

# Piiwaapiko Manicoosh Pimosewin

“Kaawin niminwamanchosiin...”

“Ninkii kakwecimiko ci kanonak ni mashkikiwi niniim eshinaakwanikwen ni nanaantawenimiko win”

“Nintaakii kakwecimaa ni mashkikiwininiim oho wenini... (kaa pikwashki ayaak, wihsakentaamo win, e mayakentamaan ni miiyaw...)”

## 1 Antomowewin

Kanoosh ki mushkikiwi anokiinaakan (Tipencike winink mushkikiwinini, mushkikiikwe, mushkikii wikamik, mushkikii wikamikons)

Naanta piko ci maaciinishahokoyan ekwa

## PIIWAAPIKO MANICOOSH TAHKWAHIKE WIICHIWEWIN AN

• Ki pesho wiitanokiimikon, ki tipencikewin, ahawe maayaam kaa kanawenimik miina piiwaapiko ma nicoosh mashkikiiwanokiinaakanak ci wiichikwaa miina aahsonihkwaa mekwaac piiwaapiko mani coosh kaa pimahpineyan.

## WRHA ANISHININIIWI MINO AYAAWIN

- Ke aapacitowaac opiiwaapiko Manicooshaapinek
- Inwetamaakewin/ishi kiishwetamaakewin
- Aapacitaakan Wiichiwewin
- Pakitiniko Onahcikewin
- Ahcaahk/Inaatisiwi Kanawenimiwewin
- Kanociketamaakewin
- Otaakosii Aapacitaakanan

## 2 Naanaakacihewewin

**Naanta kaye:** pawaateshimewewin, piintaapika hikewinan, onciskweniwewin, miina/naanta nanaantoshikewin.

## 3 Mikikewinan

Oka pakitinaan tipencikewi mushkikiwinini, omaa cishowe naanta kotak kici mushkikiwinini. Mikike winan kikakii miiniko ishaayan, kitowinink naanta piinci piiwaapikonk. Kikakii kikinaak ki tipencike winak, otinwetamaake, naanta kitishkonikani mushkikiiwem kitantomikowinink.

## 4 Nakishkaw ci wiintamaakoyan ki wiichikowin

Naanta ciwaapamac omaacishowe, piiwaapiko manicoosh naanta kici mushkikiwinini.

## 7 Kape kanawenimiwewin

- Kape wiichiwewin
- Ci aanci mushkikiwininiweyan
- Kaa ishkwa maacishonc miina otaah antomiko win
- Kotakiyan wiichiwewinan

## 6 Keshi wiichikoyan

### litok ta kikinikaate:

- Maacishowewin
- Minsiwe (mushkiki) wiichiwewin
- Caakisowewin
- Kaani ishkwa atisic okanawenimikowin/ otina manchowin
- Kaa ishkwa maacishonc miina otaah antomiko win
- Kotakiyan wiichiwewinan
- Kiishpin maamitonentaman anishininiwi wiichi wewin(an), naanta ke wiichiwemakak/ pahkaan wiichiwewin(an), aahti tashintamawishinaam.

Ki wiichikowin kaye iitok ci kanawaapamikoyan kiishpin pahkaan ciishi naanaakacihikoyan/ wiichi koyan kiishpin ishi antawentaakwak.

## 5 Naanaakacihewewin

Kika miiniko keshi kanawenimikoyan miina kape keshi naanaakacihikoyan.

 **CancerCare Manitoba**  
ActionCancerManitoba



# Piiwaapiko Manicoosh Pimosewin



Otaahkosii opepan kiyapic wiintamaakewin ota yan.  
Aahti kanoosh Otaahkosii miina Tipencikewin  
wiichiwewinan ci ontinaman pepan.

---

**Otaahkosii miina Tipencikewin wiichiwewinan**

(204-)787-2109

Kiiwiken [cancercare.mb.ca](https://cancercare.mb.ca)  
kiyaapi wii kikenimishi yank

Kotakiyan wii kakwetweyan, kaye Cancer Care Manitoba  
Piiwaapiko Manicoosh Tahkwahikewin:

---

**Piiwaapiko Manicoosh Tahkwahike Wiichiwewin an**

1-855-837-5400 naanta  
[cancercare.mb.ca/navigation](https://cancercare.mb.ca/navigation)

---

**WRHA Anishiniwi Mino Ayaawin**

1-877-940-8880

---

**Kahkina kotakiin kakwetwewinan ishi kiton**

204-787-2197 naanta 1-866-561-1026