓇᓐᓇᖅᑐᒥᒃ.

ᐃᓄᐃᑦ ᐱᒋᐊᓕᕐᓴᕋᖓᒥᒃ ᓱᕋᒍᑕᐅᔪᓐᓇᖅᑐᓂᒃ, ᐃᓱᒪᕙᖏᒪᑕ ᐅᐃᓇᓯᒪᔪᒪᓂᕋᒥᓂᒃ. ᐃᓱᒪᒋᔭᐅᖕᒫᓲᖑᒐᒥᒃ ᖃᓄᖅ ᐃᓗᑯᑦ ᓱᕋᒍᑕᐅᓲᖑᖕᒪᖕᒐᑕ. ᐅᒃᐱᓇᔭᖃᓲᖑᕗᑦ ᐊᐅᓚᑦᑎᔪᓐᓇᕐᓂᕋᒥᓂᒃ ᖃᓄᑎᒋ ᐱᖃᑦᑕᕐᓂᐊᕐᒪᖕᒫᑕ ᐊᒻᒪᓗ ᖃᓄᖅ ᐊᒥᓱᐃᖅᑕᖅᑎᒋᕙᖕᓂᐊᕐᒪᖕᒫᑕ. ᑭᓱᐊᓂᓕ, ᖃᓇᑕᖕᒐᓂᒃ ᐊᑐᖅᑕᐅᔪᑦ ᐊᓱᔾᔨᖅᓱᕙᒃᑲᒥᒃ, ᐊᑐᖅᐸᒃᑐᓪᓗ ᐱᔭᓇᐊᓕᕋᑦᑕᖅᑐᑦ ᖃᓄᐃᑐᒪᖕᒋᑐᐃᓐᓇᕐᓂᕐᓂᕐᒥᓄᑦ. ᑕᒪᓐᓇ ᐅᐃᓇᓯᒪᓂᕐᒥᒃ ᓄᖅᑭᓐᓇᐃᓕᓂᕋᖅᑕᐅᕙᒃᐳᖅ, ᐃᓅᓯᓕᒫᖕᒋᓐᓂᒃᓗ ᐊᐅᓚᑦᑎᓕᖅᐸᒃᑐᖅ.

ᐃᓄᐃᑦ ᐊᑐᕐᓂᕐᓗᒃᐸᒃᑐᑦ ᓱᕋᒍᑕᐅᕙᒃᑐᓂᒃ ᐊᒥᓱᓂᒃ ᐱᔾᔪᑎᖃᖅᓱᑎᒃ: ᖁᕕᐊᓱᒍᓚᒐᒥᒃ ᐃᓗᒃᑯᑦ. ᐊᑐᕐᓂᖅ ᑕᒪᒃᑯᓂᖓ ᖁᕕᐊᓇᖅᑐᒻᒪᓇᐊᓗᔪᓐᓇᕐᒪᑦ, ᑭᓱᐊᓂ ᕿᓚᒻᒥᓇᐊᓗᖕᒧᑦ. ᐃᓚᖏᑦᓗᓐᓂᑦ ᐃᓄᐃᑦ ᐊᖏᓂᖅᓴᓂᒃ ᐊᒥᓲᓂᖅᓴᓂᒃ ᐱᖃᑦᑕᓕᕋᓗᐊᕈᑎᒃ, ᐃᓗᒃᑯᑦ ᖁᕕᓱᒍᓐᓇᕐᓂᖓᑦ ᑲᔪᓲᓐᓇᕈᓐᓇᖏᑦᑐᖅ. ᐱᐅᖏᑦᑐᒥᒃ ᐃᓗᒥᒍᑦ ᖁᕕᐊᓱᖏᓐᓂᖅᑭᕐᒥᒃ ᐃᒃᐱᖕᓂᐊᖏᓐᓇᕈᒪᖏᓐᓇᒥᒃ. ᐃᓚᖏᑦ ᐃᓄᐃᑦ ᐃᓱᒪᓘᒃᑐᑦ, ᑲᑉᐱᐊᓱᒃᑐᑦ, ᖁᐃᒪᓱᒃᑐᑦᓗᓐᓂᑦ ᖁᕕᐊᓇᖏᑦᑐᒥᑦᑐᑦ ᐊᑐᖅᑭᑦᑐᖅᐳᑦ ᓱᕋᖕᓇᖅᑐᓂᒃ ᐱᐅᖏᓗᐊᖅᑐᒥᒃ ᐃᒃᐱᖕᓂᐊᔪᓐᓂᕐᓂᐊᕋᒥᒃ.

ᐃᒥᐊᓗᒃ

ᐃᒥᐊᓗᒃ ᓱᕋᒍᑕᐅᔪᓐᓇᕐᒪᑦ ᓱᒃᑲᐃᓕᒋᐊᕈᑕᐅᕙᒃᑐᖅ ᐃᓚᖏᓐᓄᑦ ᖃᓇᑕᐅᑉ ᐱᐅᓯᑐᖅᑭᖏᓐᓂᒃ. ᐃᒥᐊᓗᖅᑭᑦᑕᕐᓂᖅ ᐃᓱᒫᓗᒍᓃᕈᑕᐅᓂᖅᓴᐅᔪᓐᓇᕐᒪᑦ. ᐊᔪᕐᓇᕐᓂᖅᓴᐅᓕᕈᓐᓇᖅᓱᓂᓗ ᐃᓱᒪᕐᑎᐊᕈᓐᓇᕐᓂᖅᓂ ᐅᐃᒪᖕᒐᔭᖏᑦᑐᓂᒃ, ᐱᐅᓲᑎᓂᒃ ᐃᓱᒪᓕᐅᕈᑎᖃᕈᓐᓇᕐᓂᖅᑕᐅᕙᒃᑐᖅ, ᐃᓅᓯᓕᒫᖕᒋᓐᓂᒃᓗ ᐊᐅᓚᑦᑎᓕᖅᐸᒃᑐᖅ.

ᐃᒥᐊᓗᖅᑕᐅᓂᖕᒋᓄᑦ ᐃᒥᐊᓗᐃᑦ ᐅᓗᓇᐊᕈᑕᐅᓂᖕᒋᑦ

- ᒪᒃᑯᒃᑐᑦ ᐃᓄᐃᑦ ᐅᓗᓇᐊᓇᕐᓂᖅᓴᒥᓕᖅᑲᑦᑕᖅᐳᑦ ᐅᓗᓇᐊᓇᖅᑐᓂᒃᓗ ᐊᑐᕐᓂᖅᓴᐅᓕᕈᓐᓇᖅᓱᑎᒃ ᐊᖓᔭᖅᑎᑦᓗᒋᑦ.
- ᐊᖓᔭᓗᐊᖅᑐᒻᒪᓇᐅᓂᖅ ᐃᓕᖕᓄᑦ ᑐᖁᔪᑦᑕᐅᔪᓐᓇᖅᐳᖅ. ᑭᓇᑐᐃᓐᓇᖅ ᐃᓄᒃ ᐊᖓᔭᖅᑐᖅ "ᖃᐅᔨᒪᔪᓐᓂᕈᓐᓇᕐᒪᑦ", ᒥᕈᐊᕈᓐᓇᖅᑐᖅ, ᐃᐱᓗᓂᓗ ᒥᓇᐊᕐᒥᓂᒃ.
- ᐃᓄᐃᑦ ᐃᒥᖅᓯᒪᓗᑎᒃ ᐊᕐᑯᑦᑐᑦ ᓄᓇᒃᑰᕈᑎᒻᒥᒃ ᐅᓯᕕᓕᖕᒥᒃ, ᓄᓇᓯᐅᑎᒥᒃ, ᓯᑭᕐᕐᒥᒃ, ᐅᒥᐊᕐᒥᒡᓗᓐᓂᑦ ᐱᓂᕐᓗᒍᓐᓇᖅᑐᖅ ᑐᕐᑰᑎᔾᔪᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᐊᓱᒥᓂᒃ ᐃᓄᖕᓂᒃ ᐃᖕᒥᓂᒡᓗ.
- ᐊᕐᓇᐃᑦ ᐃᒥᐊᓗᒃᐸᒃᑐᑦ ᓱᖕᒐᐃᓂᖕᒋᓐᓂ ᓄᑕᕋᖅᑖᕈᓐᓇᖅᑐᑦ ᐃᒥᐊᓗᖕᒧᑦ ᐊᒃᑐᖅᑕᐅᓯᒪᔪᒥᒃ (FASD-ᒥᒃ).
- ᐃᒥᐊᓗᖕᒥᒃ ᐊᒃᑐᖅᑕᐅᓯᒪᓂᖅ ᓄᑕᕋᓛᓂᒃ ᐱᔾᔪᑕᐅᕙᒃᐳᑦ ᐱᕈᕈᓐᓇᕐᓂᖕᒋᓐᓄᑦ ᐱᕙᓪᓕᐊᔪᓐᓇᕐᓂᖕᒋᓄᑦᓗ ᐊᒃᑲᖕᒋᓕᐅᕈᑕᐅᔪᓐᓇᖅᑐᓄᑦ, ᓂᐊᕐᑯᕐᒥᒍᑦ ᑮᓇᕐᒥᒍᓗᓐᓂᑦ ᓈᒻᒪᖕᒋᓐᓂᖅᑲᕐᓂᖅᒥᒃ, ᓴᐅᓂᕐᒍᑦ ᐊᑲᐅᖕᒋᓐᓂᖅᑲᕈᓐᓇᕐᓂᖅ, ᐃᓕᖅᑯᓯᕐᓗᒍᓐᓇᕐᓂᖅ ᐊᒻᒪᓗ ᐆᒪᒪᑎᒥᒍᑦ ᓇᒻᒪᓂᖕᒋᑦᑐᓐᓇᕐᓂᖅ.
- ᐃᒥᐊᓗᒃᑕᐅᖅ ᐊᑐᖅᑕᐅᓂᖕᒐᓄᑦ ᐃᓱᐊᖅᓴᐅᑎᓂᒃ ᐊᓐᓂᐊᖅᑐᖅᓯᐅᑏᑦᓗᓐᓂᑦ ᐊᑐᕐᑯᔭᐅᔪᑦ ᐊᓐᓂᐊᓯᐅᖅᑎᓄᑦ ᐃᓱᐊᖅᓴᐃᔨᓄᑦᓗᓐᓂᑦ ᐊᑑᑎᖃᖏᓐᓂᖅᓴᓕᐅᕈᓐᓇᕆᕗᑦ. ᓴᖏᓂᖅᓴᐅᓕᕈᑕᐅᔪᓐᓇᕐᒥᔪᑦ ᐊᒃᑐᖅᑕᐅᓯᒪᔪᓐᓇᕐᓂᖕᒋᓐᓄᑦ ᐊᓯᖏᓐᓄᑦ ᐊᑐᖅᑕᐅᕙᖕᒥᔪᓄᑦ ᐋᓐᓂᐊᓯᐅᖅᑎᓄᑦ ᐊᑐᕐᑯᔭᐅᔪᓂᒃ ᐃᓱᐊᖅᓴᐃᔨᓄᑦᓗᓐᓂᑦ, ᑕᐃᒃᑯᓂᖓᓗ ᐃᓚᖏᕈᓐᓇᕆᓗᑎᒃ ᐋᖓᔭᕐᓇᖅᑐᓂᒃ ᓇᑭᑐᐃᓐᓇᖅ ᐱᔭᐅᔪᓐᓇᖅᐸᒃᑐᓂᒃ ᒪᓕᖕᒋᑦᑐᓂᒃ.

ᐱᐅᓯᖅᑎᐊᖅᑲᕐᓂᖅ ᐊᑐᓗᐊᖅᑕᐃᓕᒪᓂᖅ

- ᐱᑕᖅᑲᖏᒪᑦ "ᖃᓄᐃᓇᖏᑦᑐᒥᒃ" ᐃᒥᐊᓗᒃᑕᐅᔪᓐᓇᖅᑎᒋᔪᒥᒃ, ᓇᓗᓇᐃᖅᑕᐅᓯᒪᔪᓐᓇᖏᒻᒪᑕ ᐃᓄᓕᒫᓄᑦ ᓈᒻᒪᒍᑕᐅᔪᐃᓐᓇᐅᔪᓐᓇᕋᔭᖅᑐᑦ.
- ᓱᖓᐃᑎᑦᓗᒋᑦ ᐊᕐᓇᐃᑦ, ᐊᖑᑏᑦᓗ ᐊᕐᓇᐃᑦᓗ ᐋᓐᓂᐊᕈᓯᖅᑲᖅᑐᑦ ᖃᓂᒪᒍᑎᖃᖅᑐᑦ ᐅᕝᕙᓗᓐᓂᑦ ᑕᐃᒃᑯᐊ ᐊᖁᓐᓂᐊᖅᑐᑦ ᐃᖏᕋᔾᔪᑎᓂᒃ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᕐᒥᒃ ᐃᒥᐊᓗᒃᑕᐃᓕᒪᐃᓐᓇᐊᖃᖅᐳᑦ.
- ᑕᒪᒃᑯᐊ "ᐅᓗᓇᐊᓇᖏᓐᓂᖅᓴᐅᓂᕋᖅᑕᐅᔪᑦ" ᒪᓕᒐᐃᑦ ᖃᓄᐃᖏᑦᑐᓄᑦ ᐃᓐᓇᕐᓄᑦ ᐃᓱᒪᒋᔭᐅᓯᒪᕗᑦ ᐃᒥᐊᓗᖅᑲᑦᑕᓐᓇᕐᓂᖅ ᐊᑕᐅᓯᕐᒥᒃ ᐃᑲᕋᕐᒥᒃ ᐅᖓᓯᒋᒃᑎᑕᐅᒋᐊᖃᑦᑕᕐᓗᑎᒃ, ᒪᓕᒃᑐᐃᓐᓇᓇᐊᕐᓗᒋᑦ ᐊᖏᓂᖏᑦ ᐊᑐᖅᑕᐅᒐᔪᒃᑐᑦ ᐃᒥᒐᒃᓴᐃᑦ, ᐊᒻᒪᓗ ᐃᒥᐊᓗᖅᑕᑦᑭᓐᓂᖅ ᐅᖓᑕᓐᒃ ᒪᕿᖕᓂᒃ ᐃᒥᐊᓘᖕᓂᒃ ᓇᓂᐃᓐᓇ ᐃᒥᐊᓗᒃᑲᓗᐊᕈᑎᒃ.

ᓱᐳᖅᑐᒐᐃᑦ ᒥᓗᒃᓲᑦ ᒥᐊᓕᐅᐊᓇᐃᑦ

ᒥᓗᒃᓲᑦ ᖃᑦᓗᓇᑎᑦ ᑕᐃᔭᐅᔪᑦ ᒥᐊᓗᐊᓇᐃᑦ, ᑕᐃᒃᑯᐊᓗ ᐊᐊᓱᔪᒃ, ᐊᒻᒪᓗ ᐊᐊᓱᓂᒃ ᐅᖅᓱᐃᑦ ᓴᓇᔭᐅᓯᒪᕙᒃᐳᑦ ᐱᕈᖅᓴᐊᓂᒃ (Cannabis sativa-ᒥᒃ), ᐃᓚᒋᔭᐅᔪᓂᒃ ᐱᕈᖅᓯᐊᖑᓂᕋᖅᑕᐅᕙᒃᑐᓂᒃ ᐊᐃᐊᒻᐸᖑᓂᕋᖅᑕᐅᕙᒃᑐᓂᒃ). ᑕᒪᒃᑯᐊ ᐱᖓᓱᓂᑦ ᐃᓚᖃᖅᑐᑐᖅᑲᐅᒐᒥᒃ ᑕᐃᔭᐅᔪᓂᒃ THC-ᒥᒃ, ᐃᓗᓕᕐᒥᐅᑕᖅᑲᖏᑦ ᐊᓯᔾᔨᖅᓱᔪᑕᐅᕙᒃᑐᑦ ᖃᓄᖅ ᐃᓱᒪᓕᕐᒪᖕᒐᖅᐱᑦ, ᐃᒃᐱᒋᓕᕐᒥᖕᒫᖅᐱᑦ, ᖃᓄᐃᓕᐅᓕᕐᒪᖕᒫᖅᐱᓪᓗᓐᓂᑦ. ᑕᒪᓐᓇ ᐅᖅᑲᐅᓯᖅᑲᑕᖅ "ᑳᓇᑲᐊᒃ"-ᓚᔪᖅ ᐅᖅᑲᐅᓯᖅᑲᕈᑕᐅᕗᖅ ᑕᐃᒪᓐᓂᒃ ᐱᖓᓱᓂᒃ ᑕᐃᒃᑯᓂᖓ.

ᖁᓚᒥᑯᓗᒃ ᓱᕋᒍᑕᐅᔪᓐᓇᖅᑐᓂᒃ ᒥᓗᒃᓲᑦ ᒪᑯᑎᒍᓇ ᐃᒪᓐᓇᐃᓕᔪᓐᓇᖅᐳᑦ:

ᐱᓗᐊᖏᑦᑑᒐᓗᐊᕐᒥᒃ ᑲᑉᐱᐊᓱᖕᓂᖅᑲᓕᕐᓂᖅ, ᖁᒃᓴᓕᕐᓂᖅ ᐅᕙᓗᓐᓂᑦ ᑕᑕᒥᓕᖅᐸᑦᓕᐊᓂᖅ

- ᓱᒃᑲᐃᓂᖅᓴᒥᒃ ᖃᓄᐃᓕᐅᓇᐊᕈᓐᓇᕐᓂᕙᓕᒃ, ᑐᑭᓕᐅᑦᑎᐊᖏᓂᖅᓴᐅᓂᖅ
- ᓂᓇᔪᒪᓂᖅᓴᐅᓕᓂᖅᓂ, ᖁᓚᒥᐅᔪᒧᑦᓗ ᐃᖃᐅᒪᔪᓐᓴᐃᓕᑲᐃᓐᓇᕐᓂᖅ ᓴᕿᒐᔪᖅᐳᖅ
- ᐱᑕᖅᑲᖏᑦᑐᓂᒃ ᑕᐅᑐᕐᕈᓕᕐᓂᖅ
- ᐊᐅᐸᖅᓯᓂᖏᑦ ᐃᓗᖏᒃ
- ᐆᒪᒪᕐᑯᖓ ᓱᒃᑲᓕᓂᖅᓴᒥᒃ ᐊᐅᓚᓕᖅᑐᖅ, ᐊᐅᖓᑕᓗ ᐃᖏᕋᓂᖓ ᓱᒃᑲᐃᒡᓕᒋᐊᕐᓗᓂ (ᖃᐅᔨᒪᔪᓐᓂᕈᑕᐅᔪᓐᓇᖅᑐᖅ)