


# Khayraadka

Wac **911**   
Haddii in ay dhacdo xaalad  
degdeg ah

## Dhibaato

**1.866.223.1111** 

### **Khadka Dhibaatada Maalinta Koowaad ee Minnesota**

Ka hel doode 24 saacadood maalintii caawimaad lacag la'aan ah oo qarsoodi ah. So wactan xagga wixii macluumaad ah oo ku saabsan rabshadaha qoyska, xadgudubka galmada, iyo ka ganacsiga aadanaha-ama haddii aad rabto kaliya in aad qof la hadasho.

## Shaqada

**resource-mn.org**  
**612.752.8444** 

### **KHAYRAADKA Adeegyada Haweenka Kala Guurka**

Xarunt shaqo-helka oo natiijooyinka u janjeerta taasoo bixisaa kulamo taageer oo u furan dumarka oo dhan iyadoo aan loo eegin waayo-aragnimo shaqo, waxbarasho ama heerarka dakhliga. La xiriir Debbie.

## Xareynta Cabashada Minneapolis gudaheed

**www.dli.mn.gov**  
**651.284.5070** 

### **Xadgudubyada xuquuqda shaqada**

Contact the Minnesota Department of Labor and Industry, listed above, to report issues or ask questions related to employee rights.

**minneapolismn.gov**  
Wac **311** Minneapolis 

### **Caafimaadka iyo badbaadada goobta shaqada**

Kuwani waa laga xarayn karaa onlaynka (interneetka) ama adigoo wacaya 311. Macluumaadka cabashada waa kuwo qarsoodi ah oo iskaa wax u qabso ah.

### **Kala sooca**

Macluumaadka la xiriira cabashayaalka waa qarsoodi lamana siidaynayo dadweynaha.

### **Ka hortagga dhaqan xumada booliska**

Buuxi foomka cabashada helay online, City Hall Minneapolis ama xaafadda hoose iyo u gudbiyo si elektaroonig ah ama by mail.

## Caafimaadka & Fayoqabka

**northpointhealth.org**  
**612.543.2500** 

**Adeegyada Caafimaadka Dabecadda ee Northpointe**  
Soo hel la talinta iyo daryeelka dhimirka oo loogu talagalay shakhsi ahaan, lamaanayaasha iyo qoysaska.

**reddoorclinic.org**  
**612.543.5555** 

**Rugta Caafimaadka Red Door Clinic**  
Caafimaadka galmada ee dhamaan dadka. Baaritaan sir ah iyo daawayn ayyadoo la joogo goob nabadgalyo iyo daryeel leh.

Macluumaadka ku xusan khayraadka hagahaan oo ay soo ururiyeen by shaqaalaha UROC looguma talgalin inuu ahaado mid dhamaystiran. Sept 2016.

## Tahriibka baniadanka & diigmirashada la xirrira galmada

[traffickingresourcecenter.org/](http://traffickingresourcecenter.org/)  
**888.373.7888**

### Xarunta Khayraadka Tahriibka Baniadanka Qaranka

So wac khadkaan 24kii saacba si aad u sheegto talo, ku xirmo adeegyada ka hortagga tahriibka ee meesha aad degan tahay, ama si aad u codsato tababar iyo gargaar farsamo, macluumaad guud ama khayraadka gaarka ah ee ka hortagga tahriibka on.

[Thefamilypartnership.org](http://thefamilypartnership.org)  
**612.728.2062**

### PRIDE (Ka xorowga Dhillaysi, Karaamada iyo Sinnaanta)

PRIDE waxay bixisaa adeegyo taageer oo loogu talagalay dhamaan dadka jinsi kasta oo ku jira ganacsiga galmada. Waxay bixiyaan 24 saac 7da maalmood khad lala soo xiriir xagga wixii dhibaato ah, maareynta xaaladaha, taageerka kooxaha, iyo koox Haweenka Maraykanka Madaw oo ku saabsan caafimaadka kiimikada.

[Breakingfree.net](http://Breakingfree.net)  
**651.645.6557**

### Breaking Free (Xornimo Gaarka)

Breaking Free waxay siiyaan dumarka iyo gabdhaha ku jira ganacsiga kulmada dhiig-miirashada galmada iyo dhillanimadaadaba oo danaynaya in ka dhexbaxaan ganacsigaas guryo iyo adeegyo kale.

## Sharciga

[lawhelpmn.org](http://lawhelpmn.org)

Hel macluumaad sharci oo lacag la'aan ah, qareenno, foomamka sharciga iyo foomamka maxkamadda.

[Crimeandjustice.org](http://Crimeandjustice.org)  
**612-340-5400**

### Golaha Dambiyada iyo Caddaaladda

Khadka 24 saac 7 maalmood oo loogu talagalay dhibanayaasha u dhiban dembi laga galay dartiis

[Tubman.org](http://Tubman.org)  
**612.870.2424**

### Adeegyada Sharciga ee Tubman

Adeegyada sharciga oo lacag la'aan ah ee la xiriira rabshadaha qoyska, faraxumaynta galmada, furriinka, iyo haynta ilmaha

## Xuquuqda shaqaalaha galmada

[swopusa.org](http://swopusa.org)  
**877.776.2004**

### Qorshaha Wacyiga Shaqaalaha Galmada Sex Workers Outreach Project

SWOP-USA waa shabakad caddaaladda bulshada qaranka oo u go'an xuquuqda aadanaha asaasiga ah ee shaqaalaha galmada iyo bulshooyinkooda, oo diiradda la saarayo joojinta dulminta iyo dhaleecynta taasoo loo marayo waxbarasho iyo u doodid.

Si loola xiriiro Isuduwaha Cutubka Minneapolis:  
[swop.welcome@gmail.com](mailto:swop.welcome@gmail.com)

## Dhaqan u gaar ah

[casadeesperanza.org](http://casadeesperanza.org)  
**651.772.1611**

### Casa De Esperanza

Casa de Esperanza waxay bixisaa guryo, u doodid, adeegyada la xiriira rabshadaha qoyska. Waxay bixiyaan khad dhibaato oo luqado badan 24 saac. Tienen una línea telefónica multilingüe para casos de crisis las 24 horas del día.

[awum.org](http://awum.org)  
**612.724.8823**

### Asian Women United of Minnesota (Dumarka Eeshiyaanka Midoobay ee Minnesota)

AWUM waxay bixiyaan khadka dhibaato 24-kii saac oo luqado badan leh si loogu xiro haweenka hoy xaafadooda ah, u doodis sharci iyo mid dhaqaale, iyo kaalmo shaqo.

[miwrc.org](http://miwrc.org)  
**612.728.2000**

### Xarumada Kahayraadka Dumarka Calibeesteenka ah ee Minnesota

Khayraadka guri helka, daryeelka caafimaadka maskaxda, iyo adeegyada kale ee bogsashada ee Minneapolis, oo loo abuuray haweenka calibeesteenka. MIWRC sidoo kale waxay bixisaa barnaamij loogu talagalay dadka Laba-isbiiridkeedka iyo LGBTQ.

[outfront.org/resources](http://outfront.org/resources)  
**800.800.0350**

### Outfront Minnesota

Outfront MN waxay bixiyaan barnaamijyo iyo adeegyo loogu talagalay LGBTQ ee Minnesota iyo bulshooyinka midoonay. Boggan wuxuu ku xiran yaha khayraad kale oo badan ee LGBTQ.