

## ADIGA iyo ilmahaagu ammaan ma tihiin?

### Wehelkaagu...

- ma kugu qayliyaa?
- ma ku caayaa?
- dambi ma kaaga dhigaa uurka?
- ma jajabiyaa alaabtaada?
- ma waxyeelaa ama ma dilaa xayawaankaaga guriga?
- ma ku hanjabaa inuu wax ku yeeli doono?
- markasta ma rabaa inuu isagu xukunka lahaado?
- ma kuu diidaa inaad aragtid saaxiibadaa ama qoyskaaga?
- ma kuu diidaa inaad aragtid dhakhtarkaaga ama umulisada?
- ma xukumaa waxa aad cuntid ama inta aad cuntid?
- ma xukumaa lacagtaada?
- ma ku hanjabaa inuu ilmaha kaa qaadan doono?

### Kani waa xumeyn NIYADDA ah.

**Waxay keeni kartaa xumeyn ah jidhka.**

### Nooc kasta oo XUMEYN ahi

**waxyeele ayuu kuu keeni karaa.**

### Xumeynta lagugu sameeyo wakhtiga aad uurka leedahay waxay kuu keeni karta:

- inaad dareentid murugo iyo cidlo
- inaad dareentid walwal
- in niyaddaadu xumaato
- inay ku soo gaadhaan xanuun iyo dhaawacyo
- inaad qaadatid khamri iyo daroogo
- in aanad si fiican wax u cunin ama u seexan
- inuu kaa soo dhaco ilmuhu

### ...waxana uu ilmahaaga u keeni karaa:

- inuu dhasho isaga oo si weyn u yar
- inuu goor hore dhasho ama soo hormaro
- inuu dhasho isaga oo mayd ah
- inay soo gaadhaan dhaawacyo ama cuduro
- inuu wakhti dambe yeesho dhibaatooyin caafimaad
- in waxyeelo loo geysto ka dib dhalashada

# Adiga iyo ilmahaaga...



**Xumeyntu waxay keeni kartaa dhibaatooyin**

**XIDHIIDH oo dhex mara adiga iyo ilmahaaga.**

**BADBAADI NAFTAADA iyo ilmahaaga.**

## Waxa aad sameyn kartid...

- qof aad aaminsan tahay u sheeg waxa jira
- raadso dad ku gargaari kara
  - saaxiibada iyo qoyska
  - kalkaalisada ama umulisada
  - barehaaga waxbarashada ka horeysa dhalmada
  - kalkaaliso caafimaad dadweyne
  - la-taliye
  - hoy gabood ah (shelter) oo loogu talagalay haweenka
- haddii ay suurogal tahay sameyso qorshe baxsi degdeg ah
- raadso gargaar si aad uga baxdid xidhiidh xumeyn leh

Si aad u heshid war dheeraad ah oo ku saabsan xumeynta haweenka la xidhiidh:

**Springtide Resources** 416-968-3422  
[www.springtideresources.org](http://www.springtideresources.org)

**Community Legal Education Ontario (Waxbarashada Sharciga ee Beesha Ontario)**  
416-408-4420 [www.cleo.on.ca](http://www.cleo.on.ca)

**Rugta internetka ee Khadka Haweenka la Farosaaray (Assaulted Women's Helpline)** [www.awhl.org](http://www.awhl.org)

## Wehelkaagu...

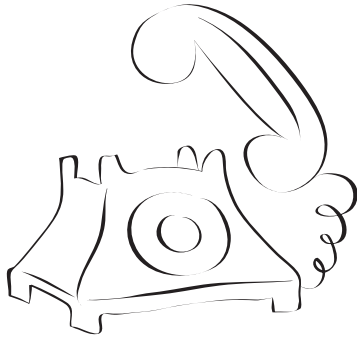
- ma ku garaacaa ama ma ku haraatiyaa?
- waxyeelo ma u geystaa naasahaaga, calooshaada ama inta u dhexeysa lugahaaga?
- ma kugu qasbaa galmo?

**Haddii aad HAA kaga jawaabtay mid ka mid ah su'aalaha sare, waxa laga yaabaa in adiga iyo ilmahaagu aad ku jirtaan KHATAR.**

**La hadal qof aad AAMINSAN TAHAY.**

**Waxa jirta taageero aad heli kartid.**

**Ma tihid kaligaa.**



## MEESHA GARGAAR LAGA HELO

**Boliis 911** (meelaha uu ka jiro) 24 saacadood maalintii, 7 maalmood todobaadkii  
**Assaulted Women's Help Line (Khadka Gargaarka ee Haweenka la Farosaaray)**  
**1-866-863-0511**

Khad teleefon oo leh gargaar ah 150 luqadood. 24 saacadood maalintii, 7 maalmood todobaadkii, TTY# 1-866-863-7868

[www.shelternet.ca](http://www.shelternet.ca)

Shelternet waxa uu haweenka la xidhiidhiyaa gaboodyada (shelters) aagga ka dhow. Ka eeg xagga hore buuggaaga teleefonka xarumaha dhiilada ee ka jira aaggaaga.

**XUMEYNTU badanaa waxay sii xumaataa mudo ka dib.**

**Ma JOOGSAN doonto marka ilmahaagu dhasho.**



 Citizenship and Immigration Canada / Citoyenneté et Immigration Canada

Dhokomentigan waxa lagu diyaariyey maalgelin ay bixiyeen Dawladda Ontario. Kharashka daabacaadda waxa taageeray Dawladda Kanada oo loo maray wasaaradda Muwaandanimada iyo Muhaajirnimada Kanada "Citizenship and Immigration Canada".