

တၢ်ဘၣ်တၢ်ဘၢ,တၢ်ကူၣ်သ့ဒီးတၢ်အိၣ်ဆူၣ်အိၣ်ချ-တၢ်ခူၣ်လၢနကအိၣ်မူပဲၤဒီးတၢ်မၤနၢၤလၢနဟံၣ်အ
သီ

ဟံၣ်ဖိမိၣ်ဂီၢ်ဝိ တၢ်စုဆူၣ်ခိၣ်တကးလၢပူၤထၢပူၤ - 2

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

KAREN

<p>နမ့ၢ်တမ့ၢ်ပုၤလၢနသ့ၣ်ညါတဂၤမ့ၢ်ဘၣ်တၢ်မၤတရီၢ်တပါအိၣ်ဒီး-ဟံၣ် ယုၢ်ပိၣ်ခွါ,ပိၣ်မုၢ်,ပုၤသးပုၤမ့ၢ်တမ့ၢ်ဖိသၣ်-န့ၣ်ကိးဇၢၤဒီး ဟံၣ်ဖျါထီၣ်တၢ်မၤတရီၢ်တပါအဂ့ၢ်အံၤဆူပၤကီၢ်အအိၣ်တက့ၢ်.</p> <p>နမ့ၢ်တၢ်ဘၣ်လၢနအိၣ်လၢဟံၣ်တၢ်ဘၣ်တၢ်ဘၢမ့ၢ်တအိၣ်ဘၣ်နၤန့ၣ် နကိးလိတဲစိဆူထံလီၢ်ကီၢ်ပူၤပူၤထၢပူၤတၢ်စုဆူၣ်ခိၣ်တကး တၢ်ဆဲးကျါအနီၣ်ဂံၢ် (National Domestic Violence Hotline) ဖဲၤ-၈၀၀-၇၉၉-၇၂၃၃သ့လၢ၂၄န့ၣ်ရံၣ်အတီၢ်ပူၤလီၤ.ကရၢ ပူၤပူၤဖျဲးဖျဲးသ့ဝဲဒီးထံၣ်လိာ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးနၤသ့စ့ၢ်ကိးလီၤ.</p> <p>နီၣ်ဂံၢ်အဝဲအံၤလိတဲစိ လဲၣ်တကလုာ်ဂ့ၢ်ကိးယီၤအိၣ်ဒီးအပူၤကလံၤတလၢာ်ဘၣ်န့ၣ်လီၤ.</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 မ့ၢ်ကိတဖျါၣ်လၢဖိသၣ်လၢအသးန့ၣ်အိၣ်၃-၆န့ၣ်အ ဘၣ်စၢၤအဂီၢ်,ဘၣ်တၢ်သ့ၣ်ညါအိၣ်လၢ “ကတီၤဆိကိ” န့ၣ်လီၤ.</p> <p>အဲကလံးကျိၣ် WIC မ့ၢ်ဝဲသးန့ၣ်ညါညါအျၢၣ်မ့ၢ်န့ၣ်မ့ၢ်ဝဲ ပိၣ်မုၢ်-ဖိသၣ်အိၣ်န့ၣ်-ဖိသၣ်န့ၣ်လီၤ.ကရၢတဖုအံၤဟ့ၣ်နီၤလီၤတၢ် အိၣ်ဒီးတၢ်အိၣ်အတၢ်မၤစၢၤဆူဟံၣ်ဖိမိၣ်သ့ၣ်တဖၣ်,သိးကမၤလီၤ တံၢ်ဝဲလၢဟံၣ်ဖိမိၣ်သ့ၣ်တဖၣ်အိၣ်ဘၣ်တၢ်လၢလၢပဲၤပဲၤန့ၣ်လီၤ.</p> <p>Medicaid မ့ၢ်ဝဲဆူၣ်ချ့တၢ်အုၣ်ကိးသးလၢထံကီၢ်ပီၣ်ဟ့ၣ်လီၤဒီး ဟ့ၣ်န့ၣ်ဝဲတၢ်ထီၣ်တၢ်ဆါဟံၣ်အဘူးအလဲန့ၣ်လီၤ.</p> <p>သံကွၢ်နပုၤမၤစၢၤတၢ်လၢကဆူၢ်နဆူၢ်ကရၢကရီၣ်သ့ၣ်တဖၣ်အံၤ အအိၣ်တတီၤတီၤန့ၣ်တက့ၢ်.</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>

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