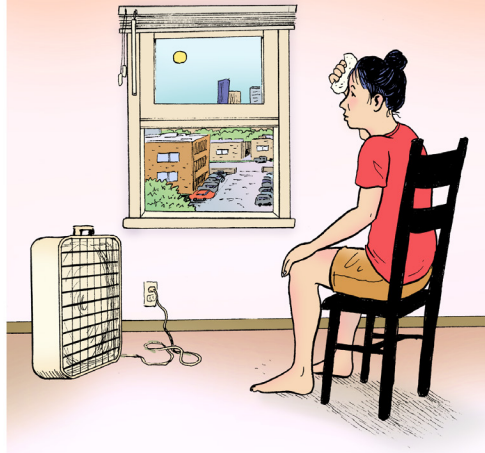


U-ADKAYSANAYA KULAYLKA:

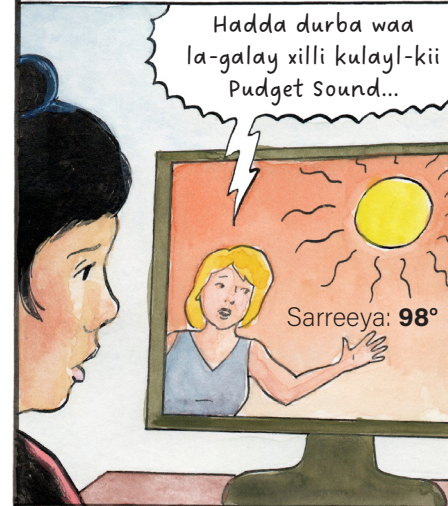
**SHEEKO KU SAABSAN
KA-BAD-BAADE RABSHAD GURI**



Markasta oo uu jiro hir kulayl daran, waxaan dareemaa walwal. Waxaana iga keena xidhiidh xad-gudub leh oon la-lahaa dhawr sano oo tagay...



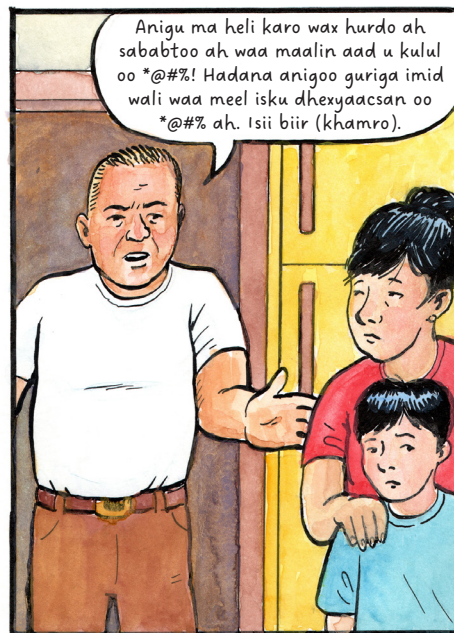
Marka uu jiro kulayl, saygaygu/nin kaygu wuxuu ahaa mid si fudud uga cadhooda xataa waxyaabaha aadka u-yar-yar.



Waxaa laga yaabaa in uu soo dagi /fiicnaan doono, haddaan wax walba si sax ah u sameeyo. Haddaan tagi karo dukaanka, waxaan samayn karaa jiis-beergar- twuuna jecel yahay kaas.



Waan ogahay, laakiin way ka sii dari haddii uuna helin waxa uu rabo! Maanta, Wuxuu rabi doonaa iyadoo qaboow.



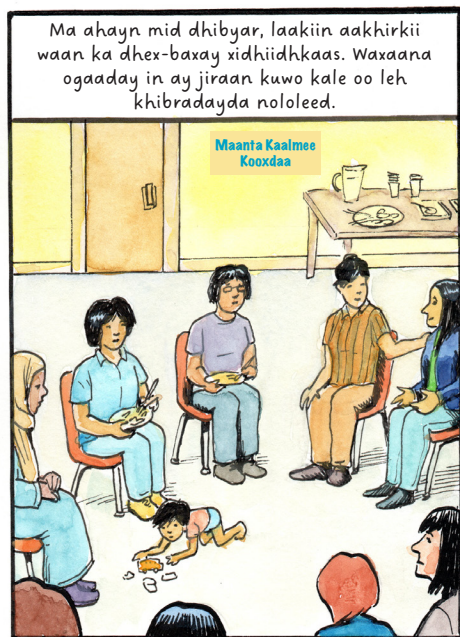
Anigu ma heli karo wax hurdo ah sababtoo ah waa maalin aad u kulul oo *@#%! Hadana anigoo guriga imid wali waa meel isku dhexyaacsan oo *@#% ah. Isii biir (khamro).



Waa maxay waxan *@#%? Anigu ma cabbo noocaan!



Maalmaha kulul waxay ahaayeen kuwo argagax leh.



Waxaan si kal-iyoo-laab ah ugu mahad-celinaynaa ka-bad-baadada nala wadaagtay sheekadaan. Ayadu waxay la-qortay sheekadan garaafka ah Meredith Li-Vollmer, farshaxan kana David Lasky. Kani waa mashruuca Climate & Health Equity Initiative (Hindisaha U-sinnaanta Caafimaadka & Cimilada).

Haddii adiga ama qof aad taqaano u baahanyahay caawin gudaha King County, WA:

New Beginnings (Billowyada Cusub)
Khadka-caawinta, la heli karo wakhti-kasta: 206-737-0242

Refugee Women's Alliance (ReWA)
(Isbahaysiga Haweenka Qaxootiyada)
waxay kugu caawin luuqado badan:
206-721-0243, Saacadaha-Shaqada-kadib
Khadka-caawinta Qalalaasaha:
1 (888) 847-7205

API Chaya, Wac Khadka caawinta oo leh luuqad kasta: 1-877-922-4292

Ka baxsan King County:
National Domestic Violence Hotline
(Khadka Caawinta Rabshadda Guriga ee Qaran) oo ah Ingiriis iyo Isbaanish, la heli karo wakhti-kasta:
1-800-799-SAFE (7233)

Public Health
Seattle & King County

