MAA KU ARAKTAY MID KAMIDA DHAQAMADAN DADKA AAD TAQANID?

- Manta dhan wax ka sheegay sidaad u ektahay, go'amadada ka hor imanaya, wax kasta adiga kor ka saaraya.
- Manta dhan raba ino ogaado meshed joogti massage kuso diriya ku so wacaya xata la socda dhaqdhaqaaqa.
- Masayr badan oo maanta ka shakisan inad khiyaamaysi.
- Raba ino ogaado meel kasta lacag ku bixisay, dhaqalahana ku cadaadinaya.
- Ka gooya asxaabtada, qarabad, iyo familiga.
- Ku garaaca ama ku waabiyo si oo kaaga cabsiiyo.
- Kugu khasba galmada adoon rabin.

Women's Aid REGIONAL OFFICES

1. Antrim, Ballymena, Carrickfergus, Larne & Newtownabbey Women's Aid
T: 028 2563 2136
2. Armagh Down Women's Aid
T: 028 3025 0765
3. Belfast & Lisburn Women's Aid
T: 028 9066 6049
4. Causeway & Mid Ulster Women's Aid
T: 0300 373 1055
5. Fermanagh Women's Aid
T: 028 6632 8898
6. Foyle Women's Aid
T: 028 7141 6800
7. North Down & Ards Women's Aid
T: 028 9127 3196
8. Omagh Women's Aid
T: 028 8224 1414
9. Women's Aid Federation
T: 028 9024 9041

Hadad khatar ku jirtid haka biqin inaad wacdi police.

womensaidni.org

Women's Aid

Waada shaqaynta si aan u dhamyno xadgubka guriga

IN LA TAAGEERO DUMARKA CIYAALKA IYO DADKA AY SAAMAYSO XADGUDUBKA GURIGA

WA MAXAY XADGUDUBKU?

Gargaarka Haweenka waxa ay ku qeexaan xadgudubka guriga sida: " Xadgudubka siulakac ah iyo joogtada ah ee jireed ama shucuureed ee haweeneyda, ama haweeneyda iyo carruurteeda oo loo geysto hab sababa xanuun, dhib ama dhaawac."

Xadgudubka gurigu waxa uu ku lug leeyahay ku takrifal awoodeed oo uu qof kumaamulo qof kale, cilaaqaadka guurka ama qoyska dhexdiisa oo caadi ahaan siikordha soo noqnoqda iyo darnaanta wakhtiga. Xadgudubka gurigu ma aha oo kaliya mid jidheed oo waxa uu qaadan karaa qaabab badan sida jidh ahaan, hadal, maskaxiyan, dhaqaale, galmo iyo shucuureed, dhamaantood ujeedaduna tahay in lagu xakameeyo.

Dhaqanka khasabka ah iyo xakamaynta ayaa weli ah xadgudub waana dembi Waqooyiga Ireland. Waxa kugu dhacaya maaha wax la aqbali karo, waligaa okay oo adeegyada taageerada ayaa halkan u jooga inay ku caawiyaan.

ADEEGYADA TARJUMAADA

Haddii aad u baahan tahay inaad qof kula hadasho luqadda aad doorbidayso, Women's Aid waxay ku diyaarin kartaa adeegyo tarjumaad marka la codsado.

KA HEL KOOXDA GARGAARKA HAWEENKA EE DEEGAANKA GA.

WA AYO GARGAARKA DUMARKA?

Waxaan nahay hogaanka iskaa wax u qabso ee Northern Ireland wax ka qabashada xadgudubka qoyska iyo bixinta adeegyada gaarka ah haweenka, caruurta iyo dhalinyarada.

Waxaa jira 8 kooxood oo ka tirsan Gargaarka Haweenka ee Waqooyiga Ireland oo dhan kuwaas oo awoodi doona inay kaala hadlaan taageerada aad heli karto oo dhan sirta ah.

GARGAARKA HAWEENKA WAQOOYIGA IRELAND:

- In la siiyo hoy gabbaad haweenka iyo caruurteeda oo guriga dhexdiisa lagu dhibaateeyo.
- Bixinta adeegyo taageero oo kala duwan si ay awood ugu siiso haweenka ka tagaya xiriirka xadgudubka.
- In la siiyo adeegyo taageero oo kala duwan carruurta iyo dhallinyarada ay la kulmeen xadgudubka guriga.
- La shaqaynta hay'adaha ay khusayso si aad u hubiso ka jawaab celinta xadgudubka guriga.