

AKIHTA TÂMAYIKOHK E-AKIHCIKEYIMAKAHK

moya wîhkac= 0 akihcikanisa
âskaw= 1 akihcikanis
tâpitaw= 2 akihcikanisa
tâpitaw mistahi= 3 akihcikanisa

ayisiyiniwak kâ-akihtâcik “0” ôta masinahikewin namoya ayamihikowak sôniyâw metawâkewin. mâka kîspin kî-meskocipitiyin tânisi esi sôniyâw metawâkeyan, kâ-kî-miyweyihten ka-mosci-metaweyan tepiyâhk.

ayisiyiniwak kâ-akihtâcik “1 ahpô 2” ôta masinahikewin ahpô itikwe apisis ka-ayamihikowak ka-pôyocik sôniyâw metawâkewin. askôha e-miywâsiki kikwâya osci kwayask ka-sôniyâw metawâkewin.

ayisiyiniwak kâ-akihtâcik “3 iskohk 7” ôta masinahikewin ahpô etikwe ayiwâk ka-ayamihikowak ka-pôyocik sôniyâw metawâkewin. ka-esi sôniyâw metawâkeyan anima peyakwan isi ayisiyiniwak ka-ayamihikocik sôniyâw metawâkewin.

ayisiyiniwak ka-akihtâcik “8 ahpô ayiwâk” ôta masinahikewin ayiwâk ayimihowina osci sôniyâw metawâkewin.

kîspin kitakihcikân “3 ahpô ayiwâk” kakwe kinwâpahta kisôniyâw metawâkewin ekwa meskocipita kîkwaya.

SIHTOSKÂKEWIN ITAKON

24 tipahikana kâkîsikâk, 7 kîsikâwa tahto ehispayik.
namoya ewihtamihk ekwa namakîkway itakihtew.

kîspin ehayimahk sôniyâw metawâkewin wîcihtowin:
1-800-306-6789

First Nation Addiction and Rehabilitation Foundation (FNARF)
306-665-1215

nihtâweyihtamowin ekwa ewehcipayik kanakinamihk ekwa kesi paminiwehk itôtamowina ehayâhki ohci iyiniwak emayitôtakocik metawâkewin anita kisiskâciwanihk.

**Prince Albert Grand Council
Holistic Wellness Centre**
1-866-765-5305

White Raven Healing Centre - Fort Qu'Appelle
1-866-748-8922

**Saskatoon Tribal Council Responsible Gaming
Outreach Treatment Program**
306-956-0340

kîspin ehayimahk metawâkewin wîcihtowin
1-800-306-6789

ohci ayiwâk masinahikana nitawâpena
SIGA.ca/responsible-gaming

kîspin namoya ayiwâk konta metawewin

GameSense

KINWÂPAMISOWIN



SUPPORT



KINWÂPAMISOWIN KAKWECIHKEMOWIN

kâmetaweyan
metawewin anita
SIGA Casino
kâkîmôcikan miyowâtamowin.
metawewina ecihkeyihtamihk
omecawesak kâpacihtâcîk
GameSense.

omecawesak kâpacihtâcîk Game Sense
nisitohtamwak anima sôniyâw metawâkewin
anima koteyicikewin.

metawew'kamik sôniyâw metawâkewin
ehisihcîkâtehk kamôcikihtâk ekwa miyowâtamihk
ekwa namoya âyimihowin.

sâkaskinâtâ ôma kakwecihkemowin
kawâpahtaman kîkway kiya kikoteyicikewina ohci
sôniyâw metawâkewin.

kiskeyihta: ôma masinahikanis mosci
kanawâpamisowin ekwa namoya
miskweyihtamowin âpacihcikan.

WÂSIKAME MASINAHA KIWIHTAMÂKEWIN

1. nâway nîsosâp pîsimwak, tânitâhtwâ kitascikân ayiwâk pihci ka-tipahaman ahpô ka-wanihtâyan?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

2. nâway nîsosâp pîsimwak, tânitâhtwâ kinohte metawâkan mistahi sôniyâw ka-mosihtâyan peyakwan mocikimahcihowin?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

3. nâway nîsosâp pîsimwak, tanitahtwâ kîwâyânîn kotak kîsikâw kakwepaskiyâkeyan kâwe sôniyâw kâwanihat

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

4. nâway nîsosâp pîsimwak, tânitahtwâ kinitotaman sôniyâw ahpô kitatâwâkan kîkway ka-kahcîtinat sôniyâw ka-metawâkeyan?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

5. nâway nîsosâp pîsimwak, tânitâhtwâ kimôsihtân ka-ayâyan ayimihowin osci sôniyâw metawâkewin?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

6. nâway nîsosâp pîsimwak, tânitâhtwâ kimôsihtan ka-ayâyan ayimihowin osci sôniyâw metawâkewin ka-mâci ahkosiyân, mîna pikwihtamowin ekwa sikisiwin?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

7. nâway nîsosâp pîsimwak, tânitâhtwâ ayisiyiniwak kiwihtamâkwak kîkwaya osci ka-ascikeyan ahpô e-ayâyan sôniyâw metawâkewin ayimihowin, kiyâm âta e-iteyihtaman tâpwewin?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

8. nâway nîsosâp pîsimwak, tânitâhtwâ kimôsihtân kîsôniyâw metawâkewin kitispayikon sôniyâw ayimihowin, asci kâwîkimiskik?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi

9. nâway nîsosâp pîsimwak, tân'mayikonk kimôsihtân pokwâteyihtamowin kâsôniyâw metaweyan ahpô kâ-ispayik kâsôniyâw metaweyan?

namoya wîhkâc askaw tâpitaw tâpitaw mistahi