

Waa macluumaad ku saabsan adeegyada cuntada, guriyeynta, cudurada dhimirka iyo adeegyada kale ee bulshada ee deganayaasha. Qaar ka mid ah adeegyada waxaa lagu bixiyaa afafka kala duwan.

Gargaarka Cuntada

Khadka Gargaarka Cuntada ee Minnesota
Wac ama fariin qoraal ah
1-888-711-1151

Food Group (Kooxaha Cuntada): Hunger Solutions (Xalka Gaajada)

Food Group/Hunger Solutions waxa ay bulshada ku xirayaan gargaarka cuntada iyo gargaarka ay u baahan yihiin.

Isticmaal khariidda si u hesho goobaha
hungersolutions.org/find-help



Goobo dheeraad ah ee gargaarka cuntada

Halkan ayaad ka heleysaa gargaarka cuntada ee bogga internetka ee Minneapolis.



[minneapolismn.gov/government/
programs-initiatives/homegrown/food-resources](https://minneapolismn.gov/government/programs-initiatives/homegrown/food-resources)

Dagaalka qoyska dhex mara, galmoodka
dagaalku wehliyo, qashqashaad iyo
dhuumaaleysi ku gelin

Soo wac **911** haddii ay xaaladdu tahay mid degdeg ah.

Haddii aysan xaaladdu aheyn mid khatar ah

Khadka Gurmadka Xaaladda Degdegga Ah
612-379-6363

Khadka Gurmadka Ee Dagaalka Qoyska Dhex Mara
Ee 24Ka Saac Ee Latalinta Iyo Hoyga
1-866-223-1111

Khadka Degdegga ah ee Minnesota Day One
1-866-223-1111 ama
iimeyl u soo dir safety@dayoneservices.org

Ee adeegyada dagaalka qoyska dhex
mara ee bogga Magaalada



minneapolismn.gov/report-an-issue/domestic-abuse

Qoysaska caruurta wata ee Dugsiyada Magaalada Minneapolis.

Stable Homes Stable Schools (SHSS) waxa ay qoysaska ka caawisaa bixinta kirada haddii uu qoysku ka soo baxo shuruudaha dakhliga ee ku xiran iyo in caruurtu u dhigtaan dugsida Minneapolis.

- Marka dugsigu furan yahay, la hadal shaqaalaha arrimahabulshada ee dugsiga si aad u ogaato in aad ka soo baxdayshuruudaha barnaamijkaas.
- Xilliga fasaxa, qoysasku waxa ay iimeyl u soo diri shss@mpls.k12.mn.us

Dadka dagaalka ka soo qeyb qaatay

Soo wac 612-313-3240 ama soo booqo bogga
Maamulka Dadka Horay Ugu Tirsanaa Ciidanka ee
va.gov/homeless/crrc.asp

Dhalinyarada

Soo wac 612-400-7233 ama soo booqo bogga
Maamulka Dhalinyarada Ciidanka ee ysnmn.org

For reasonable accommodations or alternative formats please call 311 or 612-673-3000.

TTY users call 612-263-6850. Para ayuda, llame al 311. Rau kev pab 311. Haddii aad Caawimaad u baahantahay wac 311.



Adeegga cuntada, guriyeynta iyo cudurada dhimirka ee Minneapolis iyo Degmada Hennepin

Kooxda gurmada iyo cudurada dhimirka ee da' kasta

Kooxda Gurmada Cope ee Degmada Hennepin

Haddii aad dooneyso ama garaneyso cid gurmada u baahan, Cope ayaa idin caawineysa. Qaar ka mid ah shaqaalaha cope waa kuwa ku hadla afafka kala duwan luqadaha oo fool ka fool idiinla kulmi kara, ama telefoonka ama fiidoow muuqaal ah.ama isticmaalaya turjubaan haddii loo baahdo.

Soo wac 612-596-1223 ama soo booqo hennepin.us/cope



Hennepin Cope waxa ay:

- Kuugu imaan karaan gurigaaga, dugsiyada, ama goobahadadweynaha.
- Dajin karaan xaaladda oo kaa caawin karaan in aad go'aanku gaarto waxyaabaha aad dooneyso in aad sameyso
- Kuu soo bandhigi karaan caawinadda kale ee aad u baahan tahay taasoo ku xiran xaaladda markaas taagan
- In ay la hadlaan hababka loo caawin karo qofka aad garaneyso ee u doonaya gurmada

Codsi nidaamka daaweynta ama tababarka gargaarka degdegga ah ee cilmi nafsiga Deganayaasha doonaya in ay gurmada u codsadaan qof kale. Fududeynta nidaamka daaweynta ama tababarka gurmada, toos ula soo xiriir COPE.

Khadka 988 Ee Qudh iska goynta iyo Gurmada Badbaadinta

988 waa hab qarsoodi laga dhigay oo aad kula xiriiri karto gargaarka caafimaadka ee aad dooneyso. Gargaarka waa mid loo fidinayo qof kasta oo

La soo deristo xaalad caafimaad oo dhimirka ah, ama isticmaalka maandooriyayaasha, ama qofka oo qudha iska jara, ama nooc kale oo la xiriira dareenka qofka.

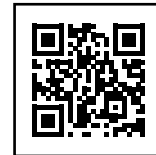
Wac ama fariin qoraal ah u soo dir 24/7 988

Adeeg Dheeraad Ah

Khadka caawinaada ee 211

Soo wac 2-1-1 xili kasta iyada oo macluumaadku yahay mid qarsoodi ah looguna dirayo meel aad caawinaad ka heli kartaan.

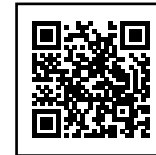
211unitedway.org



Hennepin Waypoint

Waypoint ee Degmada Hennepin ayaad ka heleysaan adeeg dheeraad ah oo ay idiin fidin karaan ururada bulshada.

gis.hennepin.us/waypoint



Soo Booqo Xarunta Barta Internetka Ee Adeegyada

Sawir kaga qaad kaamarada (QR code) si aad u aragto adeegyo kale ee dheeraad ah.

