



Waalidiinta/Daryeelayaasha PPS:

Qof waliba si uun buu u halgamayaa. Kaligaa ma tihid. Waanu daneynaynaa caafimaadkaaga. Waxa jira dad iyo ururo bulsheed oo caawin kara adiga iyo qoyskaaga.

Haddii aad u walwalsantahay ilmahaaga ama naftaada, la xiriir mid kamid ah taageerooyinka hoose oo/ama la wadaag waxyaabaha aad ka welwelsantahay dhakhtarkaaga.

Caymiskaaga caafimaadka ayaa sidoo kale laga yaabaa inuu leeyahay illo waxtar leh. Wac lambarka (#) ku yaala xaga danbe ee kaarkaaga caymiska. Macluumaadka ku saabsan helitaanka caymiska caafimaadka: **Project Access Now** 503.345.6576 (turjumaada hadalka ayaa la heli karaa)

La-taliyahaaga dugsiga, adeegaha bulshada ee dugsiga, ama dhakhtarka cilmi-nafsiga ee dugsiga ayaa sidoo kale kaa caawin kara isku xirka adeegyada faqo-qabka maskaxda ee dugsigaaga ama bulshada dhexdeeda.

Illaha ku saleysan bulshada ee loogu talagalay Waalidiinta/Daryeelayaasha/Qoysaska

<u>Wac 211 Info</u>	<i>(Adeegyada tarjumaada hadalka) ee cuntada, guryaha, macluumaadka kale ee Illaha</i>
<u>Reach Out Oregon</u>	ee Taageerada Waalidka/Daryeelaha: 833.732.2467
<u>Khadka Taageerada Sinaanta</u>	<i>(oo ay ka shaqeeyaan dadka midabka leh una adeegaan dadka midabka leh ee la kulma saameynta cunsuriyada) 503.575.3764 (wakiilada labada luuqadood ku hadla iyo adeegyada tarjumaada hadalka)</i>
<u>Khadka Tooska ah ee Badbaadada iyo Xoogganaanta</u>	<i>(uma baahnid inaad dhibaato ku jirto) (adeegyada tarjumaada hadalka)</i> 800.923.4357
<u>Khadka Caawinta Adeegsiga Maandooriyaha</u>	800.662.HELP(4357) <i>(wakiilo ku hadla Isbaanish iyo adeegyada tarjumaada hadalka)</i>
<u>Khadka Ka Hortagga Is-dilka</u>	800.273.8255 <i>(adeegyada tarjumaada hadalka ayaa la heli karaa)</i>
<u>Khadka Ka Hortagga Is-dilka (Isbaanish)</u>	888.628.9454
<u>Call to Safety</u>	<i>(walaacyada rabshada guriga ama faraxumeynta galmeed):</i> 888.235.5333 <i>(turjumaada hadalka ayaa la heli karaa)</i>
<u>Proyecto Unica</u>	<i>(taageerada rabshadaha guriga ee luqadda Isbaanishka):</i> 503.232.4448
<u>Adeegyada Dhibaatooyinka ee Multco</u>	Khadka Dhibaataada: 503.988.4888 oo waliba ay ku jiraan taageerooyinka caafimaadka dhimirka ee laguugu keenayo adiga ama ilmahaaga Rugta caafimaad ee. Urgent Walk In Clinic (4212 SE Division) <i>(ballanta taageerada caafimaadka maskaxda ee isla maalinka ah)</i> 503.963.2575 <i>(turjumaada hadalka ayaa la heli karaa)</i>
<u>Wax Arag, Wax Sheeg Khadka Wargelinta Qarsoodiga ee Safe Oregon</u>	Wac/Qoraal u dir: 844.472.3367 <i>(wakiilada ku hadla Isbaanishka iyo adeegyada tarjumaada hadalka)</i>
<u>Khadka taageerada dhallinyarada ee qoraalka ah ee Lines for Life</u>	Qoraal ku dir 839863
<u>Youth Resource App</u>	ay wargaliyaan dhallinyaro oo la wargeliyo dhallinyaro si bilaash ah uga soo dejiso Apple. Android wali diyaar maaha.
<u>Xarumaha Caafimaadka Ardayda ee Degmada Multnomah</u>	waxay u furan yihiin DHAMMAAN fasalada Dhallinyarada Degmada Multnomah ee KG-12 ee
<u>Office of Violence Prevention</u>	For youth and families impacted by community violence. OVP@portlandoregon.gov, 503-823-4180