# FOOMKA CABASHADA AMA RACFAANKA EE MACAAMILKA

**Waxaan u baahanahay inaan awoodno inaan kula soo xiriirno.** Fadlan na sii macluumaadka noo sahlaya inaan kula soo xiriirno xitaa ka dib markaad ka baxdo xaruntan.

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| Magacaaga: |  |
| Cinwaankaaga: |  |
| Magaca Barnaamijka/Xarunta: |  |
| Lambarkaaga taleefanka: |  |
| Iimaylkaaga: |  |
| Nooga sheeg arrintaada/dhibkaaga: (isticmaal dhanka dambe haddii aad u baahan tahay nafaas dheeraad ah) |

**Noola soo xiriir sida ugu dhakhsaha badan.** Waxaan isku dayeynaa inaan si dhakhso leh u xalino dhibaatooyinka inta aad ku sugan tahay xaruntan. Baqshad ciwaanka lagu soo celinayo ku qoran ayaa diyaar ah si loogu soo diro foomkan JFS.

# JFS - U doodista - Bukaanka

**8804 Balboa Avenue, San Diego, CA 92123**

Wac 619-282-1134 ama

**1-800-479-2233**

**WAA MAXAY CABASHO AMA RACFAAN?**

* "**cabasho**" waa muujin ***kasta*** oo ku saabsan inaadan ku qanacsanayn adeegyadaada.
* "**rafcaan**" waxa la samayn karaa marka oggolaanshaha Qorshaha Caafimaadka Maskaxda ee adeegyada la diido, la dhimo, ama la joojiyo.
* “**Racfaan la dedejiyo**” waxa la samayn karaa marka adiga ama adeeg-bixiyahaagu aad cadaysaan in wakhtiga rafcaanka caadiga ahi uu khatar weyn gelin karo noloshaada, caafimaadkaaga ama awoodaada shaqo.

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| **OGEYSIISKA XARUNTA:** Foomka cabashada waa in uu ahaadaa mid ay heli karaan macaamiisha iyada oo aan la weydiin shaqaalaha. Foomka cabashada iyo hannaankan laguma beddeli doono hannaan cabasho oo lagu isticmaalo gudaha Xarunta. |