ᐊᐸᒋᑕ·ᐃᓇ ᖃᑦᑕ ᐱᒥᐃ·ᐁ·ᐃᓇ

- 10 ᓂᐯ·ᐃᓇ ᑕᑎ·ᓇ ᐅᑕ ᑕᑯᕐ·ᐃᓂᑊ
- ᒪᒧ·ᐃ ᐃᑕᓂ·ᐊᐣ
- ᐃᑕᑉ ᑲᒥᓇ·ᐁᑊ
- ᑭᑦᑭᓄᐊᒪᑐ·ᐃᑲᒥᑯ·ᐊᐣ ᐁᒪᒪ·ᐃ ᑐᒋᑲᐅᑭ ᕐᑲᓇ
- ᐃᑕ·ᑲ·ᓇ ᐃᑕᑦᑲᖃᓯ·ᐃ ᑕᑐᒧ·ᐃᓇ ᐅᑕ
- ᑎᐸᐃᑲᐅ·ᐊ ᐱᑦᐱᓯ·ᐃᓇ
- ᑲᐊᑯᐃᑯᓇᓂ·ᐊᑭ ·ᐃᑕᒪᕐ·ᐃᓇ
- ᐯᐯᔭᑯ ᑲ ᕐᑦᑭᒥ·ᐁ·ᐃᐣ ᐃᑕ·ᑲᐣ
- ᐃᓂᓂ·ᐃ ᐃᑕᑦᑲᖃᓯ·ᐃ ᐣᑐᑯᐃ·ᐁ·ᐃᐣ ᐃᑕ·ᑲᐣ ᑲ·ᐃᐳᓂᑕ′ ᐊ·ᐁᓂᑲᐣ ᐁ ᐊᐸᒋᑕ′ ᒪᒋ ᕐᑲᓂᓂᑉ
- ᐊᑕᓄᑲᓂ·ᐊᐣ ᐁᑎᐸᒋᒧᓇᓂ·ᐊᑊ
- ᐃᑕ·ᑲ·ᓇ ᑲᒪᓯᓇᐅᑭ ᑲ·ᐃ·ᐊᐸᒋᑲᐅᑭ
- ᑎᐱᓇ·ᐁ ᑲ ᐃᑯ ᐱᒥᐃᑎᓱᓇᓂ·ᐊᑊ ᐃᑕ·ᑲ·ᓇ ᑭᒋ ᑭᐅᒋ ᒥ·ᖃᓂᒧ′ ᐊ·ᐁᓇ
- ᐊᑦᑭᔮ ᐁ ᐅᒋ ᐊ·ᓴᓂᖃᔭᒋᑲᐅᑊ
- ᒥᓯᑕ ᐁᐱᒥᑕᓂ·ᐊᑭ ᐁ ᐊᑯᑎᑕᓂ·ᐊᑭ
- ᐊᔭᒋᑊᒥᒋᕐ·ᐃᓇ
- 24/7 ᐃᑕᑉ ᐣᑐᑯᓄᓂᑦ·ᕐᑉ

ᓂᒥ·ᖃᓂᐅᐣ ᐊᓄᒻ ᑲ ᑭᑯᑲᑊ
ᑕᑎᓇᑭᐸᓂᐣ ᓂᐱᒪᑎᓯᐣ
ᖃᑦᑕ ᑭᓇ ᑲ ᑭᒧᑯᑕᐣ ᒥᓇ
ᐱᒪᑎᓯ·ᐃᐣ ᖃᑦᑕ
ᑲᒥᓄᐱᒪᑎᓯᐣ
ᐊᑐᑦᕐ·ᐃᓂᑊ ᑕᑐ ᕐᑭ ᐃᑕᒋᑊ

ᐯᒋ ᐊᔭᒥᐃᓇᐣ

705-269-MOMA (6662)

www.mushkegowukhealth.ca

landbase@mushkegowuk.ca

@mushhealth

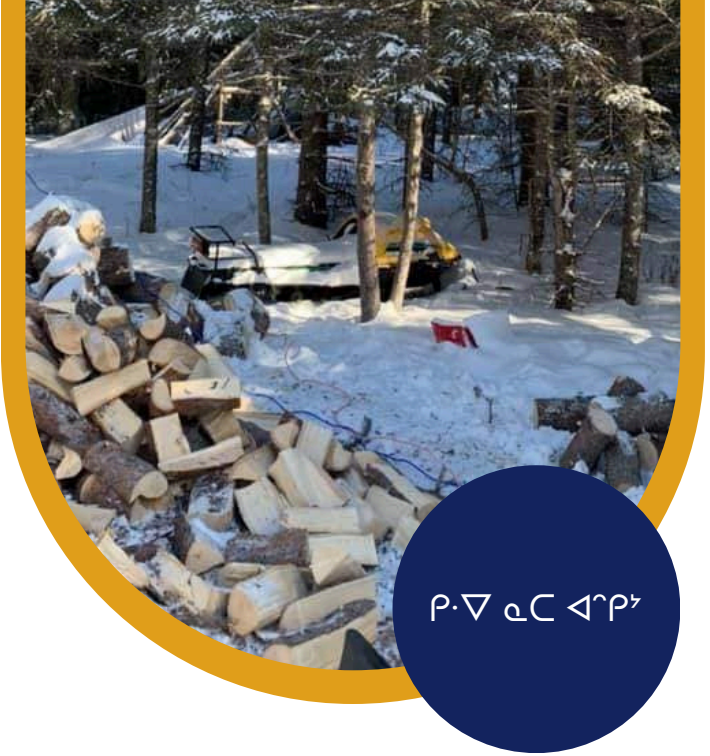
11 Elm St. N. Timmins, ON

ᓵ·ᐸᔭ ᐅᑕ

MUSHKEGOWUK COUNCIL ᐅᒪᖅᑯ ᐅᑭᒪ·ᐃ·ᐃᐣ

MUSHKEGOWUK HEALTH

ᐸ·ᑲᑕᑦᑭᑊ
ᐸᑯᑯᒧ·ᐃ·ᐃ
·ᐃᒋᐃ·ᐁ·ᐃ
ᐊᑐᑦᕐ·ᐃᑲᒥᑊ



ᑭᐧᐁ ᓇᑕ ᐊᐟᑭᔾ

ᐅᒪ ᐧᐃᒋᐃᐧᐁᐧᐃᑲᒥᑊ ᐧᐃᒋᐃᐧᐁᒪᑲᔾ ᐁᑭᐧᐁ ᑭᐟᑭᓄᐊᒧᓱᔾ ᑊᑲᓇ ᐊᐟᑭᑊ ᐃᐅᑊ ᓂᐟᑕ ᐁ ᑭ ᐧᐁᐅᑎᓇᒪᔾ ᑭᑎᑕᐟᑲᓂᓱᐧᐃ ᐱᒪᑎᓱᐧᐃᔾ ᐁ ᑭᐟᑭᓄᐊᒪᓱᔾᓵ ᐊᐟᑭᔾ ᒥᑐᓂ ᐧᐃᒋᐃᐧᐁᒪᑲᔾ ᐃᓂᓂᐧᐃ ᐱᒪᑎᓱᐧᐃᓂᑊ ᑲ ᐃᑯ ᑭᐟᑦᑎᓱᔾ ᐧᐁᑉᑲᑊ ᐅᒪ ᐅᒋ ᑭ ᐯᒋ ᐱᒧᒐᒪᑲᔾ ᓂᑯᑊ ᑭ ᐊᑎ ᓂᑯᐧᐊᓇᒋᑕᓂᐧᐊᔾ ᐧᐁᒥᐟᑎᑯᑯᐧᐃ ᑊᑲᓇ ᑲ ᑭ ᐊᑎ ᑭᐟᑭᓄᐊᒪᓱᔾᑊ ᒥᑐᓂ ᑭ ᐊᑎ ᐧᐊᓇᐸᓂᑭ ᑭᑎᑕᐟᑲᓂᓱᐧᐃᓂᓇᑊ ᓇᐟᑕ ᑭᑕᐟᑭᓇᑊ

ᑭᑲᓇᐧᐊᐸᒐᓇᓇᑭ ᒥᓱᐧᐁ ᑊᑲᔾ ᑭᔭᐧᐃᓇᑊ ᑭᒥᑐᓂᒋᑲᓂᓇᑊ ᑭᑕᒐᑯᓇᑊ ᓇᐟᑕ ᑲ ᐃᑕᒪᒋᐅᔭᑊᓵ ᐅᒪ ᐧᐃᒋᐃᐧᐁᐧᐃᔾᒥᓂᐸᓂᐧᐃᓂᑊ ᑭᑎᑯᒥᐟᑲᑎᓱᔾ ᒪᐧᐊᐟ ᑊᑲᓇ ᑲ ᑭᐟᒐᓂᑕᐧᑲᑭ ᐁ ᐅᒋ ᒥᓂᑲᐧᐃᔭᔾᑭᑎᑕᐟᑲᓂᓱᐧᐃ ᐱᒪᑎᓱᐧᐃᓂᑊ ᑊᐧᐃᒋᐃᑯᔭᔾ ᒥᓱᐧᐁ ᐃᑯ ᑭᒋ ᑭᐟᑭᓄᑕᐃᑯᔭᔾ

ᐊᐟᑭᐊᐟᑲᑊ ᑲᐧᑊᒋᑊᒧᐧᐃᓇ

ᑕᔾᒐ ᐅᒪ ᐊᑐᐟᑊᐧᐃᔾ ᐁᑯᓄᒋᑕᓂᐧᐊᑊ?
ᐸᐧᑲᑕᐟᑭᐧᐃ ᐸᑯᑯᒧ ᐧᐃᐧᐃᒋᐃᐧᐁᐧᐃᔾ ᐧᑲᑲᓇᓂᑊ ᐃᑯ ᐃᑕᐧᑲᔾ

ᑕᑎᐸᐃᑲᒐᑊᑊ ᓇ ᐱᑦᐱᓱᐧᐃᔾ ᐁ ᐃᑐᑕᓂᐧᐊᑊ ᐊᔾᒐᑊ? ᐁᐁᑊ ᐃᑯᒋᓂᐃᑲᒐᑊᑊ ᐁᐸᑯᓴᓂᒧᑲᓂᐧᐊᑊ ᑭᒋ ᑎᐸᐃᑲᒐᑊ ᐱᑦᐱᓱᐧᐃᔾ (ᐅᔾᒐᓇᐅ ᐊᐟᑭᑊ ᐱᑯ ᑲᑕᑯᑊᑊ) ᐧᒥᒋ ᒪᑲ ᐊᐧᐁᓂᑲᔾ ᑲᐧᐃᑐᒐᐟ ᐱᑕᒪ ᑲᑕ ᐁᐅᐟ ᓇᐟᑕ ᐱᑯ ᑭᑲᓇ ᑲᑎᐸᐁᔾ ᑭᑦᑲ ᒪᑲ ᑲᑭᑭᐧᐁᒥᓂᑲᐧᐃᔾ

ᐊᐧᐁᓂᑲᔾ ᑊᑭ ᐃᑐᒐᐟᑊ
ᐊᐧᐁᓂᑲᔾ ᒪᑦᑊᑯᐧᐃ ᐊᐟᑭᑊ ᑲ ᐅᒋᐟ ᐁᑯ ᐅᑯ ᓂᐟᑕᑦ ᑲᓇᐧᐊᐸᒥᒋᑊ ᓂᑯᑊ ᑭᑦᑲ ᐊᐧᐁᓂᑲᓇᑊ ᑲᑕ ᐅᑎᓇᑲᓂᐧᐊᐧᓇᑊ

ᐁᔾᒐ ᑕᑐᒋᑲᒐᑊ ᐁᐅᑎᓂᐟ ᐊᐧᐁᓇ ᑭᒋ ᑭᐱᒋᐸᓂᐟᑊ ᐧᐊᓇᐧᐃᐧᐁᐸᐊ ᒪᓱᓇᐃᑲᓇ ᐅᑕ ᒪᑲ ᐯᒋᒋᓂᐊ *landbase@mushkegowuk.ca* ᒥᓱᐧᐁ ᐯᒋᒋᓂᐊ ᐅᑎᑎᑯᔭᐧᑊ ᒪᑲ ᑲ ᑭᑭᑉᐳᓇᑕᔭᔾ ᐊᐸᒋᐊᑲᓇᑊ ᒪᑲ ᑲᑕ ᑲᓇᐧᐊᑕᐧᒪᑊ ᓇᐟᑕ ᑲ ᐯᒋ ᐊᔭᒥᐃᑲᐧᐃᔾ ᑭᑦᑲ ᑭᒋ ᐧᐃᑕᒪᑲᐧᐃᔭᔾ ᑊᑭᑊ ᐃᑭᑊ ᓇᐟᑕ ᑭᒋ ᐧᐃᑕᒪᑲᐧᐃᔭᔾ ᐃᐟᐱ ᑊ ᐃᑐᒐᔭᔾ ᓇᐟᑕ ᑊᑲᔾ ᑊ ᑭ ᐯᑕᔭᔾ

ᐁᐯᐅᔭᔾ ᑕᓇ ᑊᐃᑭᑊ ᒪᑲ?
ᐁᐯᐅᔭᔾ ᑕᐧᐃᐸᓂᑊ ᑲᐧᐃᑕᒪᑲᐧᐃᔾ ᑲᓇᑊ *24* ᐧᐊᔾᑦ *48* ᑕᑐ ᐁᑭᓂᑲᓂᑦᑲᐃ ᐱᓱᒧᑲᔾ ᐁᐧᐸᒪᓂ ᑭᒋᑕᔭᔾ

ᐃᑕᑊ ᓇ ᐟᑐᑯᓄᓂᐧᑊᑊ ᐊᔾᑕ?
ᐁᐁᑊ ᑕᑐ ᑭᓂᑲᑊ ᓇᓇᑐᐧᐃ ᑭᑦᑊᓂᒥᑊ ᐊᐧᐁᓂᑲᓇ ᐁᑎᐃᑎᓂᒋ

ᐁᑭᓂᑲᓇᐱᓇᓂᐧᐊᑊ ᐁ ᐊᔭᒥᐃᑐᓇᓂᐧᐊᑊ

ᐅᒪ ᐧᐃᒋᐃᐧᐁᐧᐃᑲᒥᑊ ᐧᐃᒋᐊᐸᑎᓱᒥᐧᐊᑊ ᑯᑕᒋᔭ ᐊᐸᑎᓱᐧᐃᑲᒥᑯᓂᑊ ᑲ ᐊᔭᓂᒋ ᓂᐧᐊᑯᒪᑲᓇᑊ ᑲ ᐃᑯᓂᑲᒐᑊ ᐊᑐᐟᑊᐧᐃᑲᒥᑊ