

4.3

walaalahaa iin ma qabaan?

Ma doonaysaa inaad la hadasho qof garanaya waxa ay tahay inaad leedahay wallaal iin leh?

Waxaa jira kooxo ka kooban wallaal leh iin. Way kulmaan waxayna leeyihiin waqti ay u qoondeeyeen iyaga. Si aad u hesho mid kuu dhow dadka soo socda ayaa ku caawimi doona:

**Northern Parent Support Program
9385 3235**

**Parent to Parent Western
9680 8444**

**Association for Children with a Disability
9818 2000**

Waxaa jira websaytyo ay khaas u leeyihiin dadka leh wallaal qaba iin.

www.yourshout.org.au
www.siblingsaustralia.org.au

Haddii aad jeclaan lahayd inaad la hadasho qof aan ka ahayn waalidkaa wixii ku saabsan arrima caadi ah aadana hubin meel la qabanayo waxa laga yaabaa inaad la hadasho kuwaa soo socda midkood:

Student Welfare Councillor ka tirsan dugsiga
Youth Workers Golaha degmada
Khadka Kids Helpline 1800 55 1800

<http://www.cmag.org.au>

Ma jeceshahay in aad mararka qaarkood fasax qaadata?

Waxaa jira ururada qaar bixiya xarakaadyo madadaalo iyo kaamam si gaara loogu talagalay wallaalaha dadka iinta qaba. La hadal hooyadaa iyo aabahaa wixii ku saabsan sidii aay uga qaybgeli karaan.

Try Youth iyo **Kids Who Care** waxay bixiyaan kaamam la aadayo hal asbuuc ee wallaalaha qaba dad iin leh. Kala xiriir Try Youth tel: 9347 2655 wixii macluumaada ee intaas ka badan ama booqo websaytka.
www.tryyouth.org.au

Interchange waxay marmar geysaa kaamam iyo dibad bax carruurta leh wallaalo iin leh una baahan fasax. Waxaad kala xiriiri kartaa Xafiiska weyn 1300 300 436.

Melbourne Citymission waxay hadda samaysaa kooxa is kaalmayneed oo leh wallaalo iin leh. Macluumaad intaas ka badan wac 9385 3200.

Abercare Family Services waxay wadaa barnaamijka wallaalaha carruurta ku nool galbeedka oo leh wallaalo iin leh. Kala xiriir Abercare 9373 3800 wixii macluumaad ah oo ku saabsan barnaamijkaan.

Ma jeclaan in aad wax u qabato walaalkaa ama walaashaa?

Waxaa jira xarakaadyo loogu talagalay dadka iinta leh iyo wallaalohood inay ka qayb galaan. Kuwaas waxaa ka mid ah:

Kids Under Canvas kaamamka iyo xarakaadka madadaalada waxaa loogu talagalay dadka iinta leh iyo walaalahood. Macluumaad intaas ka badan wac 9662 2355

Don Bosco Youth Centre oo ku yaalla Brunswick wuxuu leeyahay xarakaadyo kala duwan oo dadka iinta leh. Waxaadna kala xiriiri kartaa 9383 5333 ama gal
www.donbosco.org.au

Ma caawintaa walaashaa ama walaalkaa?

Commonwealth Carer Respite Centre CarerLinks North (xaafadaha waqooyiga) iyo Respite Connections (xaafadaha agalbeedka) waxay caawimaan barnaamijyada dadka dhalinta yar. Haddii aad caawintu daryeelka walaalahaa ka wac 1800059059 si aad u hesho macluumaad intaas ka badan.