

Umutekano, Ubushishozi n'Ubuzima: Ngizo Imfunguzo z'Ishya n'Ihirwe mu rugo rwawe.
Amakimbirane n'ihohoterwa mu Ngo. – 2

Safe, Smart and Healthy – Keys to Success in Your New Home
Family Issues and Domestic Violence – 2
KINYARWANDA

<p>Niba hari umuntu uzi utotezwa yaba ari umugabo, umugore, umuntu ashaje cyangwa umwana , telefona 911 utange ikirego kuri polisi.</p> <p>Niba wumva nta mutekano ufite mu rugo, ushobora guhamagara 'National Domestic Violence Hotline', bakora amasaha 24 ku munsu kuri numero 1-800-799-7233. Aho bashobora kugufasha gushaka icumbi hafi yawe aho wagira umutekano kandi bakakugira n'inama.</p> <p>Izo zose ni telephone ushobora guhamagaraho ku buntu ukoresheje telephone iyo ariyo yose.</p>	<p>If you or anyone you know is being abused—including men, women, older people or children—call 911 and report the abuse to the police.</p> <p>If you do not feel safe at home you can call the National Domestic Violence Hotline, 24 hours a day, at 1-800-799-7233. This service can help you locate a shelter near you where you will be safe, and can also provide counseling.</p> <p>All of these are toll-free calls that are <i>free</i> from any telephone.</p>
<p>Head Start: Ni umushinga w'ishuli ry'abana kuva ku myaka 3 kugera kuri 6 uzwi kw'izina rya "Preschool"-ikiburamwaka.</p> <p>WIC: Mu magambo arambuye y'icyongereza: <i>Women Infants Children</i>. Ni ukuvuga abagore, impinja n'abana. Ni umushinga utanga ibiryo by'imfashanyo mu miryango kugirango babone ibyo kurya bihagije.</p> <p>Medicaid: Ni ubwiteganyirize mu rwego rw'ubuzima leta yashyizeho kugirango ifashe abantu kwivuza.</p> <p>Baza umukangurambaga ugushinzwe kugirango aguhe ibaruwa ikohera kuri umwe muri iyo mishinga.</p>	<p>Head Start is a school program for children ages 3 to 6, which is known as "preschool."</p> <p>WIC stands for <i>Women-Infants-Children</i> in English. This program provides food and food assistance to families, to make sure they have enough to eat.</p> <p>Medicaid is health insurance provided by the government to pay for medical coverage.</p> <p>Ask your caseworker for a referral to any of these programs.</p>