

BAGOSENDMANG

The Office of the Children's Advocate
Ji-nisidizosig Awiya Wiindamaagewin

BIBOON 2014

GAANDINIGAADEG BIMITOOWIN... GIZHIZHAWITWAAWIN!

Wijjadwaa Gijjiwaaganag

“Zanagad awiya ji-waabamad gagwaadagitoo. Giishin awiya gikenimad dazhindang wii-nibod, gidaa-wijj'aa wijjiwaaganimad.

Maagizhaa giga-waabamaa gijjiwaaganag gezi-ka bakaan izhi-ayaad. Maagizhaa gaye daabida daa-**MIGOSKHAADENDAMOOG** gemaa daa-**NISHKAA-DIZIWAG**. Maagizhaa giga-ig gijjiwaaganag ondamidiz ji-babaa-wijjiwig. Maagizhaa miinawaa gijjiwaagan gaawin naagaji'idizosii, daabishkoo giziibigazhesig-waa gemaa nitaa-ayekozi. Gijjiwaagan gaye **AYAANG-WAAMICHIGESII** gemaa **miigiwed odaya'iiman** gechi-inendang. Naanigoding gaye gezika aapiji gizhizhawizii gemaa jikendam.

Onjida ji-minjimendaman, awiya dezhindang wii-nisidizod, gaawin memindage noonde-nibosii, omichi-noonde-wiindamaagewag gagwaadagitoowaad. Gimichi-gikendami'igon ji-aangwaamiziyang, **bagosendamowin idash ayaamagad**.

Anamitooon omaa aaniin ge-izhi-wijji'adiban gijjiwaagan: <http://kidshelpphone.ca/Teens/InfoBooth/Emotional-Health/Suicide/Helping-a-Friend.aspx>



United Nations Convention on the Rights of the Child
Article 6

You have the right to not only live, but thrive!

Klinik Community Health Centre dago Winnipeg Regional Health Authority wii-wiidanokiindiwig ji-ozhitoowaad ozhibii'igan, **Gimino-ayaa na?** Mazina'iganens giwiindamaagon aaniin ji-in-aabandizoyeg aaniin enendamang bimaadiziyin. Aaniin anamitooon:

Aaniin enad awe gagwe-jimig, **“Aaniin?”** gemaa **“Gimino-ayaa na?”** Niibowa endashiyang ginakwetaamin daabishkoo – **“mii-go igo”** or **“Mii-sa go.”** Waawiikaa giwiindamagemin aaniin igo enamanji'oyang gemaa gaye giinawind igo ji-gagwejim-idizoyang iwe.

Wiikaa na gigagwenjidiz ono gagwedwewinan-

Aaniin ezhi-ayaayaan?
Aaniin memindage enamanji'oyaan?”
Ninjiikendaan ina bimaadiziyin gemaa debinaag bimitooyaan?
Ninjiikeminidiz ina aaniin gaye ezhi-wijjiwageyaan?
Ninayendam ina?
Ninidendam ina nimbimaadiziyin ji-agindeg?

Zanagadon ono gagwedwewinan ji-gagwedweng maagizhaa gaye ji-nakwetaang. Onjida dash ji-gikenjigaadegin ji-gikendaagwak daga jiminno-ayaayan gidinendamowining.

Niibowa awiya ogikendaan aaniin ji-izhichigeng ji-mino-ayaad wiiyawing, niibowa gaye gidizhichigemin gegoo ji-mino-ayaang giyawininaang. Aaniin idash ezhichigeyan ji-mino-ayaayan gidinendamowining?

Omaa mazina'iganens mikan: http://www.wrha.mb.ca/prog/mentalhealth/files/AreYouOkBrochure_e_final.pdf

- Bigo gaa-bi-izhichigyan
- Bigo gegoon endoodaman
- Bigo gegoon waabandaman
- Dabaapiyan waaseniganing
- Ozaawashkoon gemaa ashkaawashoon
- Menigan gemaa gaashaakobideg
- Gego wiikaa niisinangen
- Michi-ombinikenin
- Ombinan minik ji-ishkinikeyan
- Wiindamaagen imaa ayaayan
- Gizanagi'igon ji-bimaaji'owan
- Giwii-baapii

Lupe Fiasco -
Onjida ji-aanikeseg

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TWITTER @OCADVOCATE

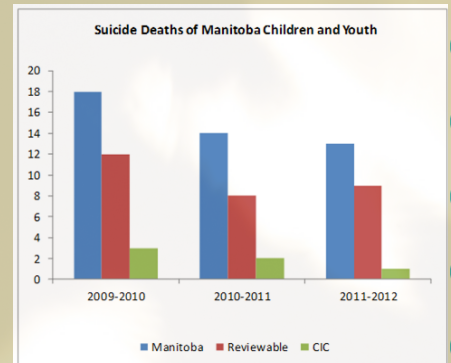
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WWW.CHILDRENSADVOCATE.MB.CA

AANIIN AGINJIGANAN EKIDOOMAGAKIN?

Enokiing **Office of the Children's Advocate (OCA)** endaswaaki odoozhibii'aanaawaa' mazina'igan wiindamaagemagak awenen zhigwa aaniin minik oshki-ayaag nesidizowaad omaa Manitoba.

2010-2012 gaa-akiiwang, abinoo-jiiyag, oshki—ayaag gaa-nisidizowaad. Mii owe 9% dibach awiyaag gaa-gii-nibowaad.



Ingiwe Public Health Agency of Canada ikiodwag owe **mino-in-endamowin**:

“...endashiyang geshktooyang ji-moozhi'oyang, enendamang, ayendoodamang gaye ji-wenjitooyang **ji-jiiikendamang bimaadiz-iwin** aaniin ayizhichgaadamang gegoon ayizhiwebiziyang.”

Wenjiseg: <http://www.phac-aspc.gc.ca/mh-sm/mhp-psm/faq-eng.php>

Ji-mino-ayaang inendamowining ji-ayaang: **Mino-ineniigewin Waawii'iweng Waawii'iding Aginzowin Gidanokiiwinan**

Dr. Martin Seligman, 2011 <http://www.authenticappiness.sas.upenn.edu/default.aspx>

“Giishin bezhigoyan inendaman niibaadibik, gikendan gaawiin wiikaa gibezhigosii Gakina awiya mii ningoding enendang, Ji-gikendamban giwiindamoon – Gikendan **debwetoonaan** Daabishkoo ezhi-debwetawiyang.

Mike Stud, *Past Gone*
Ganawaabandan mezinaateseg dibaajimowin aaniin bezhig gaa-izhi-gagiikimaad oshki-ayaa noonde-wiijiwindwaa: <http://youtu.be/AQtAUxuQukc>

Oshki-ayaag nawach da-zoongaadiziwig giishin gashkitoowaad gegoon ji-idamowaad wii-ji'iwewinan eyaamowaad.”

Resilience Research Centre <http://www.resilienceproject.org/>

“Ningoji igo 1.2 Million Canada abinoo-jiiyag zhigwa oshki-ayaag odayaawigonigowaa' odinendamowiniwaa'-ambe gaawiin abooshke 20% dibach wiiji'aa-siiwag.”

Awashime anamitoon odanokiiwin-iwaa' Mental Health Commission omaa Canada: <http://www.mentalhealthcommission.ca/English>

“Endasogiizhig ezhiseg Ikwezens na'egaach bimitood Ozanagi'igon ji-nagazhi'ned, bagosendam”

Ozhibii'igan onji, *Slowly*, gii-miini-goyaang Manitoba Oshki-ayaag genawenimindwaa

Zhaabwiiwin ayi'ii: **“MINO-AYAAWIN ABOOSHKE ZANAGITWAANG”**

Masten, A. S. (2001). Ordinary magic: Resilience processes in development. *American Psychologist*, 56(3), 227-238.

“gaawiin eta giizhichigan ji-ni-igaa nichigaadcg. Nawach aaniin ge-izhi-giizhitooyan ji-bimosaadaman.”

Tom Landry

“Gashki'ewiziwindwaa oshki-ayaag, ogikina'amageg, mino-ayaawin enokaadamowaad nawach gekendamowaad mino-in-endamowin, daa-wiiji'iwewag aaniin ezhiwebiziwaad gaa-aakoziwaad odinendamowining. Wiiji'iwewinan ayaamagadoon wiijiwindwaa oshki-ayaag dago odinawemaaganiwaa' ji-dazhindamowaad aaniin ayizhiwebiziwaad-jibwaa gegoon izhisewaad-nawach daa-izhi-mino-ayaawag.”

Geyaabi gikendan Mental Health Commission of Canada <http://www.mentalhealthcommission.ca/English>

“Gaawiin nindaa-meshk-wajitwaawaasiig, ningikendaan idash ji-meshkwajitooayaang ji-mino-ayaawaad.”

Ozhibii'igan onji, *News Flash*, Manitoba oshki-ayaag nigii-miinigonaaanig

Aandi wendinamaang:

Niigaanibii'igan: <http://justbobimages.com/sunrise-on-graffiti-underground/>
Mininj: http://images.suite101.com/3405008_com_1069383_31346367.jpg
Na'egaach igo: http://alyssaaldrich.com/wp-content/uploads/2013/04/Keep-Calm-and-Carry-On-Navy-Blue-Poster-Front__69597.1319984235.800.800.jpg

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