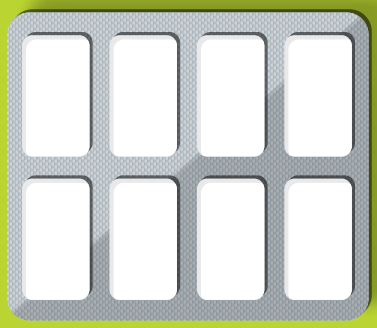
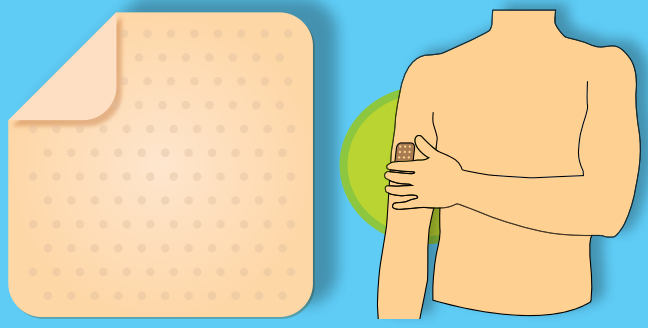




ᑕᕝᕚᑭᒥᑦ ᐱᔪᒪᓗᐊᓕᖅᑎᓪᓗᑎᑦ, ᐱᔪᒪᓗᐊᖅᑕᐃᑦ ᑕᕝᕚᑭᒦᑦᑐᒥᑦ ᐅᐃᕆᓐᓇᖅᑐᖅ,
ᐅᐃᕆᓐᓇᖅᑐᖅ ᐃᓚᐅᕈᑎᒃᓴᖅ ᓇᓂᔭᐅᓲᖅ ᓯᒡᒐᓕᐊᓂᑦ. ᑕᕝᕚᑭᒦᑦᑐᒥᑦ
ᐅᐃᕆᓐᓇᖅᑐᓄᑦ ᐃᓇᖐᔾᔪᑎᓂᑦ ᐃᑲᔪᖁᑏᑦ (NRTs) ᑐᓂᓯᕗᖅ ᑎᒥᖕᓂᑦ ᑕᕝᕚᑭᒦᑦᑐᒥᑦ
ᐅᐃᕆᓐᓇᖅᑐᒥᑦ ᐊᒻᒪᓗ ᐃᓗᐊᖅᓯᑎᑦᑎᓪᓗᓂ ᐱᔪᒪᓂᐊᓗᖕᓂᑦ, ᑕᐅᓯᓐ-ᖏᓐᓂ
ᑐᖁᓐᓇᖅᑐᓂ ᐃᓚᐅᕈᑎᒃᓴᖃᕋᓂ ᓇᓂᔭᐅᓲᓂᑦ ᑕᕝᕚᑭᒥᑦ.

ᒪᕐᕈᐃᓪᓗᐊᕐᓗᓂ ᐃᑲᔪᕈᓐᓇᖅᐳᑦ ᓄᖅᑲᕐᓂᕐᒧᑦ ᐃᓅᓯᓕᒫᒧᑦ!

ᑕᒧᐊᔭᒐᖅ ᑐᓂᓯᕗᖅ ᑕᕝᕚᑭᒦᑦᑐᑦ
ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᑕᒧᐊᑐᐊᕌᖓᕕᐅᒃ

ᓂᐱᑎᒐᖅ ᓂᐱᑎᑕᐅᕙᒃᐳᖅ
ᐅᕕᓂᖕᓄᑦ ᒪᑦᑐᑎᑎᑐᑦ.

ᑕᒧᐊᔭᒐᖅ ᓂᐱᑎᒐᖅ

ᖃᐅᔨᒪᔭᕆᐊᓕᒃ: : ᑕᒧᐊᔭᒐᖅ 15 – 30 ᒥᓂᑦᓂᒃ

ᐱᕙᓪᓕᐊᓕᑕᐃᓐᓇᓲᖑᖕᒪᑦ, ᑕᐃᒪᓐᓇ ᐱᓗᒍ ᐊᑐᕆᐊᖃᓚᐅᙱᓐᓂᕐᓂ. ᑕᒧᐊᕙᙱᓪᓗᑎᑦ 20-ᓂᑦ ᐅᖓᑖᓄᑦ ᐅᓪᓗᕐᒥ

NIHB-ᑯᓐᓂ ᐊᑭᓕᖅᑕᐅᓂᖓ

945 ᑕᒧᐊᔭᒐᕐᓂ ᐊᕐᕌᒍᑕᒫᑦ, ᓈᒻᒪᒃᑐᖅ ᑕᖅᑭᓄᑦ
ᑕᓪᓕᒪᓄᑦ 6 ᑕᒧᐊᔭᒐᕐᓂ ᖃᐅᑕᒫᑦ.

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᑕᒧᐊᕙᙱᓪᓗᑎᑦ ᑕᕝᕚᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᑕᒧᐊᔭᒐᕐᒥᑦ ᑕᒧᐊᔭᒐᑐᐃᓐᓇᖅᑎᑐᑦ, ᑕᒧᐊᔭᒐᖅ.
ᐃᒪᓐᓇᖔᖅ ‘ᑮᓗᒍ’ ᑕᒧᐊᔭᒐᖅ ᐊᑕᐅᓰᕐᓗᒍ ᐅᕝᕚᓘᓐᓃᑦ ᒪᕐᕈᐃᑉᓗᒍ, ᐊᓱᐃᓛᒃ “ᐃᓕᓗᒍ” ᑕᒧᐊᔭᒐᖅ ᖃᓂᖅᐱᑦ
ᑎᖅᑯᐊᓄᑦ (ᕿᑎᐊᓂ ᐅᓗᐊᖅᐱᑦ ᐊᒻᒪᓗ ᐃᒃᑭᕐᓂᑦ).

2 ᐅᑕᖅᑭᓗᑎᑦ ᐊᑕᐅᓯᕐᒥ ᒥᓂᑦᒥ, ᑮᓗᒍ ᑕᒧᐊᔭᒐᖅ
ᖃᔅᓯᐊᖅᓱᐊᕐᔪᒡᓗᒍ, ᐊᒻᒪᓗ ᐊᓱᐃᓛᒃ “ᐃᓕᒃᑲᓐᓂᕐᓗᒍ”
ᑕᒧᐊᔭᒐᖅ.

3 ᑕᐃᒪᐃᓕᐅᒃᑲᓐᓂᕐᓗᑎᑦ “ᑮᓗᒍ” ᐊᒻᒪᓗ “ᐃᓕᕙᒡᓗᒍ”

ᐱᓕᕆᔾᔪᓯᐅᔪᒥᑦ 30 ᒥᓂᑦᒧᑦ. ᓯᓂᒍᓐᓇᐃᓪᓕᖃᑦᑕᕈᕕᑦ ᐊᑐᓕᓚᐅᖅᑎᓪᓗᑎᑦ
ᓂᐱᑎᒐᕐᒥᑦ, ᐲᖅᐸᒡᓗᒍ ᐃᑲᕐᕋᐃᑦ ᐊᑕᐅᓯᕐᒥ-
ᒪᕐᕈᖕᓄᑦ ᓯᓂᒐᓱᓚᐅᙱᓐᓂᕐᓂ. ᑭᔾᔭᖅᑕᐃᓕᒍᒃ
ᐊᓯᔾᔨᖅᑕᐃᓕᑦᑎᐊᕐᓗᒍᓗ ᖃᓄᑐᐃᓐᓇᖅ.

NIHB-ᑯᓐᓂ ᐊᑭᓕᖅᑕᐅᓂᖓ

NIHB-ᑯᓐᓂ ᐊᑭᓕᖅᑕᐅᓂᖓ 168 ᕼᐋᐱᑐᕉ ᓂᐱᑎᒐᑦ ᐅᕝᕚᓘᓐᓃᑦ 140 ᓂᑯᑑᒻ ᓂᐱᑎᒐᐃᑦ ᐊᕐᕌᒍᑕᒫᑦ, ᓈᒻᒪᒃᑐᒥ ᑕᖅᑭᓄᑦ ᑎᓴᒪᓄᑦ ᑕᓪᓕᒪᓄᓪᓘᓐᓃᑦ.

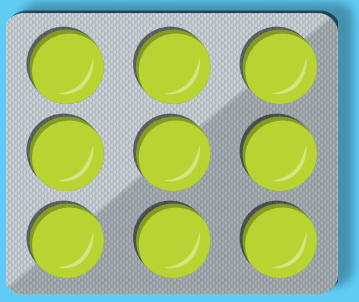
ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

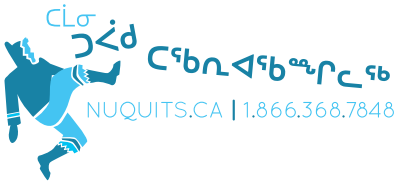
1 ᑐᓄᐊᓃᑦᑐᖅ ᐲᕐᓗᒍ ᐊᒻᒪᓗ ᓇᕿᓪᓗᒍ ᓂᐱᑎᒐᖅ
10 ᓴᑲᓐᓄᑦ ᓴᓗᒪᔪᒧᑦ, ᒥᖅᑯᖃᙱᓐᓂᐅᔪᒧᑦ. ᐅᕕᓂᖕᒧᑦ ᕿᑎᖅᐱᑦ ᖁᓛᒍᑦ ᑭᓯᐊᓂ ᖁᖓᓯᐅᑉ ᐊᑖᒍᑦ. ᐊᓱᐃᓛᒃ, ᐃᓕᓯᒪᓗᒍ ᐃᑲᕐᕋᓄᑦ 24-ᓄᑦ.

2 ᓄᑕᐅᙱᑦᑐᖅ ᓂᐱᑎᒐᖅ ᐲᖅᐸᒡᓗᒍ
ᐃᓕᓯᓚᐅᙱᓐᓂᕐᓂ ᓄᑖᒥᒃ. ᐊᓯᔾᔨᖅᐸᒡᓗᒍ ᐃᓂᒋᔭᖓ ᓄᑖᒥᑦ ᓂᐱᑎᒐᕐᒥᑦ ᐃᓕᓯᓕᕌᖓᕕᑦ.

3 ᐊᒡᒐᑎᑦ ᐅᐊᓴᖅᐸᒡᓗᒋᑦ ᐊᒃᑐᓚᐅᖅᑎᓪᓗᒍ ᓂᐱᑎᒐᖅ.

1 2 3 4 5 1 2 3 4 5





ᐊᑐᓂ ᐃᓗᓕᒃᓴᖏᑦ 20 ᒥᓂᑦᐸᓗᖕᒥᑦ ᐊᑯᓂᐅᑎᒋᓇᔭᖅᑐᖅ ᒥᓗᒃᓯᑲᑕᐃᓐᓇᕐᓗᓂ.

NIHB-ᑯᓐᓂ ᐊᑭᓕᖅᑕᐅᓂᖓ

945 ᓂᐅᕈᑎᓂᑦ ᐊᕐᕌᒍᒥ, ᓈᒻᒪᒃᑐᖅ ᑕᖅᑭᓄᑦ 5 6-ᓂᑦ ᐃᓗᓕᒃᓴᓂᑦ ᐊᑐᕐᓗᓂ ᐅᓪᓗᑕᒫᖅ.

ᓂᐅᕈᑎᑦ ᓯᒡᒐᓕᐊᑎᑑᖅᑐᑦ, ᑭᓯᐊᓂ
ᐅᓗᕆᐊᓇᖅᑐᓂ ᐃᓚᐅᕈᑎᒃᓴᖃᙱᑦᑐᑦ ᐱᔪᕐᒥᓪᓗ.

NIHB-ᑯᓐᓂ ᐊᑭᓕᖅᑕᐅᓂᖓ

945 ᐅᑯᒻᒥᐊᒐᕐᓂ ᐊᕐᕌᒍᒥ, ᓈᒻᒪᒃᑐᑦ ᑕᖅᑭᓄᑦ 5-ᓄᑦ ᐱᕙᒡᓗᓂ 6 ᐅᖁᒻᒥᐊᒐᓂᑦ ᐅᓪᓗᑕᒫᖅ.

ᐅᖁᒻᒥᐊᒐᑦ ᑎᓯᔪᑐᑦ ᓄᖑᓴᒐᐅᖅᑰᔨᔪᑦ ᐊᓂᐊᑎᑦᑎᔪᓂᒃ ᑕᕝᕚᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᐅᖁᒻᒥᐊᖑᔭᕐᓗᒍ.

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᓇᓕᒧᑎᓪᓗᒋᑦ ᓇᓗᓇᐃᒃᑯᑕᖏᑦ ᐊᒻᒪᓗ ᓄᓱᒡᓗᒋᑦ ᐊᕕᑎᓪᓗᒋᑦ.

2 ᐃᓕᓗᒍ ᐃᓗᓕᒃᓴᖓ ᖃᓂᐅᑉ ᐃᓂᖓᓄᑦ, ᐊᒻᒪᓗ ᓱᑲᓪᓗᒍ ᒪᑐᑦᑎᐊᕐᓂᕐᒧᑦ.

3 ᓂᐅᕐᔪᐊᕐᓗᑎᑦ ᐃᒡᒋᐊᖅᐱᑦ ᑐᓄᐊᓄᑦ ᐅᕝᕙᓘᓐᓃᑦ ᒥᓗᒃᑕᕐᓗᒍ ᓇᐃᑦᑐᓂᑦ ᒥᓗᖕᓂᕐᒥᑦ.

ᖃᓄᖅ ᐊᑐᕆᐊᖃᖅᐸ

1 ᑕᒧᐊᖏᓪᓗᒍ, ᐄᖏᓪᓗᒍ ᒥᓪᓗᐊᖏᓪᓗᒍᓗ ᓄᕙᒃᓯᐅᑎᑎᑐᑦ.

2 ᐊᑕᐅᓯᕐᒥ ᐅᖁᒻᒥᐊᒐᕐᒥᑦ ᖃᓂᕐᓄᐊᖅᓯᓗᑎᑦ
ᐊᒻᒪᓗ ᐃᒻᒥᓂᒃ ᓄᖑᑉᐸᓪᓕᐊᕋᔮᖅᑎᓪᓗᒍ.

3 ᐃᓛᓐᓂᓚᐅᓱᖓᖅ ᐅᖁᒻᒥᐊᒐᖅ
ᓅᑉᐸᒡᓗᒍ ᐃᒡᓗᐊᒥ ᐃᒡᓗᐊᓄᑦ ᖃᓂᕐᓂᑦ.

4 ᐅᖁᒻᒥᐊᒐᖅ 20-ᒥᑦ 30 ᒥᓂᑦᒧᑦ ᐊᑯᓂᐅᑎᒋᔪᒥ
ᐊᐅᖕᓂᐊᖅᑐᖅ.

ᐅᖁᒻᒥᐊᒐᑦ ᓂᐅᕈᑎ

ᐅᔾᔨᖅᓱᕆᑦ ᐊᒃᑐᖅᑕᐅᓂᐅᔪᑦ, ᓲᕐᓗ ᓂᐊᖁᙳᓂᖅ, ᓯᓂᒍᓐᓇᑦᑎᐊᙱᓐᓂᖅ, ᓯᓐᓇᒃᑐᕐᓂᖅ ᓱᖏᐅᓪᓇᙱᑦᑐᓂᑦ, ᐊᒻᒪᓗ ᓈᙳᓂᖅ. ᓂᐱᑎᒐᖅ ᐅᕕᓂᖕᒥᑦ ᐅᖏᓚᒃᑎᑦᑎᔪᓐᓇᖅᐳᖅ ᐅᕝᕚᓘᓐᓃᑦ ᐊᐅᐸᖅᓯᓗᓂ, ᐊᒻᒪᓗ ᑕᒧᐊᔭᒐᖅ ᐊᓪᓕᕈᕐᒥ ᑕᖃᑎᑦᑎᔪᓐᓇᒻᐳᖅ.

ᑕᕝᕚᑭᒦᑦᑐᑦ ᐅᐃᕆᓐᓇᖅᑐᓂᑦ ᐃᑲᔪᕈᑕᐅᔪᓂᑦ ᑭᒃᑯᓕᒫᓄᑦ ᓈᒻᒪᙱᓚᑦ, ᑕᐃᒫᒃ ᖃᐅᔨᒋᐊᖅᑳᕐᓗᑎᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᑎᑦᑎᓂᕐᒧᑦ ᐸᖅᑭᔨᖕᓄᑦ ᓯᕗᓪᓕᖅᐹᒥᑦ. ᓘᒃᑖᒧᑦ ᐄᔭᒐᖅᑕᕐᕕᐅᔪᓂᑦ ᐱᔭᕆᐊᖃᖅᐳᑦ NHIB-ᑯᓐᓂᑦ ᐊᑭᓕᖅᑕᐅᔪᓐᓇᕐᓂᕐᒧᑦ.

ᐅᖃᐅᓯᒃᓴᒃᑲᓐᓃᑦ

ᐅᖃᓗᒡᕕᒋᒃᑭᑦ ᓄᖅᑲᕐᓂᕐᒧᑦ ᐅᖃᓗᒡᕕᒃᓴᖅ ᐅᕗᖓ
1 866-3NU-QUIT (368-7848)
ᐊᑭᖃᙱᑦᑐᒥᑦ, ᖃᐅᔨᒪᑦᑎᐊᖅᑐᓄᑦ ᐃᑲᔪᖅᓯᖅᑕᐅᓂᕐᒧᑦ ᐃᓄᒃᑎᑐᑦ, ᖃᓪᓗᓈᑎᑐᑦ, ᐃᓄᐃᓐᓇᖅᑐᓐ ᐅᕝᕚᓘᓐᓃᑦ ᐅᐃᕖᑎᑐᑦ.

ᐅᕗᙳᕆᑦ www.nuquits.ca

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