

ድህነት ብልጽግና ጥሄናኹምን መፍትሕ ምህባላኹም ኣብ ሓድሽ ገዛኹም
 ዕግርግር ኣብቤትን ጉዳያት ስድራቤትን - 2

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

<p>ንርእሰኻ ኮነ ካብ ካልኦት ሰባታት ኣንሱቲ፡ ዓበይቲ ሰባት ወይ ቆልዑ ዓመጽ ኪካይድ እንተረኢኻ ብ 911 ደዊልካ ንፖሊስ ብዛዕባ እቲ ዓመጽ ሓበሬታ ሃብ።</p> <p>እንተድኣ ኣብ ቤት ውሕስነት ዘይሰማዓካ ኣሎ ንዘባዊ ዕግርግር ቤት ሆትላይን፣ ኣብ መዓልቲ 24 ሰዓት ኣብ 1-800-799-7233 ብቴልፎን ክትድውል ይከኣል እዩ። እዚ ኣገልግሎት እዚ መዕቆቢ ኣብ ጥቓኻ ውሕስነት እትረኽበሉን ምኽሪ እትረኽበሉን ኪሕገዞካ ይኽእል እዩ። እዚኦም ገለጻ እትግልገለሎም ነጻ ጸዊዒት እዮም።</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 free from any telephone.</p>
<p>ሂድ ስታርት፣ መደብ ቤት ትምህርቲ ንቆልዑ ካብ 3-6 ዓመት ዘለዉ ከም “ቅድመ ትምህርቲ” (መዋእለ ሕጻናት) ዚፍለጥ እዩ።</p> <p>(ዳብሊው ኣይ ሲ) WIC ዚብል ጽሑፍ ንኣንስትዮን ሕጻናትን ቆልዑን ዝቐመ ኣሕጽሮተ ቃል ብእንግሊዝ እዩ። እዚ ፕሮግራም እዚ መግቢ ምድላውን ንስድራቤት እኹል ቀረብ ዚብላዕ ከም ዘለዎም ዘረጋግጽ እዩ። መዲክይድ ማለት መድሕን ጥዕና ብመንግስቲ ንናይ ሕክምና ወጻኢታት ዝሸፍን እዩ። ብዛዕባ ጉድይካ ዚሰርሕ (ዘሳልጥ) ናብዎም ፕሮግራማት ኪሕብረካ ሕተት።</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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