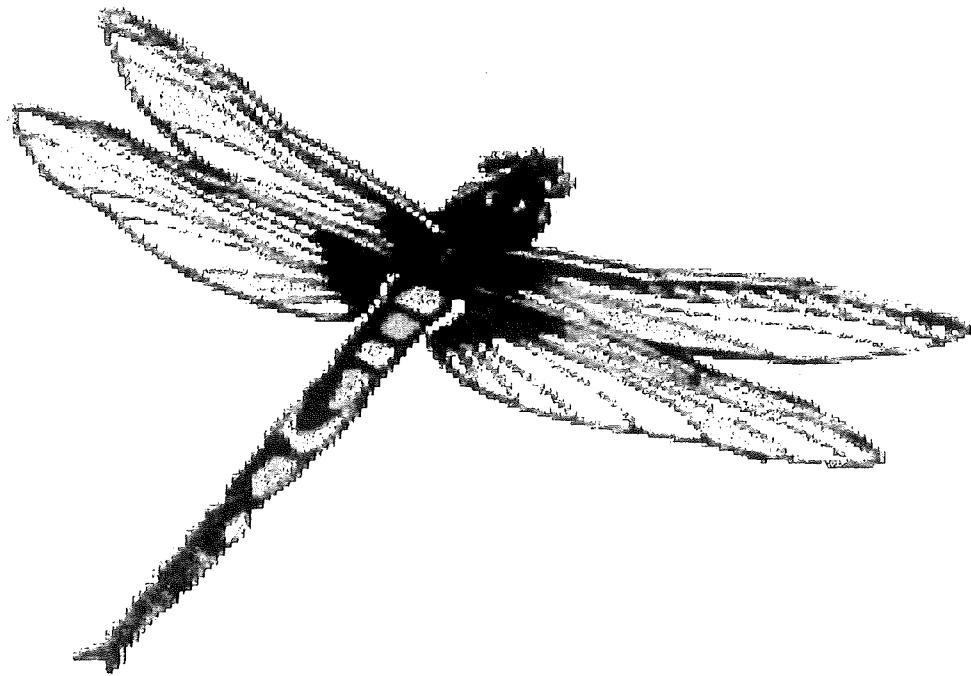


Nahitamôwin kipimâtisônihk



Living in Harmony

Cree

Saskatchewan Voice of People with Disabilities, Inc

Ekosi

Ôma masinahikan pîkis emasinahikatêhk takiskicikâtihk kecinac kîcîhwâk Kâkitimahit Eswêw emâskisit ekwa moyâ awiyak tahotinak ôma pîskewin kehcîwak itwewin.

Ayamitâyîni ôma masinahikan etohteyin ita nahitamôwin pimâtisônihk ehayahk.

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Yosîtâtitaw ôma masinahikan:

Saskatchewan

Voice of People

With Disabilities Inc.

Ohi âpacihcikâna ekhosicikâtîkwaw enîsokamâtowekwa etipahamîyt "Status of women in Canada" êkwa mitoni mistahi énanâskomâwiyakâw ôma âpacihcikân kahosicikatihk mistahi ehâpatahk.

Nîyanân enôhte nanâskomâyawkwâw eskewak kamaskisitâw êkwa ohwîcihowîwak ôta ohci Saskatchewan, wîyawâw emîkohiyakâw ayamiwân, emâmowinâtaw ayîsîniwa, pîskewin ikohta iwechikoyakâw. Ekwa emâmiskôhtakôw tânsi aasci tahitasinahikatihk pîkiskêwin masinahikanihk.

Enohte nanâskomâyakâw kâmîkohiyâwkaw kayâteh ôhci ayamâwîna, ohwîcîtohowîwak ekwa kakîyaw kasîtawiskâwkohiyâwkaw tamâcîhtâyahk ôma atoskêwin

- Tara George-Administrative Assistant, SVOPD
- Shirley Bonk - Elder
- Allison Schmidt - Project Manager
- Bev Blakeley- Curriculum Development
- Bev Duncan – Project Supervisor

Kanîkânîstakâw atoskêwin

- Kama Soles
- Ron Bort
- George Davies
- Christine Malone

Itîpihcikâtihk ôma masinâhikan. Kîspin kinohte apacitâ pîkiskêwin ôta kâmasinahikatihk masinahikatihk poko tawîtamâskaw anihki katepihtakwa ôma pamayis ehotinamin pikiskewin. Apisîs apô kakîyaw kamasinahikatihk pikiskewon nôhte apacitâyîni poko tamîyîskaw masinahikan ôta ôhci; The Saskatchewan Voice of People with Disabilities, 984 Albert Street, Regina, Saskatchewan.

SIAST , Kelsey Campus, Saskatoon, Saskatchewan, wîstawâw wîchîwiwak pahkîtaw ôma kamasinâhikatîk masinahikan, mîna wîstawâw ekîsoniyakîtaw tahosicikâwtihk ôma masinahikan.

Mitoni kwâyas emâmitonîcikatihk ôma kâmasinahikatihk masinahikan. Makîkway awiyak takîhitway kîspin wanasinahikâte apôhci ekâ masinahikateki ayamiwin.

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Kîkway anima Kîcihwâk Kâkitimahikawîyin?

Tipîyaw Kâkitimahikawît eskewa ayîsîno cîkâtaw kawicâyâmat apô kâkanawîyîmikoht awîya cîki ewakôhmat. Eskewa emâskisîyt mina ohcâwâsimisa Kâkitimahîwaw.

Môya kwayas Kâkitimahikawît ayîsîno. Eskew kâmiskisit môya itastêw takitimahikawît. Eskew ikewsi kahitinikiht takînakinam. Taki wîcîhawak aniki.

Kîcihwâk Kâkitimahikawîyin ita kâwîkiyin Ekosi îsipayihk pikwêtê kitimahikawa ayîsîno.

Kâkitimahikawît mâyitôtawâw tipîyaw wîyawihk

Kâpakamahokawîyin apô kâhakiwîpinikawîyin pêyakwan yako êkitimahikawîyin, kâpasîhkwehokawîyin, kânawatétitinokowîyin, kâhakwêpinkawîyin, kâkipihtonênikawîyin ekwa Kâwaskawîpinikawîyin kâkiyaw yakoni êkâkitimahikawîyin êtakîtekâw. Kâmâtakonis apô kitapôyin tatinâhk êkâw tanitawîtamin yako mîna êkitimahikawîyin apô kâsîhkiskâs tapôciskamin kekway êkâw ênôhte pôciskamin yako mîna êkitimahikawîyin.

Awîyak kâpamihis kîspin ocitaw itôtâm êkâw kwêyas tapamihis wâwês êkâw kâkipamihisôyin yako êhaspihikawîyin. Kîspin ana kâkanawêhimis mwâc kitasamihk apô mwâc kipâkâsimonahihk kwayas, apô mwâc kimiyihk kimaskêkîm, yako mistahi êhaspihikawîyin.

Awîyak kâsîkiskâs tawítôsmaht êkâw kanitawihimat yako êhaspihikawîyin. Kâkitimahikawîyin mîna êkâw kanohte ohcîmat, kâmâmâsihis apô kâsîkiskâs takitâpatamin acikâstêpawinaw apô mîyâwaw. Kakiyaw yakoni êkitimahikawîyin.

Êkâw mîna kîspin itwêw tawítôsmaht pâmweyas tawîcihis tamîyas kimaskîkim yako mîna êhaspihîs.

Kâkitimahikawîyin Kîcihwâk môya kwêyas

Kitisimâmitonitîn

Ayîsîno ana kâkitimahis âskaw môya kwayas kitôhten osam êkwastat apo êkîwatîmoyin. Âsko Kâkitimahiskwa ayîsînak, mistahi kitatêpwâtikwak, kipakicimikwak, apô kiwîyakwâtikwak. Yako ekwośîsî kahisipakicimikawîyin ekwa kâkitimahikawîyin apô ekâw kwayas kahisipamihikawîyin. Takiskisiyin mîcit eskewâw kamaskisiyik peyakokâpawo wâwîs ekâw awîya kakîpiskwatâtaw ekwa moyâ awîyaw ehayâwat takîmôciwîtamowât.

Awîyak kâhâsomis apô kâsîkimis wâwîs yako anima ekitimahikawîyin. Animâ mîna kâhâsomis nântaw ewîtôtâs apo ewi-hahis nântaw ta kakanawîmîkowîyin yako mina êhaspihikawîyin. Ekwa kâhâsomis kicawîsimisa kâwîmaskamis, kâwîtamas ewî-misimis, kahayîmômis, apô kâmisiwânâcîtâht kitapacikâna kakîyaw esikitâpacikâtekâw ekitimahikawîyin yakoni.

Kîspin awîyak kikwakî wayîsihik môya kikiskiten kîspin kekway tatâpwetamin apô namôya kakisketen kêkway tanitawetamin.

Kîspin aniki kâkakwêw tâpwetawtâtaw eki-mînikweyin kîya ekwa ekiskitamin ekâw eyôhcimînikweyin, kakîwânîtamîhikwak. Kîspin kipapakicimikawin kipikiskewinîhk, ekwa kôtaka ekâkitâpimacik ekakiskinawahiskwa asci apô mistahî ekâkîhkâmiskâw enitawîmiskaw tâpwêtamin anima kahitasiwâtiskaw. Kakiyaw ohi ekitimahikawîyin esikitâpacikatekwa.

Kispin awîyak mwâc kimîyihk pîkiskwêwin
apo kipikiskwêstamâs ekwa ekâw
ekwecimat tapikiskwêstamâs môya
kwayas yako. Wasawîwonok môya ekosi
itastew tapikiskwêstamâs asîyina ekâw
kakakwecimis. Peyakwan epîwîmis ekâw
wayasîwîwon kapimitsahak.

Kâkitimahikawîyin Kîcihwâk kiwîcîwâkanîhtôwona mâyipayîna

Kîspin awîyak kinakinik ekâw tawâpimataw kiwakohmâkanak apô kiwîcîwâkanak ekwa kâhayîmihoyin tapikiskwâtataw, yako mîna ekitimahikawîyin. Kâwîtamâs iteh tahitohteyin ekwa tansi tahitotamin, awîna tawâpimat, tapikiskwâtat, yakoni mîna ekitimahikawîyin. Kâpîwîmis apô kapakicimis peyakwan ekitimahikawîyin esikitâpacikâtekaw. Âskew eskwewak nakanikô ekâw tapapamôtehôl osâm ekâw kwayas etemisoht kâmâskisit ôhci êkwa ekâw awîya kâwîcihikot ayîmaniya. Âskaw kâkîyaw wicasin takitimahikawîyin osam kahispayihko kekwaya. Pôko tawîcihikawîyin tanitawapamataw kiwakohmâkanak, kiwîcîwâkanak apô ayisinawak tawîcihiskâw.

Kâkitimahikawîyin Kîcihwâk kâkemiyîpitikwak kisôyawikîwinîhk

Ekitimahikawîyin anîma kîspin awîyak otinam tapaminât kisônîyâmaw epîkwanak wayasîwîwon apô ôcitaw etôhtak. Âpo ekaw kawîmîyis kisônîyâma, apo kâkîyâskimis tânîkôhk kâhayawat sônîyâs, epaminis yako esikitâpacikâte. Awîyak kisônîyâma kâpaminat, ehapachiat kisônîyama tapaminis. Ekâw kâpakinis tâhatoskeyin apô kamîkwâ atoskeyin ôhcitaw kânakinis ekaw tâhatoskeyin, kâmaskamis kisônîyâma apô ekâw kwayîkôhk tânakatamâs sonîyâwa tapimâcisiyin asci kiwakôhmâkanak, yako mîna ekitimahikawîyin.

Kâkitimahikawîyin kîcihwâk misiwânâcîtâwak kitâpacihcikana

Kâmisinawâcîtâtaw kitâpacihcikana apo kahitiskwa ewimisinawâcîtâtaw, kâhitiskaw nântaw ewî tohtawawtaw kipisîskîma, ehapachiat pisisko tapimâcisiyin yako ekitimahikawîyin.

Poko awîyak kakîkitimahik

Ana ayîsîna kâkitimahis askaw kinapim, kiwîcîwâkan, kitawâsimis, kinîhkîhikwak, kiwakôhmâkan, tipêyaw kâkanawiyimis awîyak, ciki asîyina kâwîkit, apô ekâw kinistawîhimat asîyina.

Kâkitimahikawîyin Kîcihwâk

Poko awîyak takîkitimahâw

Ikosi Ispayin:

- Ewîyôtisit ôpa ekitimâkisit lskwew
- Eskwewak misotenak opa apsci otenak
- Eskwewak pakwew etatoponêtaw ekwa pokwete kitimahaw
- Eskwewak ita kawakôhtakaw, kapeyakot, Kahonâpemit, kawîciyamât awîya, kic'h eskwew
- Eskwewak ekâw kamâskisitaw apô kamâskisitaw

Môya awîyak pêyako

Kâkitimahikawîyin Kîcihwâk môya anima kwêyas yako

Môya anima kwêyas yako kitimahikawîyin apô kâhâsomis nântaw êwîtôtâs.

Kâkitimahikawîyin Kîcihwâk yakoni take siksokawo ayisino kakitimahis.

Kâkîyaw eskwewak takî nistotakâw môya wîyawâw otôcikanôwâw

Kîspin awîyak kâkakwe kitimahikwacik

Nistôtamok môya wîyawâw otôcikanôwâw

Môkac, Môkac

Ekâw Nântaw kâhisicikîyin

Kâkitimahikawîyin Kîcihwâk môya tanakîmakan

Kihcinâc mîcítaw ayîwâk ekitimahiht. Âskaw ohkitimahowîw tamîhtâtam êkwa tamâmîskôtam ekâwikâc ekosi êwîtôtak. Kitetin Kâpôni kitimahikawîn mâka espayihk ita kâwi kimâcikitimahikawîyin.

ikôsi ôma miçîht eskwêwak

Kîcihwâk Kâkitimahikowitaw

Kakewîcihikawon

Takikisketamin ekâw takostamin kekway. Môya katac to pakitinamin takitimahikawîyin kipmatisonihk.

Ayîsîna êtakôh Kîya takîpikiskwatât
awîyak ta wîcihis.

Ohkitimahowîw omisi itwêw

Ohkitimahowîw pêyakwac etâhât etohtamiyit anîhi kakitimahat ayîsînôwa. Âsko kwânta itway Ohkitimahowîw ekâw takitâpimit kâkitimahat ayîsîniwa:

Kîkway tipiyaw nîya nikitâpimikon wayawisiwiwon

- Wikih ita emîyosik kîkih, ekaw ekitimahikawîyin ekwa ekaw epîwîmîkawîyin
- Pamina kipimâtisiwin ekwa pîkiskwêstamâsiw asci kihtecikan kanawâsônânamâson
- Kawîchiskwa anikihk ekosi kîya kapaminin kipimâtisiwin
- Nawâsônik kiwîcîwakanak, wîpamâw awîyak, apacîtâ kekway êkâw tapâwîyin, kiciwikito, ekwa ayâwik awâsisak
- Nawâsôna mîna kîspin ekâw tawêpîmat awîyak, tawîtosimat awîyak, apô môya katac tahayâwacik awâsisak
- Kakîyaw kîkway ôma kawîtamâkowîyin mâmitonîhta pâmayis tânawasônikeyin tanisi ewitôtamin
- Mîskwatêta kitihcîkan
- Simâkanisînak êkwa wâsiwêwonihk etakowak tawêcîhiskwa
- Mâmitonîta tânisi ewitôtamin, tânite êkwa awîna enôhte wîciyâmat
- Kakweçihkêmo tawêcîhikowêyin kîya tipiyaw kitihcikan tahispayihk

- Kakwe tapew-Ohkitimahowîw takakwew tapew ekaw mistahi emiyítôtak
- Ekâw katâpwetak- Ohkitimahowîw takîyâsko tahitwêw môya nântaw itôhtawâht awîya.
- Itahew- Ohkitimahowîw kitahik kiya kahitôtamin anima kakitimahikowîyin. Kiya kitocikan anima kahispayik
- Kâtik- Ohkitimahowîw kiwîtamâk môya awîyak kâtâpwetak ,osam kiya ekwa wiya poko kakiskitamihk anîma kahispayik, ekwa moyâ awiyak wapâtam kahispayik.
- Tapwetatâw- Ohkitimahowîw takwe tâpwetatâw taniki anima kakisopayit. Takwe itway eyiskwasit apo asâm mistahi emâmitônitak.
- Môya tatapwetam- Moya kiya kitisicikewin Kâkitimahikawîyin Ohkitimahowîw kakwe- tapwetatâw kiya kitôcikan anîma kâkitimahikawîyin.
- Kamêtâtamin- Ohkitimahowîw kakitimahis âsko akam apacîtâw tanisi kakehisipimatisiyin kayâs
- Kapapakicimis kimamitonîcikanihk- Ohkitimahowîw kawitamak ekiskwayayin, ekwa moyâ awiyak katapwetak

Môya awîyak êkosí take isi kitimahiht.

**Kakewicîhikowin anima. Kiya kitihcîkanihk
takekiskitamin ekâw nântaw awîyak taketôtas
êkwa ita kâwîkiyin take tipîmisôyin.**

Sisikwoc kekway ispayiki kiwawiyâñ

- Tehpwata oma akihtasin 911 apô kisêwew tatîpweyin ayîsinowak cîki kâwîkitaw tapihtâskaw
- Kawetamowâw kiwicîwâkan apô ayîsinôwak cîki kâwîkitaw tatehpwâtâtaw simâkanisa, kispin pêtamwak kékway ekâw kwayas itêtâkwak
- Kiskinawacîta itwaywon tikiskihtakwaw kitawâsimisak, kiwokômâkanak, kiwicîwakanak, apô ayîsinôwak cîki kâwîkitaw tanispi kanitwemataw simâkanisak
- Kitihcikan kaki apacîtân iskohk ekâw nântaw kekway tahispayik

Nâkatêhta tânisi kawî isi sipwêtêyin

- Itotamâso kékway taskô sôniyâw tâhat ita apô tawâwiyyestayin êta tamasinahikiyin
- Kâwiya awîyak wétamôwâ piskis kanahahat kisôniyâm, ekwa soniyâwikamikôhk kawîtamîwâwak êkâw tahitisahamaskaw masinahikana apô ekâw awîya tawetamôwâtaw ikôhta asîcikiyin
- Kanakatamowaw tah ehasiwatayin kitâhpacikana nântaw isi sisikwac spweteyini. Kâwiya wanikiskisi kisoniyam, kihapikayikana, kihci masinahikana, maskihkiya, ayiwinisa, ekwa wawita kikwaya kitawâsimisak kici.

- Kahotinîn apô kakiyaw katasipasinahin kihci masinahikana, ekâw tapâcîhkâs, kâke-ôhciyin, anima kâpapamâcîhôyin, kapaskîwîtoiyhk, kahitasiwâcikatihk awina takanawîmât awâsisa, kitakihtasona kayâw, pamihcikîwaya, kisoniyawasinahikan, tipiyaw anîhi kake masinahamin kihci masinahikana. Kanawîta kihci masinahikana itah ta wîcimiskamin nântaw isi kekway sisikwac ispayiki
- Otina kekway kîtawâsimisak esakihtâtaw, metawâkan, apô masinahikan emîyôtak.
- Kiskita miyonohk itêh êwî itôhteyin pâmayis êsipwêtêyin
- Kanawîta itah waskahikan êkwa sisikwoc akihtasona tamiskamin ekwa cikihk takanawîyitamin
- Soniyas kanawimaw kiciwac apô akihtason itah masinahikatihk siwipicikihkan ita emakwamayin
- Kîskihtamohik awâsisak ita kanâtamâwitaw kispin enitawitamin ta wîcihikawîyin

Ayimihta anima oyêyihcikewin kihcînahiwewin miyonohk

tahitohtêyan ikwaspi keseyihtam iwê sipwêtêyin

Miyonôhk âyâyini ispfîk peyakwayini

- Miskohtina apihkakahikana kîskwâhema êkwa kehcinâho wasinaman kwayas ekipahikatekâw
- Kehcinâho kitawâsimisak miyonohk ehayatâw ekaw ikwata ehayayin
- Kawîtamawâwak kihci kiskinohatokamihk ekwa ita kanawimicîhk ekwa awina epakitinat kanataht kitawasismsa
- Kawîtamawâwak kihci witapimakanak ekwa kâtепihcikit ita kawîhkiyin ekaw kiwicîwakan awasimi ewîciyamis

Miyonôhk itah tamasinhikatihk ekâw tapacikâs

- Kanawîta yako masinahikan ekwa kamîyâwak ehaspâsinahikatihk kiwakohmakan, kitotem, apo kiwetapimâkan
- Sêmak katêpâtawak simâkanisak kîspin môya pimicisaham Ohkitimahowîw kaw isi wayasiwâtiht
- Kîsîhta mîyonôhk itah tayâyin kîspin ekaw simanisak semak pêtakôhtewak
- Kawitamawâwak kihci kiwakôhmakanak, witapimakanak ekwa maskîhkîwîno ekâw kiwîciwâkan awasimi ewîciyamis
- Kawitamawâwak kiwakôhmakanak, witapimakanak apô ekâw kâtepihcikit ita kawîhkiyin kîspin wâpamêwak Ohkitimahowîw kîcih kîkihk. Take mîyawtaw tanisi kahisinakosit Ohkitimahowîw ekwa sihkîpâyisa asci akihtason.

Miyonôhk itah ehatoskeyin ekwa asînînak

- Kesihta awîna enitawêmat takiskêtak anima kahitinikeyîn (tâwskô okanawîcihkêwak) ekwa kamîyâwak Ohkitimahowîw ana ohmasinipayiwon kîspin kitetin kihci yako tahitotamin
- Kiskêta awîna kâpî sêwîpitamâs
- Kiskêta tamîyo sipweteyin kitatoskwinihk ôhci
- Papîtos itê kapimipayin îspi kawi kiwêyin

Masinaha kakiyaw akihtasona

ita miyanôhk ite isi tapasîyin

Maskikewina _____

Kiwakôhmakan _____

Wîyasiwêw _____

Ohpamihawîw _____

Eskewak ita kakanawimetaw _____

Simakanisak _____

Awiyak taposihis _____

Eta kahatokeyin _____

Kohtaka akihtâsôna _____

Kêkway Anima

Kehcinâc Awîyak

kîcihwâk Kâkitimahikawîyin

Ayisînôwak mistahi kêkway itwewak kîcihwâk ohci Kâkitimahiwiht awiyak Åsko , kapîtin kaketâm chayamwetaw ayisînowak, piyisk kitati tapwetin anima ayamwâwin kapihtamin. Maka ohcitaw poco ekaw tapayitamin kakiyaw kekway kapetamin. Asko ayisînowak kwanta pîkiskwêwak. Kawîya ati tâpwata.

Ispi mičih ayisînowak nanatohk itwewak ekwa kâkiyaw tapwetamwak kwânta pikiskewan yako ecikate kwânta pikiskewan.

Kîspin môya kwêyas kîsiwetamakowin ekwesi kwânta pîkiskwêwan, piyisk kitâti tapwetén. Åsko kinakinikwân ekâw tanitotamin awiyak to wîcihis ekwa kapakitenin to akami kitimahikawîyin.

Môya katâc tapakitinat awiyak takitimahis.

Moya kwâyas yako!

Yakoni ateht ôhi

tâpwe kahispayikâw

kîcihwâk Kâkitimahikawîyin

Kwânta piskiskewin: Môya itokwe ekitimahikawîyân kîspin ekâw ewiciyamak awiyak.

Kehcinac: kîcihwâk kitimahikawo mîna epayakot eskwew.

Ana ayisino kâkitimahis asko kinikihikwak, awasis,kotak kiwakôhmâkan, kakanawemis awiyak, apo awiyak tipiyaw ewîkiht kêkihk.

Môya kwêyas yako kîspin awiyak ekakitimahis. Kâwîya isi pîmatisi ikosîsi takakitimahikawîyin. Kake kwecimaw awiyak tawicihis.

Kwânta piskiskewin: Namôya nipakamahokwak, ekwasi namoya nikitimahikawin.

Kehcinac: Pokwe isi kîcihwâk Kâkitimahikawîyin. Miyawîhk nântaw kahitotâs yakoh mîna pêyakwân ekitimahikawîyin isi kitapâcikatek. Kâkitimahikawîyin kikakwe mâyitôtak kîyawîhk apo ôma miyitohtak kaya isi ayisinîwayin. Mâyitôtâm wiciwakanohawin, mina take mayitôhtam kitipîcikana apô kamayipitik eta kisoniyam ehakisot.

Kakeyaw kîcihwâk Kâkitimahikawîyin moya kwêyas yako ekwa wayasiwewonik ataste ekaw takitimahit awiyak

Kwânta piskiskwewin:	Kîspin mwe kitâpwetin wîyasiwîwon kakîwîchikon. Kiyâm napakitinâw takitimahit.
Kehcinac:	Wîyasiwîwonihk kake wîchikawon, ekwa kiya itastêh kake kwecikemoyin tawîchikowîyin. Ana ayîsino kâkitimahis kîspin kiwiciwakan, apo kiwakôhmâkan, kake kwecikemoyin tawîchikowîyin Wîyasiwîwonihk. Ana ayîsino kâkitimahis mwac kiwakomaw, kakanawemis awiyak, apo awiyak tipiyaw ewîkiht ekwa atoskestamas, wîyasiwîwon etakwan tawîchikowîyin.
Kwânta piskiskwewin:	kîcihwâk Kâkitimahikawîyân osâm emâskisîyân
Kehcinac:	kamâskisîhk moyâ katâc tapakitinat awiyak takâkitimahis. Kîcihwâk Kâkitimahis awiyak ekakwe paminis ana. Poko awiyak ekosi take itinikew kiyam emoyokiyawit apo kamâskisîhk. Kîspin ayîsino kâkitimahis, awiyak kakanawemis, apô awiyak tipiyaw ehatoskâs, apo kiwakôhmâkan etihpîmis âsay. Kîcihwâk Kâkitimahis ayîsino mîna kaw papaminis ohcitaw, epîwîmis anîma.
Kwânta piskiskwewin:	Kîspin nôhte wîchison, nâhkawak ita kâkanawîmetaw ayîsînowak
Kehcinac:	Mîcet eskewewak nakinâmwak kâkitimahit mâka ehasomiht iwe hasiwahit ita kakanawîmetaw eskewewak. Kahasomikawîyin yako anîma kîcihwâk Kâkitimahikawîyin.
Kwânta piskiskwewin:	Môya awiyak natâpwetak
Kehcinac:	Etakôwak anîkki ayîsînowak ta nitôhtakâw. Ayîsînowak tanistohtamwak kîcihwâk Kâkitimahikawat ayîsîno. Etakôwak ayîsînowak ta wichihskâw kîspin ekâkitimahikawîyin. Wetamôwâw awiyak kîspin kîcihwâk ekitimahikawîyin. Kîspin môya kitapwetak kotak awiyak kawêtamôwâw iskôhk awiyak tamiskawat tatâpwêtâs. Itastew anîma mîyonôhk itah take wîkihyin. Itastew mîna kake wîchikawon.

Tânsi nake isîcikân

Kake nitoten tawîcihikowêyin. Moya katac tapakitinat awîyak takitimahis.

Kîspin tipiyaw awiyak kakitimahik ita kâwikhîyin, yakoni ôhi kake itôhten tawîcihisoyin.

Wîtamôwâw awîyak anîma kâhitinikêyin

Kîspin sisikwac kêkway ispayin, semak tehpowâtihk simâkanisak.

Kamacipayihk kekway, Tehpwata oma akihtasin sêmak 911. Witamôwik ekâw kwayâs kêkway esipayihk semak tapingwîchiskwa. Wiyasiwewon take apacîtawak tawîcihiskwa.

Pîkiskwas awîyak etâpôkemät

Kîspin awîyak kitayâwâw etâpôkemät, kiwîciwâkan, kiwakôhmâkan, ayimihâwîna, awîyak êkanawêmis kake pîkiskwâtawak wiyawâw. Witamôwik anîma kahisipamihikawîyin ekwa anîma kâhitamâcihoyin. Kake kwecîmâwak ta wîcihiskaw ita tawîcihikawîyin. Mîyonohk tamiskamin êta tawikiyin apô semakanisa tawîcihis tapîskwâtat.

Ahiso mîyonôhk

Mîcit eskewak etwewak ekâw enôhte nakatakâw wîkiwâw. Enitwawîtakâw tapôni kitimahitaw. Kîspin kinawasônîn ekâw ewînakatamin kîkîh kîhcînâho mîyonohk ehayâyin. Kîya kitehcikan kîspin kinitawetin ta wayawîcisahat ana kakitmahis.

Kehcînaho tansi take isîcikîyin êkwa awîna take wîcihis. Kakesitamîn kakîyâw kekway nawoc kimîyo paminen kakîyâw kêkway êkwa mîyanôhk kitayân.

Wâweyîhta mîyonôhk tahayâyin, Kîspin sisikwoc tasîpweteyin

Wayasiwew semak wâweyî mîyonôhk tahitohteyin, nântaw isi sisikwoc tasîpweteyin. Kîspin kitwâsimisak wîstawâw kawâweyan kihci. Wâweyî pâmwayis kêkway emâyipayik. Kiskinahamôwok kitawâsimisak ispi anîma take sipwêtêtaw. Kiskinahamowik tânsi anîma ta isi tapasîtaw.

Wâweyîhta mîyonôhk tâhisoyin

Yakoni ohi âtêht kamâmîskôcikâtekaw mîyonôhk tâhisoyin.

- Tanite kahitôhtan kîspin sisikwac ta sipweteyin mîyonohk, kiwîciwâkanîhk, apô kiwâkôhmakanîhk.
(Kakîyâw awâsisak pihtekwahîwak ita kâkanawîmetaw)

- Tânsi kahisi tapasân. Kake kwayâtapit cî sîhkîpayis?
- Kitayâwâw ci awiyak etapôkêmät tawîcihis ta sisikwoc sipweteyin. Kispin Kitayâwâw awiyak witamowik tanisi etasöyin ekwa tânsi take isi wîchiskwa.

Yakoni ôhi tahisîcikiyîn

Ita tawawîyeyin sisikwac sipwetenî

- Masinaha akiatasôna ayisînowak kehcinaç tawîcihiskwa
 - Simâkanisak
 - Kiwiciwakan apô Kiwakôhmâkan
 - Eskewak ita kakanawimetaw
 - ita tapôsiyin sikhipayas
- Nahaha sôniyâs nântaw ispi tanôhte nitomat awiyak taposihis. Nahaha kisônîyâm ita ekâw tamiskawât awiyak. Kawiya apacita sôniyawikamihkwa asam tamiskawaw kisônîyâm.
- Mamawina kitayiwinisa ekwa kanawîtamoha awiyak etapokem, Kiwiciwakan apô Kiwakôhmâkan apo miyonôhk ita ta itamoyin. Môsakina kakiyaw anîhi kehcî apacihiçkana ekwa masinahikana kîhcî asci kitawasimisak ohci.
- Taskôc ôhi
 - Apikahikana
 - Masinipawona

- kihci masinahikana, (apo kehcî haspasinahikana
 - kakiyaw)taskôc
 - kâke-ôhcîyin,
 - masinahikanis anima maskîkewaketik
 - kici maşinahikanis anima kâpapamâcîhôyin
 - kisoniyawasinahikan, ekwa kehcî masinahikana
 - Kehci kamasinahikatek itwa makekesa kâhotinamin mina ita kamasinahikatek anima kâyitamacihoyin
 - Anima kêhcî masinahikan ekâw tapâcîhkâs
 - Kapaskîwîtoyihk anima masinahikan,
 - Kehci kitakihtasona
- Otina kekway kîtawasimisak esakihtâtaw, metawâkan, apô masinahikan emiyôtak.
- Itôhte iteh miyonohk eskewewak kânawêmihtaw. Kanawetaw ita waskahikan ekwa kehcî akihtâson tamiskamin. Sôniyaw kanawîmaw nântaw isi ta siwepitamôwat awiyak sisikwoc ispayikih. Âteht ita kakanawemâtaw ayisînowa, take pihtikwe ohtapatiso ohtapowinihk(mâka môya wêya kâkeyaw) ikwaso take itohtam. Poko takiskihtamin iteh takaskitayin tamîyo pihtikweyin. Kisketa ita ta mîyo waskowiyin itohteyini ita eskewewak kakanawemitaw.
- Kawîtamawâwak kihci kiskinohatokamihk, ita kakanawîmicîhk kitawâsismisa ekwa awîna epakitinan kanataht kitawâsismisa.

Kanawîta kihci akitasona ekwa kamasinahîn ita tawîhcî miskamin. Masinaha masinakanikinohk ekwa tawayihk masinahikanik kastan. Mîna ita akitasôna kamasinahikatekwa kakemiskin anîhi akitasôna ta apâcitayin.

Living in Harmony

Domestic violence happens to women with disabilities too. You can get help!

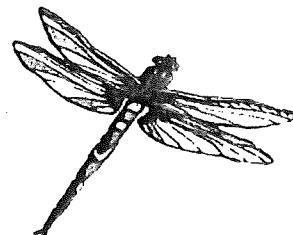
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