

Kaadhka tilmaamta: GURI FARXAD LEH

Qof kastaa wuxuu xaq u leeyahay inuu haysto guri ammaan iyo farxad leh. Marka wanaagga qoysku soo dhimo amba yaraado, caawimo ayaa lagala soo gaadhi karaa si aad uga hortagto darxumo.

Warbixin iyo taageer bilaash iyo asbaab leh weeye.

Yoolalka: _____○

1. Weynaynta wacyigelinta
2. Sahlaynta helidda waddooyinka-caawimo

1

'XIDHIIDHO BILA RABSHAD AH' OLOLE



www.relatieszondergeweld.nl

2

WIJ GRONINGEN



www.wij.groningen.nl

Ka eego website-ka saacadaha furitaanka iyo helitaanka
wij-team ee agagaarkaaga

3

WENDER VROUWENOPVANG



Hoyga Haweenka ee Wender 088 - 066 3600



www.wender.nl/locaties/vrouwenopvang-groningen/

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FILOMENA GRONINGEN



La helaa isniinta ilaa iyo khamiista, 09:00-17:00 saac
088 - 066 3680



Saacadaha latashiga: Isniinta iyo khamiista 09:00-12:00 saac
www.filomenagroningen.nl



CENTRUM SEKSUEEL GEWELD (XARUNTA RABSHADAHA GALMADA)



Hoyga Haweenka ee Wender 0800 – 0188



www.centrumseksueelgeweld.nl



FIER (LEEWARDEN)



Hoyga Haweenka ee Wender 088 - 208 00 00



www.fier.nl



VEILIG THUIS



Hoyga Haweenka ee Wender 0800 - 2000



www.veiligthuisgroningen.nl



MARWALBA OO HALIS JIRTO MARKIIBA WAC 112!



Ma AZC ayaad deggan tahay, waxaad macal la xidhiidhi kartaa:
Hagaha deegaanka, hagaha barnaamijka amba maareeyaha kiiska

Kaadhkan tilmaamta waxaa ku yaal dulmar ku saabsan ururrada caawinta iyo adeeggo/mashruucyo. Fadlan ha ka waaban inaad nala soo xidhiidho haddii aad u baahan tahay wax caawimo ah amba aad su'aalo qabto.

Weydiinta caawimo iyo warbixin waa bilaash iyo si asbaab leh.

Ka wada shaqaynta Guri Farxad leh

La raadinayo: Taageereyaal guri ammaan iyo farxad leh

Waxaannu raadinaynaa shaqaale huraan ah, shaqsiyo waddo-furayaal ah (sleutelpersonen), shaqaale xirfadlayaal ah iyo ururro doonaya inay gacan ka geystaan dhisida mustaqbal nabadgelyo leh ee soogalootiga iyo sharci-haystayaasha Groningen

Waxaannu sameyno

- Kulammo hal abuur leh (isweydaarsi, tababar cunto karin, dabbaaldegyo, habeenno jaas/dheel)
- Wadahadallada ku saabsan nabadgalyada, caadooyinka & qiyamka, calaamaddo-tebid ah iyo caawimo

Waxaannu raadinaynaa

- Shaqsiyo waddo-furayaal ah (sleutelpersonen) & shaqaale huraan ah oo nala shaqeeya
- Shaqaale xirfadlayaal ah & ururro nala wadaaga aqoon iyo shabakad nala sameeya

Wadajir ayaannu rabshadaha guriga ka dhigi doonna wax la iskala hadlo karo iyo aannu dhisi doonna guri ammaan iyo farxad leh.

Ma rabtaa inaad ka mid noqoto shabakaddan muhiimka ah?



La xidhiidh hoggaamiyaha mashruuca rabshada guriga iyo xadgudubka carruurta ee soogalootiga iyo sharci-haystayaasha Afsaneh Moghadam



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