

COMMUNITY RESOURCE CONNECTIONS OF TORONTO (CRCT)

CRCT waxay taageertaa dadka waaweyn (adults) ee dhibaato xoogani ka hayso maskaxda, si ku dhiiri-gelisa inay cisi iyo sharaf ugu dhex-noolaadaan beesha.

Shaqadayada waxa hogaamiya xeerisyadan:

Xushmo, doorasho xor ah, aaminaad, aayo-ka-tashi, macmiilka oo hogaamiya baahidiisa. Is-la-qabasho, Fursado helitaan, caddaalad iyo sinnaan. CRCT, waxay isku taxalujisaa inay baadho, fahamto, dadka ka wacyi-geliso oo qiimayso waayo-arragnimada ay ka heshay dhaqanka iyo bulshaynimada dunida. Shaqadayada, waxay ku dhisan tahay hab aan lahayn midab takoor iyo dulmi toona.

Barnaamijyadayada

- Adeega Taageerada Beesha (Kooxaha bariga iyo galbeedka) Barnaamijka Qoyska Shaqaale u gaar ah afafka Somaliga iyo Tamilka
- Barnaamijka Wacyi-Gelinta Caafimaadka (Health promotion)
- Barnaamijka la Xidhiidhka Guryaha Ku-meelgaadhka ah ee Haweenka (HOP)
- Taageeridda Dadka ay sharciga Isku Dhaceen ee ka bukaanka maskaxda.

Helitaanka iyo Sinaanshaha:

CRCT waxay ballan-qaaday inay la shaqayso dadka ay carqlado ka hortaagan yihiin adeegyada, gaar ahaan kuwa ay sababeen, hoy la'aanta, sharciga oo ay isku dhaceen, sinjiga, dhaqanka, dhalashada, nooca galmada iyo afka-garasho la'aanta.

CRCT waa hay'ad beeled aan macaash samayn, asxaan-fal ah oo u adeegeysey dadka madaxa laga hayo ee ku nool aaga Toronto in ka badan 30 sano.

Waxan caawinnaa dadka waayeeelka ah (adults) ee isticmaala habka caafimaadka maskaxda. CRCT waxa maal-geliya Wasaaradda Caafimaadka iyo Deryeelka Waqtiga Dheer ee Ontarityo. Waxa kale oo kaba maal-gelinteeda: United Way of Toronto, Wasaaradda Hiddaha ee Kanada, Kilaabka Rotaryga ee Toronto, EJLB Foundation, Ontario Trillium Foundation, City of Toronto – access and equity.

Lambarka Diiwaan-gelinta Asxaan-falka

#118871128 RR0001

Iyadoo laga mahad-naqayo tabaruca, waa la aqbalayaa.

Warar dheeraad ah waxad ka heli kartaa shabakaddayada Internetka ee ah www.crct.org.



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ADEEGGA WACYI-GELINTA CAAFIMAADKA

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Barnaamijka Wacyi-gelinta Caafimaadka (Health Promotion Program) oo hore loo odhan jirey (Consultant Services) waa barnaamij ay leedahay Community Resource Connections of Toronto, hay'ad aan macaash-doon ahayn oo khibrad 30 sanno ka badan u leh adeegga caafimaadka maskaxda una adeegeysey magaalada Toronto.

WAXAN KA SHAQAYNNO:

Shaqaalaha wacyi-gelinta caafimaadku; waxay taageeraan ka qaybqaadashada macnaha leh ee dadka ay saameeyaan arrimaha la xidhiidha caafimaadka maskaxda, sida qorshaynta, bixinta iyo qiimaynta adeegyada caafimaadka maskaxda.

AYAANNU LA SHAQAYNNA:

Annaga oo tiigsanayna mas'uuliyadayada caafimaadka maskaxda, waxanu la shaqaynaa oo taageeraa dadka iyo kooxaha la kulma carqalado dheeraad ah. Tusaale ahaan, waxan la shaqaynaa dadka hoyga la'a, dadka ay sharciga iska horyimaadeen, dadka dhibaato ku qaba af-garashada, dhaqaale-xumo, midab- takoor, dhaqan, dhalasho, sugnaan socdaal. werwerka degitaanka, nooca galmada ama rag/haween ahaanshaha.

AYAA ISTICMAALI KARA ADEEGYADA ANNU BIXINNO:

Adeegga wacyi-gelinta, waxa isticmaali kara hay'adaha beesha ee caafimaadka maskaxda, kooxaha ay hayso caafimaad-darrada maskaxda ama ka soo dooqey, kooxaha qoyska ah, cusbitaalada ama kooxaha beelaha. Kooxaha iyo shaqsiyaadkuba way heli karaan adeegyada war-baahinta ah.

MAXAAN RUMASANAHAY EE ANNU XEERINNA?

Waxan rumaysanahay in dadka ay hayso caafimaad-darrada maskaxdu bogsan karaan, bogsadaanna. Waxannu aaminsanahay in waddada caafimaadku ay tahay in dadka fursad la siiyo ay ku aqoonsadaan awooda buuxda ee ay u leeyihiin maaraynta hawlhooda, taasoo keenta in ay ku noolaadaan cisi iyo sharaf bushada dhexdeeda.

HORUMARINTA BEESHA:

Waxan samayn karnaa inan:

- taageerno kooxaha beesha, si ay u unkaan barnaamijyo iyo adeegyo loo marayo hab is-kaashi ah;
- kooxo kale lala sameeyo wada-shaqayn, si wax looga qabto carqaladaha habaysan loona hagaajiyo helitaanka adeegyada iyo wararka;
- la samayno qiyaasidda baahida kooxaha.

HORUMARINTA NIDAAMKA:

- Hab-u-samaynta isticmaalidda hantida ururka, si an wax uga qabanno waxa ka maqan habka caafimaadka maskaxda loona daboolo baahida;
- Wax laga qabto waxyaalaha iska hortaagaya ururkiina dhexdiisa, inu kordho isticmaalka adeegyadiinu;
- dib-u-habaynta kaalmada;
- In la hagaajiyo kartida ururka, iyado kor loo qaadayo aqoonta Guddida Agaasinka Guud iyo shaqaalaha uruka;
- in qiimiiyn lagu sameeyo barnaamijka;
- In la kordhiyo ka qaybgalka macmiisha iyo ka soo-dooqeyaasha ee adeegyada caadimaadka maskaxda.

HORUMARINTA IYO BAAHINTA XOGTA:

- In wararka habboon ee hantida, adeegyadda, warar iyo dhacdooyinka lagu qoro shabakadaa internetka www.crct.org;
- In annu telfoonka ku bixinno macluumaad warbixinta ku saabsan hantida caafimaadka maskaxda iyo habka caafimaadka maskaxda;
- In la soo saaro qoraallo lagu faafiyo adeegyada oo ay ku jiraan buuga "Making Choices" iyo "Holiday Happenings Guide";
- In annu ka warbixinno oon dadka ka wacyi-gelinnno bandhigyada bulshada;
- In la is-kashado kooxaha beelaha, si loo dhiso hanti warar ah.

WAXBARASHADA IYO TABABARADA

Waxan karaynaa:

- In annu siinno shaqsiyaadka, kooxaha iyo qoysaska warar ku saabsan habka caafimaadka iyo hantida kale;
- In annu bixinno tababaro ku saabsan dhaqan-aqoonta;
- In annu bixinno tababarka ku saabsan culayska ay leeyahiin guuritaanka qaxootiga iyo dib-u-degidda;
- In annu habaynno waxbarasho lagaga hadlo bogsashada;
- In la hagaajiyo helitaanka adeegyada bulsho-weynta, iyada oo la bixinayo barashada hantida caafimaadka maskaxda.

XIL-QARINTA:

Shaqalaha, ardayda iyo tabarucayaasha CRCT oo dhan waxa ku khasab ah, inay saxeeaan kuna dhaartaan inay dhawri doonaan siyaasadda xil-qarinta. Xogtaada cidna ma siinayno adigoo noo ogolaan ama haddaan sharci nagu qasbin. Haddaad dooneyso warar fheeraad ah, kala soo xidhiidh sarkaalka qabilsan barnaamijka xil-qarinta (416) 482-4103.

**“Bogsasho waa suuro-gal,
taageeradaa dhib-yaraysa!”**