

YAAD KALA HADLI KARTAA ARRIMAHA CAAFIMAADKA MASKAXEED IYO FAYOQABKA SHUCUUREED?

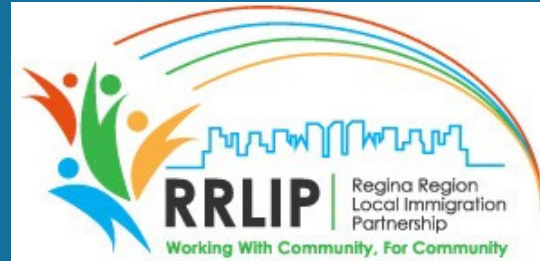
Waxaa laga yaabaa inaad haysato taageero aad ku kalsoon tahay oo ay ku jiraan qoyskaaga, asxaabtaada ama bulshadaada kuwaas oo aad ku kalsoon tahay inaad kala hadasho caafimaadkaaga maskaxeed iyo dareenkaaga. Hadday sidaas tahay, taasi waa wax weyn! Fadlan la xidhiidh iyaga si ay kuu taageeraan!



**Hadii aadan haysan taageero,
ama aad u-baahan tahay mid dheeri ah...**

Haddii aanad hore u haysan qof aad la hadasho, haddii aanad hubin cid ad la hadasho, ama aad rabto taageero dheeraad ah, waxa laga yaabaa inaad ka heli karto adeegyo taageero BILAASH ah oo waxtar leh liiska buug-yarahan - kaliya rog boggan furan si aad u hesho liiska gudaha!

Buug-yarahan waxaa soo saaray Kooxda hawl-wadeenka Fayoqabka Maskaxda iyo Dareenka ee RRLIP, iyadoo lala kaashanayo Miiska La-talinta Muhaajiriinta.



LA XIDHIIDH

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MAXAY KULA TAHAY CAAFIMAADKA MASKAXDU?

Waxaa laga yaabaa inaad dareento raaxo darro ama aad u maleyso inay tahay wax aan wanaagsanayn ama xun. Laakin DHAMAANTEEN waynu la kulmaynaa... marka aan ka wada hadalno!

HAYB-SOOCA DHAQANKA

Shakhsiyo qaar, dhaqamada ama bulshooyinka qaarkood, caafimaadka maskaxdu waa mawduuc aan ahmiyad la-siin. Dadku waxay u malayn karaan inay xun tahay in laga hadlo. Haddii aad dareento sidaan, keligaa ma tihid. Qof kasta waxaa saameyn kara caqabadaha caafimaadka maskaxeed.

Mararka qaarkood dadku waxay leeyihiin siyaabo kale oo ay uga hadlaan (ama u-muujiyaan) halgankooda maskaxeed/shucuureed. Waxaa laga yaabaa inay dhahaan "kaliya waan daalanahay" ama "waxba diirada ma saari karo" ama "waan wareersanahay ama walwal ayaan qabaa".

WAREER

Mararka qaarkood dadku waxay yidhaahdaan "caafimaadka maskaxda" marka waxa ay dhab ahaantii ula jeedaan ayaa ah "xanuun maskaxeed" (lidka caafimaadka iyo fayooobida) ama "dhibaato maskaxeed/dareen". Tani waxay noqon kartaa jahwareer.



Dad badan ayaa ka baqaya inay ka hadlaan sida ay dareemayaan maskaxiyan iyo shucuureed, haddii ay dhacdo in qof kale ogaado oo u maleeyo inay dadka uu hayo xanuun maskaxeed xun yihiin, jiran yihiin, aan awoodin inay shaqeeyaan ama aanay noqon karin waalid wanaagsan, ama ay tahay in iyaga dib loo dhiso.

Dadka intooda badan ee la halgamaya murugada maskaxeed/dareen waxay u baahan yihiin xoogaa taageero dheeraad ah, taageerooyin badana waa la heli karaa – iyadoo xitaa aan laga tagin guriga.

Kanada, nidaamka daryeelka caafimaadku si adag ayuu u shaqeeyaa si uu u ilaaliyo sirta dadka iyo qarinta xaaladaha caafimaad, si macluumaadka caafimaadku u ahaado mid ammaan ah sidoo kalena gaar ah.

Sidee looga hadlaa CAAFIMAADKA MASKAXDA

Dadka qaar waxay u maleynayaan in "caafimaadka maskaxdu" uu xun yahay. Taasi waa sababta ay u sahlanaan karto in la isticmaalo erayo kala duwan sida [fayoobi maskaxeed iyo mid shucuureed](#) ama erayo kale si loo qeexo sida dadku ka dareemayaan, maskaxdooda (maskax ahaan) iyo qalbiyadooda (shucuur ahaan).

QOF kastaa wuu ku dhibtooda inuu dareemo fiicnaan marmarka qaarkood, markaa looma baahna inaad ka xishooto ama aad ka cabsato inaad kala hadasho xaaladaada dadka aad ku kalsoon tahay.

CAAFIMAADKA MASKAXDU WAA MUHIIM

Waxaan ognahay in sida aan ka dareemeyno maskaxdeena iyo qalbiyadeena ay sidoo kale la xiriirto sida aan dareemeyno jirkeena, oo ay saameyn weyn ku yeelan karto caafimaadka jirkeena, xiriiradeena, iyo dhinacyada kale ee nolosheenna sida (dugsiga, shaqada, iimaanka, iwm.).

Sababtoo ah fayooobida maskaxeed iyo shucuureed waxay saameyn kartaa [inta badan nolosheena](#), waa muhiim inaad kala hadasho dadka aad ku kalsoon tahay.

YAAD AAMINI KARTAA?

Tani way la-duwanaa kartaa qof kasta, laakiin taageeradaada aad ku kalsoon tahay waxay noqon karaan qoyska, asxaabta, macalimiinta ama tababarayaasha, hoggaamiyayaasha diinta iyo bulshada ama xirfadlayaasha daryeelka caafimaadka.

ADEEGYADA TAAGEERADA FAYOQABKA MASKAXEED/SHUCUUREED

Taleefanka/Taageerada qoraalada:

Khadka caafimaadka 811: Taleefanka 811 ama 1-877-800-0002

Khadka Qalalaasaha ee Regina (kahortagga isdiilka): 306-525-5333

Adeegyada Qalalaasaha Mobile-ka ee Regina: Taleefanka 306-757-0127 ama iimayl u dir ecounseling@mcsregina.ca

Ladnaanta isku duuban ee Kanada (Wellness Together Canada): qoraal WELLNESS ilaa 741741 (dadka waaweyn), 686868 (dhallinyaro); ama wac 1-866-585-0445

Taleefanka Caawinta Carruurta: Wac 1-800-668-6868, ama u dir TALK 686868

Khadka caawinta dhalinyarada Naseeha: 1-866-627-3342

Taageerada Onlaynka:

Helitaanka La-talinta Degdegga ah: ka qabso boos mareegta www.counselingconnectsask.ca ama wac CFS ama FSR, hoos.

Unugga Therapy-ga (la-hadalka) Onlaynka ah, University of Regina: <https://onlinetherapyuser.ca/>

Taageerada shaqsi ahaanta ah:

Adeegyada Qoyska ee Katooliga (Catholic Family Services – CFS): Wac 306-525-0521 ama iimayl u dir cfsregina@cfsregina.ca

Adeegga Qoyska Regina (Family Service Regina – FSR): Wac 306-757-6675 ama iimayl u dir info@familyserviceregina.com

Xaruunta dumarka soo-galootiga ee Regina (Regina Immigrant Women Centre – RIWC): Wac 306-359-6514 ama iimayl u dir info@reginaiwcc.ca

Albaabada Furan Ee Bulshada Regina (Regina Open Door Society – RODS): Wac 306-352-3500