



Waazhi Aasgaabiwitaman Mina Nendamowin Ne-aab Shooniwid Gdo Binoojiinim

Maanda agaa bamiseg gaawii naasaab agii aawizino! Ngii gikendaanaa aanwi gwa niibna e'skoniwijig miinwaa inodewiziwag maamiikwendamog ne-aab awii biskaabiiwaad "woshme gagwej yaawang" skoniwing yaawang, aaniin ada znagendamog awii ani maajitaawaad, miinwaa awaa zhinaagwog shki gikinomaading biboon awiiniwaa. Makwendan aawiyin egitiziingejig/nyaagdownjigegig gdo gikendaan memaanji nishinig gdo binoojiinim.

Nisastamang godagitooyendamowin

Shkwaach biboon kina gwayaa agii madookdaagon bebezhang miinwaa bkaan nikiiyaa. Niibna inodewiziwag agii yaanaa-aa zhoonyaa, nakiwin, wiijiyaawin miinwaa mina bimaadiziwin maanenjigewinan. Aanin agii yaanaa-aa gichi nshinaajibidegin miinwaa naajitowinan. Kina agwa agii waabmdaanaan maanaaj idodamowinan, zhichigewin dibasenjigewin miinwaa owi bkaan inenimigowing gdo bimaadiziwininaa maanda apii. Boochigo bimaadiziwinnaa ne-aab biskaabiimigag woshme gagwech wiijiindiwin nakweshkaading temigag nowonj bangii gibaakogewinan, gdo nisidwendaanaa bebakaan binoojiinig adazhi naazikaanaa-aa owi shki gikinomaadiwin biboon yaamiwaad nowonj dnowaa inendamowaad. Aanii binoojiinig gnimaa ada maamiikwendamog, aanin gnimaa ada ojaanimendamog miinwaa aanin binoojiinig yaa-aabi znagendamog miinwaa gwiiniwinendamog. Kina gwa ninda zhayaawinan miinwaa inendamowinan aawinon inin-nakwetamowinan owi gdo binoojiiniminaanig agaa nakweshkamiwaad zhkwaaj 1 ½ biboon.

Gwiiniwinendamowin adaa naagwad nowonj nikiiyaa. Gdo binoojiinim gnimaa gdaa wiindamaag zegendamowaad maage nishiwanaadendamog. Gnimaa age gdaa waabmdaanan nowonj gego dibishko gonaa ntaa dekwewaad, znagag awii nibaawaad, maji zhayaawaad maage geskana nshinaadendamowaad. Gdo binoojiinim gnimaa adaa bakewizhayaa, maage gichi ekozi maage gwiiniwi zhayaa. Dibaamdang nyaagwog gwiiniwinendamowin gdaa naadmaagwan miigwewin aasgaabiwitaagewin wiiba, jibwaa woshme aawong zinagiziwin.

Niish memdage nikiiyaa a'gezhi naadmaagaaziwaapa eshkiniigijig eyaamijig godagitooyendamowin:

- naadamo awii mikamiwaad nikiiyaa waazhi naagdownendamowaad gwiiniwinendamowin
- ndo waabmdan nikiiyaa awii naadmaagewin awii naazhinaman owi godagitooyendamowin

Gaawii gwa kina godagitooyendamowin adaa miwishkigaadesno, angwadinang dash wiigwa gdaa naazhinaanaa. Yaamang nikaaziwinan miinwaa zhichigewinan giizhaa temigag waazhi naagdownjigaadeg godagitooyendamowin gichi piitendaagwod, dash owi giin miinwaa gdo binoojiinimig woshme bangii adaa maanaaji madookdaagaaziwog.

Weyaa nikiiyaa awii aasgaabiwitwod gdo binoojiinim ani biskaabiiwaad gikinomaage gamig



Naagdowendizan, awii ishpi aawiin awii aasgaabiwitamowad gdo binoojiinig

Aapaji gwa agii zinagad maanda apii gakina gwa awaya. Memdage gwa zinagad gewe egitiziingejig miinwaa inodewiziwinag agaa bamiikamowaad niibna gego newen agaa bimisemigag giizisan. Maanda digosin aasgaabiwitamowad gdo binoojiinimag gikendaasiwaad endaawaad, wewiiba gajitowin naagdowendaman nakiwin, aabajitaang endang gnowenjigaadeg, naagdowenjigaaziwaad gechi piitizijig nowendaasag, miinwaa aanin bkaan gego.

Gajitoo ajina ensa giizhigag gego awii mina dodaadiziiwin awii mina yaawin miinwaa mina nendaman. Giin agiikendaan yaawong owi. Naagdowendaman gdo mina yaawin miinwaa mina zhayaawin epiichi gwiinwinendaagwog miinwaa zinagendaagwog aawan meshkowendaagwog nikaaziwin awii aasgaabiwitamodwaa gdo binoojiinig.

Awii naadmaagowin awii maajitaawin, niinda dnowaa nikiiyaa egitiziingejig miinwaa nyaagdowenjigejig agaa wiindamaagiyaang age naadmaagemigag:

- Gajitoo awii yaaman zhisewin owi e'niigaanendaagwog – wenaamdan mijim maagwemigag mashkowiziiwin, maajiishkaatoon apii awii nibaang awii jepi zhayaawin, miinwaa minwendan shki mishishwaakamig miinwaa nakiitowin gwiiyow.
- Gikowaabmdan epiitaag gdo godagitooyendamowin miinwaa maaminanaamdan apii maajitaawin nishiwanaadendaman. Nikaazan maanda makotaagiziwin awii kwe nwebiyin. Daapinan jejina nwebiwinan epiichi giishigag goweta awii "yaawin," maage zhichigen gego beshigendaman nankiiwin.
- Daapinan aanin gichi nesewin, apii maaji gwiinwinendaman maage maanaadendaman.
- Gajitoo bizindaman enendaman, miinwaa gagwejitoon maaminanaamdaman bwaa dibaakinaman maage aagonotaman. Gnigen gwa naanan dibagaans maanda dnowaa bekaa naanaagdowendaman adaa miigwemigad e'nishing yaawong.
- Gizhaawendizan. Miindizan nwebiwin; gdo zhichige memaanji nishing geshtowin.





Ginosh gdo binoojiinim owi ani biskaabiid enji gikinomaading.

Kwe naanaagdowendan owi biskaabiing enji gikinomaading age zhinaagwog owa gdo binoojiinim miinwaa ginosh gdo binoojiinim owi age dinendang. Binoojiinig gnimaa adaa gwiiniwinendamog biskaabiwaad gikinomaading nowonj gwa onji. Gichi piitendaagwod awii miindwaa zhisewin awii dibaatamiwaad ado zngendamowiniwaa, miinwaa age awii naadmodwaa awii makwendamowaad wegnessh odi gikinomaadii gamigong beshigendamowaad miinwaa memaanji niigaanendamowaad.

Dibaabam wewiiba gdo binoojiinim, zaam ada inendamowiniwaa miinwaa zhayaawiniwaa megwaach ada aanjiseemigadoon bezhig giizhigad apiinish miinwaa giizhigag maage nigo aname giizhik apiinish miinwaa aname giizhik. Gdaa gagweyizhigon gego zegiziwinan yaawong nakwetamowin owe e'gwiinwinendaagwog, miinwaa aangwaazom. Aaniwi gwa bkaan adaa zhiwebad, ada gashkiitonaa-aa agwa awii naagdowendimowaad miinwaa netaawigijig ada yaawog zhiwe awii naadmaagewaad.

Adaa naadmaagemigad gwa awii makowaamad gdo binoojiinim newen e'nishing ne-aab biskaabiing gikino maadii gamig, dibishko gonaa wiijikiwenwin waabmaawaad. Gnimaa age mazinigan maamowi gdaa zhitonaa-aa wegwen myaamiikwendamowaad. Makowaam gdo binoojiinim owi apii maajitaamigag skoonwing ada aasgaabiwitaagaaziwog miinwaa ada waankiwog, manjigwa iidik giishpin biskaabiwaad aabajibideg, mazinaatesing maage shki zhichigewin aawong.

Naagzowaabmdan beshigwendaagwog aanjisewinan

Biskaabiing gikino amaadii gamig temigad bezhigong yaawong miinwaa aanimiziwinan gewe e'yaamijig aanjisewinan maanda waabi temigad skoonwing biboon.

Dibishko gonaa, memaanji gaachiinijig e'skoonwijig agaa maajitaawaad giizhaa maajitaang skoonwing shkwaach biboon, ada yaanaa-aa bkaan dnowaa ezhiwebak maanda biboon ani biskaabiwaad biinji gikino amaadii gamig gikinomaading. Dibaajimato owi gnimaa bkaan age aawang, dibishko gonaa woshme zhisewaad awii wiidokwaawaad wiijikiwenin miinwaa nowonj dnowaa zhisewin awii gagwedwewaad gego owi ado gikendaasowiniwaa.

Miinwaa naasaab, e'skoonwijig myaajitaajig aanke skoonwiwin, maage bkaan gikino amaadii gamig zhaawaad, gnimaa woshme adaa ojaanimendamog zaam agii bashiginaa-aa gagwech aanjiseemigag ezhi webak, dibishko giizhaa waabmdamwaad waanji skoonwiwaad. Daapinan zhisewin onji gikinomaage gamig egimaawijig awii zhitowin waasamo biiwikonsing mazintesting maage mezinaatesing newen gikinomaadii gamig nibwaacheng. Gewe woshme epiitizijig binoojiinig, maamowi gnowaabmdamag owi gikinomaadii gamig maage egimaawijig waasamo-asabi mazina-igan, maage ndakendan gikendamowin agaa abi niindaaweng endaawin, woshme gego awii gikendaman. Aangwaazom gdo binoojiinim awii yaawog niibna menwendamajig netaawigijig odi gikinomaage gamgong awii naadmaagwog awii daakaadang ado shki gikonomaage gamig.

Shkwaach, aanin eskonwijig ada biskaabiwog gikinomaage gamgong aanke biboon zaam agii nashkwechigaadeni ado eni'diniziwaad 12 owi maziwe kamig aakoziwin. Giishpin yaawod binoojiin zhinda digoyaawin, gdo gikendaan naajitaasowin agaa basikaagiwaad miinwaa anjiseemigag ado inaknigewinwaa. Gdo binoojiinim gnimaa adaa dowendaan aanke aangwaasomowin miinwaa aasgaabiwitaagewin, zaam gaawi agii naaknigesiiwog awii biskaabiwaad gikonomaage gamgong miinwaa gnimaa adaa yaanaa-aan nowonj inamjiwinan maanda onji gshkonwaaj biskaabiwin.





Maajitaan maajiishkaatowin negdendaagwog pane e'zhichigeng

Ani ekwaasemigag niibing, gnimaa gdaa dowendaan negaaj ne-aab awii maajitaawin zhisijigan woshme beshaa yaawong owi e'nikaaziyan epiichi skooniwing. Maanda gnimaa adaa aawan nibaang woshme wiiba, anishkaang woshme wiiba maage wiisining naasaab apii.

Gdaa maajitaa maandoniman skoonwing nikaaziwinan gagwech gwa e'zhichigewin.

Gewe e'shkiniigijig binoojiinig, gagwejitoong skoniwing adaa naadmaagemigad. Dibishko gonaa, wiiji bimaaseg odi gikino amaadiigamig, maage zhisidoon nibwaachewin gewe bangii wiijikiwenin awii nagadenamowaad ne-aab awii biskaabiwaad wiiji yaawaad bekaanzinjin.

Gewe woshme epiitizijig binoojiinig, gdaa gagaandinaag awii waawiindamowaad ado zhisijiganiwaan age zhinaagwog, miinwaa inaaknigen ne-aab awii biskaabiwin naasaab zhisijiganan.

DibaaJimataadiwin maajitaawinan owi biskaabiing enji gikino maading

DibaaJimataadiyeg gdo binoojiinim, naagdowendan awii gagwedwewin ninda gagwedwewinan:

- Wegnesh owa gechi nendaman awii wiiji-yaawin maanda gikino maading biboon?
- Wegnesh owi bezhig e'bigosendaman awii zhichigewin maanda gikino maading biboon?
- Wegnesh newen zhichigewinan giin agaa nakiimigag epiichi waasa gikendaasowin? Gego ana tenoon age maajiigtowingaba?
- Aaniish ezha yaawin maanda gikino maading biboon?
- Wegnesh bezhig myaamiikwendaman?
- Gego ana temigad bangii e'znagendimigowin?
- Aaniish agezhi naadamonaa awii mina nendamon awii skoonwiwin?





Aaniish woshme agezhi debinamaa gikendamowin?

- Ndakendan gikino maage gamig gimaag waasamo-asabi mazina-igan owi shkiwii gikendamowin owi awaa dinendaman miinwaa gego geshkana aanjiseemigag/gikendamowin.
- Naagidon dibaatemigag enkamigag miinwaa bemaadizijig mina yaawin dibaajimowin miinwaa naagzowaabmjiginan.
- Debinan zhichigewinan owi naagidowendiziyin zhiwe [Naagdowendiziyin Bakwenimaagewin Zhibiigan](#).
- Gajitooon aanin [ensa giizhigag inendamowin mina yaawin nankiiwin](#).

Gnowaabmdan owi [COVID-19 / Ne-aab skooniwing bakebiigan](#) ndo waasamo-asabi mazina-igan owi woshme gikendamowin e'nowendaagwog inendamowin mina yaawin miinwaa COVID-19.

Gnowaabmdan waasamo-asabi mazina-

igan woshme gechi nishing gikendamowin:

[Children's Mental Health Ontario](#)

[Psychology Foundation of Canada](#)

[Anxiety Canada](#)

[Wellness Together Canada](#)

[COVID-19 Youth Mental Health Resource Hub](#)

[Kids Help Phone](#)

[Parents For Diversity](#)

