ᐃᑲᔪᕐᓂᖅ ᐃᑲᔪᖅᑐᐃᓂᕐᓗ

ᐃᓗᐊᖅᓴᐃᔨᒧᑦ ᐅᖃᖃᑎᖃᕐᓗᑎᑦ.

ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐅᒃᐱᕆᔭᕐᓄᑦ ᐃᓐᓇᕐᓄᑦ,
ᐃᓚᖕᓄᑦ ᐱᖃᓐᓇᕆᔭᕐᓄᓪᓗ.

ᐅᖃᓗᒡᓗᑎᑦ ᓄᓇᕗᒻᒥ ᓄᖅᑲᕈᒪᔪᓄᑦ
ᐅᕗᖓ 1-866-368-7848
ᑐᓴᖅᑕᐅᔭᕆᐊᖃᙱᑦᑐᒃᑯᑦ ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ
ᐃᓅᓯᓕᕆᔨᓂᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ,
ᐃᓄᐃᓐᓇᖅᑐᓐ, ᐅᐃᕖᑐᓪᓘᓐᓃᑦ.

ᐅᖄᓚᐅᑎᕋᓛᒃᑯᑦ ᑎᑎᕋᕐᓗᑎᑦ NUQUITS
123456 ᐃᑲᔪᖅᑕᐅᔪᒪᒍᕕᑦ ᐃᑲᔫᑎᒃᓴᓄᓪᓗ.

ᑕᑯᔭᖅᑐᕐᓗᒍ Facebook.com/NuQuits.

ᐅᕗᙵᕐᓗᑎᑦ
nuquits.ca.

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒻᒪᓗ ᓄᑕᕋᓛᖅᐱᑦ ᖃᓄᐃᙱᑦᑎᐊᕈᓯᖓ

ᓱᕐᕋᖕᓇᖅᑐᖅ ᐊᒃᑐᐃᔪᓐᓇᖅᐳᖅ ᓄᑕᕋᓛᖅᐱᑦ
ᖃᓄᐃᙱᑦᑎᐊᕈᓯᖓᓂᒃ ᓄᑕᕋᓛᖅᐱᓪᓗ
ᐱᕈᖅᐸᓪᓕᐊᔾᔪᓯᖓᓐᓄᑦ.

• ᐊᓯᔾᔨᖅᓯᓂᕆᕙᒃᑕᖓ ᓄᑕᕋᓛᑉ ᖃᕋᓴᖓᓂᒃ:
ᐊᑲᐅᙱᓕᐅᕈᑕᐅᓕᕈᓐᓇᖅᑐᖅ
ᓈᓚᒍᓐᓇᕐᓂᕐᒧᑦ, ᐃᖅᑲᐅᒪᔪᓐᓇᕐᓂᕐᒧᑦ, ᐊᒻᒪ
ᐱᖅᑯᓯᕆᓇᔭᖅᑕᖓᓄᑦ ᐱᕈᕈᑎᒃ.

• ᐃᕐᓂᓵᓕᓂᖅ:
ᓱᕐᕋᓇᖅᑐᖅᑐᖃᑦᑕᕐᓗᓂ ᓄᑕᕋᓛᒃᓴᖃᕐᓗᓂ
ᒥᑭᓂᖅᓴᐅᔪᓐᓇᖅᑐᖅ ᐃᓄᕐᓗᓂᓘᓐᓃᑦ
ᐃᓅᔪᓐᓇᕆᓪᓗᓂ ᒥᑭᓗᐊᕐᓗᓂ ᐅᕝᕙᓘᓐᓃᑦ
ᕿᓚᒻᒥᐅᓗᐊᖅᑐᖅ.

• ᓱᐴᖅᑐᖅᑕᐅᔫᑉ ᐳᔪᕐᓗᐊᓂᒃ ᓂᐅᖅᓯᓂᖅ:
ᓱᕐᕋᖕᓇᖅᑐᖅ ᑎᐹᒡᓘᓐᓃᑦ ᐳᔪᐊ
ᐊᒥᓱᓂᑦ ᐃᓚᐅᕈᑎᒃᓴᖃᖅᐳᖅ

ᐊᓂᖅᓵᖅᑐᑦᑎᐊᕈᓐᓃᕈᑕᐅᕙᒃᖢᓂ ᓄᑕᕋᓛᓄᑦ.

ᐃᓚᐅᕈᑎᒃᓴᑦ

ᓱᕐᕋᖕᓇᖅᑐᒦᑦᑐᑦ
ᓄᑕᕋᓛᕐᓄᐊᖅᑕᐅᓲᑦ
ᓯᖓᐃᑎᓪᓗᒍ

ᐊᒫᒪᒃᑎᑦᑎᑎᓪᓗᒍᓗ.

ᐊᑦᑕᕐᓇᖅᑐᐃᓐᓈᓘᕗᖅ
ᖃᓄᖅ ᐊᖏᑎᒋᔪᒥᒃ
ᓱᕐᕋᓐᓇᖅᑐᒥᒃ
ᐊᑐᖃᑦᑕᕋᓗᐊᖅᐸᑦ
ᓯᖓᐃᑎᓪᓗᒍ ᐅᕝᕙᓘᓐᓃᑦ
ᐊᒫᒪᒃᑎᑦᑎᑎᓪᓗᒍ.

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕐᓂᖅ

ᐅᕝᕙᓘᓐᓃᑦ ᓱᕐᕋᖕᓇᖅᑑᑉ
ᐳᔪᖓᓃᑉᐸᒡᓗᓂ
ᓄᑕᕋᓛᖅᐱᑦ
ᖃᓄᐃᙱᑦᑎᐊᕈᓯᖓᓄᑦ
ᐊᒃᑐᐃᔾᔪᑕᐅᔪᓐᓇᖅᐳᖅ.

ZZZ

ᐊᑦᑕᕐᓇᙱᓛᖅ ᓂᕈᐊᕆᔭᖅ

ᓯᖓᐃᓗᓂ ᐊᒫᒪᒃᑎᑦᑎᓗᓂᓗ

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᑐᙱᓪᓗᓂ.

ᐅᖃᖃᑎᖃᕆᑦ ᐃᓗᐊᖅᓴᐃᔨᒥᑦ,
ᓘᒃᑖᒥᑦ, ᐃᓗᐊᖅᓴᐃᔨᒥᑦ
ᐃᕐᓂᓱᒃᓰᔨᒥᒡᓘᓐᓃᑦ ᓇᓖᕌᒐᒃᓴᓂᑦ
ᒥᕆᐊᙳᑲᑕᒃᑯᕕᑦ, ᒥᕆᐊᑲᑕᒃᑯᕕᑦ
ᐋᓐᓂᐊᑲᑕᒃᑯᕕᓪᓘᓐᓃᑦ
ᓯᖓᐃᑎᓪᓗᑎᑦ.

ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐱᖃᑦᑕᕈᒪᒍᕕᑦ,
ᐱᒐᔪᙱᓐᓂᖅᓴᐅᓗᑎᑦ
ᒥᑭᓐᓂᖅᓴᐅᓈᖅᐸᒡᓗᒋᓪᓗ.
ᓂᕈᐊᖅᐸᒡᓗᑎᑦ ᓱᕐᕋᖕᓇᖅᑐᓂᒃ
ᐊᑦᑎᖕᓂᖅᓴᓂᒃ ᐱᖃᖅᑐᓂᒃ
ᓱᕐᕋᖕᓇᐅᑎᓕᖕᓂᒃ
ᓴᙱᓂᖅᓴᓂᒡᓗ ᐃᖢᕐᕆᓐᓇᖅᑐᖃᖅᑐᓂᒃ.

ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕈᕕᑦ,
ᓯᓚᒥ ᐱᖃᑦᑕᕈᕕᐅᒃ ᓄᑕᕋᓛᓪᓗ
ᖃᓂᒋᙱᓪᓗᒍ. ᐊᑐᖅᑕᐃᓕᒪᓗᑎᑦ
ᓱᕐᕋᖕᓇᖅᑐᒥᒃ ᐊᖏᕐᕋᕐᓂ
ᐃᖏᕐᕋᔾᔪᑎᖕᓂᓪᓘᓐᓃᑦ.
ᐊᓐᓄᕌᑎᑦ ᐊᓯᔾᔨᖅᐸᒡᓗᒋᑦ
ᓄᑕᕋᓛᑦ ᑎᒍᒥᐊᓚᐅᙱᓐᓂᕐᓂ
ᐊᒫᒪᒃᑎᑦᑎᓚᐅᙱᓐᓂᕐᓂᓘᓐᓃᑦ.

ᓯᓂᖃᑦᑕᙱᓪᓗᑎᑦ ᐃᒡᓕᕐᒥ
ᑕᕝᕙᓂᑦᑕᐃᓐᓇᖅ ᓄᑕᕋᓛᖅᐱᑦ
ᓱᕐᕋᖕᓇᖅᑐᖅᑐᖃᑦᑕᕈᕕᑦ.
ᓱᕐᕋᖕᓇᖅᑐᖅ
ᐅᔾᔨᖅᓱᑦᑎᐊᕈᓐᓃᖅᑎᑦ-
ᑎᔪᓐᓇᖅᐳᖅ ᐊᒃᑐᐃᓗᓂᓗ ᓄᑕᕋᓛᕐᓄᑦ
ᖃᓄᐃᑦᑐᒪᔭᖏᓐᓄᑦ ᑲᒪᒋᐊᖃᖅᑎᓪᓗᑎᑦ.

ᐃᑲᔪᖅᐸᒡᓗᑎᑦ

ᐱᖃᓐᓇᕆᔭᕐᓄᑦ ᖃᑕᙳᑎᖕᓄᓪᓘᓐᓃᑦ

ᐃᑲᔪᖅᓱᕐᓗᒋᑦ ᖃᓄᐃᙱᑦᑎᐊᕐᓇᖅᑐᑦ
ᓂᕈᐊᕆᔭᐅᔪᓐᓇᖅᑐᑦ ᑲᑎᙵᖃᑎᒋᕙᒡᓗᒋᑦ ᐊᒻᒪ

ᖁᕕᐊᒋᔭᖃᕐᓗᑎᒃ ᐱᓕᕆᐊᒃᓴᓂᒃ ᓲᕐᓗ ᓄᓇᒦᓐᓂᖅ,
ᓂᕿᑦᑎᐊᕙᖕᓂᒃ ᓂᖅᖠᐅᕐᓂᖅ, ᒥᖅᓱᕐᓂᖅ,
ᓴᓇᙳᐊᕐᓂᖅ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓚᐅᓂᖅ
ᐃᓕᖅᑯᓯᑐᖃᒃᑯᑦ ᐱᓕᕆᐊᖑᔪᓂᒃ.

ᐊᖏᕐᕋᐃᑦ ᓱᐴᖅᑐᕐᕕᐅᑎᑉᐸᙱᓪᓗᒍ.

ᐃᓚᖏᑦ ᑕᒪᒃᑯᐊ
ᐊᒃᑐᖅᓯᓂᐅᔪᑦ

ᐃᓅᓯᓕᒫᒧᑦ
ᐊᑐᕈᓐᓇᖅᐳᑦ.

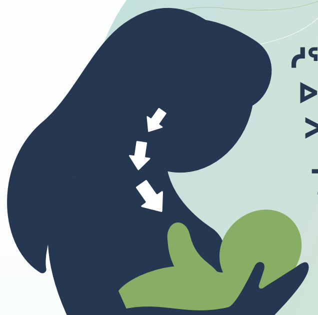
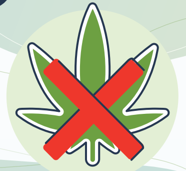
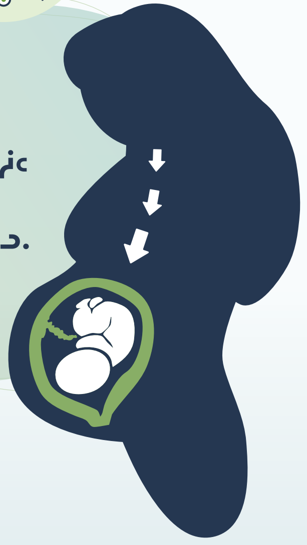
ᐳᔪᕐᒥᙶᖅᑐᖅ ᒥᑭᑦᑑᒐᓗᐊᖅᐸᑦ ᐊᖏᔫᒐᓗᐊᖅᐸᓪᓘᓐᓃᑦ
ᑎᐹᖕᒥᙶᖅᑐᖅ
ᓱᕐᕋᖕᓇᖅᑐᒥᒡᓘᓐᓃᑦ ᓱᓕ
ᐊᑦᑕᕐᓇᖅᑑᕗᖅ.

ᓱᕐᕋᖕᓇᖅᑐᑦ ᐱᕈᖅᑐᕕᓃᑦ ᐊᑦᑕᕐᓇᕈᑎᖏᑦ ᐅᑯᓄᖓ

ᐊᖓᔪᖅᑳᙳᓵᖅᑐᓄᑦ
ᓯᖓᐃᔪᓄᓪᓗ

ᓱᕐᕋᖕᓇᐅᑎᓖᑦ

12 - Cannabis Risks for New and Expectant Parents

Pamphlet htps:/nuquits.gov.nu.ca/cannabis-use-parents-pregnant-and-breast-
feeding-women/?utm_medium=printed_pamphlet