

# Minikwewin zhigwa Gigishkawaawasong

Wiijitooda Ji-minikwesigwaa  
gegishkawaasowaa



# Minikwesiing Gigishkawaawasong

Daa-jiikendaagwad gigishkawaawasong. Wii-ombigi'aawasowan, wiijikaawin, enawenimad gemaa giijiwaagan, gidaa-wiiji'idimin ji-minikwesiing gigishkawaawasong.



Nitaa-minikwem omaa Canada akiing, daa-naniizaanad idash—nawach naniizaanad apii gigishkawaawasong. Maagizhaa daa-wendad 'ji-michi-minikwesiing' gigishkawaawasong, gaawiin dash iwe nitaa-izhisesinoon niibowa onji omaa Manitoba.

Niibowa awiyag minikwewag ji-wiiji'igowaad atisigowaad. Gaawiin aanind ogikendanziinaawaa' naniizaanak gigishkawaawasong, giishin a'a ayaasig gegoo ji-wiiji'igod, odaa-zanagi'igon ji-booni-minikwe. Giishpin dash wiiji'ind, gaawiin daa-minikwesii gigishkawaawasod.

Wiiji'igod enawemaad, wiijiwaaga-na' gemaa negadanimaa odaa-gash-kitoon. Gechinaawiwan ji-gikenda-

mamban, gegoon ge-aabajitoowan, gaawiin gidaa-minikwesii gigishkawaawasowan.

Nimbagosendaamin giga-wiiji'igon owe mazina'igan ezhi-naniizaanak minikwewin awiya gigishkawaawasod, daa-wiiji'iwemagad gaa-gigishkawaawasowaad eyaayan.

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**Maama'oookamang,  
gidaa-wijitoomin  
minikwesiing  
gigishkawaawasong.**

# Minikwewin, Gigishkawaawasowin zhigwa FASD

Niibowa gegoon ji-naagadawen-dama wii-ayaawind oshkabinoojii. Odaabaanensag, ge-mijjiwaad, gikend-amang gwayak gegoogaa-doodamang ji-mino-gigishkawaawasong, daa-zanagad igo.

Bezhigewig dash wiin gaa-giken-jigewaad owe dinookaan, gaawiin gikendaagosinoon aaniin minik minik-

wewin nenizaanak awiya gigish-kawaawasod.

Ogikendaanaawaa' gaye odaa-maaki'igon gegishkawind iwe Fetal Alcohol Spectrum Disorder (FASD) gaa-ijigaadeg, nawach gaye odaa-naniizaani'igon minik menik-weng gegishkawind.

Gegishkawind odinendamowin zhigwa wiiyaw ozhigininiwan, o'o apii minikwewin daa-maanzhijigemagad ini onji. Maagizhaa ginijaanis wiiba daa-nitaawigi, nawach naanganigozid, ayaad gaye iwe FASD. Aabadakin gaye bebakaan mashkikiin daa-naniizaani'aa abinoojii, minikwewin eta onjisemagad iwe FASD gaa-ijigaadeg.

Bezhig gigishkawaawasowin daa-bakaanad apiich wiin bezhig miinawaa, gaawiin naanaasaab izhi-ayaasiwag abinoojiiyensag. Aaniin ezhigid abinoojii bakaan daa-izhigi, epiitizid, gaa-mijjid, aaniin gaa-izhishkaagod minikwewin gigishkawind. Mii ji-on-ji-gikenjigaadeg gaawiin gikendaagosinoon aaniin minik minikwewin ge-izhi-naniizaanak abinoojiiyens onji, bigo awiya ekidod.

Giishin wii-gigishkawaawasowan, ji-minikwesiwan ikidom. Giishpin dash aazha gigishkawaawasowan, giiyabi gidaa-meshkwajichige.



**Nawach minosegin gegoo doodaman, daabishkoo booni-minikwelian gegoo ji-naniizaani'aasiwad ginijaanis.**



# Wegonen iwe FASD?

Iwe FASD maaki'iwemagad, bebakaan daa-izhi-ayaa awiya apiich wiin bakaan awiya miinawaa. Endashiwaad eyaawaad FASD odaa-wiiji'igonaawaa' maagizhaa dash onjida ji-wiiji'ind-waabon gegoongan babimaadiziwaad.

Maagizhaa bebakaan daa-izhise, FASD awiya bakaan ayendi aaniin ezhi-mamikawid, naagadawendang, giigidod, aaniin ayizhi-ayaad, ezhi-nagadendang dazhiikang gegoo. Aanind gikendaagwadoon apii nitaawigid, aanind ani-gikendaagwadoon eni-ombigid.

Gigi-nitaawigid abinoojii FASD, maa-gizhaa ji-waawiji'ind omino-ayaawin aaniin ge-izhishkaagd iwe izhi-ayaaw-

in, daabishkoo odeying, odoodikosi-wang, odookoning aakoziwin.

Aaniin ge-izhishkaagwad minik-wewin a'a gaa-gigishkawind bakaan daa-izhi-izhise onji bakaan mii-nawaa, gakina dash abinoojiyensag gaa-ayaawaad FASD bezhigewig gegoo odayaanaawaa'—nanaandok gegoon wiilyawaang, ezhi-giken-jigeaad, aaniin ayendiwaad wiijichi-gemaawaad awiya.

Aanawi-minose, gaawiin ozaam wiikaa gegoo ji-izhichigengibin. Nawach bangii gemaa booni-minik-weyan igo daa-wiiji'lwese ji-gigi-ni-taawigisig owe maakiziwin.

## Gakina Gidaa-wiiji'iwemin Ji-minikwesiing Gigishkawaawasong

Ge-izhi-gichi-wiiji'iwelian ge-kinimaad, enawemad gemaa wiiji-ayaamad wiiji'ad a'a gaa-gigishkawaawasod gekenimad. Gidaa-doodam owe bebakaan gegoo meshkwajichigeyan

ji-mamino-ayaad manaaji'ad Awiyen ayaawaad a'a gaa-gigish-kawaawasod, owiji'igonaawaa' bakaan gegoo ji-meshkwajichigewaad.

Maagizhaa ono gidaa-gojitoonan:



### WIIJITOON GEGOON MINODOODAADIZOD

Jibwaa, megwaa gemaa ishkwaad dakobinaawasod, gidaa-wiiji'aa gegoo ji-minikwesig.



### BAKAAN MIINAWAA GEGOON

Wiiji' minikwesiwan gemaa ningoji onabiyeeg apii nagishkodaadiyeg.



### BAKAAN GEGOON IZHICHIGEN

Ningoding ako gegoo izhichigen, minikwem, maagizhaa bakaan ningoji gidaa-nagishkodaadim ji-moojigak ningoji menikwesigwaa.

Gichi-gegoo ji-aanawendaman endoodang. Maagizhaa daawendad ji-booni-minikweng gigishkawaawasong, aanind dash ozangi'igonaawaa' memindage awiyen wiiji'igosigwaa.

**Aanawendaman gegoo endoodang awiya, maagizhaa gidaa-aanishendami'aa gegoo ji-doodang, gikendan aandi imaa ji-wiiji'indiban.**



# Mikaman Wiiji’iwewin

Giishin gegoo noonde-gikendaman aaniin ge-izhi-wiji’iweyan gigish-kawaawasod awiya, gagwemin mino-ayaawin enokaadang gemaa mashkikiwinini dinookaan.

Giishin gigishkawaawasowan gemaa wiiji’ad awiya ji-minikwesig, ganoozh:

**Addictions Foundation of Manitoba:** diba’igesiing 1-866-638-2561

**Health Links-Info Santé:** 204-788-8200 or diba’igesiing 1-888-315-9257

**Pregnancy Info (Society of Obstetricians and Gynecologists of Canada):**  
[pregnancyinfo.ca](http://pregnancyinfo.ca)

**Provincial Adult Addictions Information Line:** giigidon gemaa diba’igesiing 1-855-662-6605

**Youth Addictions Centralized Intake Service Line:** diba’igesiing 1-877-710-3999

Ji-minikaman mino-ayaawin wiiji’iwewinan, giigidon:

**First Nations & Inuit Hope for Wellness Help Line:** toll-free 1-855-242-3310 or chat at [hopeforwellness.ca](http://hopeforwellness.ca)

**Klinic Crisis Line:** 204-786-8686 or toll-free 1-888-322-3019

**Manitoba Farm and Rural Support Services:** toll-free 1-866-367-3276



Ji-gikendaman iwe FASD izhichigewin, inaabin Government of Manitoba at [www.gov.mb.ca/fs/fasd](http://www.gov.mb.ca/fs/fasd) or email [FASDInfo@gov.mb.ca](mailto:FASDInfo@gov.mb.ca)

Inaabin DrinkSense.ca ji-gikendaman awashime gegoo minikwewin, gigishkawaawasowin gaye.



**Dr. Ana Hanlon-Dearman MD**

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Medical Director, Manitoba FASD  
Centre/MB FASD Network

## **Ekidod Dr. Hanlon Dearman**

Iwe Fetal Alcohol Spectrum Disorder (FASD) gaa-ijigaadeg gabe-bimaadizid odayaan awiya, maagizhaa a'a gii-minikwewan gaa-gii-gigish-ka'ogod. Miniwewin omaanzhise'ongan abinoojiiyens aaniin ezhi-ombigid oshitigwaaning zhigwa wiiyawing;

Endashid awiya FASD eyaad, gegoo minosewan aanind gegoo ozanagi'ig-onawaa', ji-wiiji'indwaa endaso-giizhig gegoon. Onaabanjigaadeg, giken-jigaadeg gaye, owiji'iigonaawaa' ji-babimaadiziwaad FASDayaawaad.

Iwe Manitoba FASD Centre onandooshkawaawaa' awenen FASD eyaanid, gikenjigaadeg ezhi-ayaad, wegonen wiiji'igod gemaa zanagi'igod awiya, da-wiindamaagam. Aandi ji-izhinizhawind awiya ji-gagwejimindwaa Diagnostic Coordinators.

Mii imaa odayaanaawaan bebakaan ji-izhaang Manitoba, daabishkoo Selkirk, Beausejour, Thompson, The Pas, Norway House Cree Nation, Brandon, Dauphin, Swan River, Portage la Prairie, Steinbach zhigwa Winnipeg.

Odaa-wiiji'aawaa' mino-ayaawin enokdaadamowaad FASD awiyan ayaanid, daa-wiiji'iwewag gaye ji-maanidoodaadisig awiyan minikwewin onji. Gekenimindwaa, enawemindwaa gemaa wiiji-ayaamindwaa, wiiji'aadaanig awiyag gigishkawaasowaad ji-minikwsigwaa.

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**Manitoba Liquor & Lotteries miigwech odinaa' Manitoba Department of Families zhigwa Dr. Ana Hanlon-Dearman wiiji'iwewaad ozhichigaadeg owe mazina'igan *With Child Without Alcohol* izhichigewin.**



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