



BE HEALTHY. BE SAFE. BE READY.

Barnaamijkan waxaa saacidey:



Mardag Foundation

A family legacy. A partner for Minnesota.



Wixii warbixin dheeri ah eek u saabsan mawduuca iyo ilaha, booqo echominnesota.org/so/library/domestic-abuse-your-safety

Si aad u dalbato barnaamijkan oo DVD ah email u dir info@echominnesota.org

For more information about ECHO activities contact:

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651-789-4342

info@echominnesota.org
www.echominnesota.org



Xad gudubka ehelka iyo Nabad galyadaada

Xad gudubka ehelka wuxuu ka dhacaa xaafad kasta wuxuuna raad ku yeeshaa dadka jira cimri walb ama k imanaya taariiq nolaleed kasta. Xad gudubka ehelka wuxuu ahaan karaa jirdil ama mid dareen, wuxuu noqon karaa riixid and garaacid, waxaa ka mid noqon karaa maqunis isugalmood. Xad gudubka ehelka waa awood iyo xadidaad qofi u sheegto mid kale.

Qofkasta wuxuu mudan yahay inuu ka bed qabo xad gudub. Daawadayaasha barnaamijka waxey ka baranayaan waxa Xad gudubka ehelka la yiraa, sida loo hubiyo in la nabad qabo, iyo macluumaad loo waco kaalmo ahaan.

Barnaamijkan wuxuu Shaashada tpt Minnesota ee **tpt** uga bixidoonaa shan luuqadood – Shaashada Comcast ee 202 or 243 hadba halka la joogo:

Axad, Oktoobar 21:

English – 7:00 p.m.

Spanish – 7:30 p.m.

Axad, Oktoobar 28:

Hmong – 7:00 p.m.

Vietnamese – 7:20 p.m.

Somali – 7:40 p.m.

Barnaamijkan oo wata turjumaad English ah oo hoos ku qormeysa looguna talo galey dadka dhagaha la' ayaa laga helayaa www.echominnesota.org

