



“Lamaanahaygu wuxuu eegaa wax kasta oo aan kharash ku bixiyo. Ma isticmaali karo lacagtayda isaga oo aan ogolaanin.”

Halkaan ayaan joognaa waana ku caawin karnaa.

Haddii aad la kulanto tacadiga guriga dhaxdiisa, ama aad garanayso cid ay haysato, la xidhiidhi:

- Camden Safety Net **020 7974 2526**
- Khadka Xadgudubka Guryaha ee Qaran (National Domestic Abuse) (oo ay maamusho Refuge) 24/7 lambarka **0808 2000 247**



La hadal **999** haddii ay ku haysato xaalad degdega ah. Haddii aad dhago la' dahay ama aanad hadli karin, fadlan fariin qoraal ah u dir **999** ama isticmaal aabka BSL **999**

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**“Waxaan ka baqaa
in marka danbe
uu i khaarajiyo
ninkaygu.”**

**Halkaan ayaan joognaa
waana ku caawin karnaa.**

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**“Meel kasta oo aan joogo,
saaxiibaday way timaadaa.
Waxa aad moodaa inay
taqaano meel kasta oo
aan qabto.”**

Halkaan ayaan joognaa waana ku caawin karnaa.

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“Inaadeerkay wuxuu ii sheegey in aan sharafta qoyskayga ku ciyaaray, waxaan ka baqaa waxa uu igu samayn karo.”

Halkaan ayaan joognaa waana ku caawin karnaa.

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“Ninkaygu waxa uu ii sheegey in isagu uu i daryeeli doono sidaas oowgeed cid kale iima timaado. Waxa uu ii sheegaa in aan ku ahay mushkilad wuxuuna qaataa daawooyinkayga marka uu xanaaqsan yahay.”

Halkaan ayaan joognaa waana ku caawin karnaa.

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**“Waan jecelahay wiilkayga
laakiin asaga ayaan ka baqayaa,
mararka qaar inta uu aad u
xanaaqo ayuu wax igu dhuftaa.
Waxa aan doonayaa inaan ka
caawiyo inuu helo caawimaad.”**

Halkaan ayaan joognaa waana ku caawin karnaa.

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**“Saaxiibkay wuxuu
igu qasbaa ficilo
galmo oo aanan
doonaynin.”**

Halkaan ayaan joognaa waana ku caawin karnaa.

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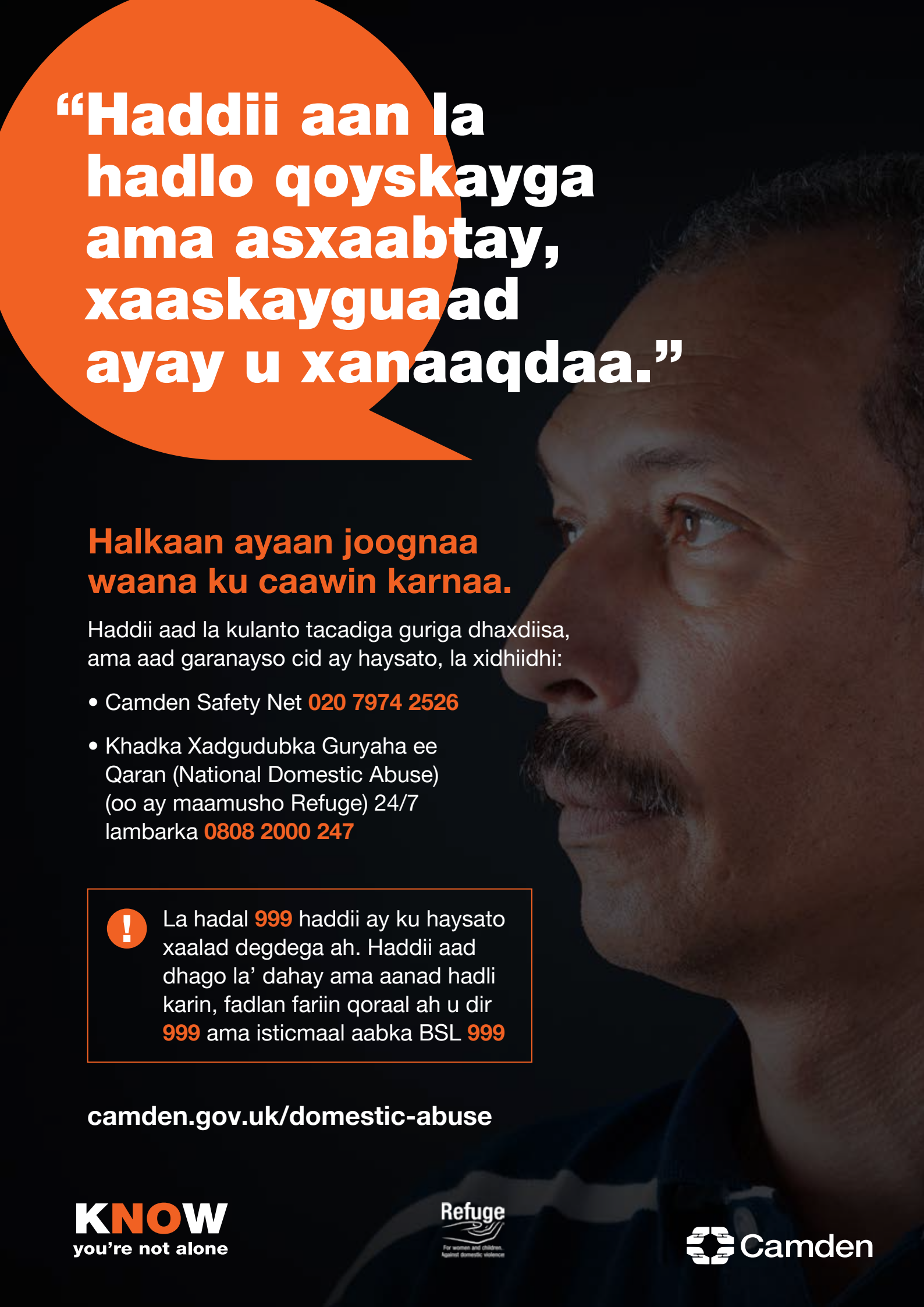
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**“Haddii aan la
hadlo qoyskayga
ama asxaabtay,
xaaskaygu aad
ayay u xanaaqdaa.”**

**Halkaan ayaan joognaa
waana ku caawin karnaa.**

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**“Lamaanahaygii hore
waxa uu ii sheegaa
inuu yahay cidda
kaliya ee i jacsaan
doonta weligay.”**

Halkaan ayaan joognaa waana ku caawin karnaa.

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