



BE HEALTHY. BE SAFE. BE READY.

Zaaj yaas suab dluab nuav yog muaj kev txhawb nqaa lug ntawm:



Mardag Foundation
A family legacy. A partner for Minnesota.



Yog xav paub ntxiv txog zaj no thiab kev pabcaum, mus saib echominnesota.org/hmn/library/domestic-abuse-your-safety

Yog xaav thov id dlaim DVD txug zaaj yaas suab dluab nuav kws uog siv email ECHO ces sau tuaj rua info@echominnesota.org

Yog xaav tau cov ntsab lug ntxiv txug ECHO cov haujlwm tiv tauj:
Lillian McDonald, Executive Director
651-789-4342
info@echominnesota.org
www.echominnesota.org



Kej Tsim Txom Huv Vaaj Tse hab Koj Txuj Kej Nyaab Xeeb

Kej tsim txom huv vaaj tse tshwm sim rua huv txhua lub zej zog hab raug rua tuab neeg tsi has muaj noob nyoog le caag hab yog hom tuab neeg dlaabtsi. Kej tsim txom huv vaaj tse kuj yog nyob rua ntawm cev nqaj dlaim tawv lossis nyob rua huv sab ntsws, nwg kuj yog kev thawb tuab neeg lossis ntaus tuab neeg, nwg kuj yog kev quab yuam pw ua ke tuab si. Kej tsim txom huv vaaj tse yog ib tug tuab neeg twg txuj kev siv nwg lub fwjchim hab kev tswj khoo lwm tug tuab neeg.

Txhua leej txhua tug tsim nyog muaj kev nyaab xeeb ntawm txuj kev tsim txom. Cov tuab neeg kws saib zaaj yaas suab dluab nuav yuav kawm txug tas kev tsim txom huv vaaj tse yog dlaabtsi, yuav ua le caag txhaj le txaav tau dleb ntawm txuj kev nuav, hab cov kev paab cuam kws yuav hu tau tuaj paab.

Zaaj yaas suab dluab nuav yuav muab tso tawm kws yog siv tsib hom lug nyob rau **tpt's** Tshooj Minnesota Channel (**tptMN**) – Comcast Tshooj 202 lossis 243, nyob rua ntawm saib yog thaaj chaw hov twg:

Nub Sunday, Lub Kaum Hli Ntuj Tim 21

Lug Askiv 7:00 tsaus ntuj

Lug Spanish 7:30 ntsaus ntuj

Nub Sunday, Lub Kaum Hli Ntuj Tim 28

Lug Moob 7:00 tsaus ntuj

Nplog – 07:20 tsaus ntuj

Lug Somali 7:40 tsaus ntuj

Zaaj yaas suab dluab nuav kuj muaj kws yog sau has lug Askiv rua cov tuab neeg laag ntseg hab cov kws tsi nov lug zoo nyob rau ntawm echominnesota.org.

