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ᐱᐅᑎᖅᑕᑦ

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ᐱᐅᑎᖅᑕᑦ

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- ᓄᓇᕗᒻᒥ ᐃᒃᔪᖅᑕᐅᔭᔪᑎᑦ
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ᐋᑐᕋ

ᑲᓇᑕᓚᒥ ᓈᓴᐅᑖᓄᑦ

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ᐋᖅᑭᐊᖃᖏᑦᑐᓚᕆᓂᕐᒧᑦ ᐱᔭᑦᓯᕈᑎᑦ, ᐅᖃᐅᔭᔭᐅᑎᐊᖏᓂᖅ, ᐊᒻᒪᓗ ᑐᓴᐅᒪᔪᑎᒃᓴᑦ.

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ᑎᑎᖅᑐᐃᓱᕕᒃ ᓄᓇᕗᒻᒥ ᐱᔭᑦᓯᖅᑎᓂᒃ ᐊᒻᒪᓗ ᐱᓕᕆᔪᑎᓂᒃ (ᓂᕿᓯᕐᕕᖕᓂᑦ, ᓇᔪᒐᔭᐅᓯᓂᒃ, ᐊᓯᒃᑲᖕᓂᖅᑎᓂᓪᓗ)

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ᐋᑐᕋ

ᐋᖅᑭᖃᖏᑦᑐᖅᑕᖃᖃᕋᓱᒃ

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ᐱᔭᕇᑎᑦᑎᓗᖕᒍᖕᒪᑦ ᐊᔭᕆᒋᖕᒋᑑᑎᓂᒃ ᐱᓕᕆᔾᔪᑎᓂᒃ ᐊᒻᒪᓗ ᐱᔭᕇᕈᑎᓂᒃ ᐊᕐᓚᓄᑦ, ᐃᓄᖕᓄᑦ ᐊᒻᒪᓗ ᐊᕐᓚᒪᔪᓄᑦ ᐊᕐᓇᓄᑦ ᐊᒻᒪᓗ ᓱᕈᓯᕐᓄᑦ ᑕᐃᒃᑯᓄᖕᒐ ᐊᓂᐃᓄᓯᒪᔪᓄᑦ ᓇᔪᖅᑕᒥᖕᓂ ᐊᒻᒪᓗ ᐊᓯᖕᒋᖕᓂ ᖃᓄᑑᐃᓐᓈᖕᒐᔪᓂᒃ ᐊᓐᓂᖅᓱᕆᓂᖅᓂᒃ, ᐊᒻᒪᓗ ᑕᐃᒃᑯᓂᖕᒐ ᐊᒃᓱᕈᖕᒋᓂᒃ ᐊᒃᑐᐃᓯᒪᓂᖕᒋᓐᓂᒃ ᐃᓚᓐᓂᐊᕐᓂᖅᑎᑕᐅᖃᑦᑕᓚᐅᖅᓱᒪᔪᒥᓂᕐᓂᑦ.

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ᓂᑦᓴᓐ ᐃᒐᓗ ᐋᑐᕙᒥ

ᐊᒃᓱᕈᓐᓇᓗᐊᖅᑐᖅᑲᓕᖅᑎᕐᓗᒍ ᐅᖃᓚᕕᒃᓴᖅ: 613-225-3129

www.nelsonhouse.on.ca

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ᐱᔭᕇᑎᖅᑕᑦ

ᐊᑕᐅᓈ ᐊᓪᓚᓂᑦ ᐱᖃᓐᓇᕆᖕᓂᕐᒧᑦ ᐅᐸᒐᖅ

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ᐱᐅᓂᖅᓴᐅᓕᖅᑎᓗᒍ ᐱᐅᓂᖓ ᐃᓅᓯᐅᑦ ᓄᓇᖃᖅᑳᒃᓯᒪᔪᑦ ᐃᓅᖃᑎᒌᓄᑦ ᐊᖓᔪᖅᑳᒃᑯᓂᖕᒥ ᐊᓂᒃᑐᖅᓯᒪᓂᕐᒥ. ᐋᖅᑭᐅᒪᑎᑕᐅᖅᑯᓐᓗᒍ ᐱᖅᑯᓯᖓ ᓄᓇᓕᐅᑦ, ᐃᓚᖅᑯᓯᖅᑲᑎᐊᕐᓯᐊᕐᓂᖅᓂᒃ ᓇᖕᒥᓂᖅ–ᐃᑲᔪᕐᓂᕐᒥᒃ ᐊᒻᒪᓗ ᐱᕙᓪᓕᐋᓂᕐᒥ ᐃᓚᒋᔭᐅᓗᓂ ᐱᖅᑯᓯᕐᒥᒃ ᐃᓚᓐᓂᐊᖅᑎᑦᑎᔪᖅᑲᕐᓂ ᐃᓐᓇᒻᒪᑎᒋᔭᑦᑎᓂᑦ.

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ᐊᓐᑎᐅᕆᔪᒥ ᓄᓇᖃᖅᑳᒃᑳᒃᓯᒪᔪᑦ ᐊᕐᓇᖕᒋᑕ ᑲᑐᔾᔨᖃᑎᒌᖕᒋᑦ (ᐋᑐᕙᒥ)

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www.onwa.ca/ottawa-services

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ᐋᑐᕙᒥ ᐸᓛᓯᒃᑯᑦ ᐱᔭᕇᓯᕈᑎᖕᒋᑦ

ᑐᐊᕕᕐᓇᖅᑐᖅᑲᒃᑎᓐᓇᒍ: 613-236-1222

www.ottawapolice.com

ᐋᑐᕙᒥ ᑯᔭᖕᓂᒃᑯᑦ ᐋᓐᓂᐊᖅᑕᐊᓕᒪᓂᕐᒧᑦ ᑕᑯᔭᐅᕕᒃ

613-234-4641

www.ottawapublichealth.ca/en/public-health-topics/sexual-health-clinic.aspx

ᑯᔭᖕᓂᒃᑯᑦ ᐊᐅᑦᑐᕐᓗᖅᑲᑦᑕᐅᑎᓂᖅ ᐊᒻᒪᓗ ᐊᐅᒃᑯᑦ–ᐊᐅᑦᑐᕐᓗᖅᑲᑦᑕᐅᑎᓂᕐᒧᑦ ᓱᕈᓯᑕᐅᓐᑦ (STBBI) ᖃᐅᔨᓴᖅᑕᐅᔪᑎᑦ, ᑐᐊᕕᓇᖅᓱᔪᖅᑲᒃᑎᕐᓗᒍ ᓇᔾᔨᔭᔪᓄᑦ, ᐊᑭᑐᓗᐊᖕᒋᑦᑐᑦ ᓇᔾᔨᔭᔭᐃᒃᑯᑎᑦ, ᐃᒡᓕᐊᕐᒨᒐᖅ ᓇᔾᔨᔭᔭᐃᑯᑎ (IUD)/ᐃᒡᓕᐊᕐᒨᒐᖅ ᓇᔾᔨᓇᖕᒋᑦᑐᖅ (IUS) ᐊᒻᒪᓗ ᐅᕕᓂᖕᒨᖅᑕᐅᓯᑦ ᓇᔾᔨᓇᖕᒋᑦᑐᑦ, ᓇᔾᔨᖕᒪᖕᒐᑦ ᖃᐅᔨᓴᕈᑎ ᐊᒻᒪᓗ ᑐᓴᐅᒪᔭᔪᑎᒃᓴᕐᓂᑦ ᓇᓛᕐᕕᒃᓴᐅᓂᖕᒋᓐᓂᒃ, ᑎᖕᒐᒃᓗᓕᕐᓇᖅᑐᖅ A–ᒥᒃ ᐊᒻᒪᓗ B–ᒥᒃ ᐊᐅᑦᑐᕐᓗᖅᑕᐅᔪᓐᓇᐅᓕᔭᔪᑎ, ᐅᕕᓂᒃᓗᓕᕐᓇᖅᑐᖅ ᖃᓂᒻᒪᓯᕐᒥᑦ (HPV) ᐊᐅᑦᑐᕐᓗᖅᑕᐅᔭᐃᑯᑎᑦ, ᐊᒻᒪᓗ ᐊᑭᖃᖕᒋᑦᑐᑦ ᐅᓯᖕᒍᓯᑦ ᐳᑦ.

ᐱᔭᕇᑎᖅᑕᑦ

ᑎᐅᐋᒐᓐ ᐃᒐᓗᖅᑕᑦᑎᑦᑎᔭᕇᑎ

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www.teweganhousing.ca

ᑎᐅᐋᒐᓐ ᐃᒐᓗᖅᑲᑦᑎᔭᕇᑎ ᓄᓇᖃᖅᑳᒃᓯᒪᔪᓂᑦ ᒪᒃᑯᒃᑐᓂᒃ 12–ᓂᒃ ᐃᒐᓕᖅᑲᑐᖅ ᐋᖅᑭᒍᑎᕙᓪᓕᐊᔪᓄᑦ ᐊᖕᒋᑦᑎᖅᑲᑦᑎᔭᕇᑎ ᐊᓪᓚᓂᒃ, ᐃᓄᖕᓂᑦ ᐊᒻᒪᓗ ᐊᓪᓚᒪᔪᓂᑦ ᐊᕐᓇᓂᑦ, ᐅᑭᐅᓚᖕᓂᑦ 16–ᓂᒃ ᑎᑭᓪᓗᒋᑦ 29–ᓂᒃ, ᑕᐃᒃᑯᓂᖕᒐ ᐊᖕᒋᑦᑎᖅᑲᖕᒋᑦᑐᓂᒃ ᐅᕝᕙᓘᓐᓃᑦ ᖁᒃᓴᓇᖅᑐᒥᑦᑐᓂᒃ ᐊᖕᒋᑦᑎᖅᑲᕈᓐᓃᑦᑎᐅᓴᓂᖕᒋᓐᓂᒃ.

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ᑯᔭᒃᑕᐅᓂᒃᑯᑦ ᐱᒋᐊᖅᑕᐅᓯᒪᔪᓂᒃ ᐃᑲᔪᕐᕕᒃ ᐋᑐᕙᒥ (SASCO)

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www.sascottawa.com

ᓄᓇᓕᖅᑎᑦᑕᐅᓯᒪᔪᓄᑦ ᐱᔭᕇᓯᕈᑎᑦ, ᐃᓅᓚᖅᑕᐅᕕᒃ, ᐃᓱᒪᒥᒍᓯᕈᑎᓕᖕᓄᑦ, ᐃᒐᓗᖅᑲᑦᑎᔭᕇᑎ, ᒪᓚᒐᖅᑎᒍ ᐱᔭᕇᓯᕈᑎᑦ, ᐃᓚᖅᑯᓯᒥ ᐱᔭᕇᓯᕈᑎᑦ.

ᐱᔭᕇᑎᖅᑕᑦ

ᑐᙵᓯᕐᕕᖕᒐᑦ ᐃᓄᐃᑦ ᐋᑐᕙᒥ

613-565-5885

www.tiontario.ca

ᐃᓄᖕᓄᑦ ᑐᕐᖓᓯᔪᖅ ᓄᓇᓕᖕᒥ ᐃᑲᔪᖅᑕᐅᔪᑎᑦ ᐃᓄᖕᓄᑦ ᖃᓄᑐᐃᓐᓇᖅ ᐅᐅᖃᖅᑲᑎᒋᓚᐋᖅᐸᑕ ᑲᓯᖅᑎᑦᑎᔪᖅ ᐃᓄᖕᓂᑦ ᐃᓚᖅᑯᓯᖕᒋᓐᓂᒃ.

ᐱᔭᕇᑎᖅᑕᑦ - ᐃᓄᖕᓂᑦ ᐱᔭᕆᐊᖃᕐᓗᐊᑕᖅᑐᖅ

ᓂᐱ ᓇᓂᔭᐅᔪᖅ – H.E.A.L.T.H (ᐋᓂᐊᖃᖕᒋᓐᓂᖅ) – ᑕᑯᔭᐅᕕᒃ

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www.voicefound.ca/the-clinic

ᖁᐋᖅᓴᖅᓯᒪᓗᐊᓂᕐᒥᒃ–ᖃᐅᔨᒪᑎᑕᐅᓂᖅ ᐋᓐᓂᐋᑦᑐᑦᑕᐅᕕᒃ ᐃᓅᖃᑎᒌᓂᒃ ᓂᐅᕕᐋᓇᔭᐅᑎᑕᐅᓂᕐᒥᒃ ᐊᓂᒍᐃᓯᒪᔪᓄᑦ. ᐋᓐᓂᐋᕕᓚᐊᖅᑐᖅᓱᐅᑎᒥᒃ ᓇᓚᑦᑕᐅᑰᒫᑎᑎᖃᖕᒋᓐᓂ, ᑭᓇᐅᓂᕋᑎᑎᖃᖕᒋᓐᓂ ᐅᕝᕙᓘᓐᓃᑦ ᐃᓅᓚᓴᖅᑕᐅᓂᕐᒧᑦ ᐱᔭᐅᖓᑦᑎᖃᖕᒋᓐᓂ.

ᐱᔭᕇᑎᖅᑕᑦ

ᐅᐋᕕᓄ ᐅᐸᒐᖅ ᓄᓇᖃᖅᑳᒃᑳᒃᓯᒪᔪᓄᑦ ᐋᓐᓂᐊᓯᖅᑕᐅᕕᒃ

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ᐃᑲᔪᖅ ᒪᒃᑯᒃᑐᓂᒃ ᐃᓄᖕᓂᑦ ᐱᓕᕆᐊᕆᔭᐅᖁᕐᓗᒋᑦ ᐅᓗᐊᓇᖅᑐᒥᑎᑦᑕᐅᔪᑎᖕᒋᑦ ᑎᒥᒃᑯᑦ, ᑯᔭᒃᑕᐅᓂᒃᑯᑦ, ᐃᓱᒪᒥᒍᓯᕈᑎᖃᓂᒃᑯᑦ, ᐊᒻᒪᓗ ᐃᓅᖃᑎᒌᓂ ᖃᓄᐃᖕᒋᑦᑎᐊᕐᓂᖕᒋᑦ.

ᐱᔭᕇᑎᖅᑕᑦ