

#2 — Feeling lonely? Here are some ways to feel better.

Kibabeshikowamajiho? Okweniwan aadit kekonan kewiji minowamajihoyan.

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Shikadendamowin egwa babeshikowin
iinamajihowinan kakiimoshdowinan kiishpin
egaa wawijiiwidiyek kiin egwa kodakiyak
awiyak kaa-iishi dedibaashkodaadiyek. Kiishpin
aanimihtowanen iwe oji shikadendamowin
naanda babeshikowamajihowin mekwaach
kaaniikadeshkodaadinaaniwak, kichiinendaakwan
jikanokeyan kiyaabich edakwakin aandi kewiji
debinaman iikweniwan wijihiikowinan. Nihtaa iisise
biko jishikadenjikaadek, kaababeshikonaaniwak egwa
kaaniikadeshkodaadinaaniwak eshkam, shaakoch
dayani oji majise kiishpin iikweniwan iinamajihowinan
kinowesh bimisekin.

Kiishpin moshdoyanin shikadendamowin egwa
babeshikowenimowin, kidinamajihowinaadok:

- Egaa esaakihikoyan
- Egaa edebishiniyan iimaa

- Egaa ebakidinikoyan jiwijidwaayan iima
wawijiiwidowinik (dokaan kiiji oshkaadisak,
kidibenjikewinik naanda biko awiyak iimaa
bimaadisowinik)
- Daabishkoch egaa awiyak kidoodemak
- Kakina awiyak iimaa dashiikewinik awiyan
ewijiiwaawaach
- Egaa ekashkidoyan jidodaman kekoon
kaayaajisek iimaa dashiikewinik (dokaan
aajikosowin, oshki kikinohamaakewikamikok,
biidikamik jidanabiyan mekwach COVID-19
kaamishtehsek, dokaanan)
- Kaanaawaabamadwaa kidoodemak egwa
kidibenjikewinik awiyak
- Egaa ewijiiwadwaa awiyak egwa bimaadisowinik
awiyak
- Daabishkoch e-iisisek egaa kekoon edakwak
kekiidoodaman jimojibabeshikoyan biko

Ahpai kaabakamishkaakoyanin okweniwan moshdowinan kinowaakaash, dayani ojise iimaa aakosowin, egaa
saabendamowin naanda kaamaamidonenjikaadek nihsidisowin. Kichiinendaakwan ji-ayamihaakanoch awiya
kaakanaadenjikech dokaan oniikihikomaa/obamihiiwe, mashkikiwini, okikinohamaake, kikinohamaakewikamikok
ayamihiiwewinik owijihiiwe naanda dibenjikewinik awiya. Awaashishag owijihiiwewiniwaak maajikidowinik
ayamihiiwewinik owijihiiwek ayaawak iima niishidana niwishaab kaawaakaasenik niiswaaso kiishikaa iimaa
akidaasonik 1-800-668-6868.

Aan kewiji minowamajihoyan?

Kiishpin moshdoyanin shikadendamowin egwa babeshikowenimowin, okweniwan maamidonenanin:

- **Kanooken kaawin jimojibabeshikoyan:** kekaad kakina awiyak shikadendamowak kababimisenik – mishiin
awiyak beshikwan iinamajihowak kaa-iinamajihoyan nookom.
- **Kidinamajihowinan debweyendaakwanoon:** amiibiko debwe e-iisisek eshkam jishikadenjikaadek. Shaakoch
kanooken, kiishpin egwa ahpii nadawendaman, wijihiikosowin dakwan.
- **Anikikendan jibonendamaakeyan:** kiishpin nishkaadisowin egwa majenjikewin ewiji niikadenikoyan kekiwiji
biminshahamaban kekoon beshikwaa kaakiikichiinendamaban, kakwekaamiinoniken.
- **Ayamihii kaakanaadenjikech awiya:** kiishpin majisewinan odanaak kaakii iisisekin ewiji niikadenikoyanin,
kakwe ayamihii oniikihikomaa/obamihiiwe, okikinohamaake naanda mashkikiwini iikweniwan oji
kidinamajihowinan.

Okweniwan aadit kekoonan kekiiwiji wiihiikoyaban kidinamajihowinik iiwe oji shikadendamowin egwa babeshikowenimowin:

- Wiijidwaan iimaa mamaataawaabikok kaadashimaawajihidinaaniwak, wawiijiwidowinik naanda wiijidodamowinik
- Majitoon oshkidodamowin naanda kekoon iishiijikewin (miikisikwasowin, mihtiko anohkiiwin, kiishitebowin dokaanan)
- Ahkiiwi doodamowinan doodanin (kwaashkwebinewin, mawisowin, babaamaakimewisewin, bimosewin, dokaanan)
- Bakidindisin jiyanoohaadamanin iikweniwak kidoodemak aasha kayaawadwaa
- Andawi bimosen naanda andawi kakwejiin (mekwaach kaye bimiikadendisinaaniwak)
- Wiijidwaan iimaa mamaataawaabikok kikinohamaakewinik dashidamaadowinan egwa ayamihidowinan (kiishpin dakwanikwen iiwe)
- Kakwe mihkawik oshki awiyak iimaa mamaataawaabikok (mekwaach bimi ayaakwaamisiiyan kewijiminoseyan)
- Wiijidwaan mamaataawaabikok iiwe kekoon kaakichiinendaman

Dakii iisise jishaaboshkikaadek iiwe shikadendamowin egwa babeshikowenimowin, shaakoch noomake dabimise egwa dayanohkaajikaade iiwe. Kidaakii kojidoon oshki kekoon — naanda aadit kekoonan — mwaye ahpin keyaniyaajisekin kidinamajihowinan.