GARGAAR DEGDEG AH **911**

Adeegyada Caruurta iyo Caruurta Qaan Gaarka ah:

- Directions For Youth & Families 614-294-2661
- Franklin Co. Children Services 614-229-7000
- Huckleberry House 614-294-5553
- Nationwide Children's Behavioral Health Services 614-355-8080
- National Teen Dating Abuse Hotline 866-331-9474
- St. Vincent's Family Center 614-252-0731
- The Center for Family Safety and Healing 614-722-8200

Adeegyada Dulmanayaasha Waaweyn

- CHOICES, 24hr crisis/shelter 614-224-4663
- Community Refugee Immigrant Services (CRIS) 614-235-5259
- Jewish Family Services 614-231-1890
- Mt. Carmel, Crime & Trauma 614-234-5900
- National Domestic Violence Hotline 800-799-SAFE (7233)
- Ohio Domestic Violence Hotline 800-934-9840
- Rape Hotline (24hr) 614-267-7020
- Suicide Prevention 800-273-TALK (8255)

THE CENTER FOR FAMILY
SAFETY AND HEALING

Caawi Dhibqabeyaasha Dhibaatooyinka Qoyska

Ma jiro qof xaq u leh in dhib loo gaysto. Dhibaatooyinka qoyska ma laha xuduud waxaana ka mid ah dhibaatooyin kala duwan iyo xumaatooyin loo gaysto caruurta, dhalinyarada, dadka waawayn iyo waayeelka. Hadii adiga ama qof aad taqaanid loo gaysto dhibaato, wac lambarada ku qoran kaarkan midkii aad doontid. Xusuusnow kaligaa ma tihid.

SIDA LOO DIFAACO NAFSADAADA

- Lahadal qof aad ku kalsoon tahay. Qaraabo, saaxiib, daris, macalin, wadaad ama dhakhtar-way ku garab istaagi karaan wayna ku caawin karaan.
- La xiriir ururada bulshada si ay kuu caawiyaan. Way ku caawin karaan hadii aad u baahan tahay meel aad joogtid ama difaac dhinaca sharciga iyadoo lagaa difaacayo qofka dhibaatada kuu gaysanaya ama u gaysanaya qofka qoyska ka mid ah.
- Hadii xaaladaadu ay tahay mid degdeg ah amase aad khatar ku sugan tahay, wac 911. Booliiska ayaa adiga iyo qoys kaagaba ka dheerayn kara khatarka.

Hadii aad tahay qof qaan gaar ah, dejiso qorshe aad ku baxsato hadii aad go'aansado in aad ka baxsato qofka dhibka kuu gaysanaya. Meel dhigo wax yar oo lacag ah, wixii dokumeti ah ee muhuum ah, (warqadaha dhalashada, kaarka sooshal sakuuritiga, iwm), furaha guriga iyo dhar aad si dhakhso ah u heli kartid hadii ay xaaladu xumaato.

SIDA LOO CAAWIYO DADKA KALE

Hadii aad aragto qof kale oo dhibaatooyin loo gaysanayo ama aad aragto ilmo, dhalinyaro ama qof waayeel oo ku sugan khatar, wac 911 ama booliiska xaafada si degdeg ah.

Sida loo caawiyo dadka waawayn ee ku jira xiriirka ku sa laysan dhibaatada:

- sii diyaarso waxa aad rabtid in aad tiraahdid, diyaarso wakhti fiican iyo meel aad ku hadashid.
- Waydii su'aalo sida "sideen kuu caawiyaa? Maxaad rabtaa in aad ka samaysid xaaladan?" Dhagayso adigoon qofka liidaynin

Ha ku xad gudbin ama hoos ha u dhigin qofkaas. Qofka dhibka qaba u ogolow wakhti badan oo uu ku hadlo.

- Ha ku dhihin " ka carar " waxaa laga yaabaa in ay tahay talo khatar u keenaysa.
- U sheeg qofkan dhibaataysan in aad aaminsan tahay in dhibaatooyinka dhinaca hadalka, maskaxda ama jirka Aad ka soo hor jeedid.
- Qofka waxaad siisaa wixii akhbaar ah ee caawin kara ee uu ka heli karo ururada bulshada.

Sida loo caawiyo qof dhalinyaro ah oo ku jira xiriir dhibaato ku salaysan:

- La wadaag waxaad ka walwalsan tahay qofka ilmaha dhalay/ qofka mas'uulka ka ah ama qof wayn oo aad aamin tay.

Sida loo caawiyo qof ilmo ama qof dhalinyaro ah oo dhibaato loo gaysto:

- Shakiga aad ka qabtid in ilmahaas dhibaato loo gaysanayo u gudbi Xarunta Adeega Caruurta ee Franklin (Franklin County Children Services) wixii talefoon ah ee soo gaara xaruntan waa la asturayaa.

Sida loo caawiyo qof waayeel ah oo dhibaato loo gaysto:

- Shakigaaga aad ka qabtid in qof waayeel ah la dhibaateeyo u gudbi Ururrada Difaaca Waayeelka (Adult Protective Services). Taleefoonada oo dhan waa la asturayaa.

Si loo caawiyo qofka dhibaatada gaysanaya:

- U gudbi qofkaas barnaamijyada ku yaala kaarkan.

www.FamilySafetyandHealing.org

614-722-8200

as of 3/13/13

xxxx

Macluumaad Sharciyeysan

Franklin County Prosecutor's Office 614-525-3555

Batterer's Intervention Program ....

Southeast, Inc. 614-225-0990

Adeegyo iyo Brograamo kale

Ohio Attorney General Crime Victims Services ....

..............................800-582-2877

Somali Community Association of Ohio .614-262-4068

Somali Women & Children's Alliance 614-473-9999