

**Ammaan, Caqli-Badnaan, iyo Caafimaad Wacnaan -
Waxyaalaha muhiimka ah ee aad guul ku gaari lahayd Wadankaaga Cusub
Arrimaha qoyska / Xadgudubka guriga - 2**

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

SOMALI

<p>Haddii adiga ama qof kale oo aad taqaanid la xumeeyo—oo ay ku jiraan rag, haween, dad waayeel ah ama caruur—wac 911 oo xumeynta u sheeg boliiska.</p> <p>Haddii aad dareensan tahay in aanad guriga ammaan ku hayn, waxa aad wici kartaa Khadka Budhcadnimada Guriga ee Heer Qaran (National Domestic Violence Hotline), ee ah 24-ka saacadood maalintii waana 1-800-799-7233. Adeeggani waxa uu kaa gargaari karaa inaad heshid gabood kuu dhow halkaasoo aad ammaan ku heli doontid; waxa kale oo ay bixiyaan la-talin.</p> <p>Wicitaanadaasi waa bilaash waxana ay <i>lacag la'aan</i> ka yihiin telefon kasta.</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 (oo ah Waxbarashada Goor Hore) waa barnaamij dugsi oo loogu talagalay caruurta jirta 3 ilaa 6 sanno, waxana loo yaqaana “da’da aan gaadhin dugsi” (preschool).</p> <p>WIC waxay Ingiriisiga u taagan tahay <i>Women-Infants-Children</i> taasoo ah Haweenka, Ilmaha Yaryar iyo Caruurta. Barnaamijkani waxa uu cunto iyo gargaar cunto siiyaa qoysaska, si loo hubsado inay haystaan cunto ku filan.</p> <p>Medicaid waa caymis caafimaad oo ay bixiso dawladdu si loo bixiyo kharashka caafimaadka.</p> <p>Shaqaalaha ku qaabilsan weydiiso in lagu gudbiyo mid ka mid ah barnaamijyadaas.</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>