

Macluumaad iyo Taageero loogu talagalay Qoysaska ay saameeyeen Kala-qaybsanaanta la xiriirta Socdaalka

Qoysas badan oo ku nool gobolka Washington ayaa wajahaya caqabado la xiriira xarigga socdaalka ama masaafurinta. Adeegyada macluumaadka iyo taageerada soo socda waxay caawin karaan qoysaska la kulma kala tag ama ka walaacsan inay dhacdo.



MACLUUMAADKA LOOGU TALAGALAY DARYEELAYAASHA

Marka qoysasku kala tagaan, waxay bedeli kartaa sida carruurta u dhaqmaan iyo sida ay u dareemaan. Agabkan taageerooyinkani waxay ka caawin karaan daryeelayaasha inay taageeraan carruurta xilliyada walaaca badan.

Taageeridda Carruurta Inta lagu jiro xilliyada Kala-soocidda Naxdinta Leh

Hagahan wuxuu bixiyaa talooyin loogu talagalay daryeelayaasha iyo bixiyayaasha adeegyada sida loo taageero carruurta soo martay kala-qaybsanaan adag oo ka kala go'ay qoysaskooda.



www.nctsn.org/resources/traumatic-separation-and-refugee-and-immigrant-children-tips-current-caregivers

Hagaha loogu talagalay Waalidiinta Soogalootiga ah

Hagahan waxaa loo sameeyay waalidiinta soo galootiga ah, wuxuuna ka kooban yahay sheekooyin dhab ah iyo talooyin ka yimid qoysaska la kulmay kala-qaybsanaanta la xiriirta socdaalka.



Buugga hagaha waxaa laga heli karaa Ingiriis iyo Isbaanish
<https://childrethrivemotion.org/2025/10/staying-whole-a-love-letter-to-immigrant-parents>

Fahmidda Dhaawaca Maskaxeed ee Carruurta Naafada ah

Warqaddan macluumaadka waxay sharraxaysaa sida dhaawaca maskaxeed u saameyn karo carruurta qaba naafonimada garaadka ama korriinka. Waxay sidoo kale ka caawisaa daryeelayaasha inay ogaadaan calaamadaha walbahaarka iyo goorta aay tahay in la codsado caawimo.



www.nctsn.org/sites/default/files/resources/fact-sheet/understanding-trauma-responses-in-children-with-intellectual-and-developmental-disabilities-and-when-to-seek-help.pdf

Hagayaasha qorsheynta iyo agabka macluumaadka kale ee loogu talagalay qoysaska ka welwelsan kala-qaybsanaanta sababo la xiriira xabsi ama masaafurin ayaa la heli karaa.



www.dcyf.wa.gov/publications-library/PA_0018

MACLUUMAAD LOOGU TALAGALAY CARRUURTA IYO DHALINYARADA

Hagaha Bogsiiinta iyo Adkeysiga ee Carruurta

Buuggan taageerada wuxuu ka caawiyaa carruurta dareentay welwel ama cabsi madaama waalid ama ilaalayhooda la xiray ama la masaafuriyay.



Ingiriis

www.childrepspsychologicalhealthcenter.org/wp-content/uploads/2014/11/Healing-and-Resilience%20%94An-Activity-Book-for-Latino-Children-Impacted-by-Deportation%20%94English.pdf



Isbaanish

www.childrepspsychologicalhealthcenter.org/wp-content/uploads/2014/11/Recuperacio%CC%81n-y-Resiliencia%20%94Un-Libro-de-Actividades-para-Nin%CC%83os-Latinos-Impactados-por-la-Deportacio%CC%81n%E2%80%94Espan%CC%83ol.pdf



Washington State Department of
CHILDREN, YOUTH & FAMILIES

Warqadda “Macluumaadka aniga igu saabsan”

Warqaddan macluumaadka waxay ka caawisaa carruurta inay wadaagaan macluumaadka naftooda ku saabsan, sida caadooyinkooda, dareenkooda, iyo waxyaabaha ay xiiseeyaan. Waxay ka caawin kartaa daryeelayaasha inay si fiican u fahmaan oo ay ula xiriiraan.



www.socialworkerstoolbox.com/wp-content/uploads/2020/10/All-about-me-direct-work-sheets-and-activities.pdf

Warqadda Macluumaadka Dhallinyarada ee ku Saabsan Kala-qaybsanaanta

Buug-yarahan wuxuu sharxayaa waxa uu yahay dhibaata kala-go'a, sababta dhallinyaradu u dareemi karaan shucuur xooggan, iyo waxa ay sameyn karaan si ay u dareemaan fiicnaan.



https://www.nctsn.org/sites/default/files/resources/fact-sheet/childhood_traumatic_separation_youth_information_sheet.pdf

TAAGEERADA QOYSKA

Xarumaha Macluumaadka Qoyska

Xarumaha Macluumaadka Qoyska ee ku baahsan Washington waxay caawiyaan qoysaska xilliyada isbeddelka. Waxay bixin karaan taageero waalidnimo, caawimaad aasaasi ah, iyo isku xirka bulshada.

Wac 211 ama Help Me Grow WA si aad u ogaat xarunta kugu dhow. Help Me Grow WA waxay bixisaa macluumaad ku saabsan horumarinta carruurta, daryeelka caafimaadka, iyo caawimada cuntada. Wac si aad u hesh macluumaad lambarka: 1-800-322-2588.



<https://helpmegrowwa.org/?ref=parenthelp123.org>

Washington Connection

Washington Connection waxay fududeeysa in la dalbado faa'iidooyinka dadweynaha sida cuntada, lacagta, daryeelka carruurta, daryeelka muddada-dheer, kaydka Medicare, iyo caawimada caafimaadka.



washingtonconnection.org/home

Khadka Tooska ah ee 211

Wac 211 waqti kasta, maalin iyo habeenba, si aad u hesho caawimaad ku saabsan helitaanka agabyada sida hoy, cunto, taageero caafimaad maskaxeed, ama caawimada adeegyada korontada iyo biyaha.

MACLUUMAADKA SHARCIGA

Caawinaad Sharci oo loogu talagalay Daryeelayaasha Qaraabada

La-talin sharci oo bilaash ah ayaa diyaar u ah daryeelayaasha qaraabada ah, qaraabada, ama asxaabta qoyska ee daryeela carruurta waalidkood aysan awoodin.



<https://www.kcba.org/?pg=LAARK>

Qorshaha Badbaadada Muhaajiriinta

La-tashiga Sharciga ee Dhallinyarada iyo Carruurta ayaa sameeyay qorshahan si uu uga caawiyo waalidiinta inay u diyaar-garowaan daryeelka carruurtooda haddii la xirayo ama la masaafuriyo. Hagaha waxaa laga heli karaa luqado badan.



<https://lcywa.org/isp>

Caawimaad la xiriirta Hay'ad Federaalka

Hel caawimaad ku saabsan arrimaha la xiriira Sooshal Sekuritiga, Medicare, faa'iidooyinka militariga ama halyeeyada dagaalka, socdaalka, ama baasaboorrada.



<https://jayapal.house.gov/services/help-with-a-federal-agency>

XUQUUQDA WAXBARASHADA IYO MACLUUMAADKA

Ardayda ku sugan gobolka Washington—laga bilaabo kuwa dhigta dugsiga hoose ilaa jaamacadda—waxay xaq u leeyihiin inay wax ka bartaan dugsiga, iyadoon loo eegin xaaladdooda socdaalka. Wax badan ka ogoow qaybta hoose.



Xuquuqda Ardayda Soogalootiga ah ee Dhigata Dugsiyada Dadweynaha
<https://ospi.k12.wa.us/policy-funding/equity-and-civil-rights/immigrant-students-rights-attend-public-schools>



Gargaarka Dhaqaale iyo Lacagta Dadka Deganka ah
<https://wsac.wa.gov/immigrants>