

**Him tein, Smart tein le Dam tein: Na um nak hmun thar
ah khuaawng pemh nak tawh fung hna.
Inn chung khaar bia chiah nak/ inn chung khaar ah i neh sawh i velh nak – 2**

**Safe, Smart and Healthy – Keys to Success in Your New Home
Family Issues and Domestic Violence – 2**

HAKHA CHIN

<p>Nangmah a si lo ah na theih mi han pa khatkhat pasihna seh, nu sihnaseh, upa sihnaseh, hngak chia sihnaseh, hi ban tuk in zomh taih nan si ah cun 911 palik sin ah thawng thanh hna.</p> <p>Na um nak ah hibantuk si ding in thin phan nak na ngeih a si ah cun national Domestic violence Hotline hi suimilam 24 chung auh khawh an si 1-800-799-7233. Hi hna nih hin a sang a deih nak hmun ah an nin bomh khawh i a herh mi ruah nak zong ah nin cheuh khawh.</p> <p>Hi number hi zapi hman khawh peng ding mi phone a si.</p>	<p>If you or anyone you know is being abused—including men, women, older people or children—call 911 and report the abuse to the police.</p> <p>If you do not feel safe at home you can call the National Domestic Violence Hotline, 24 hours a day, at 1-800-799-7233. This service can help you locate a shelter near you where you will be safe, and can also provide counseling.</p> <p>All of these are toll-free calls that are <i>free</i> from any telephone.</p>
<p>Head start. Hngak chia kum 3 in kum 6 lak hna caah pre-school.</p> <p>WIC: (Women, Infants, Children in English) Nu tung, bawh te le hngak chia hna caah mirang ca cawn nak. Hi ka ah hin rawl ei ding an ngei khoh nak hnga ah rawl le chung khar hna ca rawl hna an pek.</p> <p>Medicaid ti mi ah ngandam nak lei zoh kenh nak ca si i a cozah nih bomh nak a si.</p> <p>Nang mah kong ttuan tu sin ah hi bu hna sin in na duh mi bomh nak hal ter hna.</p>	<p>Head Start is a school program for children ages 3 to 6, which is known as “preschool.”</p> <p>WIC stands for <i>Women-Infants-Children</i> in English. This program provides food and food assistance to families, to make sure they have enough to eat.</p> <p>Medicaid is health insurance provided by the government to pay for medical coverage.</p> <p>Ask your caseworker for a referral to any of these programs.</p>