

KA HADALKA SHEEKOOYINKENNA: Adkaysiga Dumarka Socdaalka ah

Buug qayaxan ee nooc la mid ah uusan jirin ay qoreen dumar socdaal ah, si ay u taageeraan dumarka socdaalka ah



KU SAABSAN BUUGGA:

Ka Hadalka Sheekooyinkeenna: Adkaysiga Dumarka Qaxootiga ah waa qayb ka mid ah Mashruuca OCASI ee ka hortagga kufsiga iyo Handadaadda Dumarka loo geysto, ay MCI maal geliso: Wasaaradda Jinsiyadda iyo Socdaalka.

Qayb muhiim ah oo ka mi ah mashruuca waa in waxbarasho iyo tababar la siiyo xubnaha bulshada iyo adeeg fidiyeyasha oo ku saabsan kufsiga. **Ka Hadalka Sheekooyinkeenna: Adkaysiga Dumarka Qaxootiga ah** waxaa laga abuuray qoraallo taxan ee ay sameeyeen dumarka soo hijroodeen iyo qaxootiga oo isu yimid si ay u bartaan, qaybsadaan isu na geeyaan sheekooyinka ku qoraan buuggan. Waxaannu rajaynaynaa in aad sheekooyinkaan la qaybsan doontiin qoysaskiinna, asxaabtiinna iyo bulshooyinka sii na wadi doontiin ka doodista kufsiga iyo handadaadda. Si aad u hesho macluumaad dheeraad ah ama aad u dalbato nuqullo ee buugga qayaxan, fadlan noo soo dir email vaw@ocasi.org

WAXAA UU UU KA KOOBAN YAHAY

- 3 Farriin soo dhowayn
- 4 Aqoonsiyo
- 5 Sheekada Kose
- 15 Sheekada Magali
- 24 Sheekada Amal
- 32 Sheekada Manuela
- 40 Dood cilmiyeed
- 42 Falanqeyn



FARRIIN SOO DHOWAYN

Saddexdii dumarba mid ayaa la kulmi doonta noloshooda kufsi Canada dhexdeeda. Badankood inta la kulantay kufsi, ku ma wargeliyaan qofna dhibkii loo gaystay, ama hadey tahay booliska, adeegyada bulshadeed, asxaabta, iyo xubnaha qoyskooda. Tan waxaa ugu wacan cabsi ah astaan in ay ku noqoto, taageero la'aan, sabab aad u jirta oo ah in iyaga lagu eedeeyo dhibka, iyo aqoon la'aan ku saabsan kufsigu iyo in taageero la heli karo. Takoorid iyo nacayb jinsiyadeed, asal ahaaneed iyo diin ahaaneed, sidaa oo kale nacayb bani'aadannimo, nacaybka loo qaado dadka labada dhinacba la galmoodaan, nacayb loo qabo dadka abuurkoodii hore ee dumarnimo ama ragnimo ka beddelmeen

ayaa uu abuuray derbi dumarku ka gudbi karin sida ay u la xaaltami lahaayeen kufsigu. Dumarka waddanka ku cusub si gaar ah ayaa ayu jilicsan yihiin iyagoo ay sabab u tahay xaaladdooda qaxootinnimo iyo in ay Canada ku cusub yihiin.

Buuggan qayaxan waxaa aan u abuuray in aan "Ka hadalno Sheekooyinkeenna: Adkaysiga Dumarka Qaxootiga ah" si aan uga hadalno qayb mid ah ee waayo aragnimada dumarka cusub, oo ah taageerada bulshada iyo u hawlanaanta xaaladaha dhibaatooyinka. Waxaanu rajaynaynaa in sheekooyinkan ay billaabaan wada hadalka bulshooyinkeenna ee ah ka hortagga dhibka dumarka loo gaysto, ay na dadku u hagto tallaabo ka qaadis, iyo baddaalad fikradaha ku saabsan kufsigu, oo ay ka mid yihiin kuwooda.

Shaqaalaha goobaha bulshada door wayn ayaa ay ku leeyihiin beddalaadda sheekaynta ku saabsan kufsigu. Waxaa aan u rajaynaynaa in ishan cusub ay ka taageeri doonto adiga iyo sidaa si la mid ah kuwo kale shaqadan culayska leh ee ku wajahan dhibka loo gaysto dumarka.

Debbie Douglas , Executive Director, OCASI

Fayza Abdallaoui, President, MOFIF



KU SAABSAN OCASI

OCASI waxaa la abuuray 1978 si ay ugu dhaqaaqdo in ay noqoto cod u midaysan hay'adaha u adeega qaxootiga iyo in ay isku dubariddo warbixinnada ka yimaada si ay u la qaybsato baahida iyo danaha.

OCASI waa hay'ad samafal diiwaan gashan oo ay maareeyaan guddi agaasimeyaal ah ee iskaa wax u qabso ah. Xubnaheeda waxaa ka mid ah 200 in ka badan ee ururro bulsho ku salaysan ee gobolka Ontario.

Hammiga OCASI waa in la gaaro sinnaan, helid iyo ka qayb qaadasho buuxda oo dadka socdaalka iyo qaxoontiga ah u yeeshaan dhan kasta oo nolosha Kanediyanaka ah.

KU SAABSAN OCASI

MOFIF, Dhaqdhaqaaqa Dumarka Qaxootiga ah ee Ontario ee afka Faransiiska ku hadlaan, Waa urur goboleed aan faa'iido doon ahayn ee lagu asaasay Ottawa 2003. Hammigiisu waa in ay daraasad sameeyaan iyo mashaariic ku wajahan horumarinta nolosha dumarka afka Faransiiska ku hadlaan ee Ontario iyadoo loo maraayo is dhexgal, u doodid, iyo waxbarashada dadweynaha. MOFIF waxaa uu soo saaraa qalab, tababarro iyo ololeyaal loogu tala galay bulshooyinka ka la duwan ee adeegyada u fidiyaan dumarka.

AQOONSIYO

OCASI waxaa ay jeclaan lahayd in ay u muujiso qaymayn kal iyo lab ah ka soo qayb galeyaasha shaqada hawsha qoraalka tasmada ku salaysan iyo wakiillada iyo xubnaha guddiyada talo bixineed wax biirintooda iyo caawinaaddooda si loo horumariyo qoraalkan qayaxan.

Waxaa aan jeclaan lahayn mahadnaq qalbiga ka soogo'day in aan u celinno ka qaybgaleyaashii cajiibka lahaa ee shaqada hawshii qoraalka qayaxan Ee Toronto, Ottawa iyo Windsor, taageeradooda iyo wax ku biirintooda la'aantood buuggan qayaxan ma uu suurta galeen.

Waxaaka mid ah: **Alona Soschen, Annie-Olivia, Awa Ndiaye, Awa Dao, Blanca, Edith Igwe, Ghina, Helena Nynaoh, Hyam Dabbagh, Jia Li (Carrie) Hou, Jordanka Kanova, Maham Gull, Mariah, Mais, Marie-Francisca Ntabala, Mehroz Ahmed, Michelle Tomlinson, Mona Barkat, Nathalie Nadon, Necah, Nicole Williams, Pierette, Rebecca Miller, Safira Abu Di, Sala Al-Anisi, Sarah Al-Anisi, Shi Jia Hong, Stella and Xiu Lin.**

Xubnaha Ururrada Guddigeenna La talinta:

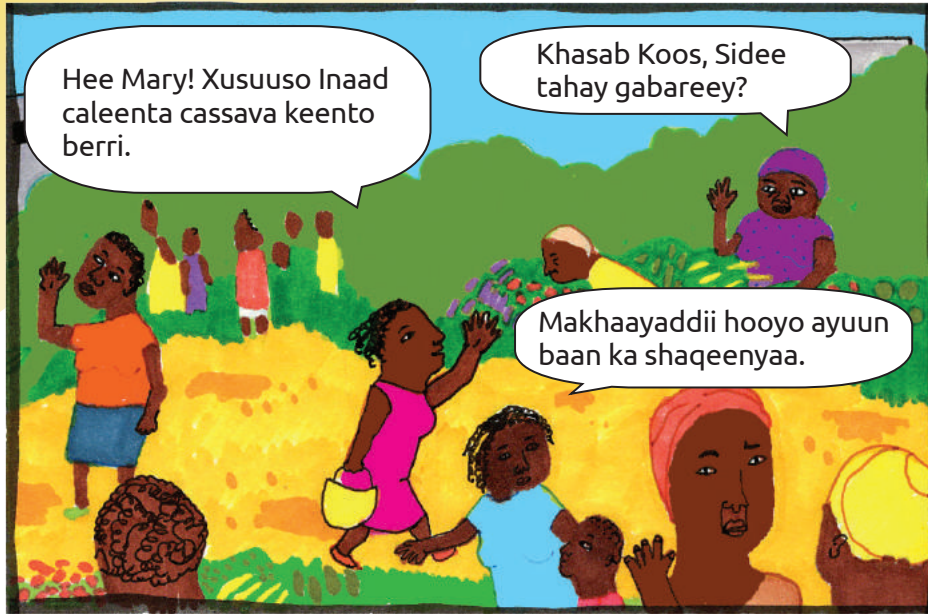
- **Access Alliance Multicultural Health and Community Services**
- **Action ontarienne contre la violence faite aux femmes**
- **Argana, Association des femmes maroco-canadiennes**
- **Association des juristes d'expression française de l'Ontario**
- **CALACS francophone d'Ottawa**
- **Centre francophone de Toronto, service juridique**
- **Centre de santé communautaire Hamilton/Niagara**
- **TAIBU Community Health Centre**
- **Collège Boréal**
- **Conseil scolaire Viamonde**
- **Immigrant Women Services Ottawa**
- **Julie Lasonde, avocate et artiste**
- **Oasis Centre des femmes**
- **Ontario Coalition of Rape Crisis Centres**
- **Rexdale Women's Centre**
- **Springtide Resources**
- **The Redwood**
- **University of Toronto, Factor-Inwentash Faculty of Social Work**
- **Windsor Women Working with Immigrant Women**
- **Women's Health in Women's Hands Community Health Centre**

Waxaaaaan kale ee aan u mahadnaqaynaa **Newcomer's Women Services, Windsor Women Working with Immigrant Women, Immigrant Women Services Ottawa** and **MouvementOntarien des Femmes Immigrantes Francophones (MOFIF)** taageeradooda in ay marti geliyeen hawlaha shaqo ee qoraalka halabuurka leh,.

Madaxa Mashruuca: Krittika Ghosh iyo Siham Chakrouni
Isku duwaha Mashruuca ee Afka Faransiiska MOFIF: DjiaMambu

Sawirrada iyo Farshaxanka waxaa samaysay Coco Guzman

SHEEKADA KOSE



Hee Mary! Xusuuso Inaad caleenta cassava keento berri.

Khasab Koos, Sidee tahay gabareey?

Makhaayaddii hooyo ayuun baan ka shaqeenyaa.

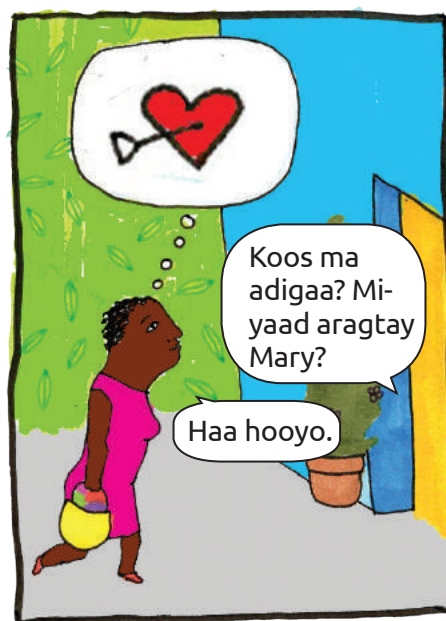


Koosey! Maalin ayaad yeelan doontaa ilmahaaga oo kuu shaqeyya.

Marka Hore nin iisoo raadi.



Makhaayadda Koos



Heart with pitchfork

Koos ma adigaa? Miyaad aragtay Mary?

Haa hooyo.



Mashiinkaagaas wuu qiiqayaa.

Waa kombiyuutar hooyo!

Waan garanayaa, SIDAA uma duqsani.



Goormee la dhammaynayaa shabakadda makhaayadda?

Haddii aad ii fasaxdid in aan shaqeeyo, dagdag ayaan u samayn

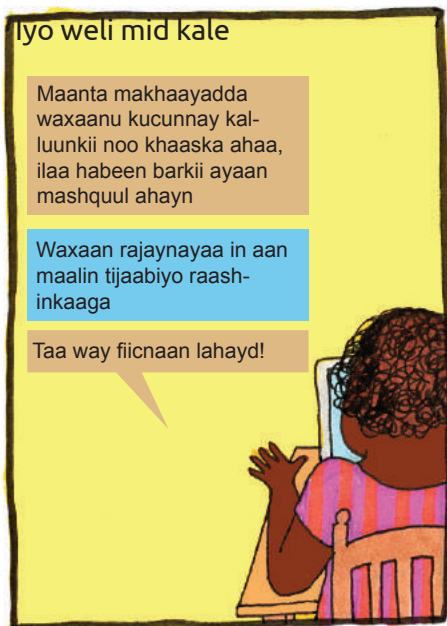
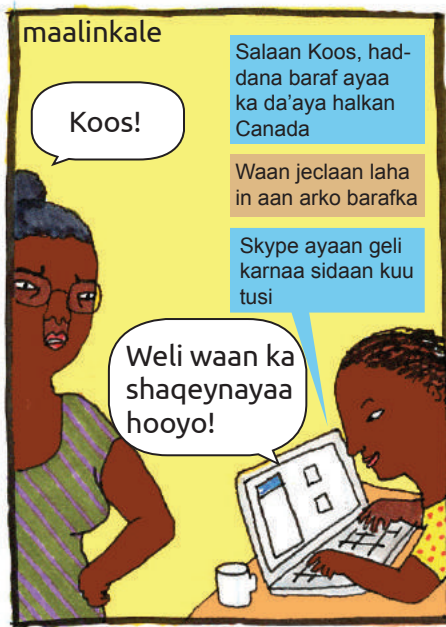


Hmm talow yee katimi farriintan?

Gacaliso Koos, ima taqaannid, laakin mar walba waxyaab ah ayaad soo qorto, oo aan akhriyaa waxaan rabay in aan iskaa baro.



Alla xaashaa...Salaan quruxlow.





Waxaan tagayaa suuqa si aan adeeg u soo sameeyo, ma doonaysaa in aad i raacdid?

Meel walba waan kuu raci Koos.



Suuqan waan jeclahay. Waxaan imanayay ilaa iyo carruurnimadaydii waanan garanyaa qof walba

Koos, imaad baahnayn in aan kugu caawiyo inaad heshid nin quruxbadan.

Suuqan waa quruxsan yahay.



La joogitaankaaga halkan... Koos waxaad tahay naagta ugu quruxbadan aan arkay

Ma hubta in aadan ahayn mid naagaha ku ciyaara?



Ku ma ciyaaro jacaylka, qalbiga ayaan ka hadlayaa. Ma og tahay waxa uu qalbigaygu sheegayo?

Mayaaaa?



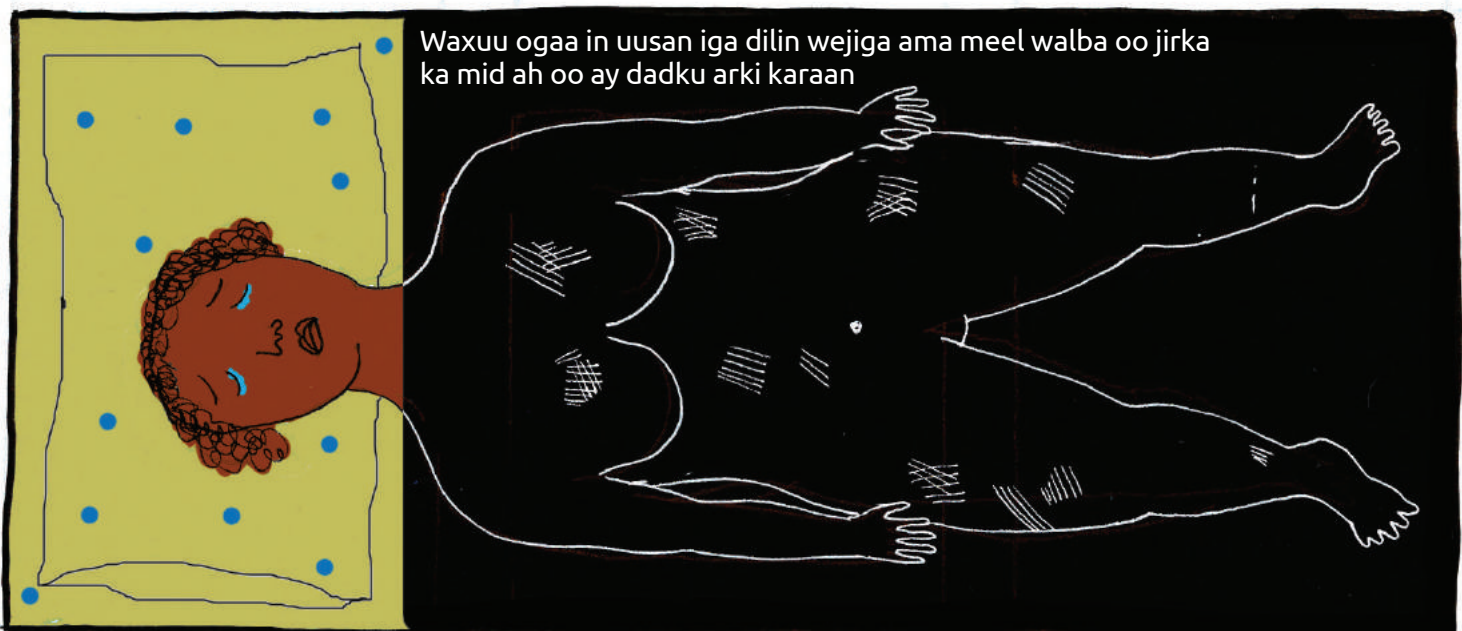
Waxaan kaa dhex helay mataanka naftayda. Ma dareemaysaa sidan oo kale?

Haa. Waa aan dareemayaa!

Inta fasaxiisa ka hadhey waxaan ku buuxinay in aan is baranno. Waxa uu la kulmay waalidkayga. Waxaan tusay gurigii carruurnimadayda. Waxaan dibedda isu raacnay asxaabtayda. Guur ayaa uu ii soo jeediyay, waxaan iri haye. Waxaan u sheegay in aan doonayo saddex carruur, iyo in aan furto makhaayad. Waxuu igu yiri in aan wadajir u wada shaqayn doono si ay riyoooyinkayгаа u rumoobaan. Waxaa uu igu yiri in uu ii samayn doono isboonsar aan ku noqdo deegaan rasmi ah. Markii uu fasaxiisii dhammaaday, dib ayuu ugu noqday Canada. Fasaxiisii danbe, ayuu so noqday markaasna waanu is guursannay. Waxaan u guuray Canada.

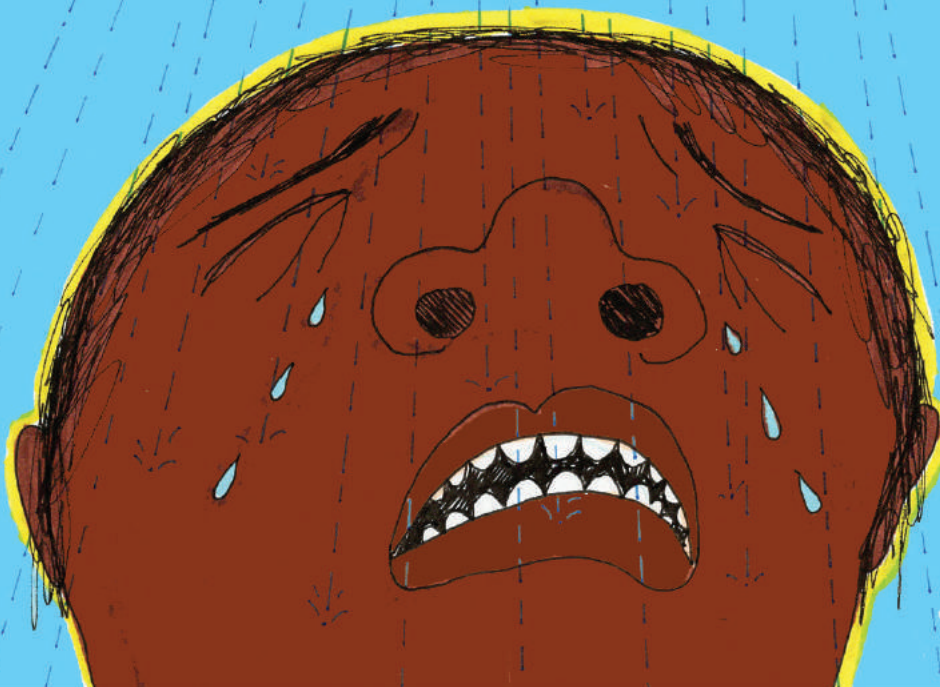








Ma tegi karo ma haysto lacag
Waa ninkaygii
Ma aha kufsi haduu yahay ninkeyga, soo sax maaha?
Haddii aan u yeero boliiska way i mastaafurin doonaan





Waa sidan sidii aan ku bartay Nisha, suuliga makhaayadda dhexdiisa. Waxaan u sheegay sheekadayda waxaan nan tusay astaamihii dhaawacyada jirkayga ku wada yaalley. Aad ayaay u carootay. Labadeennuba waan wada oynay. Waxay tiri "waa aan ku caawin doonaa Koos"

Waa kan lambarkayga. Berri marka uu shaqada aado i soo wac. Waan kuu imanayaa in aan ku soo kaxeeyo.

Maalintii xigtay

Nisha? Wuu baxay



Waxaan ku barayaa Sarah. Aad ayaay ii caawisay

Adiga? Ninkaaga miyaa ku dilay?

Deriskaygii ayaa I dabagalay ina faraxumeeyey. Waa sababta aan uga soo tegay India oo aan halkan u imid. Waxaan u baahday in aan wax walba ka tego.

Waa qarracan



Waxaan bilaabay in aan macmacaanka ka iibiyo asxaabtayda iyo asxaabtayda asxaabtooda. Maalin walba marka uu ninkaygu baxo hore ayaan ka billaabaa wax karin.



Malabow dhakhsi ayaad guriga u timid!
Carafkhatar ah ayaa soo udgaysa.



Habeen walba laba ilaa saddex macmacaan ah ayaan ka siinayay boqollaalka kabadhka ku jirey, si uusan carafta uga shakiyin.



Dhakhsa asxaabtayda dhan way ii shaqaynayeen, iyagoo magaalada ku kala qaybinayay macmacaanka.
Anita 200 ayaad geynaysaa magaalada badhtamahaada. Carla waxaad qaadaysaa 100.



waxaan dhigaalaysanay lacag igu filan in maalin....
Waxaan u malaynayaa Isniintu waa MAALINTA



NABADEY!



Kaddib wakhti yar oo dheeraad ah iyo xoogaa yar oo xirfado ganacsiyeed.
MACMACAANKA KOSE



Hooyo?
Koos! Iska warran?

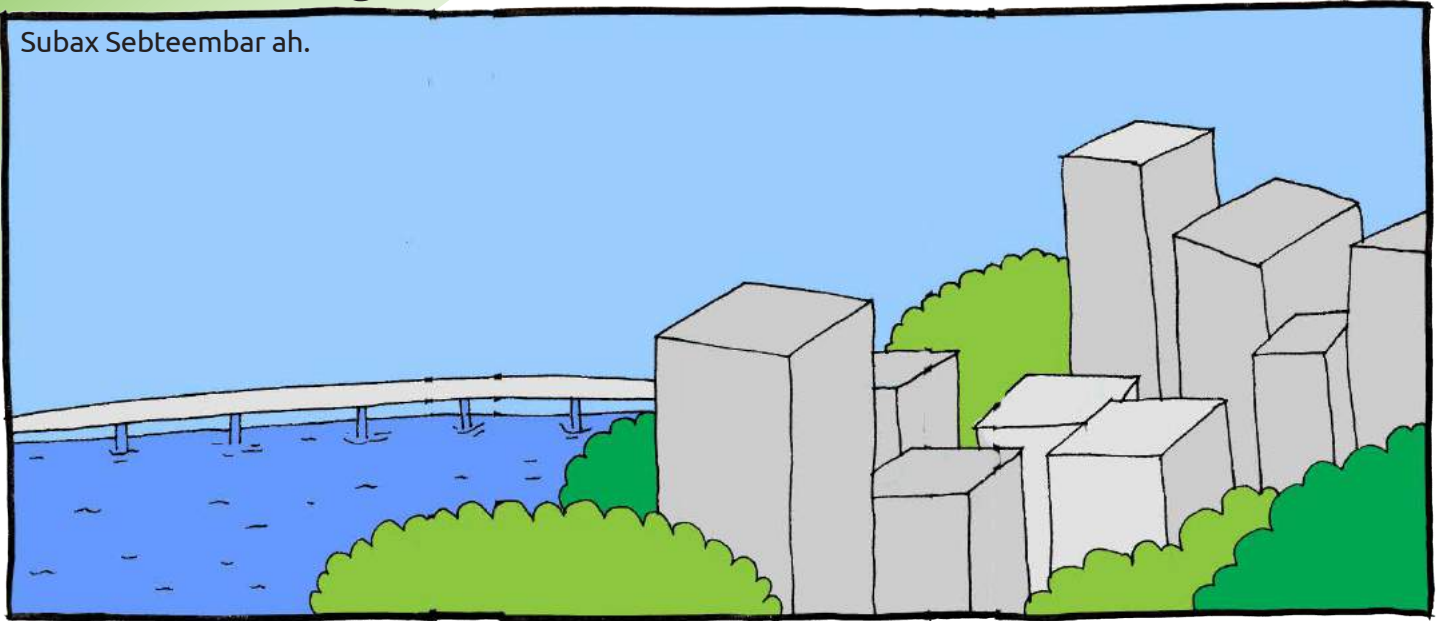


Hooyo guul .ayaan gaadhay!
Sida aan kaaga mabsuud ahay Kose.
Mahadsanid hooyo!



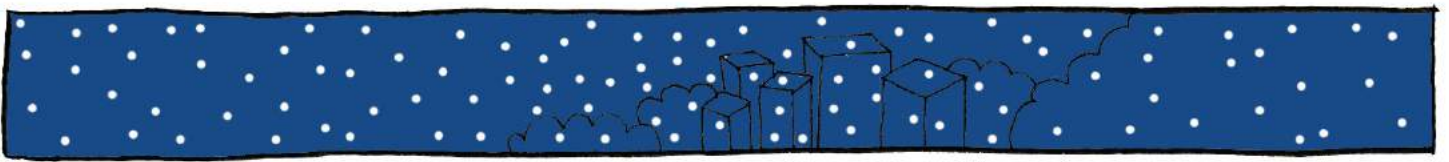
Sheekada Magali

Subax Sebteembar ah.

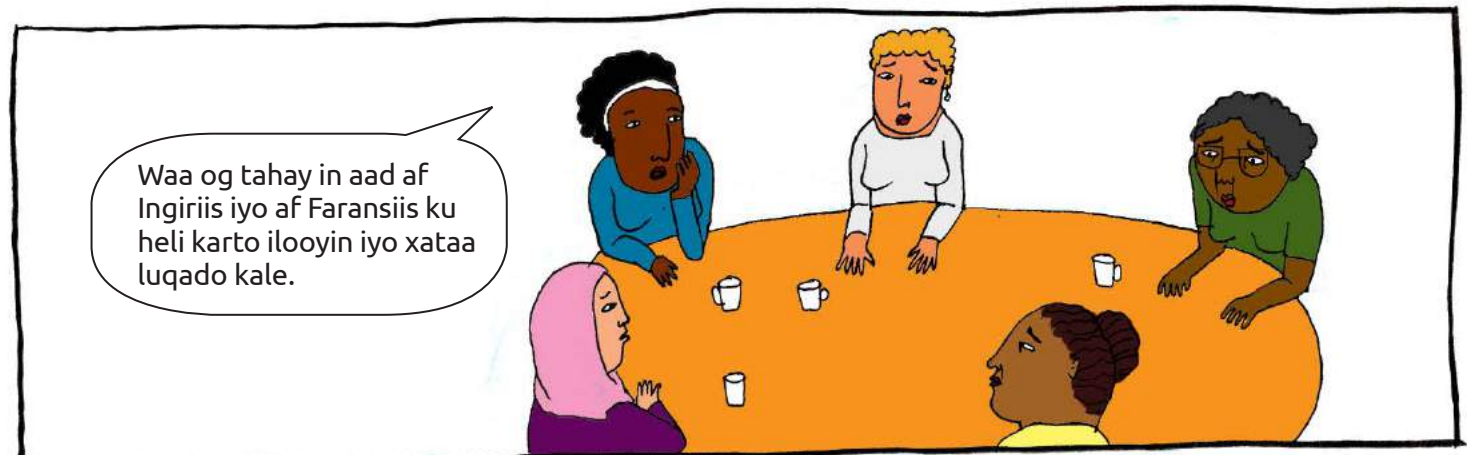
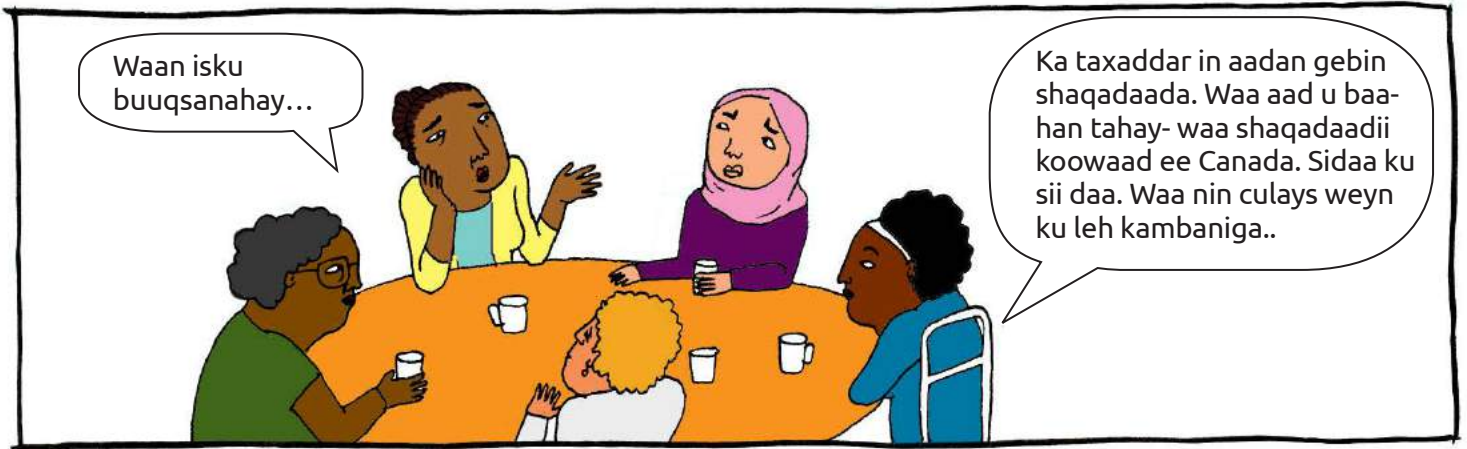
















Arrimaha Shaqaalaha ayaa aan ka codsaday macluumaad. Waxaa na lagu dhaqaaqay baaritaan.

Waxaa aan bartay in ay waxtar leeyihiin in caddaymo laga haysto teleefoon, iyo xiriirro qoraal ah; iyo markhaati in la leeyahay.

Markii aan macluumaad helay, waxaa aan awooday in aan si fiican u garto calaamooyinka kufsiga ee goobta shaqada, fursadaha ii bannaan, iyo waxa aan samayn karo. Rajo ayaa aan leeyahay!

Inta u dhexeysa, waxaa aan sii wadi doona in aan cidlada ka baxo oo aan helo macluumaad. Hadda waxaan fahmey sida loo garto calaamooyinka handadaadda, loo aqoonsado iyo loo magacaabo!

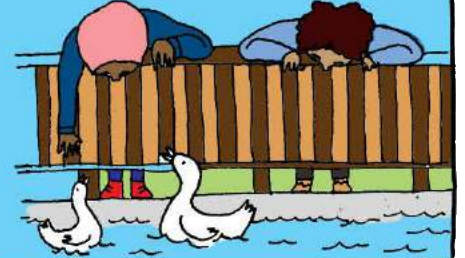


SHEEKADA AMAL

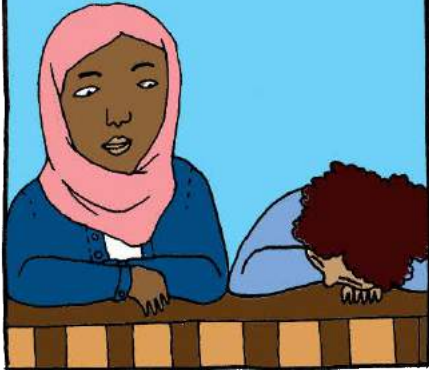
Magacaygu waa Reem waxaan leeyahay saaxiibbad la yiraahdo Amal. Waxaan Canada nimid annagoo dad cusub ah. Amal waa qaxooti anigana waxaan ku imid sida Arday Caalami ah si aan u dhammaystirto waxbarashadayda Masterka ee injineerka iyo naqshadeeyaha dhis-maha. Kaddib markii aan wada qaadannay wakhti badan, waxaan noqonnay asxaab, midba midda kale u aamintay si buuxda.

Sidee ayaan u dhahaa "duck"?

Duck



Waxaan runtii u baahana-hay in aan Ingiriiskayga horumariyo!



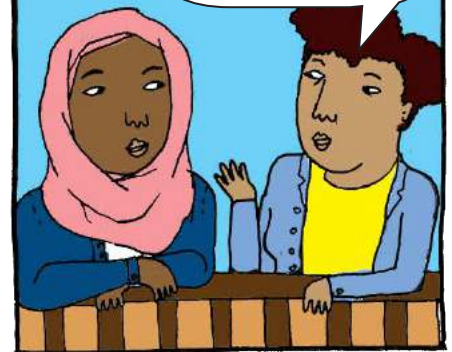
Waxaan ku fekerayay in aan yeesho qof Ingiriiska barashadiisa igu caawiya. Sidee kula tahay?

Taasiwaa fikrad weyn Amal!



Sidee ayaan ku heli kara qof dadku ugu tagaan wax barid?

Isha ayaan ku hayn doonaa xayaysiinta barayaasha loogu tago barashada Ingiriisiga.



Reema! Waxaan helay bare guriga kugu baraya, magaciisu waa John

Taa waa wax cajiib ah Amal!



Haddii aad doonayso waan kula socon karaa waxaan samayn karnaa fure telefoon oo badbaado ah?

Haa, hubaal! Waxaan kula kulmi doonaa xafiiskiisa Isniin walba.



Isniintii kale

Salaan Amal, fadlan fariiso, cashada diyaar ayaay ku dhowdahay.



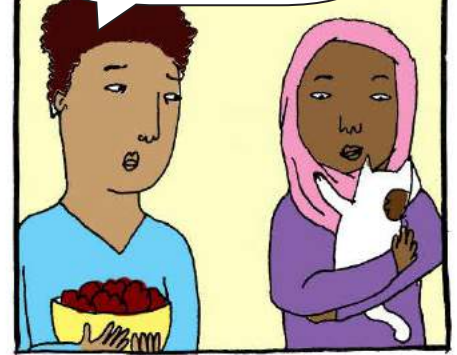
Iga raalli noqo sida aan u soo hormaray. John ayaa i weydiiday in aan xafiiskissa ugu tago 8 caawa.

wakhtig saa u dam-beeya?

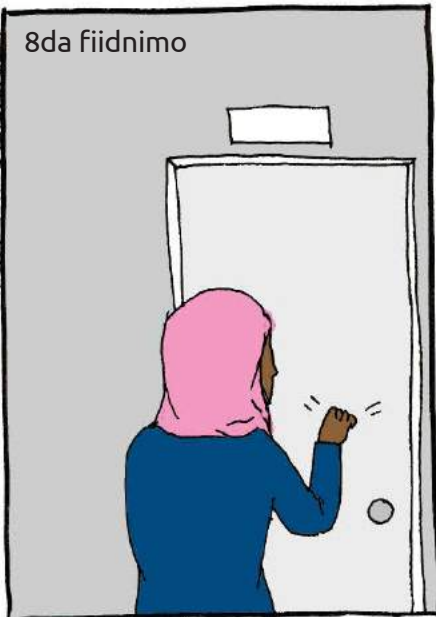


Anigaba aad ugu ma faraxsani taa laakin berri ayaan leeyahay imtixaan muhiim ah...

Ila soo hadal markaad guriga tagtid.



8da fiidnimo



Salaan Amal.

Fadlan fariiso, waan ku sugayay.

Salaan John.

Maxuu sidaa iigu eegayaa?



Kaalay gacaliso fariiso hal-kan ii dhow waay ii fudud tahay in aan sidan wax ku baro.

Tani waa yaab maxuu doonayaa in aan sidaa ugu dhawaado?



Deriska waxaa ka dhaadhac-sanayd in.....



Waa kuma kaa?

Qof saaxiib ah uun...

Reema
Salaan A.
Wax kasta ma hegaag baa?
Waan kaa wel-welsanahy.

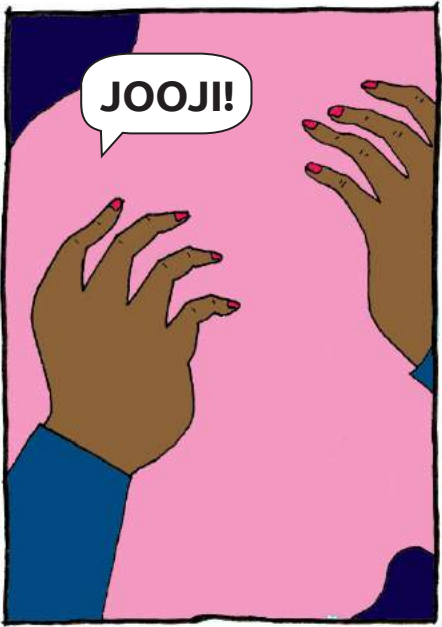
Reema
Fariin qoraal ah iigu soo sheeg in laad OK tahay

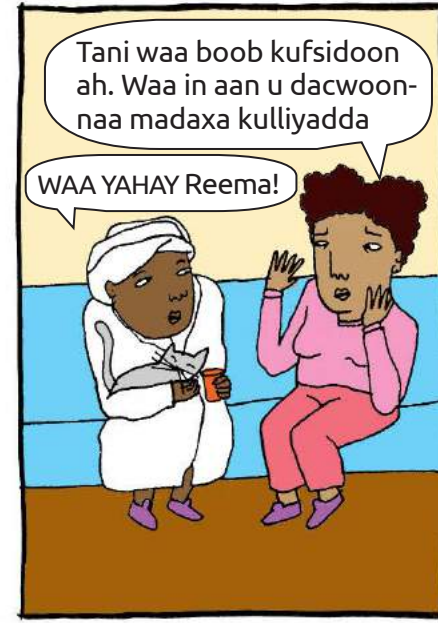


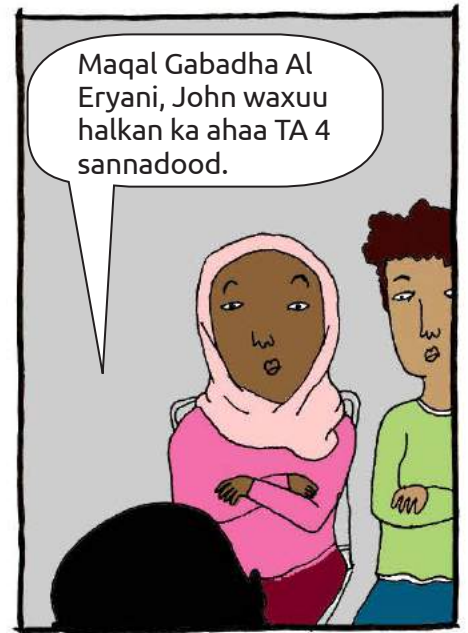
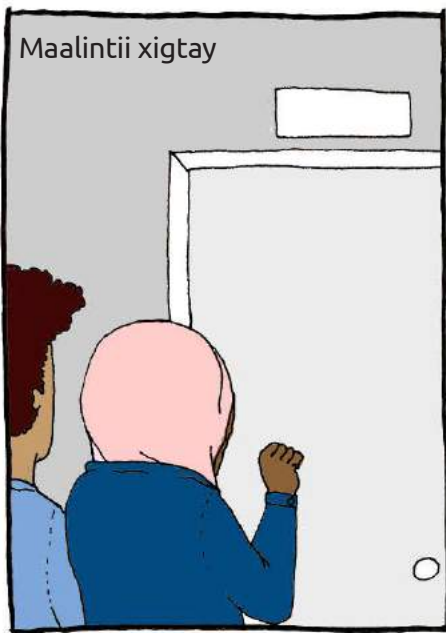
Kolleyba waxaa la gaaray wakhtigii aad tegi lahayd. Ii oggolow in aan ku kaxeeyo.

Mmm. OK.











Taa waxay ay ahayd takoor dumarnimada, midab takoor iyo nacayb Islaannimada!

Gebi ahaanba! Alla qumaysanaa!



Sida aan u xanaqsanahay!



Ma jiraa qof aad is leedahay waad la hadli kartaa? Bal aan liis samaysano oo aan helnoqof



Waa billaabasho wanaagsan!

Marka waxaan haynaa kooxa ardayda...

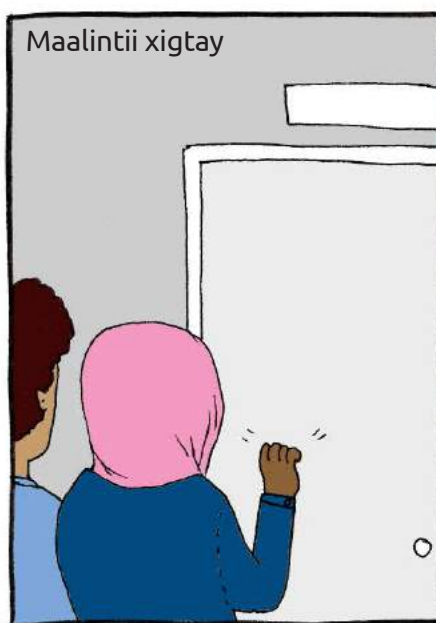


La taliyaha, lambarka Laynka ee Caawinaadda Dumarka la waxyeelay, iyo wadaadka.



Diinta aad ayaay iigu tahay muhiim, horta waxaan doonayaa in aan wadaadka la hadlo.

Hagaag! Aan aadno berri!



Maalintii xigtay



Maadaama aan ahay wadaadka xerada waxaan dhibka dumarka loo geysto ka dhigtay mudnaanta koowaad ee shaqadayda.



Miyaad siisay oggolaansho in uu ku taabto?

Haddaba khalad ayaay ahayd.

Maya, Maan ssamayn.





Haye!



Mahadsanid Reema.



Maxaad samayn doontaa Amal?

Wakhtigan hadda ah waxaan doonayaa in aan adiga kugu sharfo sushi.



Nolosha aad ayaay ugu sii wanaagsan tahay sushi.

Lyo Shar-ciga C132.



Waxaan xarayna doonaa cabasho. Waa xaqaayga. Wixii uu John sameeyay khalad ayay ahayd!



Waxaan doonayaa in qof walba ogaado Sharciga C132. Aan ka qaybgelinno Ururka Ardayda iyo Ururka Haweenka iyo kooxihii kale ee ay khuseyso.



Waxaan codsan doonaa nidaam in xerada jaamacadda khasab laga dhigo tababar ku saabsan dhaqanka oggolaan-shaha iyo kufsiga ee ardayda, qayb-heeda kala duwan iyo shaqaalaha



Toddobaadka xiga

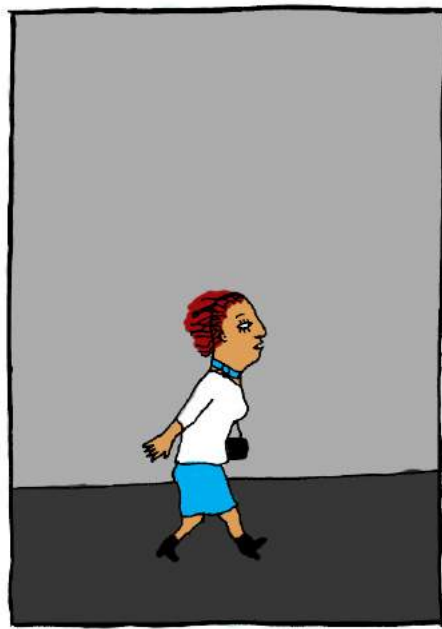
CALAAMADO: JOOJI DHIBAA-TOOYINKA DUMARKA lagu la KACO

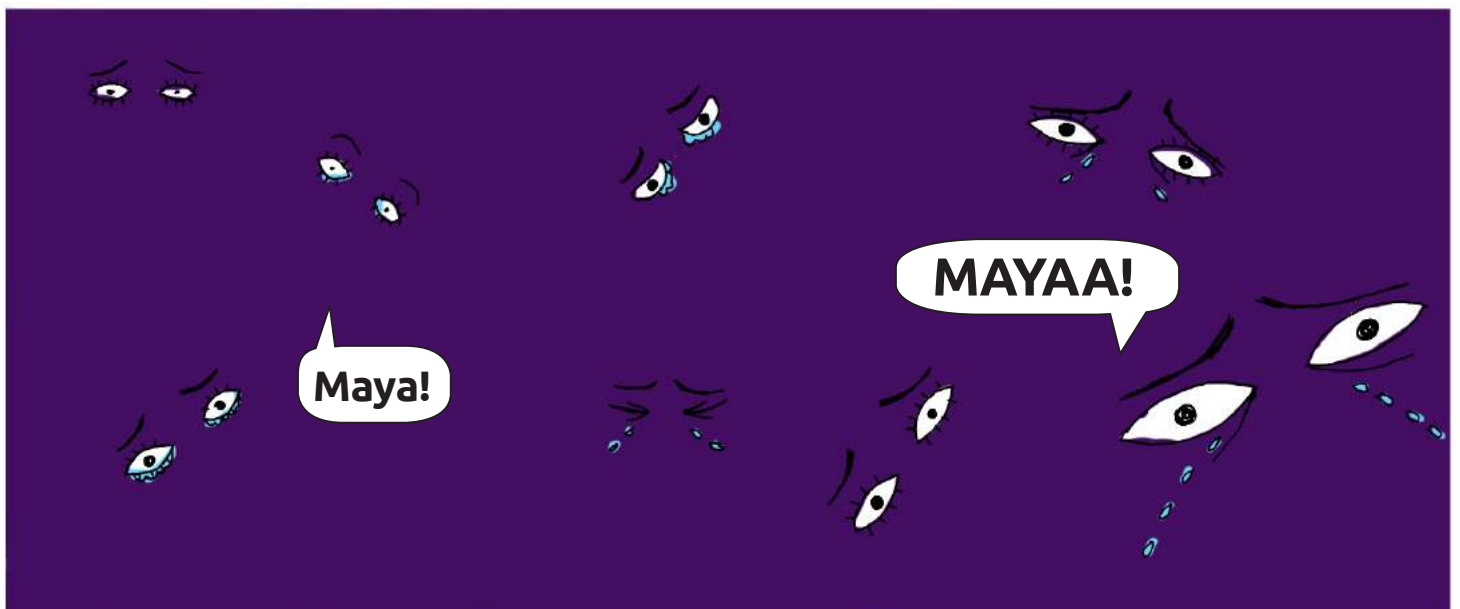
CALAAMADO: JOOJI DHIBAATOYINKA DUMARKA lagu la KACO

CALAAMADO: JOOJI DHIBAA-TOOYINKA DUMARKA lagu la KACO

SHEEKADA MANUELA











Waa kan Manuela, waxaan kuu sameeyay shah



Adiga ayaan kula joogi doonaa caawa oo dhan



Ma tihid keligaa



Subaxdii xigay

Waxaan samaynayaa qaxwa. Ma doonaysaa xooga rooti ah?

haye.



Waad ku mahadsan tahay wax walba!



Keligaa ma tihid Manuela. Halkan adiga ayaan kuu joogaa!



Wixii kugu dhacay waa kufsi, waa dhibaataada loo gaysto dumarka. Nimankaa ayaa eedada leh. Adiga khaladkaaga ma aha.



Marnaba maad siin oggolaanshahaaga. Maa nad siin karin oggolaanshahaaga maxaa yeelay waad maandoorsanayd

Habeenkaa kaddib Manuela way awoodi kari wayday in ay dhammayso howlaheedii caadiga ahaa. Marwalba wey xusuusanaysa kufsigii.



Dib dambe u ma heesi karo

Waa qarracan. Waxaan rajaynayaa in kulanka kooxdan Taagerista ee soo marey kufsiga in ay ku caawin doonan.

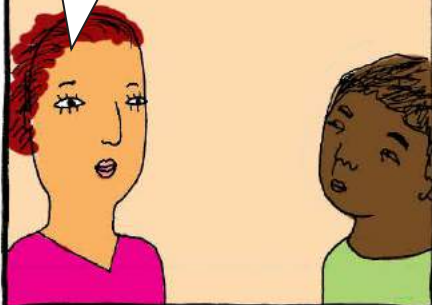


Haa. Mahadsanid in aad i soo raacday



La kulanka Taageerista Kooxda Iyaguna Soo mareen kufsiga Valeria iyo Manuela waxay kula kulmeen dumar badan, qaarkood waxay ka hadleen waayo aragnimadooda ku saabsan handadaad dumar ahaantooda loogu gaystay, jirdil iyo kufsi. Waxay kaloo ka hadleen wakhtigii ay u soo mareen kabogsashada markii ay ogaadeen in wixii dhacay aynay denbi ku lahayn iyo in ay sheekooyinkooda, codadkooda iyo noloshooduba qiima leedayah. Manuela waxay billowday in ay kulammada uga qayb qaadato si joogta ah

Bilyooyin Kaddib ayaan halkan imanayay, maanta waxaan dareemayaa in aan u diyaar ahay inaan inla qaybsado sheekadaydee.



Manuela waxay u sheegtay wixii ku dhacay

Jack kan jooga makhaayadda Zee?



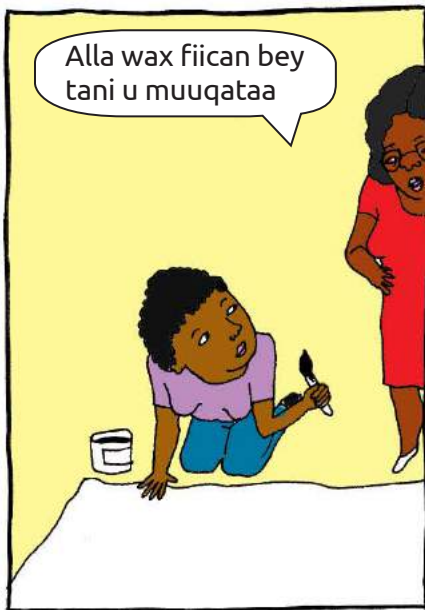
Haa Jack hantiilaha wuu i maandooriyay kaddibna wuu i kufsaday.

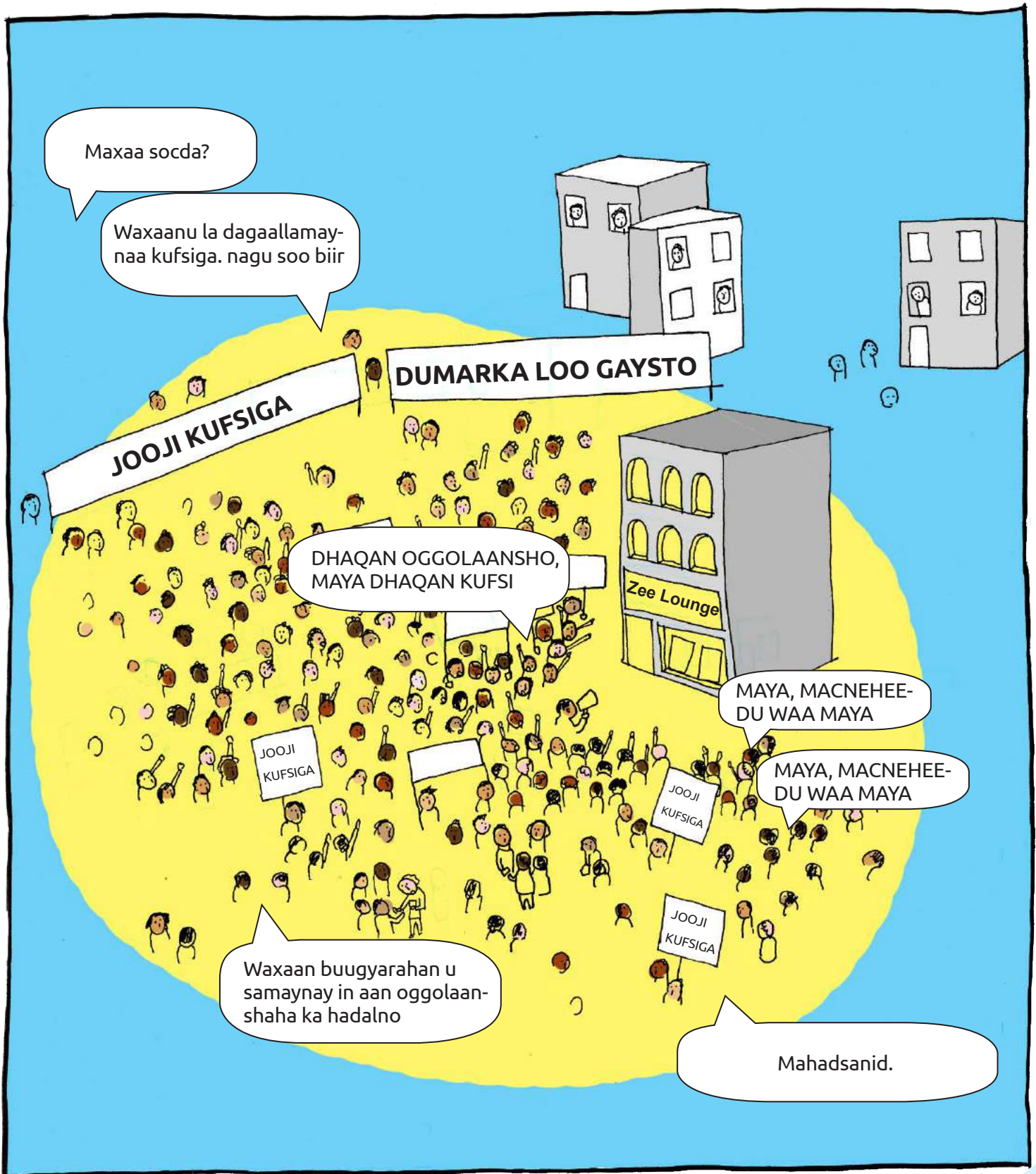
Isla taa ayuu igu sameeyay





Way is qabanqaabiyeen





Bulshada in badan ayaa ku taageeray dumarka halgankooda. Tani waxay dhashay koox beeleed oo loogu talagalay la dagaalanka rabshadaha galmada iyada oo loo marayo waxbarashada iyo ficil wadareed.

DOOD WEYDIINNO

Waxaa aan rajaynaynaa in sheekooyinkan ay keenaan sheekaysi ku saabsan qodobbada lagu sheegay buugga sida cad u qeexaya, si aan u beddelno hab dhaqannada kufsiga. Xor u ohow in aad tixraacdo su'aalahaan si aad u billowdo doodo ka dhexeeya asxaabtaada, qoyskaaga iyo bulshadaada.

SHEEKADA KOSE (BOGAGGA 5-14)

1. Sheekada billowgeeda waxaa aannu aragnaa Kose sida qof furfuran ah, inan dhallinyara ah oo xor ah. Sidee ayaa ay i su beddelaysaa kaddib marka ay baratay ninkeeda?
2. Sidee nolosha Kose ay i su beddelaysaa kaddib markii ay u soo guurto Canada?
3. Kose ninkeeda waxaa uu ka qaataa furaha guriga. Sidee taasi ay u tahay mushkilo?
4. Ka dooda siyaabaha uu Kose ninkeeda u yahay khaa'in iyo nin iyada ku xadgudbay. Sidee ayaa ay dabeecad-diisa u samaynaysaa Kose shucuur ahaan?
5. Kose ninkeeda waxaa uu ku cabanayaa in uu xaq u leeyahay in uu la galmoodo isaga oo aan ka haysan og-golaansho maadaama ay is qabaan. Maxaa ay ku la tahay arrintani? Maxaa ayaad ku dhihi lahayd Kose haddii aad saaxiibaddeed ahaan lahayd?
6. Sidee Kose ay ku baratay Nisha? Sidee ayaa ay Nisha ku taageertaa Kose?
7. Taageero caynkee ah ayaa ay Kose helaysaa kaddib marka ay u tagto Adeegyada Dumarka Socdaalka ah?
8. Sidee ayaa uu ganacsiga Kose ay bilowdey uu nolosheeda u beddelay?

SHEEKADA MAGALI (BOGAGGA 15-23)

1. Maxaa nuglaanshooyin iyo caqabado ay Magali la kulmaysaa marka ay waaya aragnimooyin ka la kulanto kufsi iyo handadaad goobta shaqada?
2. Maxaa ku hagay Magali in ay qaaddo ficil ka soo horjeeda Don?
3. Macluumaad nooc ee ah ayaa Magali caawin karay iyo goorma?
4. Fikraddee ayaa aad ka qabtaa dhaqanka kuwa la shaqeeya ee Magali ay la kulanto goorta ay qaxwe isla cabbayaan?
5. Carqalado nooc ee ah ayaa ay Magali la kulmi karaysaa waayaha dambe kaddib xaraynta cabasho?
6. Weligaa miyaa aad waaya aragnimo u lahaatay kufsi iyo handadaad goobta shaqada, laakin ay kugu adkaatay in aad aqoonsato?
7. Ma garanaysaa qof hadda ama hore u soo maray isla marxaladda Magali oo kale?
8. Aragtidaada, maxaa uu yahay hannaanka ugu wanaagsan ee sare loogu qaadi karo feejignaanta bulshada ee ku saabsan kufsiga iyo handadaadda goobta shaqada?

SHEEKADA AMAL (Bogagga 24-31)

1. Sidee ayaad ku tilmaami kari lahayd xiriirka Reema iyo Amal?
2. Dhibaato noocyadee ah ayaay Amal la kulantay?
3. Sidee ayaa uu John ugu xadgudbay xuduudaha Amal?
4. Sidee ayaa ay Reema u taageeraysaa Amal? Sidee ayaa aad adigu u taageeri lahayd?
5. Maxaa aad u malaysaa Maamulaha dhahaya in Amal aysan u warhayn “dhaqanka iyo qaymaha nololeed” ee Canada? Isla sidaa miyaa uu u dhigi lahaa haddii ay Amal ahaan lahayn Muslimad muuqata?
6. Muxaa uu u difaacayaa John?
7. Sidee ayaa uu Wadaadku ugu jawaabayaa Amal?
8. Waa maxay Sharciga 132? Sidee ayaa uu u saamayn doonaa kuwa ka badbaaday kufsi?
9. Maxaa aad u malaynaysaa in Reema iyo Amal ay samaynayaan marka ay aadaan ururka ardada?

SHEEKADA MANUELA (Bogagga 32-39)

1. Markii hore Manuela iyada ayaa isku eedaystay kufsigu. Maxaa u asbaab ah in ay sidan u fekerto?
2. Maxaa farriimma ah ee ka jira bulshadeenna (laga billaabo asxaabta, qoyska, warbaahinta, dugsigu, shaqada, iwm) ee lagu eedaynayo kuwa soo maray kufsigu waaya ragnimadooda darteed? Maxaa farriimo ah ayaa ka jiraan bushadeenna ee iyaga taageeraysa?
3. Valeria waxay oggolaansho ka la hadlaysaa Manuela. Sidee ayaa lagu soo baray oggolaansho? Maxaa dhacaya haddii oggolaanshahaaga lagu xadgudbo? Goormee ayaa ay tahay in na la baro macnaha oggolaansho iyo sabab?
4. Sidee ayaa ay Valeria u taageeraysaa Manuela? Haddii aad saaxiib la ahaan lahayd, side ayaa aad u taageeri lahayd Manuela?
5. Arrimahee ayaa ka duwa kufsigu falal dembiyeedyada kale? Tusaale ahaan, haddii muraayadaha gaariga Manuela la burburin lahaa, inta badan iyada eedda isma saarteen. Maxaa ka dhigaya kufsigu wax ka sii adag in la fahmo/la la tacaalo?
6. Sheekada waxaa ay ku saabsan tahay Manuela oo la yidhi waa gabar la galmoota rag iyo dumarba iyo dembiilayaashii oo isku dayaya in iyada ay “habeeyaan”. Maxaa ayaa aad ka garatay taa?
7. Manuela waxaa ay taageero ka helaysaa koox ah dad waayo aragnimo u leh dhacdooyinkan oo kale ee kufsigu. Maxay noocan taageeradaa ah u tahay muhiim?
8. Ma ka fekeri kartaa tusaalooyin ka yimid bulshadaada sida loo taageeray soo soomareyaal kufsi? Maxaa tallaabooyin ah ee loo baahday in la hubiyo helista taageero mujtamac/bulsho ee soo mareyaasha kufsi?

Haddii aad taageero u baahantahay, fadlan la xiriir:



Telefoonka caawinaadda dumarka la kufsaday
24 saac/7 Maalmood toddobaadkii/200 Luqadood/Xog/Qarsoodi

Telefoonka caawinaadda waxaa uu ku siinayaa la talin xagga dhibka ah ee bilaash ah, taageero shucuureed, qorshe badbaado, macluumaad iyo in lagu tilmaamo meelaha aad ka heli karto daryeel ee dhammaan dumarka gobolka Ontario.

Na soo wac manta haddii adiga ama qof aad taqaan uu ku jiro xaalad xadgudub.

GTA: 416-863-0511

Wicid bilaash ah: 1-866-863-0511

TTY: 1-866-863-7868

www.awhl.org

Si vous avez besoin de soutien, contactez:



Fem'aide

Ligne d'écoute et de soutien pour les femmes d'expression française dans la province de l'Ontario.

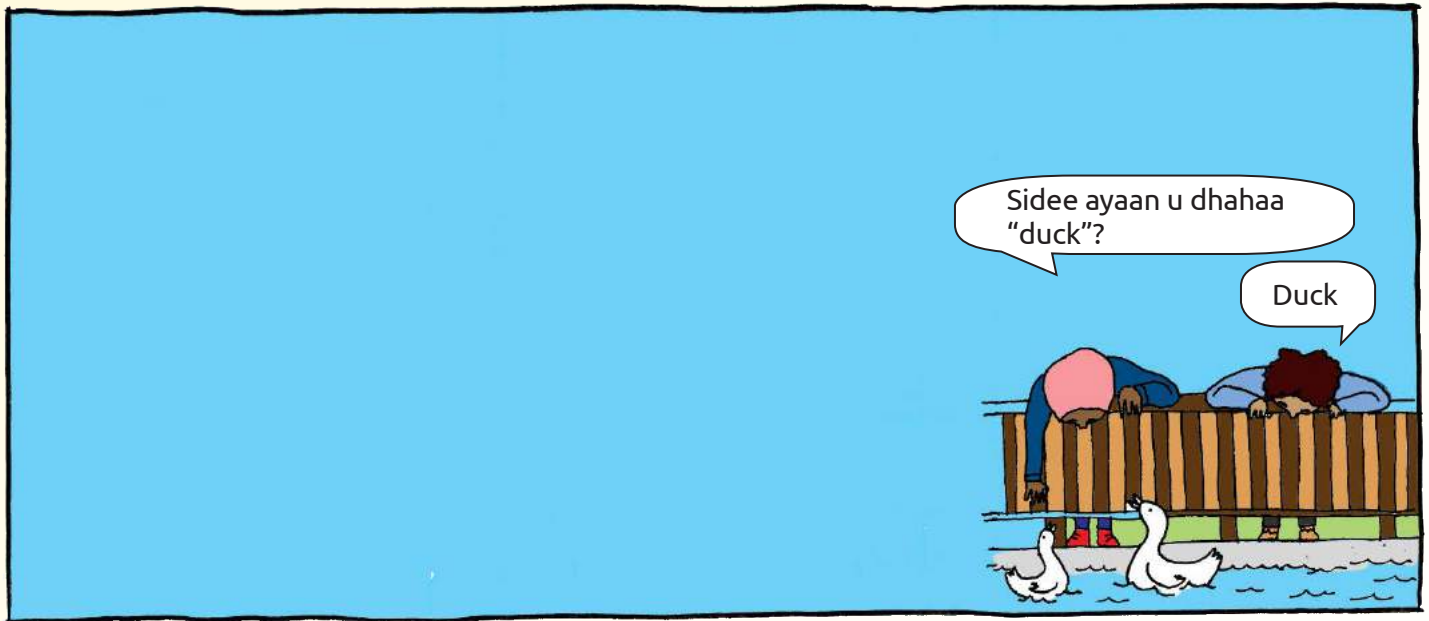
Disponible 24 heures par jour, 7 jours par semaine. Vivre sans violence est un droit!

Appelez dès maintenant :

1-877-336-2433

ATS 1-866-860

www.femaide.ca



**Ontario Council of Agencies
Serving Immigrants**

110 Eglinton Avenue West, Suite 200

Toronto, Ontario M4R 1A3

vaw@ocasi.org

www.ocasi.org

facebook.com/ocasiconnects

**Mouvement Ontarien des Femmes
Immigrantes Francophones**

P.O Box 40036, RPO, Queens Quay

Toronto, Ontario M5V 0A4

contact@mofif.ca

www.mofif.ca

Facebook.com/mofif

OCASI
Ontario Council of Agencies Serving Immigrants

 **Ontario**

M**FIF**
ensemble pour un avenir meilleur