The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO
Le Centre d'excellence provincial au CHEO en santé mentale des enfants et des ados

ᓯᑐᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᓇᓱᐊᒐᕐᓂᒃ ᖃᐅᔨᒋᐊᕈᑏᑦ

ᑭᓱᒥᒃ ᐱᓇᓱᐊᕋᒪ?
ᓯᑐᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᓇᓱᐊᒐᐃᑦ ᐱᕕᑦᓵᖅᑲᖅᑎᑦᓯᔪᑦ ᐃᒻᒥᒃᑰᖅᑐᓂᒃ ᐅᕝᕙᓗ ᑲᑐᔾᔨᖃᑎᒌᓂᒃ ᐅᕕᒃᑲᕐᓂᒃ (18-ᓂᒃ ᐊᑖᓄᓪᓗ ᐅᑭᐅᓕᓐᓄᑦ) ᐃᓕᒋᔭᐅᓕᖁᓪᓗᒋᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ ᖃᐅᔨᒪᓕᖅᑎᑦᓯᓂᕐᒧᑦ ᐱᓇᓱᐊᕐᓂᒃᑯᑦ. ᓴᓇᒪᑦᓯᐊᖅᑐᓂᒃ ᐃᓱᒪᓕᐅᕈᓐᓇᕈᕕᑦ ᑕᐃᒍᖓ ᐱᓇᓱᐊᒐᕐᒧᑦ, ᑕᐃᒪ ᐃᓕᓐᓂᒃ ᐃᑲᔪᖅᓱᕈᒪᓚᖓᔪᒧᑦ ᑕᒪᓐᓇ ᑲᔪᓯᓂᖅᑎᕆᐊᕐᓗᒍ.

ᖃᓄᖅ ᐊᑐᓇᐊᖃᕋᒃᑭᑦ $1000?
<u>ᓂᕈᐊᖅᑕᐅᔪᑦ ᐱᒐᓱᐊᖅᓯᒪᔪᑦ ᑐᓂᔭᐅᓛᖅᑐᑦ</u> **$1000-ᓂᒃ ᐱᓇᓱᐊᖅᑕᐅᔪᒨᖓᔪᓂᑦᓴᓂᒃ** ᓴᖅᑮᔭᖅᑎᑦᓯᒍᑎᒋᓗᒋᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ ᖃᐅᔨᒪᑎᑦᓯᓂᕐᒧᑦ. ᑖᒃᑯᐊ ᑮᓇᐅᔭᐃᑦ ᐋᖅᑭᑦᑕᐅᓯᒪᔪᑦ ᐃᑲᔪᕈᑕᐅᖁᓪᓗᒋᑦ ᐱᓇᓱᐊᖅᑕᐅᔪᒧᑦ ᐊᑭᓕᓇᐊᓕᓐᓄᑦ.

ᓂᕈᐊᕈᑎᒃ, ᐱᒐᓱᐊᖅᑐᑦ ᐃᒻᒥᒃᑰᖅᑐᓄᑦ ᑮᓇᐅᔭᕐᓂᒃ ᐃᓕᑕᕆᔭᐅᔾᔪᑎᑖᖅᑎᑦᓯᒍᓐᓇᖅᑐᑦ ᑲᑎᒪᔨᐅᓯᐊᕈᑎᓂᒃ $200-ᓅᖓᔪᓂᒃ $1000-ᓃᙵᖅᑐᓂᒃ "ᖁᔭᓐᓇᒦᕈᑎᒋᓗᒋᑦ" ᐊᑦᓱᕈᖅᑐᑎᒃ ᐃᖅᑲᓇᐃᔮᖃᓚᐅᕐᓂᖏᓐᓄᑦ ᐊᒻᒪᓗ ᑐᙵᕕᓕᐅᓚᐅᕐᓂᖏᓐᓄᑦ, ᐅᕝᕙᓗ ᐃᒪᐃᓕᐅᖕᒑᕈᒪᒍᑎᒃ, ᐃᓗᐃᑦᑲᐅᓗᑎᒃ $1000 ᑮᓇᐅᔭᑦᓴᓕᐊᕆᓗᒋᑦ ᐱᓇᓱᐊᖅᑕᖏᓐᓄᑦ. ᐱᒐᓱᐊᖅᑐᑦ ᓇᓗᓇᐃᖅᓯᖁᔭᐅᔪᑦ ᓇᓪᓕᐊᓐᓂᒃ ᓂᕈᐊᖔᕐᓂᐅᓴᒻᒪᖔᑕ ᑲᑎᔨᐅᓯᐊᖅᑎᑦᓯᓗᑎᒃ ᑎᑎᖅᓯᒪᔪᑦ **ᐱᓇᐊᒐᕐᒧᑦ ᑮᓇᐅᔭᐃᑦ ᐊᑐᖅᑐᑦᓴᒫᑦ** ᐊᕕᑦᑐᖅᓯᒪᔪᖏᓐᓂᒃ **ᓯᑐᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ** ᑕᑕᑎᕆᐊᓕᓐᓃᑦᑐᑦ. **ᐊᑏ ᖃᐅᔨᒪᓕᒋᑦ ᑖᓐᓇ ᐃᓕᔭᐅᓯᒪᙱᒻᒪᑦ ᐃᓕᓐᓂᐊᕈᑎᑦᓴᓂᒍᑎᓄᑦ.**

ᑭᓇ ᐱᒐᓱᐊᕈᓐᓇᖅᑲ?
ᐱᒐᓱᐊᕈᓐᓇᖅᑐᑎᑦ:

- ᐃᓕᓐᓂᐊᕐᕕᐊᓗᒻᒥ ᐃᓕᓐᓂᐊᖃᑦᑕᕈᕕᑦ (ᐃᓘᓐᓇᖏᓐᓅᖓᔪᓂᒃ ᐅᕙᓗ ᐊᓯᐊᒨᖔᕈᑎᓂᒃ) <u>ᐅᕝᕙᓗ</u> ᐆᑦᑐᖁᐅᑎᖃᕈᓐᓇᕈᕕᑦ ᑲᑎᑎᓇᒍᓐᓇᓂᕐᒥᒃ ᐊᓯᖏᓐᓂᒃ ᐅᕕᒃᑲᕐᓅᖓᔪᓂᒃ ᑭᒡᒐᖅᑐᐃᔨᓂᒃ (ᓲᕐᓗ, ᐅᕕᒃᑲᐃᒃ ᑲᑎᒪᕕᖏᓐᓂᒃ, ᓄᓇᓕᒻᒥ ᖃᐅᔨᓴᕐᕕᖕᓂᒃ, ᐅᕕᒃᑲᕐᓂᒃ ᐱᔨᑦᓯᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᓂᒃ, ᐃᓱᒪᓕᕆᔨᒃᑯᓐᓂᒃ) ᑖᒃᑯᐊ ᖃᐅᔨᓴᕐᓂᐊᕐᒪᑕ ᐃᓚᓴᕆᔭᐅᔾᔪᑎᓂᒃ.
- ᐃᓚᒋᔭᐅᑎᑦᓯᒍᓐᓇᕈᕕᑦ ᑕᑎᒋᒍᓐᓇᖅᑕᕐᓂᒃ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᒥᒃ ᐃᑲᔪᖃᑦᑕᖅᓯᒪᓕᓂᐅᓗᓂ ᓱᑭᓯᕐᒥᒃ ᐅᕝᕙᓗ ᐅᕕᒃᑲᕐᓂᒃ ᐃᓱᒪᓕᕆᓂᐅᔪᓂᒃ.
- ᑐᑦᓯᕋᐅᑎᓕᐅᕈᓐᓇᕐᓱᑎᑦ ᑲᔪᓯᑎᑦᓯᒍᑎᒍ <u>ᐊᑐᓇᐊᖃᖅᑎᑕᑦᑎᓐᓂᒃ ᐊᒻᒪᓗ ᒪᓕᑦᑕᐅᒋᐊᖃᖅᑎᑕᑦᑎᓐᓂᒃ.</u>

ᑎᒦᑦ ᐱᒐᓱᐊᕈᓐᓇᖅᑳᑦ?
ᑎᒦᑦ ᐱᒐᓱᐊᕈᓐᓇᖅᑐᑦ $5000-ᓅᖓᔪᓂᒃ ᐱᓇᓱᐊᕋᑦᓴᒧᑦ ᑮᓇᐅᔭᑦᓴᖏᓐᓂᒃ.
(ᑲᑎᒪᔨᐅᓯᐊᓇᐊᖃᙱᑦᑐᑦ ᑎᒦᑦ ᐱᓇᓱᐊᖅᑐᑦ.)

ᐃᓱᒪᒋᔭᐅᖃᓯᐅᑎᒍᒪᒍᕕᑦ, ᑎᒦᑦ ᐊᒻᒪᓗ ᑎᒦᑦ ᑲᑎᒪᔨᖏᑦ ᓱᓕ ᒪᓕᒋᐊᓛᑦ ᐱᒐᓱᐊᕐᓂᕐᒧᑦ ᐊᑐᐊᒐᕐᓂᒃ ᑎᑎᖅᓯᒪᔪᓂᒃ ᐊᑖᓂ.

ᖃᓄᖅ ᑐᑭᖓᖅᑎᑦᓯᒐᑦᑕ ᑎᒥᓂᒃ?
ᑎᒦᑦ ᐋᖅᑭᑦᓯᒪᔪᑦ ᐱᙱᓘᑎᒃ ᐅᑯᐊ ᐅᙱᑖᓅᙱᓗᑎᒃ ᐅᕙᒃᑲᐃᑦ ᐸᕐᓇᐃᖅᓯᒪᔪᑦ
ᐃᖅᑲᓇᐃᔭᖃᑎᒌᕐᓛᕐᓚᕐᒧᑦ ᐃᓚᖃᕐᓗᑎᒃ ᑕᑎᒋᔭᐅᔪᒥᒃ ᐅᖃᐅᔾᔨᕆᐊᖅᑎᒥᒃ ᐱᕙᓪᓕᐊᑎᑦᓯᓗᑎᒃ
ᐱᓇᓱᐊᖅᑕᒥᓐᓂᒃ. ᐆᑦᑐᕋᐅᑎᐅᖃᑕᐅᔪᑦ ᐃᓕᓐᓂᐊᖅᑏᑦ ᑎᒥᙳᑦ ᐃᖅᑲᓇᐃᔮᓖᑦ ᐱᓇᓱᐊᖅᑕᒥᓐᓂᒃ
ᐊᐅᓚᑦᓯᔨᖃᕐᓗᑎᒃ ᐃᓕᓐᓂᐊᑎᑦᓯᔨᒥᒃ, ᐅᕙᒃᑲᐃᑦ ᑎᒥᙳᑦ ᐃᖅᑲᓇᐃᔮᖃᕐᓗᑎᒃ ᐊᐅᓚᑕᐅᓗᑎᒃ
ᐅᖃᐅᔾᔨᕆᐊᖅᑎᒥᒃ ᐅᑯᐊ ᐃᓅᓕᕆᔨᒥᒃ, ᐅᑯᐊ ᑎᒦᑦ ᐱᖃᓐᓂᕆᔭᓖᑦ ᐱᓇᓱᐊᒐᓕᐅᕐᓗᑎᒃ
ᐊᐅᓚᑕᐅᓗᑎᒃ ᑭᓇᑐᐃᓐᓇᕐᒥᒃ ᐃᑲᔪᖃᑦᑕᓕᓂᐅᔪᒥᒃ ᓱᕈᓯᕐᒥᒃ ᐊᒻᒪᓗ ᐅᕙᒃᑲᕐᓂᒃ ᐃᓱᒪᓕᕆᓂᐅᔪᓂᒃ.

ᖃᓄᖅ ᐱᒐᓱᐊᕈᓐᓇᖅᑯᙱ?
ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᒐᓱᐊᕈᑏᑦ ᑕᑕᑎᖓᐊᓖᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ ᐊᒻᒪᓗ ᖃᓇᑕᐅᔭᕐᓄᑦ
ᐃᓕᖅᑲᐃᒍᑎᑖᕈᓐᓇᖅᑐᑎᒃ ᖃᓇᑕᐅᔭᒃᑯᑦ ᑐᑭᓯᒋᐊᕈᑎᑦᑎᓐᓂᒃ. ᑕᑕᑎᖓᐊᓖᑦ ᑕᑕᑎᖅᑕᐃᓐᓇᕆᐊᓕᑎᑦ
ᐊᒻᒪᓗ ᑐᑭᓯᒋᐊᕈᑎᓕᒫᕐᓂᒃ ᑐᑭᓯᒋᐊᕈᑎᖃᖅᑎᑦᓯᓗᑎᑦ ᐅᕙᑦᑎᓐᓄᑦ ᑐᔫᑎᒋᓕᕐᒥᓗᒋᑦ ᑎᑭᓚᐅᙱᓐᓂᙵᓂ
ᐃᓱᓕᕝᕕᙱ.

ᑐᑭᓯᒋᐊᕐᓗᑎᑦ ᖃᓄᖅ ᑕᑕᑎᖓᒋᐊᖃᕐᒪᙲᖅᐱᑦ, ᐊᐃ ᐅᖃᓖᒪᒃ ᐊᕙᑦᑐᖅᓯᒪᔫᑦᑐᖅ **"ᐊᑐᐊᒐᐃᑦ ᑕᑕᑎᖕᓂᕐᒧᑦ ᐱᒐᓱᐊᕈᑎᓂᒃ"** ᐊᑖᓃᑦᑐᑦ.

ᖃᙱᒃᑯᑦ ᐃᓱᓕᕝᕕᑦᓴᖅᖃ?
ᐱᓯᒪᒋᐊᖃᕈᖅᑕᕗᑦ ᑕᑕᑎᖅᓯᒪᔭᑎᑦ ᐊᓪᓚᕕᑦᑎᓐᓂ ᑎᑭᓪᓗᑖᕆᓐᓂᕆᓐᓂ ᐅᑯᐊ:

- **4:00-ᒥ ᐅᓐᓄᓴᒃᑯᑦ ᒫᑦᓯ 31, 2008** ᐅᑯᐊ
- **4:00-ᒥ ᐅᓐᓄᓴᒃᑯᑦ ᐆᑦᑑᕙ 31, 2008.**

ᕿᐱᓗᓐᖅᑐᒍᑦ ᑭᙳᕙᖅᑐᓂᒃ ᑕᑕᑎᖅᑕᐅᓯᒪᔪᓂᒃ ᐅᑯᐊ ᖃᓄᑕᐅᔭᒃᑯᑦ ᑕᑕᑎᓄᓯᒪᔪᓂᒃ!!!
ᐊᐃ ᓈᒻᒪᓈᓇᕆᐊᕿᕐᖅᑯᑎᑦ ᑎᑎᖅᑲᐃᑦ ᐊᐅᓪᓚᖅᑎᑦᓯᒍᑎᙱᑎᒍᑦ ᐱᔭᐅᑦᓴᐅᑎᕆᓪᓗᒋᑦ ᑕᑕᑎᖅᓯᒪᔪᑦ.
ᖃᓄᖅᑑᕈᑎᑦᓴᖅᑐᒍᑦ ᐃᓗᐃᑦᑐᐃᑦ ᑕᑕᑎᖅᓯᒪᔪᑦ ᐊᐅᓪᓚᖅᑎᒋᐊᖅᑕᐅᒐᔭᖁᓪᓗᒋᑦ ᐱᓇᓱᐊᕈᓯᓕᒫᕐᒥᒃ
ᑎᑭᓚᐅᙱᓐᓂᙵᓂ ᐃᓱᓕᕝᕕᒃ.

ᖃᓄᖅ ᑕᑕᑎᖅᓯᒪᔭᒃᑲ ᐃᓱᒪᑦᓴᖅᓯᐅᕈᑕᐅᒐᔭᖅᑲᑦ?
ᐱᓇᓱᐊᖅᑕᑎᑦ ᖃᐅᔨᓴᖅᑕᐅᓛᖅᑐᖅ ᐊᒻᒪᓗ ᐃᓱᒪᑦᓴᖅᓯᐅᕈᑕᐅᓗᑎᒃ ᐅᕙᒃᑲᐃᑦ ᑲᑎᒪᔨᙱᓐᓄᑦ
ᑕᐃᒨᓯᓕᓐᓄᑦ **ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᖃᐅᔨᒋᐊᖅᐅᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ** (ᐊᐅ ᑕᑕᑎᒃᑭᑦ
ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᖃᐅᔨᓴᖅᐅᑦ ᑲᑐᔾᔨᖃᑎᒌᙳᕐᓄᑦ ᐱᒐᓱᐊᕐᓂᕐᒧᑦ ᑕᑕᑎᖓᐊᓖᑦ
ᑲᑎᒪᔨᐅᖃᑕᐅᒍᒪᒍᕕᑦ ᑲᑐᔾᔨᑲᑎᒌᓄᑦ ᑖᒃᑯᓄᙱ). ᑖᒃᑯᐊ ᑲᑐᔾᔨᖃᑎᒌᑦ ᐅᕙᒃᑲᐃᑦ ᐊᕙᑎᓕᒫᕐᓃᖕᙳᖅᑐᑦ
ᑲᓇᑕᒥ ᓄᓇᐃᑦ ᐊᕙᑦᑐᖅᓯᒪᔪᙱᓐᓂᒃ. ᑲᑐᔾᔨᖃᑎᒌᑦ ᓈᓴᐅᑎᑎᒍᑦ ᓇᓗᓇᐃᖅᑲᑦᑕᖅᑐᑦ ᖃᐅᔨᓴᖅᑐᑎᒃ
ᐊᒻᒪᓗ ᐱᓇᓱᐊᖅᑕᐃᑦ ᓱᑯᑦᓯᐊᓃᓪᓚᙲᖅ. ᐆᑦᑐᕋᐅᑏᑦ ᖃᐅᔨᓴᕐᓂᕐᒨᙱᔪᑦ ᐊᑐᐃᓐᓇᐅᔪᑦ
ᖃᓄᑕᐅᔭᒃᑰᕈᑎᒍᑦ Dare to Dream Web site-ᑯᑦ.

ᑭᓲᕙᑦ ᐆᑦᑐᕋᐅᑎᑦᓴᐃᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ ᖃᐅᔨᒪᓂᕐᒧᑦ ᐱᓇᓱᒐᑦᓴᐃᑦ?

ᓴᓇᒍᓐᓇᑦᓯᐊᕐᓂᖅ ᑲᔪᓯᒍᑕᐅᒍᓐᓇᖅᑐᖅ! ᕿᓂᖅᑐᒍᑦ ᐅᐱᒃᑲᕐᓂᒃ ᐃᓚᒋᔭᐅᒍᒪᔪᓂᒃ ᓴᖅᑮᔭᖅᑎᑦᓯᕐᒧᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ ᖃᐅᔨᒪᑎᑦᓯᓂᐅᔪᓄᑦ ᐊᔾᔨᒋᔭᐅᙱᑐᒃᑯᑦ. ᐅᑯᐊ ᐃᓚᖏᑦ ᐆᑦᑐᕋᐅᑎᑦᓴᐅᔪᑦ:

- ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓄᖓᓄᑦ ᖃᐅᔨᒪᑎᑦᓯᓂᕐᒧᑦ ᓱᑭᓅᔭᖅᑎᑦᓯᓂᖅ
- ᐃᓱᒪᓕᕆᓂᕐᒧᑦ ᐱᙳᐊᕙᔾᔪᐊᖅᑎᑦᓯᓂᖅ
- ᐱᙳᐊᕈᑏᑦ ᐅᕙᓂ ᑲᑎᑎᖅᓯᒪᔪᑦ ᓴᖅᑮᔭᖅᑎᑦᓯᒍᑏᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓂᒃ
- ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓂᒃ ᖃᐅᔨᒪᑎᑦᓯᓂᕐᒧᑦ ᑕᑯᓐᓇᕋᑦᓴᓕᐅᕐᓂᖅ ᐅᕙᓂ ᐊᔾᔨᓕᙱᑦᑐᓂᒃ ᑐᕋᑦᓴᓕᕆᓂᕐᒨᖓᔪᓄᑦ ᐱᓇᓱᓕᐅᕐᓂᖅ
- ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓂᒃ ᖃᐅᔨᒪᑎᑦᓯᓂᖅ ᐃᓄᓕᒫᕐᓄᑦ ᐱᔨᑦᓯᓂᕐᒧᑦ ᑐᓴᕋᑦᓴᓕᐅᕐᓂᖅ
- ᐱᙳᐊᕐᓂᒃᑯᑦ ᓴᖅᑮᔭᖅᑎᑦᓯᓂᖅ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ
- ᐅᐱᒃᑲᕐᓄᑦ ᕿᒥᕐᕈᐊᕆᓕᐅᕐᓂᖅ ᖃᐅᔨᒪᓕᖅᑎᑦᓯᒍᑎᖃᖅᑐᓂᒃ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ
- ᑎᑎᖅᑐᖃᖅᓯᒪᔪᓂᒃ ᐊᒥᐊᕆᓂᖅ ᑕᑯᑦᓴᐅᑎᑦᓯᔪᓂᒃ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ ᖃᐅᔨᒪᔭᐅᒋᐊᓕᓐᓂᒃ

ᐱᒍᒪᔪᒍᑦ ᓄᑖᕐᓂᒃ ᐃᓱᒪᓕᐊᖑᓯᒪᔪᓂᒃ ᖃᓄᐃᓐᓇᖅ ᐊᑐᓪᓗᖅᓯᒪᙱᑕᕐᓂᒃ. "ᓴᓇᑦᓯᐊᕈᕐᓂᓄᑦ ᓴᓇᕐᓗᑎᑦ" - ᐃᓱᒪᖃᙱᒻᒪᑕ ᐱᕙᑦᓵᑦ...

ᑭᓇᐅᑲᔭᕐᒪᑦ ᑕᑎᒋᓗᒍ ᐅᖃᐅᓯᖏᐊᖅᑎᑦᓴᕋ?

ᐅᖃᐅᓯᖏᐊᖅᑎ ᐃᑲᔪᕐᓂᖃᖅᓯᒪᒋᐊᓕᒃ ᓱᕈᓯᕐᒥᒃ ᐊᒻᒪᓗ ᐅᐱᒃᑲᕐᓄᑦ ᐃᓱᒪᓕᕆᓃᐅᓯᒪᔪᒥᒃ. ᐆᑦᑐᕋᐅᑎᑦᓴᐃᑦ ᐃᖅᑲᓇᐃᔮᖃᓪᓚᓐᓇᑦᑐᑦ ᐅᑯᐊ ᐃᓚᒋᔭᐅᔪᑦ:

- ᐃᓱᒪᓕᕆᓃᑦ
- ᐃᓱᒪᒃᑯᑦ ᒪᒥᓴᐃᓃᑦ
- ᐸᐸᑦᓯᔩᐅᓪᓗᑎᒃ ᐅᖃᐅᔾᔨᒋᐊᖅᑏᑦ
- ᐅᐱᒃᑲᐃᑦ ᑲᑎᒪᔩᖏᑦ
- ᐃᓄᓕᕆᓃᑦ
- ᐱᕙᓪᓕᐊᑎᑦᓯᓂᕐᒧᑦ ᐱᔩᑦᓯᖅᑏᑦ
- ᐃᓕᓐᓂᐊᑎᑦᓯᔩᑦ
- ᓱᕈᓯᓕᕆᔩᑦ ᐊᒻᒪᓗ ᐅᐱᒃᑲᓕᕆᔩᑦ
- ᐃᖅᑲᓇᐃᔭᕐᕕᖕᓄᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑏᑦ
- ᐊᓯᖏᓪᓗ

ᐃᓱᒪᓕᐅᖅᓯᒪᒍᒪᓕᑭᐊᖅ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᖃᙱᓪᓗᖓ?

ᑲᑎᖃᑎᖃᕈᒪᒍᕕᑦ ᑕᑎᒋᔭᕐᓂᒃ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᑦᓴᒥᒃ, ᐃᓕᓐᓂᒃ ᐃᑲᔪᕈᓐᓇᖅᑐᒍᑦ. ᐊᑏ ᖃᐅᔨᒋᐊᖅᑰᖅᑲᑎᑦ ᓴᓐᑐ ᐊᕙ ᐃᒃᓴᓚᓐᓴᒍᑦ ᑐᑭᓯᒋᐊᕐᕕᒋᓗᒋᑦ ᖃᓄᖅ ᑲᑎᖃᑎᖃᕈᓐᓇᕐᒪᖔᖅᐱᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᓴᓐᓂᒃ ᓄᓇᓕᕕᑦ ᒥᑦᓴᓃᑦᑐᒥᒃ.

ᖃᓄᕐᓕ ᐱᓇᓱᐊᖅᑕᕋ ᐊᖏᖅᑕᐅᑉᐸᑦ?

ᐱᓇᓱᐊᖅᑕᐃᑦ ᐊᖏᖅᑕᐅᑉᐸᑦ, ᐃᓕᓐᓂᒃ ᖃᐅᔾᒃᑲᐅᔾᔿᖅᑐᒍᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᓂᓪᓗ ᑐᑭᓯᒋᐊᕈᑎᖃᕐᓗᑕ ᖃᓄᖅ ᐱᒋᐊᖅᑎᓯᒍᓐᓇᕐᒪᖔᖅᐱᑦ ᐱᓇᓱᐊᖅᑕᕐᓂᒃ. ᐱᔪᓃᕈᕕᐅᒃ ᐱᓇᓱᐊᖅᑕᐃᑦ, ᑐᓂᓯᐊᖃᖅᑎᑕᐅᓀᖅᑐᑎᑦ **ᑭᖑᓪᓕᖅᐸᒥᒃ ᐅᓂᒃᑳᓕᐊᕆᓯᒪᔭᕐᓂᒃ** ᐱᓇᓱᐊᖅᑕᕕᑦ ᒥᑦᓴᓄᑦ ᖃᓄᖅ ᐱᕙᓪᓕᐊᓂᖃᕐᓂᕐᒪᖔᖅ (ᓲᕐᓗ, ᖃᓄᖅ ᑲᔪᓯᓐᓂᕐᒪᖔᖅᐱᑦ ᓯᕗᒧᑦᓯᐊᖅᑕᑎᑦ, ᖃᓄᖅ ᑲᔪᓯᓂᖃᕐᓂᕐᒪᖔᖅ, ᐊᓯᖏᓪᓗ). **ᑭᖑᓪᓕᖅᐸᕐᒥᒃ ᐅᓂᒃᑳᓕᐊᖑᓯᒪᔪᓂᒃ** ᓴᓂᕙᐃᕕᑦᑕᓕᒃ ᐊᔾᔨᓕᐅᕋᑦᓴᒥᒃ ᓯᕗᓂᑦᓴᖃᕐᒪᓂᕐᒧᑦ ᑐᑭᓯᒋᐊᕈᑎᓂᒃ.

ᐊᑐᐊᒐᐃᑦ ᐱᔭᓇᕈᑎᒋᓗᒋᑦ ᑕᑕᑎᖅᑕᓐᓂᒃ ᖁᓕᓂᒃ ᑐᖏᓕᓇᑦᑐᓂᒃ

ᐊᒦ ᒪᓕᑦᓯᐊᒃᑭᑦ ᐅᑯᐊ ᖁᓖᑦ ᑐᖏᓕᓇᑦᑐᑦ ᐱᔭᓇᖅᓯᒍᑎᒋᓗᒋᑦ ᑕᑕᑎᖅᑕᓐᓂᒃ ᑐᓂᓗᒋᓪᓗ ᐃᓱᒪᓕᓇᕕᒻᒧᑦ ᑎᑭᓚᐅᙱᓐᓂᖔᓂ ᒫᑦᓯ 31, 2008 ᐅᕝᕙᓗ ᐆᑦᑑᕝᕙ 31, 2008.

1. ᐅᖃᓕᒫᖅᑳᕐᓗᒋᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐊᑐᐊᒐᐃᑦ ᑕᑕᑎᓇᓚᐅᙱᓂᕐᓂᒃ ᐱᒐᓱᐊᕈᑎᓂᒃ.

2. ᐅᖃᐅᔾᔨᒋᐊᖅᑎᖃᓇᐊᖃᖅᑐᑎᑦ ᐃᑲᔪᖃᑦᑕᓕᓂᕐᒥᒃ ᓱᕈᓰᑦ ᐅᕕᒃᑲᐃᓪᓗ ᐃᓱᒪᖏᓐᓂᒃ ᖃᓄᐃᑦᑕᐃᓕᑎᑦᓯᓂᐅᔪᓄᑦ.

3. ᑕᑕᑎᕐᓗᒋᑦ <u>ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᑕᑕᑎᓇᐊᖅᑖᑦ ᐅᕝᕙᓗ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᓄᑦ ᑕᑕᑎᖅᑕᐅᒋᐊᖅᑖᑦ.</u>

4. ᑕᑕᑎᓇᕈᕕᒋᑦ ᐱᒐᓱᐊᕈᑏᑦ, ᑎᑎᖅᑲᖁᓗᒍ ᐅᖃᐅᔾᔨᒋᐊᖅᑏᑦ ᐊᕕᑦᑐᖅᓯᒪᔫᑦᑐᓂᒃ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᓄᑦ ᑕᑕᑎᖅᑕᐅᒋᐊᖅᑖᑦ ᐊᑎᓕᐅᕐᓗᓂᓗ ᐊᑎᓕᐅᕐᕕᐅᒋᐊᓕᒻᒧᑦ.

5. ᐅᖃᐅᔾᔨᒋᐊᖅᑏᑦ ᖃᐅᔨᒋᐊᖁᓗᒍ ᐃᓘᓐᓇᑦᓯᐊᖏᓐᓂᒃ ᑕᑕᑎᓇᐊᓕᓐᓂᒃ.

6. ᖃᐅᔨᒋᐊᑦᓯᐊᕐᓗᒋᑦ ᑕᑕᓇᑦᓯᐊᕋᓗᐊᕐᒪᖔᖅᐱᑦ ᐱᔭᐅᒋᐊᓕᓕᒫᕐᓂᒃ ᑐᑭᓯᒋᐊᕈᑎᓂᒃ.

7. ᐱᔭᓇᕐᓗᒍ ᑕᑕᑎᓇᐊᓕᓐᓄᑦ ᖃᐅᔨᒋᐊᕈᑦ (ᐱᔭᑦᓴᐅᔪᖅ ᒪᑉᐱᖅᑐᒐᐃᑦ ᑭᖑᓪᓕᖅᐸᖏᓐᓂᒃ ᑕᑕᑎᓇᐊᓖᑦ).

8. ᖃᐅᔨᒋᐊᕐᓗᒍ ᑮᓇᐅᔭᕐᓂᒃ ᐊᑦᑑᓯᐊᖅᑎᑦᓯᔾ ᐊᒻᒪ ᐃᓕᑕᓇᔭᐅᔾᔪᑎᑖᖅᑎᑦᓯᔾ ᐅᕗᖕᒐ (grantsandawards@cheo.on.ca) ᐊᐱᖅᑯᑎᖃᕐᓂᕈᕕᑦ ᐅᕝᕙᓗ ᑕᑕᑎᖅᑕᑎᑦ ᐱᔮᕈᓐᓇᐃᓪᓕᒍᕕᒋᑦ.

9. ᐊᐅᓪᓚᑎᓪᓗᒋᑦ ᑎᑎᖅᑲᓂᐊᕐᕕᑎᒍᑦ ᐅᕝᕙᓗ ᓇᒻᒥᓂᖅ ᑐᓂᔭᖅᑐᕐᓗᒋᑦ ᑕᑕᑎᖅᓯᒪᔭᑎᑦ ᑲᑎᖅᓱᖅᓯᒪᓗᑎᒃ ᐃᓱᓕᕝᕕᒃ ᑎᑭᓚᐅᙱᓐᓂᖔᓂ. ᐊᒦ ᓈᒻᒪᓈᓇᒋᐊᓖᖅᑯᑎᑦ ᑎᑎᖅᑲᓂᐊᕐᕕᑎᒨᖅᑐᓂᒃ ᐱᔭᐅᖁᓪᓗᒋᑦ ᑕᑕᖅᓯᒪᔭᑎᑦ. **ᑎᑎᖅᑲᓂᐊᕐᕕᑎᒍᑦ ᐊᐅᓪᓚᖅᑎᑦᓯᕕᑦᓴᐅᒐᔭᓇᐊᖕᒐ ᐃᓱᒪᒋᔭᕗᑦ ᐱᓇᓱᐊᕈᓯᐅᑉ ᓯᕗᕿᒍᑦ ᑎᑭᓚᐅᙱᓐᓂᖔᓂ ᐃᓱᕝᕕᒃ.**

10. ᑐᖀᖅᑎᓪᓗᒋᑦ ᑕᑕᑎᖅᓯᒪᔭᑎᑦ ᐅᕗᖕᒐ:

Dare to Dream Program
ATTN: Grants and Awards Coordinator
The Provincial Centre of Excellence
for Child and Youth Mental Health at CHEO
401 Smyth Rd.
Ottawa, ON K1H 8L1

ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐊᑐᐊᒐᐃᑦ

ᐊᑏ ᐅᖃᓕᒫᑦᓯᐊᖅᑳᒃᑭᑦ ᐅᑯᐊ ᐊᑐᐊᒐᐃᑦ ᐱᒋᐊᓚᐅᕐᒥᓂᕐᓂ ᑕᑕᑎᕋᓯᐊᖅᑕᑎᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᒐᓱᐊᕈᑏᑦ ᑕᑕᑎᕆᐊᓖᑦ.

ᓯᕗᓕᖅᐸᖅ: ᓇᒻᒥᓂ ᐊᐱᕆᓗᑎᑦ, "ᒪᓕᑦᓯᐊᐸᒃᑳ ᐅᕝᕙᓗ ᑲᑐᔾᔨᖃᑎᒌᖃᑎᒃᑲ ᒪᓕᑦᓯᐊᖅᐸᑦ ᒪᓕᒋᐊᓕᓐᓂᒃ ᐱᔪᓐᓇᕈᑎᒋᒐᔭᖅᑕᓐᓂᒃ ᑕᕝᕗᖓ ᐱᕕᑦᓴᒫᖅᖃᕕᒻᒧᑦ?"
ᐊᑏ ᖃᐅᔨᒋᐊᕈᒃ "ᕿᓇ ᐱᓕᕆᐊᕈᓐᓇᖅᑲ?" ᐊᐱᖅᑯᑦ ᑕᕝᕙᖓᑦ ᑭᐅᔭᐅᒍᓐᓇᖅᑐᖅ,

ᐊᐃᑉᐸᖓ: ᓇᓗᓇᐃᕐᓗᒍ ᐅᖃᐅᔾᔨᒋᐊᖅᑎ, ᐃᑲᔪᖅᑲᑦᑕᓕᓂᐅᔪᖅ ᓱᕈᓯᕐᓄᑦ ᐅᕕᒃᑲᓄᓪᓗ ᐃᓱᒪᓕᕆᓂᐅᔪᒃᑯᑦ ᐊᒻᒪᓗ ᐃᓕᓐᓂᒃ ᐃᑲᔪᖅᓯᖃᑦᑕᕿᔭᖅᑐᓂ ᐅᕝᕙᓗ ᑲᑐᔾᔨᖃᑎᒌᑦᓯᐊᓐᓂᒃ ᐱᓇᓱᐊᖅᑕᓐᓄᑦ. ᐊᑏ ᖃᐅᔨᒋᐊᕈᒃ "ᕿᓇᒥᒃ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᖃᓇᐊᖅᑯᖓ?" ᑭᐅᔪᓂᐊᖅᕕᑦ ᐊᐱᖅᑯᑎᓐᓄᑦ.

ᐱᖓᓱᐊᑦ: ᖃᓇᑕᐅᔭᕐᒥᒃ ᑎᑎᖅᑯᒧᓪᓗᓐᓃᑦ <u>ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᒐᓱᐊᓂᕐᒧᑦ ᑕᑕᑎᕆᐊᓕᒃ</u> ᐅᕝᕙᓗ <u>ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᑲᑐᔾᔨᖃᑎᒌᖑᑦ ᐱᒐᓱᐊᓂᕐᒧᑦ ᑕᑕᑎᕆᐊᓕᒃ</u> ᐊᑦᑕᓇᓄᑦ ᑎᑎᖅᑯᒥᑦ ᐅᕝᕙᓗ ᑕᑕᑎᕆᐊᓖᑦ ᑎᑎᖅᑯᒥᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᐊᒻᒪ ᐱᔭᕇᕐᕕᒥᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᑎᑎᖅᑲᒥᒃᑯᒥᑦ.

ᓯᑕᒪᖓᑦ: ᑕᑕᑎᖅᑐᒋᑦ ᐱᒐᓱᐊᖅᑑᑉ ᐊᕕᑦᑐᖅᓯᒪᔪᖕᒋᓐᓃᑦᑐᑦ ᑕᑕᑎᕆᐊᓖᑦ. ᑖᒃᑯᐊ ᑎᑎᖅᑕᐅᑦᑐᐅᕆᐊᓖᑦ ᐅᕕᒃᑲᓚᒪᖅᑯᑦ ᐅᑭᐅᓕᓐᓄᑦ 18-ᓂᒃ ᐊᑖᓄᓐᓄ ᐱᒐᓱᐊᖅᑐᓄᑦ. ᐃᖅᑲᐅᒪᓂᑦ ᖃᓇᑕᐅᔭᒃᑯᑦ ᑎᑎᖃᓇᐊᖅᑲᖃᕕᒥᑦ ᐅᕝᕙᓗ ᓇᕿᑦᑕᑦᓯᐊᖅᑐᒥᑦ ᑐᑭᓯᓇᑦᓯᐊᖅᑐᑎᒃ.

ᐊᑏ ᐅᑯᐊ ᒪᓕᑦᓯᐊᒃᑭᑦ ᐊᑐᐊᒐᐃᑦ ᐊᑖᓃᑦᑐᑦ ᐱᔭᓇᖁᓯᐊᓕᕈᕕᑦ ᐊᕕᑦᑐᖅᓯᒪᔪᑦ ᑕᐃᒪᓂ ᐱᒐᓱᐊᖅᓂᕐᒧᑦ ᑕᑕᑎᕆᐊᓖᑦ:

ᐃ. ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᓯᕗᓪᓕᖅᐸᖅ ᑐᑦᓯᕋᐅᑦ ᑎᑎᖅᑲᖅ
ᑖᓐᓇ ᓯᕗᓕᖅᐸᖅ ᑐᑦᓯᕋᐅᑦ ᒪᑉᐱᖅᑐᒐᖅᓂᒃ ᐱᒻᒪᕆᓐᓂᒃ ᐊᐱᖅᑯᑎᑦᓴᖅᑕᓕᒃ ᑐᑭᓯᒋᐊᕈᑎᓂᒃ ᐃᕝᕕᑦ ᒥᑦᓴᓄᑦ, ᐱᒐᓱᐊᖅᑎᐅᓪᓗᑎᑦ, ᐊᒻᒪᓗ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᕕᑦ ᒥᑦᓴᓄᑦ. ᐱᒋᐊᓕᕗᑦ ᑖᒃᑯᐊ ᐃᕝᕕᑦ ᒥᑦᓴᓅᖓᔪᑦ ᑐᑭᓯᒋᐊᕈᑏᑦ ᐱᕙᓪᓕᐊᑎᑦᓯᒍᑎᒥᓗᓯᐅᒃ ᐱᒐᓱᐊᖅᑕᓐᓂᒃ ᑕᐃᒪᐃᓐᓂᖓᓄᑦ ᐊᑏ ᖃᐅᔨᒋᐊᑦᓯᐊᒃᑭᑦ ᑕᒻᒪᖅᓯᒪᔪᖃᙱᒃᑲᓗᐊᖅᒪᖔᑕ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᑦ.

ᐱ. ᐱᓇᓱᐊᖅᑕᓐᓄᑦ ᐃᓱᒪᓕᐊᕆᓯᒪᔭᐃᑦ
ᑕᕝᕙᓂ ᑭᖑᓪᓕᖅᒥ ᒪᑉᐱᖅᑐᒐᖅᓂᒃ ᐃᓕᓐᓂᒃ ᑐᑭᓯᒋᐊᖅᑎᑦᓯᖁᔨᔭᑦ ᐱᓇᓱᐊᖅᑕᓐᓄᑦ ᐃᓱᒪᓕᐊᕆᓯᒪᔭᕕᑦ ᒥᑦᓴᓄᑦ. ᐅᖃᐅᑎᑎᒍᑦ, ᑎᑎᖃᕕᒥᑕᐅᔭᒃᑯᑦ, ᖃᓄᖅ ᓯᕗᓂᑦᓴᖃᕈᒪᒻᒪᖔᖅᐱᑦ ᓴᖅᑭᔮᖅᑎᑦᓯᓗᑎᑦ ᐃᓱᒪᐅᑉ ᖃᓄᐃᒋᐊᖃᖕᒥᓂᖓᑕ ᒥᑦᓴᓄᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒪᓕᖅᑎᑦᓯᒋᐊᒃᑲᓐᓂᕐᓗᑎᑦ ᐃᓱᒪᖕᒋᑦ ᖃᓄᐃᒋᐊᖃᖕᒥᓐᓂᖕᒋᑕ ᐃᓕᓐᓂᐊᖅᑕᕕᑦ ᐅᕝᕙᓗ ᓄᓇᖅᑲᕕᑦ.

ᑎ. ᐱᓇᓱᐊᖅᑕᕕᑦ ᒥᑦᓴᓄᑦ

ᑕᕝᕙᓂ ᐊᕕᑦᑐᖅᓯᒪᔪᓃᑦᑐᑦ ᐃᓕᓐᓂᒃ ᓇᓗᓇᐃᓄᖁᔨᔪᑦ ᐃᓱᒪᐅᑉ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖕᒋᑕ ᒥᑦᓴᓄᑦ ᐅᕝᕙᓗ ᐅᓇᒻᒥᒋᔭᕐᓂᒃ ᖃᐅᔨᒃᑲᕋᓯᐊᖅᑕᓐᓂᒃ ᐱᓇᓱᐊᖅᑕᓐᓄᑦ ᐃᓱᒪᓕᐊᓄᓯᒪᔭᕐᓂᒃ. ᐃᓱᒪᒋᓗᒋᑦ ᑭᓱᐃᑦ ᐱᔾᔪᑎᒋᔭᑎᑦ ᑐᑦᓯᕋᐅᑎᒋᓪᓗᒋᑦ ᑕᕝᕗᖓ ᐃᓱᒪᓕᐊᕐᓄᑦ, ᖃᐅᔨᒍᒪᔪᒍᑦ ᖃᓄᖅ ᑖᓐᓇ ᐱᓇᓱᐊᖅᑕᐃᑦ ᐃᓕᖓᒻᒪᖕᒌᑕ ᐃᓱᒪᒧᑦ ᐋᓐᓂᐊᓇᖅᑐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᖅ ᖃᐅᔨᒪᔭᐅᒍᑎᖃᕋᔭᕐᒪᖕᒌᑕ ᐃᓱᒪᖕᒋᑦ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖕᒋᓐᓂᒃ ᐃᓕᓐᓂᐊᖅᑎᐅᖅᑲᑎᕕᑦ ᐅᕝᕙᓗ ᓄᓇᖅᑲᑎᕕᑦ.

ᑭ. ᐱᓇᓱᐊᖅᑕᒧᑦ ᓯᕗᑦᑕᐅᒐᓱᐊᖅᑐᑦ
ᐊᑏ ᓇᓗᓇᐃᓄᒥᑦ ᐃᓘᓐᓇᖕᒋᓐᓂᒃ ᓯᕗᒧᒍᒪᔭᕐᓂᒃ ᐱᓇᓱᐊᖅᑕᓐᓄᑦ. ᖃᓄᖅ ᐊᑦᑐᐃᓂᖃᕈᒪᕕᑦ ᓯᕗᒧᒍᒪᔭᕐᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᐅᖅᑲᑎᓈᖓᔪᐊᓂᒃ ᐅᕝᕙᓗ ᓄᓇᖅᑲᑎᓐᓄᑦ? ᖃᑦᓯᓂᒃ ᐃᓄᓐᓂᒃ ᑐᑭᓯᑎᑦᓯᒍᒪᕕᑦ ᑕᕝ ᓇ ᐱᓇᓱᐊᖅᑕᒃᑯᑦ?

ᒋ. ᐱᓇᓱᐊᖅᑕᕕᑦ ᐊᑑᑎᖃᕐᓂᖕᒋᑦ ᓱᑭᓯᕐᓄᑦ ᐊᒻᒪᓗ ᐅᕕᒃᑲᕐᓄᑦ ᐃᓱᒪᖕᒋᑦ ᖃᓄᐃᒋᐊᖃᙱᓂᖓᓄᑦ
ᐅᖃᐅᑎᒋᐊᒃᑲᓐᓂᖅᑎᒍᑦ ᖃᓄᖅ ᑖᓐᓇ ᐱᓇᓱᐊᖅᑕᐃᖅ ᐃᓕᖓᓪᓚᓇᒻᒪᖕᒌᖅ ᓱᑭᓯᕐᓄᑦ ᐊᒻᒪᓗ ᐅᕕᒃᑲᕐᓄᑦ ᐃᓱᒪᖕᒋᑦ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖕᒋᓐᓄᑦ ᓴᖅᑭᔮᖅᑎᒍᒪᔭᕐᓂᒃ ᐊᒻᒪᓗ ᖃᐅᔨᒪᔭᐅᖁᔨᔭᕐᓂᒃ.

ᒥ. ᐱᓇᓱᐊᖅᑕᐅᔫᑉ ᐱᕙᓪᓕᐊᓂᖓᓄᑦ ᐸᕐᓇᐃᕐᓂᖅ
ᖃᓄᖅ ᐸᕐᓇᐃᖅᓯᒪᕙᑦ ᐱᕙᓪᓕᐊᑎᓪᓗᒍ ᐱᓇᓱᐊᖅᑕᐃᑦ? ᓇᓗᓇᐃᑦᓯᐊᕐᓗᒋᑦ, ᐱᕙᓪᓕᐊᓂᖓᓄᑦ ᐸᕐᓇᐃᖅᐸᓪᓕᐊᓂᓄᓴᑎᑦ ᐱᓇᓱᐊᖅᑕᓐᓄᑦ, ᐋᖅᑭᓯᖅᐸᓪᓕᐊᔭᕐᓂᒃ ᐊᒻᒪᓗ ᑲᔪᓯᑎᑕᕐᓂᒃ. ᐊᑏ ᑖᒃᑯᐊ ᐃᓱᒪᒋᒋᐊᖅᑳᖅᑭᑦ ᑕᑕᑎᓚᐅᙱᓂᕐᓂᒃ ᑖᓐᓇ ᐊᕕᑦᑐᖅᓯᒪᔪᓃᑦᑐᖅ. ᐃᓱᒪᒋᔭᐅᑦᓯᐊᖅᓯᒪᖅᑳᖅᑐᑦ ᐸᕐᓇᐃᑏᑦ ᑲᔪᓯᓂᖅᑦᓯᐊᖅᓯᓂᖅᓴᐅᔾᔩᕐᒍᒻᒪᑕ ᓴᓂᙱᓐᓂᒃ ᑲᑎᖅᓱᓚᐃᑐᐃᓐᓇᓐᓂᐅᔪᑦ!

ᓂ. ᐱᓇᓱᐊᖅᑕᐅᒧᑦ ᑮᓇᐅᔭᐃᑦ ᐊᑐᖅᑐᑦᓴᒫᑦ
ᑖᓐᓇ ᐱᒻᒪᓇᐅᓂᖅᐸᖕᒍᔪᖅ ᐊᕕᑦᑐᖅᓯᒪᔪᓂᒃ ᐱᓚᓯᐊᖅᓂᖅᒧᑦ ᑕᑕᑎᓄᐊᓕᓐᓃᑦᑐᓂᒃ. ᐃᑲᔪᖅᑕᐅᒍᒪᒍᓐᓇᖅᑐᑎᑦ ᐅᖃᐅᔾᔩᓯᐊᖅᑎᓐᓄᑦ ᐱᔭᓇᓚᐅᙱᓂᖕᒋᓂᒃ ᑖᓐᓇ. ᐅᖃᐅᑎᑎᒍᑦ, ᓇᓗᓇᐃᔭᑦᓯᐊᖅᓯᒪᓗᑎᒃ, ᖃᓄᖅ ᐸᕐᓇᐃᖅᓯᒪᒻᒪᖕᒌᖅᐱᑦ ᑮᓇᐅᔭᑦᓴᐃᑦ ᐊᑐᕐᓗᒋᑦ ($1000-ᓈᖓᔪᑦ ᐃᒻᒥᒃᑰᖅᑐᓄᑦ ᐊᒻᒪᓗ $5000-ᓈᖓᔪᑦ ᑲᑐᔾᔨᖃᑎᒌᓄᑦ) ᑲᔪᓯᑎᑦᓯᒍᑎᒋᓗᒋᑦ ᐱᓇᓱᐊᖅᑕᓐᓂᒃ. ᖃᐅᔨᒋᐊᖅᓯᒪᑦᓴᐅᑎᒋᓗᒋᑦ ᖃᑦᓯᑐᕋᔭᕐᒪᖕᒌᑕ ᓱᓐᓇᒃᑯᑎᒋᒋᐊᓕᑎᑦ.

ᐃᒻᒥᒃᑰᖅᑐᓄᑦ ᐱᓚᓯᐊᖅᑐᓄᑦ ᑐᑦᓯᕋᕈᓐᓇᖅᑐᑎᑦ ᑲᑎᒪᔨᐅᓯᐊᕈᑎᓂᒃ **$200-ᓈᖓᔪᓂᒃ** (ᐃᓕᓯᒪᖅᑲᑕᐅᔪᑦ **$1000-ᓄᑦ**) "ᖁᔭᓐᓇᒦᕈᑎᒋᓗᒋᑦ" ᐊᑦᓯᕈᖅᑎᒃ ᐃᖅᑲᓇᐃᔭᖅᑲᓚᐅᖅᓂᖕᒋᓐᓄᑦ ᐊᒻᒪᓗ ᑐᙵᕕᓕᐅᓚᐅᖅᓂᖕᒋᓐᓄᑦ ᑕᕝᕗᖓ ᐱᓇᓱᐊᖅᑕᒧᑦ, ᐅᕝᕙᓗ ᐃᒪᐃᓕᐅᖕᒌᖅᑭᒍᕕᑦ, ᐃᓘᓐᓇᕐᓯᐊᑎᒃ ᐊᑐᖅᑕᐃᓐᓇᓄᓗᒋᑦ **$1000** ᑮᓇᐅᔭᑦᓴᐃᑦ ᐱᓇᓱᐊᖅᑕᒧᑦ ᐊᑭᓕᓄᐊᓕᓐᓄᑦ. ᐊᑏ ᓇᓗᓇᐃᓄᓯᒪᑦᓯᐊᕐᓂᖅᑯᑎᑦ ᑲᑎᒪᔨᐅᓯᐊᕈᑎᖅᑲᕈᒪᒻᒪᖕᒌᖅᐱᑦ ᑕᐃᒪᐃᑦᑐᑖᕈᒪᙱᒻᒪᖕᒌᖅᐱᑦ ᐊᖅᑯᑎᒋᓗᒋᑦ **ᐱᓇᓱᐊᖅᑕᒧᑦ ᑮᓇᐅᔭᐃᑦ ᐊᑐᖅᑐᑦᓴᒫᑦ** ᐊᕕᑦᑐᖅᓯᒪᔪᖕᒋᓐᓃᑦᑐᑦ **ᓯᕗᓂᑦᓴᖅᑭᒪᓂᖅᒧᑦ** ᐱᓚᓯᐊᑭᑏᑦ ᑕᑕᑎᓄᐊᓖᑦ.

ᓇᓗᓇᐃᒃᑯᑕᕐᓃᑦᑐᑦ ᐋᖅᑭᑦᑕᐅᓯᒪᔪᓂᑦ, ᐊᑏ ᑎᑎᖅᐸᓪᓕᐊᓗᒋᑦ ᐱᒋᐊᓕᑎᑦ ᐸᕐᓇᐃᖅᐸᓪᓕᐊᒍᑎᓐᓄᑦ, ᐊᑐᓕᖅᑎᑦᓯᒍᑎᒋᓗᒋᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓴᖅᑎᒋᓗᒋᑦ ᐱᓇᓱᐊᖅᑕᓐᓄᑦ (ᐃᓕᒋᐊᕈᒪᒍᕕᒋᑦ ᑲᑎᒪᔨᐅᓯᐊᕈᑎᑖᕈᑎᑎᑦ ᐱᓇᓱᐊᕐᓂᓚᐅᖅᑕᓐᓄᑦ ᐊᒻᒪᓗ ᑐᙵᕕᓕᐅᓚᕐᓂᕐᓄᑦ ᐱᓇᓱᐊᖅᑕᒧᑦ, ᐊᑏ ᑎᑎᕐᓗᒍ ᐊᑭᓕᓄᐊᓕᑎᑦ ᑮᓇᐅᔭᐃᑦ ᐊᑐᖅᑐᑦᓴᒫᖕᒋᓐᓂᒃ - $200-ᓈᖓᔪᑦ), ᑎᑎᖅᕕᓴᖅᑕᖅᑲᖅᒥᔪᖅ ᑐᓂᖅᑭᓯᐊᓄᑐᐃᓐᓇᓄᐊᓕᓐᓄᑦ (ᐃᓱᒪᒋᔭᖅᑲᖅᓯᐊᓄᑦ ᖃᓄᖅ ᐊᓯᓐᓄᑦ ᐃᑲᔪᖅᑕᐅᒍᓐᓇᖅᒪᖕᒌᖅᐱᑦ ᑮᓇᐅᔭᖅᑲᖅᓂᖅᓴᐅᓂᐊᖅᓴᑦ ᐊᑭᓕᐅᑎᓐᓄᑦ ᐱᓇᓱᐊᖅᑕᓐᓈᖓᔪᓂᒃ). ᐊᒻᒪᓗᑦᑕᐅᖅ, ᐊᑏ ᓇᓗᓇᐃᓄᒥᑦ **ᓱᒻᒪᑦ** ᑖᒃᑯᐊ ᐱᒋᐊᖅᑲᒻᒪᖕᒌᖅᐱᒋᑦ ᓇᓗᓇᐃᒃᑯᑕᕐᓂᑦ ᐊᑖᓃᑦᑐᓂᑦ ᓇᓗᓇᐃᒃᑯᑕᓕᕐᓂᑦ **ᑮᓇᐅᔭᕐᓂᑦ ᐊᑐᖅᑐᑦᓴᒫᕐᓂᑦ** **ᓇᓗᓇᐃᔭᐃᒍᑏᑦ.**

ᓯ. ᐱᓇᓱᐊᖅᑕᐅᑉ ᖃᐅᔨᓴᖅᑕᐅᓂᖏᑦ

ᖃᓄᖅ ᐸᕐᓇᐃᖅᓯᒪᕕᑦ ᓇᓗᓇᐃᔭᐃᒍᑎᒋᓗᒍ ᖃᐊᓯᓯᒪᑦᓯᐊᕐᓂᖓ ᐱᓇᓱᐊᖅᑕᕕᑦ? ᖃᐅᔨᒪᒋᐊᖃᕋᑦᑕ ᖃᓄᖅ ᐸᕐᓇᐃᖅᓯᒪᒻᒪᖔᖅᐱᑦ ᖃᐅᔨᖅᑕᐅᒃᑲᕐᓗᒍ ᐱᓇᓱᐊᖅᑕᐃᑦ - ᐃᑏᒃ, ᐃᓱᐊᓄᑦ ᐱᓇᓱᐊᖅᑕᕕᑦ, ᖃᓄᖅ ᖃᐅᔨᒪᒐᔭᕐᒪᖔᖅᐱᑦ ᓴᖅᑮᔭᖅᑎᑦᓯᒍᑎᑎᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓄᖓᓄᑦ ᐊᒻᒪᓗ ᖃᐅᔨᒪᓕᖅᑎᑦᓯᒋᐊᒃᑲᓐᓂᕆᓐᓇᕐᒪᖔᖅᐱᑦ ᐃᓱᒪ ᖃᓄᐃᒋᐊᖃᙱᓐᓂᖓᓄᑦ ᐃᓕᓐᓂᐊᖅᑎᐅᖃᑎᓐᓄᑦ ᐅᕝᕙᓗ ᓄᓇᖅᑲᑎᓐᓄᑦ? ᖃᑦᓲᓐᓇᐃᑦ ᐆᑦᑑᑎᑦᓴᐅᔪᑦ ᐱᓇᓱᐊᖅᑕᐅᔪᑦ ᖃᐅᔨᓴᖅᑕᐅᓂᖏᓐᓄᑦ ᐃᓚᖏᑦ ᐃᒪᐃᑦᑑᔪᑦ:

- **ᖃᐅᔨᓴᕐᓂᖅ:** ᐃᑲᔪᖅᑕᐅᓗᑎᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᓐᓄᑦ, ᖃᐅᔨᓴᕈᑎᓕᐅᕐᓗᑎᑦ ᓇᓗᓇᐃᖑᒍᑎᑦᓴᓂᒃ ᖃᓄᑎᒋ ᑐᓴᕈᒪᔨᒋᔭᑎᑦ ᖃᐅᔨᒪᓂᖃᕐᒪᖔᑕ ᐃᓱᒪᐅᑉ ᖃᓄᐃᑦᑕᐃᓕᒋᐊᖃᕐᓂᖏᓐᓂᒃ ᐱᔭᓇᓚᐅᙱᓂᕐᓂᒃ ᐱᓇᓱᐊᖅᑕᐃᑦ ᐅᕝᕙᓗ ᓱᕈᓰᔭᕈᑎᒋᓂᐊᖅᑕᑎᑦ ᑎᑎᕋᖁᓗᒋᑦ ᖃᐅᔨᓴᕈᒻᒥᒃ ᑐᓴᓚᐅᙱᓂᕐᒥᓂᒃ ᐃᓕᓐᓂᒃ ᐅᕝᕙᓗ ᑲᑐᔾᔨᖃᑎᒌᓐᓂᒃ, ᐊᒻᒪ ᑎᑎᕋᖅᑎᑲᓐᓂᓕᕐᒥᓗᒋᑦ ᐱᔭᓇᖅᓯᒪᓕᖅᑎᓪᓗᒍ ᐱᓇᓱᐊᖅᑕᐃᑦ ᐅᕝᕙᓗ ᓱᕈᓰᔭᖅᑎᑦᓯᒍᑏᑦ. ᐆᑦᑐᕋᐅᑎᒋᓗᒋᑦ ᓯᕗᕐᒍᑦ ᐊᒻᒪᓗ ᑭᖑᓂᐊᒍᑦ ᓱᕈᓰᔭᖅᑎᑦᓯᒍᑎᑎᑦ, ᓇᓗᓇᐃᒃᑯᑕᖑᓐᓇᖅᑕᑎᑦ ᖃᓄᑎᒋ ᐊᑦᑐᐃᓂᖃᕋᔭᕐᒪᖔᑕ ᐱᓇᓱᐊᕐᓂᐅᔪᑦ ᓱᕈᓰᔭᖅᑎᑦᓯᓂᐅᔪᓪᓗ ᑐᓴᕈᒪᔨᒋᔭᕐᓄᑦ.

- **ᑲᔪᓯᓯᒪᓂᖓᓄᑦ ᑐᓴᖅᑎᑕᐅᓂᕐᒧᑦ ᑕᑕᑎᓇᐊᓕᒃ:** ᑐᓴᖅᑎᑕᐅᓂᕐᒧᑦ ᑕᑕᑎᓇᐊᓕᒻᒥᒃ ᓴᓇᓗᑎᑦ ᑎᑎᕐᕕᒋᓗᒍ ᐊᐱᖅᑯᑎᑦᓴᓂᒃ ᑭᐅᔭᐅᒐᔭᖁᔭᕐᓂᒃ ᓴᖅᑭᑎᑦᓯᓚᐅᖅᑎᓪᓗᑎᑦ ᓱᕈᓰᔭᖅᑎᑦᓯᓚᐅᖅᓗᑎᓪᓗ (ᓲᕐᓗ, ᑭᓱ ᑐᑭᓯᒋᐊᕈᑎᖃᕇᖕᒍᕙ ᑕᕝᕙᖓᑦ ᐱᖑᐊᖅᑎᑦᓯᒍᑎᒋᔭᕐᓂᒃ? ᑭᓱᒥᒃ ᐃᓕᓚᐅᖅᑭᑦ ᑕᕝᕙᖓᑦ ᓴᖅᑭᑎᑕᐅᔪᒥᒃ ᓱᕈᓰᔭᕈᑕᐅᔪᒥᓪᓗ ᓯᕗᓂᐊᒍᑦ ᖃᐅᔨᒪᓚᐅᖅᓯᒪᙱᑕᕐᓂᒃ?)

ᑕᓪᓕᒪᖓᑦ: ᐅᖃᐅᔾᔨᒋᐊᖅᑏᑦ ᑕᑕᑎᓇᖁᓗᒍ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᒧᑦ ᑕᑕᑎᖅᑕᐅᒋᐊᓕᒻᒥᒃ. ᐊᖑᑦ ᐊᕐᓇᓘᓐᓃᑦ ᑕᑕᑎᓇᒍᓐᓇᖅᑐᖅ ᖃᓇᑕᐅᔭᒃᑯᑦ ᑎᑎᖅᓗᒥᓪᓘᓐᓃᑦ ᓇᒻᒥᓂᖅ – ᑕᒪᒃᑮᒃ ᐊᖏᖅᑕᐅᒍᓐᓇᖅᑑᒃ.

ᐱᖓᓲᔪᖅᑐᖓ: ᐱᒐᓱᐊᖅᑑᑉ ᐊᒻᒪᓗ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᐅᑉ ᑕᑕᑎᓇᐊᓕᖏᑦ ᑕᑕᑎᓈᖅᐸᑕ, ᐊᑎᓕᐅᖅᑕᐅᓗᑎᒃ, ᒫᓐᓇ ᐊᐅᓪᓚᖅᑎᒍᓐᓇᖅᓯᔭᑎᑦ ᑲᑎᖅᓱᖅᓯᒪᔪᑦ ᑕᑕᑎᓇᐋᑦ ᐅᕗᖓ The Provincial Centre of Excellence for Child and Youth Mental Health at CHEO.

ᖁᕕᐊᓱᒍᔾᔭᐅᕗᑎᑦ, ᑲᔪᓯᓂᖃᑦᓯᐊᖅᑐᓂᒃ ᑎᑎᖃᓃᖃᕕᒋᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᓇᓱᐊᖅᑐᓄᑦ ᑕᑕᑎᓇᐊᓖᑦ!

ᑎᑎᖅᑲᓂᐊᕐᕕᒃᑰᖅᑎᑦᓯᓗᓂ ᐊᑐᒐᐃᑦ:

ᐊᑏ ᖃᐅᔨᒋᐊᒃᑭᑦ **"ᐊᑐᐊᒐᐃᑦ ᐱᔭᓃᕈᑎᒋᓗᒋᑦ ᑕᑕᑎᖅᑕᓐᓂᒃ ᖁᓕᓂᒃ ᑐᖏᓕᓇᑦᑐᓂᒃ."** ᐃᓕᓐᓂᒃ ᖃᐅᔨᒃᑲᐅᔾᔨᖅᑐᒧᑦ ᐅᖃᓚᐅᑎᒃᑯᑦ ᐊᒻᒪᓗ ᖃᓇᑕᐅᔭᒃᑯᑦ ᑕᑕᑎᖅᓯᒪᔭᑎᑦ ᐱᓯᒪᓕᕈᑦᑎᒍ.

ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᖃᐅᔨᓴᕈᑏᑦ ᑲᑐᔾᔨᖃᑎᒌᑦᑐᓄᑦ

ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᖃᐅᔨᓴᕈᑏᑦ ᑲᑐᔾᔨᖃᑎᒌᓄᑦ ᖃᐅᔨᓴᕈᑎᐅᓚᖓᔪᑦ ᐃᓘᓐᓇᖏᓐᓄᑦ ᐱᓇᓱᐊᖅᑕᖏᓐᓄᑦ ᑐᓂᔭᐅᓯᒪᔪᓄᑦ ᐃᓱᒪᓕᕆᔨᒃᑯᓐᓄᑦ. ᐃᓱᒪᓕᕆᔨᒃᑯᑦ ᐊᑉᐹᓛᖅᑐᑦ ᐃᓘᓐᓇᖏᓐᓂᒃ ᐊᐅᓪᓚᕈᑕᐅᒋᐊᓕᓐᓄᑦ ᐊᒻᒪᓗ ᑐᔪᕐᒥᕖᐅᒋᐊᓕᓐᓄᑦ ᐊᑭᓕᕆᐊᓕᓐᓂᒃ ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᑲᑎᒪᔩᑦᑐᑦᖃᓕᖁᐃᑉᐸᑦ (ᖃᐅᔨᒋᐊᖅᑐᓕᒫᑦ ᒪᓕᑦᓯᐊᕆᐊᓖᑦ ᐃᓱᒪᓕᕆᔨᒃᑯᑦ ᐊᐅᓪᓛᕐᓂᕐᒧᑦ ᒪᓕᒐᖏᓐᓂᒃ). **ᖃᐅᔨᓴᖃᑕᐅᔪᑦ ᐅᑭᐅᖃᕆᐊᓖᑦ ᐃᒻᒧᐊᓐᓂ 16 ᐊᒻᒪᓗ 18 ᐃᓚᒋᔭᐅᒍᓐᓇᐅᑎᒋᓗᒋᑦ.** ᖃᐅᔨᓴᕐᓂᕐᒧᑦ ᑲᑎᒪᖃᑦᑕᓖᖅᑐᑦ ᐋᑐᕚᒥ ᐅᑭᐅᑦᓴᒃᑯᑦ ᐊᒻᒪᓗ ᐅᐱᕐᖓᑦᓴᒃᑯᑦ ᓇᓪᓕᐊᓂᑐᐃᓐᓇᖅ ᐊᕐᕿᑎᑕᐅᔪᒥᒃ.

ᓯᕗᓘᒐᓱᐊᕆᐊᓕᖏᑦ ᖃᐅᔨᓴᖅᑏᑦ ᐅᑯᐊ:

- ᖃᐅᔨᓴᖅᑕᐃᓐᓇᕆᓗᒋᑦ ᐱᒐᓱᐊᖅᓯᒪᔪᑦ ᒪᓕᑦᓯᐊᕋᓗᐊᕐᒪᖔᑕ ᒪᓕᑦᑕᐅᑎᑕᑦᑎᓐᓂᒃ
- ᖃᐅᔨᓴᕐᓗᒋᑦ ᐱᓇᓱᐊᖅᑕᐅᔪᑦ ᐃᓕᖓᒐᒐᓗᐊᕐᒪᖔᑕ ᓱᑭᓯᕐᓄᑦ ᐅᕙᒃᑲᓄᓪᓗ ᐃᓱᓕᒪᓂᓕᐅᔪᓄᑦ
- ᑐᑦᓯᕋᑎᓕᐅᕐᓗᑎᒃ ᓇᓪᓕᐊᒃ ᐱᓇᓱᐊᖅᑕᐅᔪᖅ ᑮᓇᔾᐅᑦᓴᓂᕆᐊᖃᕐᒪᖔᖅ

ᐅᑭᐅᖃᕈᕕᑦ ᐃᒻᒧᐊᓐᓃᑦᑐᓂᒃ 16-ᓂᒃ ᐊᒻᒪᓗ 18-ᓂᒃ ᐃᓚᒋᔭᐅᒍᒪᒍᕕᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᖃᐅᔨᓴᖅᑏᑦ ᑲᑐᔾᔨᖃᑎᒌᖏᓐᓄᑦ, ᐊᑏ ᖃᐅᔨᒋᐊᕈᖅᑲᐃᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᓇᓱᐊᖅᑕᐅᔪᑦ ᐅᕕᒃᑲᕐᓄᑦ ᑐᑭᒧᐊᖅᑎᑦᓯᔨᒥᒃ ᐅ ᓇ D2D@cheo.on.ca

ᐅᖃᐅᔾᔨᒋᐊᖅᑎᐅᑉ ᐱᓇᓱᐊᕆᐊᓕᖏᑦ ᐊᒻᒪᓗ ᑲᒪᒋᔭᕆᐊᓕᖏᑦ

ᐃᑲᔪᖃᑦᑕᓕᓂᐅᒍᕕᑦ ᓱᑭᓯᕐᓄᑦ ᐅᕕᒃᑲᓄᓪᓗ ᐃᓱᓚᒪᓂᐅᔪᓄᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᐅᒍᒪᓗᑎᑦ ᐅᕕᒃᑲᕐᒧᑦ ᐱᓇᓱᐊᖅᑐᒧᑦ ᓯᕗᓂᑦᓴᓂᖃᕈᒪᓂᕐᒧᑦ ᐱᓇᓱᐊᖅᑐᑦ ᑮᓇᐅᔭᑦᓴᖏᓐᓂᒃ, ᐅᑯᐊ ᐱᓇᓱᐊᕆᐊᓖᑦ ᐊᒻᒪᓗ ᑲᒪᒋᔭᐅᒋᐊᓖᑦ ᐃᓚᓐᓄᑦ ᐋᖅᑭᑦᑕᐅᓯᒪᔪᑦ.

ᐅᖃᐅᔾᔨᒋᐊᖅᑎᐅᑉ ᐱᓇᓱᐊᓂᐊᓕᖕᒥᑦ ᐊᒻᒪᓗ ᑲᒪᒋᔭᓂᐊᓕᖕᒥᑦ

1. ᐅᖃᓕᒫᕐᓗᒋᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐊᑐᐊᒐᐃᑦ ᐅᕕᒃᑲᐅᑉ ᐱᓇᐊᖅᑕᖕᒐᓄᑦ ᐃᓱᒪᓕᐊᓂᓯᒪᔭᖕᒥᑦ ᒪᓕᑦᓯᐊᕋᓗᐊᕐᒪᖕᖏᑕ ᒪᓕᑦᑕᐅᒋᐊᖃᖅᑎᑦᑎᓐᓂᒃ ᐊᒻᒪᓗ ᖃᓄᐃᓕᖕᒐᕐᕈᔭᑦᑎᓐᓂᒃ.

2. ᐃᑲᔪᕐᓗᒍ ᐅᕕᒃᑲᖅ ᐱᒐᓱᐊᖅᑐᖅ ᐅᕝᕙᓗ ᐅᕕᒃᑲᐃᑦ ᑲᑐᔾᔨᖃᑎᒌᑦ ᐱᒐᓱᐊᖅᑐᑦ ᑕᑕᑎᓇᑎᓪᓗᒋᑦ ᑕᑕᑎᓇᐊᓕᖕᓂᒃ. ᑎᑎᕋᖅᑕᐅᒌᖅᐸᑕ ᐱᒐᓱᐊᖅᑐᒧᑦ, ᖃᐅᔨᒋᐊᕐᓗᒋᑦ ᑕᑦᑎᑕᕐᒥᑦ ᐊᒻᒪᓗ ᖃᐅᔨᓴᑦᓯᐊᕐᓗᒋᑦ ᑕᑕᑎᖅᑕᐅᒋᐊᖃᖅᑎᑕᕗᑦ ᒪᓕᑦᓯᐊᕋᓗᐊᕐᒪᖕᖏᑕ ᑐᑦᓯᕌᓂᓯᒪᔭᑦᑎᓐᓂᒃ ᐊᒻᒪᓗ ᑕᑕᑎᖅᓯᒪᔪᐃᓐᓇᐅᒐᓗᐊᕐᒪᖕᖏᑕ.

3. ᑕᑕᑎᖅᑕᐃᓐᓇᓇᓗᒋᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᒧᑦ ᑕᑕᑎᖅᑕᐅᒋᐊᓖᑦ ᐊᑎᓕᐅᖃᑦᑕᕐᓗᒋᑦ ᐅᖃᓕᒫᓃᕋᐃᒍᕕᒋᑦ ᒪᓕᑦᑕᐅᒋᐊᓖᑦ.

4. ᑐᑭᓯᒋᐊᕈᑎᖃᖅᑎᑦᓯᓗᑎᑦ ᐊᐅᓚᑦᓯᔨᒻᒪᓇᐅᑉ ᒥᑦᓴᓅᖕᒐᔪᓂᒃ (ᐃᓄᒃ ᐊᑎᓕᐅᓇᒍᓐᓇᖅᑐᖅ ᑲᑐᔾᔨᖃᑎᒌᖃᑎᒋᔭᓯ). ᑕᓐᓇ ᐃᓄᒃ ᑲᒪᒋᔭᖃᓇᐊᓕᒃ ᐊᑎᓕᐅᓇᖃᑦᑕᓂᕐᒥᒃ ᑎᑎᕋᖅᓯᒪᔪᑎᒍᑦ ᐊᖏᖃᑎᒌᒍᑎᓂᒃ ᐱᒐᓱᐊᖅᑐᖅ ᑲᔪᓯᓂᖃᑦᓯᐊᖅᓯᒪᓐᓂᖅᐸᑦ.

5. ᐃᑲᔪᖅᓱᖃᑦᑕᕐᓗᒍ ᑲᔪᓯᓂᖃᑦᓯᐊᖅᓯᒪᔪᖅ(ᔪᑦ) ᒪᑭᑕᓂᓕᒫᖕᒐᓄᑦ ᐱᓇᓱᐊᖅᑕᐅᔪᖅᑦ, ᑕᐃᒫᑦ ᓇᓄᓇᐃᔭᖅᓯᒪᒻᒪᑕ ᑕᑕᑎᓇᐊᓕᖕᓃᑦᑐᑦ.

6. ᐊᐅᓚᓗᒋᑦ ᐱᓇᓱᐊᖅᑕᒧᑦ ᑮᓇᐅᔭᑦᓴᓇᑎᑕᐅᓚᔪᑦ ᑕᐃᒫᑦ ᓇᓄᓇᐃᔭᖅᓯᒪᒻᒪᑕ ᑕᑕᑎᓇᐊᓕᖕᓂᒃ. **ᐱᓇᓱᐊᖅᑕᒧᑦ ᑮᓇᐅᔭᑦᓴᓇᑎᑕᐅᔪᑦ ᐊᑐᖅᑕᐅᒋᐊᓖᑦ ᑭᓯᐊᓂ ᐱᓇᓱᐊᖅᑕᒧᑦ ᐊᑭᓕᓇᐊᓕᖕᓄᑦ.**

7. ᐃᑲᔪᕐᓗᒍ ᑲᔪᓯᓂᖃᑦᓯᐊᖅᓯᒪᔪᖅ ᐱᒐᓱᐊᖅᑐᖅ ᑎᑎᕋᖅᑎᓪᓗᒍ **ᑭᖑᓪᓕᖅᐸᒥᒃ ᐅᓂᒃᑳᓕᐊᖕᒐᓂᒃ** (ᑭᖑᓪᓕᖅᐸᒥᒃ ᐅᓂᒃᑲᓕᐅᕐᓂᕐᒧᑦ ᑎᑎᖅᑲᒃᑯᕕᒃ ᐱᔭᑦᓴᐅᔪᖅ ᖃᓇᑕᐅᔭᕐᓄᑦ ᔫᖅᑲᐃᕕᒻᒥᒃ ᐅᕝᕙᓚᑦ D2D@cheo.on.ca). ᑖᓐᓇ ᓇᓄᓇᐃᔭᖅᓯᒪᓂᖅᓴᐅᔪᓂᒃ ᑐᑭᓯᒋᐊᕈᑎᖃᕐᓂᐅᓴᔪᖅ ᑎᑎᕋᖅᓯᒪᔪᑎᒍᑦ ᐊᖏᖃᑎᒌᒍᑎᓂᒃ.

ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᐅᒍᒪᕖᑦ ᑭᓯᐊᓂ ᖃᐅᔨᒪᓇᑎᑦ ᐅᕕᒃᑲᕐᒥᒃ ᐅᕝᕙᓗ ᐅᕕᒃᑲᐃᑦ ᑲᑐᔾᔨᖃᑎᒌᖕᒋᓐᓂᒃ ᒫᓐᓇᒃᑯᑦ ᐃᓚᒋᔭᐅᒍᒪᔪᓂᒃ ᐱᓇᓱᐊᖅᑕᒧᑦ ᑮᓇᐅᔭᑦᓴᓄᑦ ᐅᕝᕙᓗ ᖃᐅᔨᒪᓇᑎᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐱᓇᓱᐊᖅᑕᒥᒃ? ᑕᐃᒪᒃᑯᕕᑦ, ᑲᑎᑦᓯᒍᓐᓇᑐᐃᓐᓇᓇᐊᖃᖅᑐᒍᑦ ᐃᓚᓐᓂᒃ ᐅᕕᒃᑲᕐᒧᑦ ᓄᓇᓕᕕᑦ ᒥᑦᓴᓅᑦᑐᒧᑦ ᐱᓇᓱᐊᒐᖃᕈᒪᔪᓄᑦ. ᐊᐃ ᖃᐅᔨᓛᖅᑲᐃᑦ ᐊᐃᑦᑑᓯᐊᖅᑎᑦᓯ ᐊᒻᒪᓗ ᐃᓕᑕᕆᔭᐅᔾᔪᑎᑖᖅᑎᑦᓯ ᐅᕗᖓ (grantsandawards@cheo.on.ca) ᑐᑭᓯᒋᐊᒃᑲᓂᕐᓗᑎᑦ ᓯᕗᓂᑦᓴᖃᕈᒪᓂᕐᒧᑦ ᐅᖃᐅᔾᔨᒋᐊᖅᑎᐅᓪᓗᑎᑦ.