

# Niigaan onwaadaman ge-izhichigeyin miigaanig giwiiijiwaagan

## Maajiiba'iweg miigaanigooyeg, giin dago gaye giniijaanisag.

### Niigaan Ji-onwaadaman Ge-doodaman

#### Wegonen iwe Niigaan Onwaadamowin?

Gikendan aaniin ge-doodaman ji-naadamaadizoyin gaye igi giniijaanisag wii-miigaanigooyeg. Gikendan aaniindi ge-apa'iweyin, wegonen gaye ge-maajiidooyin giishpin izhiseg ji-nagadaman endaayin wii-miigaanig gi-wiidigemaagan.

#### Aanapii ge-onendamaan Niigaan Onwaadamowin?

a) Giishpin nitaa-miigaanigooyin.

■ Gii-nitaa-miiganig gi-wiidigemaagan, gi-daa-gagwe-ozhiitaa eshkwaad igo ji-majiiba'iweyeg apii gii-maajii-nishkaadizid gi-wiidigemaagan.

b) Giishpin noomaye gaa-naganad gaa-miiganig.

■ Giishpin endaayin nagadaziwan, miinawaa daabigiwe gi-wiidigemaagan ji-giikaamig gemaa ji-gagwe miigaanig. Aanawi ondinaman dibaakonige-mazina-igan, giyaabi daa-biizhaa awe gaa-wii-miigaanig.

■ Giishpin nagadaman endaayin, gi-daa-gagwe-mikaag gi-wiidigemaagan, ji-gagwe-zegimig.

#### Gaa-izhisemagak Gagwaadagi'iwewin (aaniin dash ge-izhiseyin gagwe-naadamaazoyin)

Gikenjigaade ezhisemagak gii-gagwaadagi'iwed awiya. Nitam gii-ishkwaaw miigaajged, bizaan ajina ayaa, e-ikidod wegonen gaa-gii-onji-doodang, gaye wiinge e-minjinawezid gaa-gii-doodang. Amii dash ezhi-gagwe-mino-wiijiwidiwaad igi gaa-izhi-niizhiwaad, daabishkoo gaawiin wiikaa miinawaa iwe ji-izhiseg. Miinawaa dash ziindendamowin maajii-ozhi'oomagan.

**Amii dash owe apii nawach awashime ge-inakamigizipan awe gaa-wii-miigaajged.** Amii maawach ge-izhi-minosegiban ji-nagadaman endaayin, ji-maajiiinadwaa gaye gi-niijaani-sag, ji-miigaanigoosiweg, ji-waabamaasiweg awe gaa-nitaa-miigaajged. (Waabandan iwe "Ezhisemagak Miigaajgewin" mazina'igan.)

### Ge-ateg Niigaan Onwaadamowining

Ganwiiken owe – bebakaan aaniish izhise gakina awiya, bebakaan dash daa-izhi-ozhiitaam. Giin zhigo igiwe gi-niigaanisag ji-miigaanigoosiweg izhi-niigaanendaagwan omaa.

#### 1) Gagwe-nisidawinan apii wii-maajii-nishkaadizid awe gaa-nitaa-miigaajged.

Gi-daa-ani-nagadenimaa awe gaa-wiijidaamad aaniin apii gii-wii-maajii-nishkaadizid. Giin aaniish gigikenimaa. Gikendaman iwe, amii nawach wiiba ge-izhi-asho-maajiiba'iwedwaa giniijaanisag, gaye giin. Giin igo gi-gikendaan enaadizid awe inini.

Ono nakwetan gaa-izhi-gagwejimigooyin, ji-gikendaman giishpin wii-miigaanigooyin:

■ Aaniin ako e-nitaa-ikidod gi-wiidigemaagan jibwaa-baashkigidaazod?

■ Minikwe na ko gii-miigaanig, gii-giikaamig?

■ Gikinawaach na minigok diba'igan izhise jibwaa-maa-jii-nishkaadizid, ji-wii-miigaanig, ji-gikendaman aanapii miinawaa ge-wii-miigaajged?

■ Gegoo na bakaan izhisemagan ge-onji-okewigidaazod, daabishkoo: mikanzig anokiiwin, oniijaanisiyini, gaye noondaadiba'igeyeg gegoo.

#### 2) Minjimendan gegoonan ge-aabajitooan ji-obagamaaganid.

■ Gikendan aaniindi etegin baashkiziganan, mookomaanan gaye bakaan miinawaa bagamaaganan.

■ Gagwe-izhaan ge-izhi-atesinogin ono ge-aabajitooan. Gego izhaaken jiibaakwegamigong gaye gaa-izhiganawendang aabajichiganan gaye odaabaan.

### 3) Onwaadan wiiba aaniindi ge-apa'we'adwaa gi-niigaanisag, gaye giin.

Gi-daa-izhaa gaa-izhi-gabeshi'indwaa gaa-miigaanind waa ikwewag, gemaa endaad bezhig giijikwe, gidinawe-maagan, gemaa nibewigamigong. Gikenim awenenag endaaawaad jigiya'ii endaaayin. Giishpin gashkitoosivan ji-nagadaman endaaayin, ayaamagan na imaa endaaayin ge-apa'we'amban? Wiindamaw awiyag gaa-gikenimadwaa, ji-ganoonaawaapan dash zhimaaganishan giishpin noondamowaad miigaanigooyin.

### 4) Gikendan aaniin ge-onji-maajaayin.

Aan ge-onji-gashkitooyin ji-maajiiba'weyin? Giishpin ayaawad odaabaan, ngoji giimooji-ganawendan aabaab-ika'igan, gaye waasiganibimide. Ayaasig odaabaan, awenen ge-ganoonadiban ji-wiiji'ig ji-binaanikaag? Gi-daa-giimooji-ganawenimaa gaye bangii zhooniyaa ge-aabajii'idiban apii wii-maajii-ba'weyin. Gi-daa-ganoo-naa dash taxi aanawi ayaawaasiwad zhooniyaa. Gi-daa-wiiji'igoog gaye zhimaaganishag, gaye ge-izhi-giigido'amban gaa-izhi-miigaanindwaa ikwewag, ji-gikendaman aaniindi ge-apa'weyin.

### 5) Onwaadan aaniin ge-onji-maajiiba'weyin gikendaman wii-miigaanigooyin.

Niigaan gikendan giishpin ayaamagag ishkwaandem gemaa waasenigan ge-onji-zaagikiba'weyamban dago gaye gi-niijaanisag. Gikendan gaye apii zaagiiiba'weyin aaniindi ge-apa'weyin. Aaniindi eyaamagak giigidowin. Bagwanan gikendan agindaasowinan ji-ganoonadiban gaa-inanokiwaad gaa-wiiji'iwewaad, gemaa zhimaaganishag.

### 6) Gikendan wegonen ge-maajidooyin.

**Gego gizhaatawendagen gidaya'iiman giishpin onji-naniizaaniseyin, giin gaye giniijaanisag.** Gego win naganaaken giniijaanisag gashkitooyin ji-maajinadwaa. Giishpin izhisesinog ji-maajinadwaa, zhemaag gagwe-binaanzikaw, zhimaaganishag maagizhaa ji-ganoonad-waa ji-wiiji'ikwaa.

### Ji-AZHE-GIIWEYIN ENDAAYIN, AKAWE GETINAAM- ENDAN JI-AYAASIG IMAA GE-MIIGAANIG. WIIJIW AWIYA GE-NAADAMAAG.

#### *Geyaabi*

- Gaazh zhooniyaa ngoji, giin eta ji-gikendaman aaniindi ebid awe zhooniyaa. Ayaakaw ashi awe.
- Naanigoding aanjitoon biindige-ikidowinan giin eta ji-gikendaman gegoon.
- Waabanda' giniijaanisag ji-ganoonaawaad zhimaaganishan.

Giishpin zhemaag naniizaanisesivan, ono gi-daa-maajiigaadoonan:

- mazina'iganensan gaa-wiindeg aweneniwiyin, gaye giniijaanisag, gidanokii-agindaason, gi-bimibizoo-agindaason, biindige-aki mazina'iganan, anishinaabe-agindaason aakoziwi-agindaason, gaye bakaan dino
- bakaan dino mazina'iganan, daabishkoo gii-dibenda-man gi-waakaa'igan, gaye gii-awi'aazoyin zhooniyaa, gaye ji-naazikaawisig giwiidigemaagan
- giigido-agindaasonan gaye endaaawaad awiyag
- zhooniyaa-mazina'iganan, zhooniyaawigamig gaa-onjiimagakin ge-aabajitooyin ji-ondinad zhooniyaa
- aabaabika'iganan endaaayin onji, gaye odaabaan, gaye zhooniyaawigamigong
- gidaya'iiman, gigigishkiganan gaye ge-aabajitooyin
- mashkikiwan gaa-aabajitooyeg megwaa
- giniijaanisag ogigishkiganiwaan gaye odoodaminwaaganiwaan, aanziyaanan moodayaabikoon

Minjimendan owe – gibimaadziwin, giin zhigo igiwe giniijaanisag – maawach gichi-ienendaagwan.

### 7) Giishpin miigaanigooyin, zhimaaganish ganoosh.

Giishpin ayaasiwan giigidowin, gagwe-gikendan aaniindi ge-onji-gagwe-gigido'amban.

Giyaabi wii-gikendaman gegoo, ganoosh:

Manitoba Dibaakonigewin

Gaa-izhi-wiiji'indwaa gaa-miigaanindwaa ikwewag

**1-866-484-2846**

Memwaach ji-diba'igesivan ji-giigidoyin Miigaanig gi-wi-digemaagan

**(Bigo apii) 1-877-977-0007**