

Xoggta loogu talagalay dadyowga Alberta ee

Lakumaya Tacadiga ku saleysan Jinsiga

Rabshada ku saleysan jinsiga ayaa ah tacadi loo geysto qof iyada oo lagu saleynayo jinsigiisa, muujinta. Rabshadaha ayaa badanaa kordha inta lagu jiro xaaladaha degdegga ah iyo waqtiyada dhibaatooyinka dhaqaale. Hoos waxaa ku taxan ilaha muhiimka ah ee laga heli karo si loo taageero sdadka iyo qoysaska rabshadaha ka la kulma ee Alberta.

Adeegyada Degdegga ah

Ambalaaska, Dabka iyo Booliska.

Wac: **911** (24/7)

Had iyo jeer wac 911 xaaladaha degdegga ah.

211 Alberta

Haddii aadan hubin cidda aad waceyso ama adeegga aad u baahan tahay, macluumaadkan iyo khadka gudbinta ayaa kaa caawin doona inaad go'aansato waxaad u baahan tahay, waxayna kugu xiri doonaan adeegga bulshada, caafimaadka ama dowladda ee ku habboon, oo ay ku jiraan khadadka taageerada haboon ee dhibaatooyinka.

Wac: **211** (24/7, 170+ luqadood)

Qoraal: **211**

Wadahadalka khadka tooska ah: www.ab.211.ca (24/7 Ingiriis kaliya)

Adeegyada Tacaddiga Galmada

Khadka Koowaad ee Alberta ee Rabshadaha Galmada.

Haddii aad la kulantay nooc kasta oo xadgudub galmo ah oo aad u baahato taageero ku saabsan mashaakilkaas ama haddii aad u baahan tahay caawimaad inaad ka hesho adeegyada kaalmaynta xadgudubka galmada ee Alberta.

Wac: **1-866-403-8000** (lacag-la'aan, 9:00 subaxnimo ilaa 9:00 fiidnimo) Maalin kasta, 170 + luqadood)

Wadahadalka khadka tooska ah: www.aasas.ca

Adeegyada Tacadiga Galmada ee Deegaanka

Haddii aad la kulantay nooc kasta oo faraxumayn galmo ah oo aad u baahato taageero ku saabsan mashaakilaxaas ama la-talin. Website:

www.aasas.ca/get-help/

Rabshada Qoyska

Khadadka Macluumaadka Rabshadaha Qoyska

Wac haddii adiga ama qof aad taqaanid ay la soo gudboonaato rabshado qoys ama xadgudub oo aad qabtid su'aalo ama aad rabto inaad wax ka ogaato barnaamijyada, ilaha, iyo adeegyada.

Wac: **310-1818** (24/7, 170+ luqadood)

Wadahadalka khadka tooska ah:

www.alberta.ca/SafetyChat (8:00 subaxnimo ilaa 8:00 fiidnimo oo Af Ingiriis kaliya)

Khadka Caawinta Xadgudubka ee Gobolka Alberta

Caawinta in ka badan 100 luqadood qof kasta oo la kulma rabshad qoys ama xadgudub.

Wac: **1-855-4HELPAB (1-855-443-5722)**

(lacag la'aan) 7:30 subaxnimo ilaa 8:00 fiidnimo, Isniinta ilaa

Jimcaha, 170 + luqadood)

Shahaadooyinka Meelaha Badbaadada ah ee Joojiya Heshiiska Gurhiyaha Kirada.

Kireystayaasha waxay ba bixi karaan karaan heshiiska kireysigooda ayagoon la ganaaxin ayna helikaraan caddeyn xaqiijineysa inay yihiin dhibanayaal rabshado guri. Dalbo shahaado khadka tooska ah ee internetka:

www.alberta.ca/SaferSpaces

Hoy

Hoyga waa meel aad joogto haddii aad u baahato inaad ka baxsato rabshada qoyska ama aad la kulanto guri la'aan. Liiska hoyga xaaladaha degdegga ah ee haweenka, hoyga labaad, hoyga degdegga ee waayeelka, hoyga dadka hoy la'aanta ah iyo guryaha taageerada, booqo www.alberta.ca/Shelters.

Golaha Guryaha Haweenka ee Alberta

Dadka iyo qoysaska ka baxsanaya rabshadaha qoyska ama wajahaya hoy la'aanta.

Wac: **1-866-331-3933 oo taabo 1** (lacag la'aan)

Website: www.acws.ca/shelters

Taageero Dhaqaale

Caawinaad dhanka kharashaadka si aad uga tagto xaalad xadgudub

Kuwa u baahan in laga caawiyo kharashyada iyo taakuleynta kale si ay u helaan nabadgelyo una bilaabaan nolol cusub.

Website: <https://www.alberta.ca/family-violence-costs-leave.aspx>

Khadadka Caawinta Caruurta

Caawinta Caruurta ee dhanka Telefoonka

Khadadka latalinta dhalinyarada

Taageero bilaash ah, qarsoon ee dhanka taleefanka ah iyo la talooyin loogu talagalay dhalinyarada Kanada.

Taageerada xalinta dhibaatooyinka waxaa sidoo lagu heli karaa qoraal ama sheekeysii Khadka tooska ah.

Wac: **1-800-668-6868** (lacag la'aan, 24/7)

Qoraal: KU XIRO 686868 ama

<https://www.kidshelpphone.ca/text/>

Wadahadalka khadka tooska ah:

<https://kidshelpphone.ca/live-chat/> Website:

www.kidshelpphone.ca

Khadka Xadgudubka Caruurta

Wac haddii aad u malaynayso in ilmo lagu xadgudbay, dayacay ama kufsi loo geystay.

Wac: 1-800-387-KIDS (5437) (lacag la'aan, 24/7)

Xoogsheegashada

Khadka Caawinta Xoogsheegashada

Si aad u hesho caawimaad qarsoodi ah ku saabsan xoogsheegashada aad ka heli karto in ka badan 170

luqadood.

Wac: **1-888-456-2323** (lacag-la'aan, 24/7)

Website: www.alberta.ca/Bullying

Caawinta Wadahadalka Xoogsheegashada

Si aad caawimaad u hesho adigoon magacaaga sheegin 8:00 am ilaa 8:00 pm, 7 maalmood usbuucii oo Ingiriis ah.

Wadahadalka khadka tooska ah:

www.alberta.ca/BullyingChat

Adeegyada Dhibbanayaasha iyo Taageerada Sharciga

Adeegyada Dhibbanaha (Taageerada Dhibbanaha iyo Diyaarinta Maxkamadda)

Dhibanaha taageerada dembiga iyo diyaarinta adeegyada maxkamadda waxaa laga heli karaa hay'adda booliiska ee deegaankaaga ama taleefan.

Wac: **310-0000** (lacag la'aan, 24/7)

Website: www.victims.alberta.ca

Qaybaha Adeegga Dhibbanayaasha ee Deegaanka

Kuwa u baahan caawimaadda xakamaynta iyo ilaalinta amarrada ama taakuleynta kale ee dhibbanayaasha dembiga loo geystay.

Website: <https://victimservicesalberta.com/victim-service-units/>

Adeegyada Kaalmada Sharciga

Haddii aad u baahan tahay in lagaa caawiyo arrimaha sharciga

Wac: **1-866-845-3425** (lacag-la'aan, 8:15 subaxnimo ilaa 4:15 galabnimo,

Isniinta ilaa Jimcaha)

Website:

<https://www.legalaid.ab.ca/contact/Pages/default.aspx>

Tallo Sharciyeed oo Madaxbanaan (ILA) oo loogu talagalay dadka ka badbaaday xadgudubka galmada (Elizabeth Fry Society of Edmonton)

Independent Legal Advice (ILA) waxay u furantahay dadka qaangaarka ah (18+) jinsi kasta oo ku nool Alberta oo lasoo kulmay xadgudub galmoo ee Alberta.

Wac: **780-784-2213**

Email: legal_advice@efryedmonton.ab.ca

Website: <https://www.efryedmonton.ab.ca/independent-legal-advice.html>

Help is available, alberta.ca/violence-against-women.aspx

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Hey'adaha Wakiiladii Dadka Dhaladka ah

Adeegyada faragelinta carruurta ee bulshada First Nation (Dhaladka ah).

Website: <https://www.alberta.ca/delegated-first-nation-agencies.aspx>

Ka Ganacsiga Dadka

Khadka Tooska ah ee Tahriibinta Dadka ee Kanada
Khadka Tahriibinta Aadanaha ee Kanada waa adeeg qarsoodi ah, luuqado badan ku shaqeeya 24/7 si loogu soo xiro dhibbanayaasha iyo badbaadayaasha adeegyada bulshada, sharci fulinta, iyo adeegyada gurmada; waxay kaloo bulshada ka helaan talooyin ku saabsan kiisaska looga shakiyo tahriibinta dadka.

Wac: 1-833-900-1010 (24/7)

Wadahadalka khadka tooska ah:

<https://www.canadianhumantraffickinghotline.ca/chat/>

Website:

<https://www.canadianhumantraffickinghotline.ca/>

Taageerada Dadka Dhaladka ah (Asaliga ah) (Indigenous)

Dadkii Hore dhaladka ah iyo Qabiilka lagu magacaabo Inuit (INUWIT) ee Caawinta badqabkooda.

La-talinta waxaa lagu heli karaa Ingiriis iyo Faransiis, iyo haddii laga codsado Cree, Ojibway iyo Inuktitut.

(waa luuqado qabiilada asaliga ah ku hadla).

Wac: **1-855-242-3310** (24/7)

Wadahadalka khadka tooska ah:

<https://www.hopeforwellness.ca/>

Adeegyada La-talinta Dadka Dhaladka ah ee Alberta

Haddii aad u baahan tahay in lagaa caawiyo hannaanka maxkamadda ama Adeegyada Carruurta, ama ku xirnaanta caawinta dhallinyarada iyo ilaha kale ee bulshada.

Website: <http://www.ncsa.ca/>

Xarumaha Saaxiibtinimada Dadka Dhaladka ee Alberta

Waxay bixisaa xiriiryo la leh xarumaha saaxiibtinimo ee ku saleysan bulshada maxalliga ah ee bixiya adeegyo iyo u gudbinta meelaha kale laga heli karo adeegyo.

Website: <http://anfca.com/>

Xafiisyada Adeegyada Carruurta ee Métis iyo Indigenous (qabaa'lada Asaliga ah)

Hel xafiis fidiya adeegyada u gaarka ah dadyowga Métis iyo carruurta Indigenous (asaliga ah), dhallinyaradooda iyo qoysaska. Website:

<https://www.alberta.ca/metis-and-indigenous-childrens-services-offices.aspx>

LGBTQ2S + 1 Taageerada

LGBT Khadka Dhalinyarada

Si qarsoodi ah, xukun la'aan iyo ogeysiis taageerada asxaabta LGBTQ2S (Dadka isku jinsiga ah ee xiriirka galm leh)

Wac: **1-800-268-9688** (2 - 7:30 pm MST Axad-Jimce)

Qoraal: **647-694-4275**

Wadahadalka khadka tooska ah:

<https://www.youthline.ca/>

Khadka Tooska ah ee Dadka Jinsiga Beddeshay

Hogaamiyaasha Ururada dadka jinsiga beddeshay oo isku xira ayaga iyo bulshada, taageerada, iyo ilaha ay u baahan yihiin si ay u noolaadaan una barwaaqoobaan.

Wac: **1-877-330-6366** (24/7)

Website: <https://www.translifeline.org/>

1 Lesbian, Gay, Bisexual, Transgender, Queer (dadka isku jinsiga ah ee xiriirka leh, kuwa aan u kala baxsaneyn jinsiga ee xiriirka galmada ama kuwa bedelay jinsigooda ama Su'aalo iyo Laba Ruux. Oo aan si cad aan u qayaxaneyn oon liiska loogu darin.

Khadka Warbixinta Badbaadinta Dadka ku jira Daryeelka

Wac si aad u soo sheegto xadgudubka dadka da'da ah hela daryeel ama adeegyo taageero ee bixiyeyaan adeegga ee ayna maalgeliyaan bulshada sida isbitaalada, hoyga dadka waayeelka ah, guryaha dadka waayeelka, xarumaha caafimaadka dhimirka, hoyga, guryaha kooxaha, xarumaha daaweynta balwadaha, ama goobaha kale ee nolosha lagu taageero.

Telefoonka: **1-888-357-9339**

Khadadka Caawinta Caafimaadka

Xiriirka Caafimaadka ee Alberta

Help is available, [alberta.ca/violence-against-women.aspx](https://www.alberta.ca/violence-against-women.aspx)

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La-talinta caafimaadka ee bilaashka ah iyo macluumaadka guud ee caafimaadka ee ay bixiso kalkaaliye caafimaad.

Telefoon: **811** (24 saacadood)

Websitka: <https://myhealth.alberta.ca/https://www.albertahealthservices.ca/assets/healthinfo/lin/index.html>

Khadka Caawinta Caafimaadka Maskaxda

Waxay caawimaad siisaa dadka Alberta, la soo darsa walaacyada caafimaadka maskaxda.

Wac: **1-877-303-2642** (lacag la'aan, 24/7)

Khadka Dadka Ciriiriga kujira ee 24-Saac ah

Waxqabad qarsoodi ah, oo aan xukun lahayn iyo mid muddo gaaban ah, taageero iyo ilaha dadka ay la soo gudboonaato dhibaato xagga maskaxda ah ama dhibaato, oo ay ku jiraan taageerada qoyska, saaxiibbada iyo daryeelka dadka dhibaataada ku jira.

Edmonton

Wac: **780-482-GARGAAR (4357)** (24/7)

Websaydh: <https://edmonton.cmha.ca/programs-services/distress-line/>

Wadahadalka dhibaataada khadka tooska ah: <https://edmonton.cmha.ca/online-crisis-chat/>

Calgary

Wac: **403-266-HELP (4357)** (24/7, 200+ luqadood)

Dadka aan wax maqlin: **403-543-1967**

Wadahadalka dhibaataada internetka: <https://www.distresscentre.com/need-help/>

Khadka Caawinta Maandooriyaha

Adeeg qarsoodi ah oo bixiya aalkolada, tubaakada, daroogooyinka kale iyo taageerada dhibaatooyinka khamaarka, macluumaadka iyo u gudbinta adeegyada.

Wac: **1-866-332-2322** (lacag-la'aan, 24/7)