



Dalka maraykanka iyo degmada Santa Clara County, dadka oo dhammi rag, haween iyo carruurba waxay xaq u leeyihiin inay ku noolaadaan dhib la'aan, weerar iyo gafna cid kale kula kicin. Arrintan waxay reebaysaa in cidna cid kale kula kacdo gaf nooc kasta oo xiriirka idinka dhexeeya ahaan jiray, sida xaas is qaba ama isqabi jiray , laba qof oo meel ku wada nool ama noolaan jiray, laba qof oo xiriir haasaawe leh, ama qof ilmo ehelnimo dhaw ama saaxiib ka dhaxeyn jiray. Marka ay qof sidaas ah lagu qafo waxa loo yaqaan Shaqaaqo guri (domestic violence).



Waa maxay shaqaaqada guri?

Shaqaaqada guri waa weedh lagu tilmaamo gafka ama dhaqanka dhibaata leh ee qof kula kaco qof kale oo ay nolol wadaag yihiin.

Maxaa loo arki karaa dhibaato iyo gaf?

Dhibaato iyo gaf waxa loo yaqaan marka si u kac ah qof u damco inuu wax yeelo af ama adin, dareen, ruux ama dhaqaale ahaan qofka kale u gaarsiiyo.

Gafka waxa ka mid ah:

- Cabsi gelin
- Dhibaato dareenka qof la gaarsiiyo
- Gooniyeyn (go'doomin)
- Eedayn (canaan)
- Ku danaysi
- Amar ku taagleyn
- Cuno qabteyn dhaqaale
- Handadaad iyo caga jugleyn.

Maxaa dhici kara haddii aan garaaco xaaskayga?

Ma cafiyayo sharcigu falkaaga, in kasta oo qofka aad kula kacday ay tahay/ayahay xaaskaaga Garaacista xaaskaagu waa fal ka soo hor liddi ku ah sharciga, wuxuuna ku dhaxal siin xarig iyo dembi lagugu qaado.

Arrintaasi sidee ayay u saameyn kartaa qaabkayga sharci?

DEmbiyada la xiriira shaqaaqada guri iyo fulin la'aanta amarka maxkamadda in laga xakameeyo agagaarka cidda aad wax u geysatay waa dembiyo ku dhaxal siin kara in lagaala noqodo sharciga aad ku joogto dalka. Qofka uu u diiwaan galay fal noocaas ahi waa inuu san hor tegin INSTa kana dalban wax kale isagoon la tashan looyar sharciga socdaalka ah.

Dadka oo dhan rag, haween iyo carruur - waxay xaq u leeyihiin inay helaan nolol aan dhibaato, weerar iyo gaf ka yimaad cid kale lahayn

Haddii waalidkay ama qofka aan la nolahay i garaaco xageen gargaar u raadsan karaa?

haddii qofka aad wada nooshiyiin ku garaaco waa inaad ka fikirto badbaadada carruurta iyo taadaba.Haddaba arrintadu sida aya tahay waxaad raadsan kartaa saxiib, ehel ama qof aad wada shaqeysaan, ama beesha diinta, ama meelaha hoos ku qoran ayaad talo ka raadsan kartaa.



24 saac khad degdega / Gabood /xarumaha talo siinta

Khadka degdega waa lambar telefoon oo aad waci karto xili kasta maalin iyo habeen, kalana hadli karto qof xaaladaada. Ma aha inaad u su sheegto qofka. Qofku waxa uu heegan u yahay inuu ku dhageysto, ku gargaaro su'aalahaagana ka jawaabo. Waxay kugu cawin karaan qorshe aad ku nabad gasho haddii aad go'aansato inaad gurigaaga ka tegitid, waxayna kuu hogaamin dhica adeega aad u baahan tahay.

Gaboodku waa guro haweenka iyo carruurta la gaarcay ay joogi karaan haddii ay u baahdan inay guryahooda ka soo tegaan shaqaaqo guri awgeed. Gaboodku meesha uu ka yaal waa qarsoodi, si loo ilaaliyo dadka halkaas ku nool. Shaqalaha gaboodku waxa kale oo ay ka caawin karaan sidii aad u heli lahayd barnaamij haboon uu aad waano iyo talo ka heshid, dhaqaale degdega, deeqda dawlaha ah iyo gargaaro kale intaba.

Xarumaha Talo siinta waxay ku siin karaan talo siin qof ahaan, kaalmo kooxeed, ama cashro la xiriira shaqaaqada guri ee haweenka, raga iyo dhalinta.

Boliska iyo xukumadda mandaqada

Boliska waxaa laga rabaa inuu jawaab degdeg ah ka bixiyo marka khadka "911" ee arrimaha shaqaaqada guri, ayadoon la eegin qofka qaabkisa sharci uudalka ku joogo. Haddii qof nabad gelyadiisu halis gasho waa inaad ku fikirtaa sidii aad boliks u gaarsiin lahayd ee loo heli lahaa gargaar degdeg ah. Sarkaalku wuxuu awood u leeyahay inuu dembilaha dhibanahana badbaadin u raadiyo, war bixin qoro, daaweynna u dalbo haddii dhaawac jiro.

Waa maxay xayiraata muddaysani?

Xayiraad muddaysan waxaa bixisa maxkamadda qoyska (Family Court) oo amar karta qofka gafka geystay in uu joojiyo dhammaan wixii xiriirnooc kasta uu la lahaa qofka lagu gafay. Haddii uu ku dhaqmi waayo amarkaas dacwad dembiilenimo ayaa lagu qaadi karaa. Xayiraadu waxay kale oo ay saameyn kartaa meelo kale sida lacagta gargaar

(Financial support) lagu bixiyo carruurta ka dhexaysa laba qof.

Ayaa iga caawin kara dalbashada amarka xayiraada?

Maxkamadda qoysku waxay leedahay qol lagu hayo foomamka iyo taakuleyn sidii aad u heli lahayd amarka xayiraada. Meelaha gaboodka bixiya iyo ururo sharciga ka gargaara dadka ayaa habeyya amarka xayiraada.

Xaaskaygu/waalidkay waa muwaadin (ama green card) ayuu leeyahay, wuu ii diidan yahay in la sharciyeeyo joogitaankayga.

Maxaan sameyn karaa?

Ururka Violence Against Women Act (VAWA) waxay ka caawiyaan xaaska iyo carruurta la kulma xaalad gaf ku ahway dalban karaan green cardka. VAWA waxay dadka aan sharciga haysan ee la kulma shaqaaqada guri way dalban karaan shaqsi ahaan inay helaan degnaansho rasmi ah ama green card. Xaaladaha qaarkood waxaad noqon kartaa qof xaas ah ama ay is fureen qofka gafka samaynaya. La xiriir wakaaladaha hoos ku qoran mid ka mid ah si aad u ogaato jidka aad macaawino ku heli karto.

Waxan rabaa inaan ka tego qofka igu gafya, hase yeeshe shaqo ma haysto maxaan yeelaa?

Haweenka ama raga aan haysan sharci waxay xaq u leeyihiin adeega ay bixiso ururka VAWA, waa la codsan karaa green card shaqo lagu raadsado. Waxa kale oo ay dalban karaan deeq lacageed ee (Cal- WORKS), mararka qaar ayagoon weli helin green cardka. Haweenka ama raggaqaatoa deeqda lacageed wax u dhimimayso inay helaan green cardka. Eeg qeybta Deeqda lacageed. booga. 62 ee wararka



AACI-Asian Women's Home
2400 Moorpark Ave., Ste 300



Shaqaaqada Guriga & Qoyska

San Jose, CA 95128

Tel: (408) 975-2730 main offices

Crisis Hotline & Shelter: (408) 975-2739

Luqadaha: English, Thai, Indonesian, Chinese, Laos, Vietnamese, Cambodian, Mandarin, Spanish iyo Tagalog.

Adeegyada: 24-saac khad degdeg ah, Gabood degdeg ah oo haweenka iyo carruurta ah, talo siin, kooxo kaalmo, u doodis sharci iyo tacliintaion. Booqasho talo siin ah.

Asian Law Alliance

184 E. Jackson St.,

San Jose, CA 95112-5153

Tel: (408) 287-9710

Website: www.asianlawalliance-ala.org

Luqadaha: English, Vietnamese, Cantonese, Mandarin, iyo Spanish.

Adeegyada: VAWA codsiyadeeda, u doodis sharci, Amar Xayiraad muddaysan.

Bay Area Legal Aid

2 W. Santa Clara St., 8th Floor, San, Jose, CA 95113

Tel: (408) 283-3700 x 313

Website: www.baylegal.org

Luqadaha: Spanish

Adeegyada: Horumarina dhaqaalaha bulshada, danta iibsatada, shaqaaqada guri, shaqo la'aanta, caafimaadka, guriyeynta, deeqda dawliga ah.

Center for Human Development

105 N. Bascom, Suite 103, San Jose, CA 95128

Tel: (408) 298-8983 main office

Language(s): Mandarin iyo dadka maqalkoodu liito

Adeegyada: Barnaamijka dadka la garaacay.

Child Abuse Reporting

Hotline: (408) 299-2071

Luqadaha: Spanish iyo Vietnamese

City of San Jose, P.E.A.R.L.S Program

2695 Moorpark Ave., San Jose 95128

Tel: (408) 794-1222

Luqadaha: Spanish.

Adeegyada: Warar siin iyo tilmaan shaqooyinka maamulka Magaalada, Degmada iyo bulshada.

Community Solutions

P.O. Box 546, Morgan Hill, CA 95038

Tel: (408) 842-7138

Crisis Hotline:(408) 683-4118

Luqadaha: Spanish

Adeegyada: Gabood haweenka iyo carruurta, talo siin, u doodis sharci, kooxo kaalmo haweenka la gaaracay, barnaamij Cabista/Wadista, barnaamijka alkolada iyo maandooriyaha, casharo waalidnimada.

Contact

P.O. Box 8021, San Jose, CA 95155

Tel: (408) 279-8228

Language(s): Spanish, Vietnamese iyo adeeg kale

Adeegyada: Kaalmo 24 saac dhibta kala gedisan: Daqdiga waalidka, isku dayga isdilka, warar siin iyo tilman.

Teen-Line: (888) 247-7717

Children's Warm-Line: (408) 279-0303

East San Jose Community Law Center

1030 The Alameda, San Jose 95126.

Tel: (408) 288-7030

Language(s): Spanish iyo kuwo kale

Adeegyada: VAWA codsiyadooda, haweenka socotada ah.



Ma rabta war dheeri ah? Ka la xiriir xafiiska SIREN's ee ka caawiya socotada xagga macluumaadka , weydii wixii war cusub ama barnaamijyada jira, khadkoodu telefon wuxu furan yahay Is-Ji 10am - 4pm, luqado kala duwanna way ku hadlaan. Sida: Spanish- (408) 286-1698 Vietnamese- (408) 286-1448 Farsi- (408) 286-5680 x108 Chinese- (408) 286-5680 x109

Elder Abuse Reporting

591 N. King Rd., San Jose 95133

Tel: 1-800-414-2002

Luqadaha: English, Spanish, Cantonese, Portuguese, Farsi

Adeegyada: Warbixinta waayeelka lagu gafo

Family & Children Services

375 Cambridge Ave., Palo Alto, CA 94306

Tel: (650) 326-6576

Adeegyada: Talo siin, warar iyo tilmaan siin.

Family and Children Services San Jose

950 West Julian Street, San Jose, CA 95126

Tel: (408) 292-9353

Luqadaha: Spanish iyo English

Adeegyada: barnaamij haweenka iyo dhalinta, soo dhex galka waalindiinta, barnaamij kuwa la garaacay.

Harbor Light Counseling Center

2400 Moorpark, Suite 318, San Jose, California 95128

Tel: (408) 297-3143

Adeegyada: Barnaamij Heterosexual/gay/lesbian iyo 52 usbuuc o kuwa la garaacay ah.

Legal Aid Society of Santa Clara County

480 N. First Street, Ste. 100, San Jose, CA 95112

Tel: (408) 998-5200

Website: www.legallaidociety.org

Luqadaha: Arabic, Spanish iyo Tagalog.

Adeegyada: Gargaar xagga sharciga arrimaha la xiriira shaqaaqada guri.

Maitri

Tel: 1-888-8-MAITRI (1-888-862-4874)

Website: www.maitri.org

Luqadaha: Bengali, Gujarati, Hindi, Kannada, Konkani, Malayalam, Marathi, Marwari, Oriya, Punjabi, Sindhi, Sinhalese, Tamil, Telugu, iyo Urdu.

Adeegyada: Taageero ina iska faca ah iyo talo siin arrimaha ay ka mid yihiin: Jidh/dareen dil oo u geysto qof labada wada jooga ka mid ah, ama xididka, xass ka tegis oo xaasku joogo wadankoodii, xalinta muranka is furka, muranka ilmo haynta; khasab u tagga carruurta, arrin ka murugta xagga sharciga socdaalka, oo gaf ahaan loo arko, daqdiqa nafta ee ay keento ciladu, turjumad, iyo af celin, Ingriiska iyo afafka Asiyada koonfureed, tilmaan siin gaboodyada degdega ah; qoys talo siin, Daaweyn maskaxda, qareena, kooxo kaalmo, wacyi gelinta bulshada, aqoon isweydaarsi, shaqo raadis, ka hor tag shaqaaqo guri ku salaysan dhaqanka koonfur Asiya.workshops , deyn siin degdeg ah. Wax bari muddo gaaban ah.

National Domestic Violence Hotline

Tel: 1-800-799-SAFE (1-800-799-7233)

Website: www.ndvh.org

Luqadaha: English, Spanish aiyo turjumad 139 luqo.

Adeegyada: Ka hortagga dhibaatooyinka la hadalka dhibanaha, xal u helista arrinta ina aysan faro ka bax noqon, oo ay ka mid tahay nabad gelyo u raadis, ns for safety in an emergency. Warar siin saxiibayada ama ehelka doonaya inay waxa ka ogaadaan arrimahan ay ka mid yihiin domestic violence, child abuse, sexual assault, intervention programs for batterers, working through the criminal justice system, and related issues. Referrals to battered women's shelters and programs, social service agencies, legal programs, and other groups and organizations willing to help.



National Network on Behalf of Battered Immigrant Women - Family Violence Prevention Fund

383 Rhode Island Street, Ste. 304
San Francisco, CA 94103-5133
Tel: (415) 252-8900
Website: www.fvpf.org

Luqadaha: Spanish iyo Tagalog.
Adeegyada: Tilmaan adeegyada qoysaska.

New Beginnings

265 N. Meridian Ave. Suite 9, San Jose, CA 95126
Tel: (408) 271-9769

Luqadaha: Korean, Mandarin.
Adeegyada: Barnaamij kuwa laga garaacay.

Next Door Solutions to Domestic Violence

1181 N. First Street, Suite A., San Jose, CA 95112
Tel: (408) 279-2962
Website: www.nextdoor.org

Luqadaha: Spanish iyo Vietnamese.
Adeegyada: Gabood haweenka iyo carrurta iyo kuwa la bamaamij garaacay.

Promotoras Project of Santa Clara County

525 W. Alma St., San Jose 95112
Tel: (408)286-5680

Luqadaha: Spanish

Adeegyada: Waxay bixiyaan tababar xirfadeed iyo hogaamiyenimo xagga arrimaha caafimaadka, dacdarrada iyo shaqaaqada guriga, haweenka latinoha ah oo ay wacyi geliyaan sidii ay bulshada uga dhex shaqeyn lahayeen.

Proyecto Primavera

1430 Tully Rd. # 410, San Jose, CA 95122
Tel: (408) 278-9031

Luqadaha: Spanish iyo Vietnamese.
Adeegyada: Barnaamij kuwa la gaaracay.

Support Network For Battered Women

444 Castro St., Ste 305, Mountain View, CA 94041
Tel: 1-800-572-2782 Fax: (650) 940-7850
Website: www.snbw.org

Luqadaha: English, Spanish, Mandarin iyo Cantonese.
adeegyada: 24-saac khad dhibta loogu tala galay, gabood haweenka iyo carruurta, kooxo kaalmo, barnaamij ah dadka la garaacayee lesbians, male batterers, gargaar xagga sharciga ah, wacyi gelinta bulshada.

Tino Esparza Center

1972 The Alameda, San Jose, CA 95126
Tel: (408) 296-0936

Luqadaha: Spanish

Adeegyada: Talo siinta bulshada barnaamij kuwa la garaacay.

Turning Point Counseling and Education Services

Sunnyvale: 510 S. Mathilda Ave, Ste 10, Sunnyvale, CA 94086
Tel: (408) 739-2171

Mountain View: 748 Mercy Street, Mt. View, CA 94041

Tel: (650) 569-6813

San Jose: 6122 Camino Verde, Ste. 15, San Jose, CA 95119

Tel: (408) 739-2171

Luqadaha: Spanish iyo Cantonese.

adeegyada: barnaamij kuwa la garaacay.



Victim Witness Assistance Center

777 North First St. Ste 220
San Jose, CA 95112-6340
Tel: (408) 295-2656 and 1-800-777-9229
Website: www.victim.org

Luqadaha: Spanish iyo Tagalog.

Adeegyada: Tilmaan siin meelaha xagga sharciga wax ka gagaara, gargaar laga siiyo maxkamdda, 24-saac lkhad furan, kaalmo lacageed.

Violence Prevention Program Public Health Department

2220 Moorpark Ave., San Jose, CA 95128
Tel: (408) 423-0718

Luqadaha: Spanish

Adeegyada: Mushruuco kala duwanoo ka hortgga shaqaaqada ah ee degmada Santa Clara County.

Watch

P.O. Box 321358, Milpitas, CA 95036-1358
Tel: (408) 271-9422

Luqadaha: Spanish

Adeegyada: Guryo ku meel gaar aho loogu alo galay haweenka iyo caruurta la garaacay.

