

# WAXA AY KA QABTO DIINTA ISLAMKU JIRDILKA DUMARKA\*

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## Gacan qaadku ma banna

Shareecada Islamku marna ma banneyn in loo gacan qaado rag, dumar iyo carruur midna, waana dambi. Qofkii qof kale u gacan qaada addun iyo akhiraaba waa loo haystaa.

## Nabadgelintu waa wax qeymo leh

Nabi Mahamed wuxuu yiri: "kan idin kugu fiicani waa kii qoyskiisa u roon." Ninka gacan qaadka badani sharciguna waa qaban, Caro Allah iyo xisaabna waa u dambeeyaan.

## Qof walba mas'uuliyad baa gaar u saaran

Allah wuxuu Qur'aanka ku yiri: Qof walba wuxuu mas'uul ka yahay falalkiisa. Tusaale:

"Qof walba wuxuu leeyahay wuxuu shaqeysto"

[74:38].

## Dumarku amman bay xaq u leeyihiin

Naag waalba waxay mudan tahay sharaf iyo xurmo, waana in laga dhowro bahdilka, iyada iyo qoyskeedana laga badbaadiyo dhibka. Hadday dhib qabtaana waa iney la socodsiiiso jaaliyaaddeda si lagu caawino.

## Rag iyo dumar way siman yihiin

Allah Qur'aanka wuu ku sheegay suradda 3aad aayadda 195 aad, rag iyo dumar kuma kala duwana darajo, xuquuq iyo naxariis adduun iyo aakhiraba.

## Dumarku xuquuqo gaar ah bey leeyihiin

Diintenu waxay dumarka u banneysay: ninkey is rabaan iney guursato, markey damacdo iney furrin dalbato, iney magaca abeheed heysato, in aqoon kororsato, iney shaqeyso, iney hantiyeelato iyo iney hantideeda leedahay.

\* Faahfahinteeda oo af Carabi ah eeg: [www.lfcc.on.ca/harmony\\_Arabic.html](http://www.lfcc.on.ca/harmony_Arabic.html)

## WAXAA KA HELEYSA FAAHFAAHIN BALLARAN

Assaulted Women's Helpline  
(Qadka Dumarka Dhibban)  
1-866-863-0511 / (416) 863-0511

[www.shelternet.ca](http://www.shelternet.ca): Si aad u hesho hooy amman ah oo aad kunnolaato, waa innad marka hore ka qaxdaa aqalka lagugu dac darraynayo. Telefoonkaas waxaa looga hadlaa luqadda, Faransiis, Carabi iyo Faarsi.

Waxaa kaloo jira **Hotpeach Pages** oo ugu warbixiya dumarka dhibban 70 luuqadood:  
[www.hotpeachpages.net/](http://www.hotpeachpages.net/)

Waxaad kalo heleysa: **Muslim Wheel of Domestic Violence** (Waana ingiriis iyo Fransiis keliya.) (Waxaa baafisa Dr. Sharifa Alkahteeb)  
[www.lfcc.on.ca/muslim\\_wheel\\_of\\_domestic\\_violence.html](http://www.lfcc.on.ca/muslim_wheel_of_domestic_violence.html)

Haddad Ontario ku cusub tahay ee aad u baahan tahay warbixin ku saabsan sida: guri loo helo, barashada Ingiriska, sida shaqada loo goobto iwm.  
Eeg: [www.settlement.org](http://www.settlement.org)

Sido kale eeg: **Basic Immigration Issues Related to Woman Abuse** at: [www.owjn.org](http://www.owjn.org)

Waxa loo bahan yahay in aad ka ogaato Shuruucda qoyka ee Ontario eeg: [www.attorneygeneral.jus.gov.on.ca](http://www.attorneygeneral.jus.gov.on.ca)

Waxaa ku qoran Aayado Qur'aan ah iyo magaca Allah, fadlan xurme.

Wareegtadaan hawlgalka waxaa maalgeliyey Xoghaynta Qaybta Dhibbanayasha Ontario ee Wasaradda Xeer-ilaalinta Guud.

Waxaad kalo ku heli karta luqadaha Faransiis, Carabi, Bosniyaan, Faaris, Somaali iyo Urdu.

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## Amaanka qoyska Nabsamida qoyska



## Warbixin quseysa sharciga

Ontario, Canada  
ee jirdilka  
dumarka

Baafintan waxay ka warbixineysa jirdilka marwooyinka qoyska, run ahaantii shuurucda Kanada iyo dhaqanka Islamiga ahiba waxay is ku waafqsanyihiin:

- In la helo caddalad iyo sinnan
- In la qaymeeyo ammarka
- In la daryeelo maatada kii dulmana laga qabto

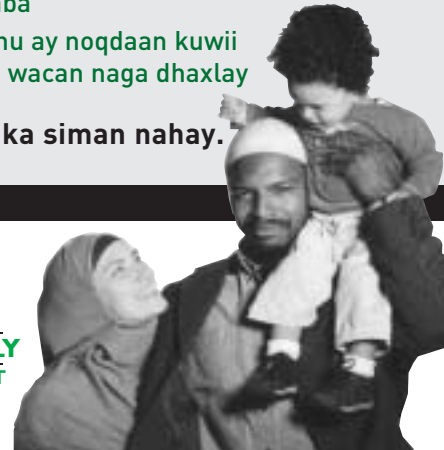
Isku soo uruuri oo waxaan wada rabna waa:

- Aqalka qoyska in laga sugo'nabadgelyo, xormo iyo naxariis
- In iskusi loo qeymeeyo gabdhaha iyo wiilashaba
- in ubadkeenu ay noqdaan kuwii waalidnimo wacan naga dhaxlay

Intaas waan ka siman nahay.



(SOMALI)



## Arrimo Muhiim ah

- waddan walbay ka dhacda in dumarka loo gacan qaado, Canada waa kammid.
- marna ma banana in loo gacan qaado, ama la xummeyo haweenka, sabab kasta hannoqotee.
- ninkii affadiisa u gacan qaada sharcigu jebiyey, waxaana la marin doona sharciga ee hakku talo galo.
- ragga caadeystey iney dumarkooda dilaan ama dacdarreyaan waxaa loo heli karaa latalin.
- Ontario waxaa jooga dad badan oo ku hawlan iney caawinaan dumarka raggodu xumeeyeen.
- waa dad kaa dhegeysan doona dhibkaad qabto, kuuna sheegi doona xuquuqaha aad leedahay.

## Su'aalo Ma qataa?

Waxaa jira telefoon la yiraahdo Assaulted Women's Helpline wuxuu ku baxaa 154 luqadood. habeen iyo maalin xatta wiikendiga.

Toronto nawaaxigeeda : (416) **863-0511**

Ontario: **1-866-863-0511** (lacag maaha)

Dhagoole : **863-7868** or **1-866-863-7868** [Ingiriis]

Hadda talooyin iyo tusaale u baahato u yeero, lacagna kuguma aha waana luguu sirqarinayaa.

## Shuruucda

Innad qof u gacan qaado waa dembi. Waxaana loo yaqaan "Assault" (Weerar)

Handadaa sido kale waa dembi.

Xaaskaagoo add ku qasabtay galmo aysan raali ka ahayn waa kufsi, waxaa loo yaqaan "sexual assault."

Cudurdaar kama dhigan karo diin iyo dhaqan, qofkii dambi lagu soo oogo.

## Dambi-oogis khasban ah

Booliska Ontario, horey dembi uga oogayaan ninkey oogadaan inuu xaskiisa u gacan qaaday

Booliskaa dembiga ninka ku eedeynaya, naagta ma ahan.

Boolisku ka samihi mahayo, xatta naagtu haddey ka codsato in laga daayo dambiga.

Ninka naagta ku handada iney dembiga ka caffiso, dembi kalaa lagu oogi karaa haddey ku caddato.

## Tusaalleyn / "ka hortag"

Ninka lagu eedeyey inuu naagtisa u gacan qaaday, waxaa loo soo jeedin kara in latalin iyo tusaaleyn barnaamij ah uu ka qeyb galo, lacagna ma aha. PAR (Partner Assault Response) Program.

## Xaaladda Imagrashinka

Qofna kuma qasbana iney joogto guri lugu gumeysanayo, xatta haddey tahay qoxooti amam landhidi oo ay kabaqayso in la dhoofiyiyo.

**Haddey ku heysato xaalad immigrashinka ah akhriso waxa ay ka qoreen, Community Legal Education Ontario sannadkii Immigrant Women and Domestic Violence [www.cleo.on.ca](http://www.cleo.on.ca) amaba [www.cleonet.ca](http://www.cleonet.ca)**

Markay naagtu ka carooto ninkeeda oo xumeeyey, waxay xaq u yeelaneyso lacagta cayrta (welfare).

## Furrin

Furrinkagagi hore waa inuu sharciyeysan yahay, si aad dib ugu guursato.

Canada sharci kama aha dalqad afka ka dhacda. Maxkamad waa inay soo sharciyeysaa.

Ninka iyo naagta is hayaa isku qareen ma qabsan karaan si aay isku furaan.

## Qofka carrurta haynaya markii lays furo

Go'aankas waxaa iska leh Maxkamadaha Kanada, kaddib markay qaymeeyaan labada waalid midka ku roon, iyagoo ka eegaya danta guud iyo dareenka carrurta. Guddonka Maxkamadda kuma xirna labada waalid midka lacag badan.

## Arrimo Ammanka ah

Telefoonka aad u dirto magaaladaada gudaheeda iyo kuwa aan lacagta ahayn ee ka billowda (sida 1-800 or 1-866) kama soo baxaan qaansheegatada bil walba kuu imaaneysa.

Telefoonku wuxuu ururiyaa dhowr kammid ah lambaradii lagu soo diray. Taasina waxaay ku xiran tahay hadba qolofka telefoonka aad haysato.

Haddadan rabin in lagu ogaado, isticmaal telefoonka banaanka ee lacagta ah, ama kan saxiibadaa.

**Haddad halis ku jirto, dir 911 si boolisku kuugu soo gurmado. Waxaad sheegta luuqadda aad ku hadasho, Turjibaan baa lagula hadalsiin. Amaba ku dhawaaq "help."**

Sidoo kale internetku wuxuu ururiya bogagga aad daawatay, haddad dooneyso inaan lagu ogaan tag madxafka magaalada, ama guriga saxiibadaa, amaba bog waxaa jira ku baraya sida aad u masixi lahayd, laakinse waa Faransiis, Carabi iyo Faarsi, eeg : [www.shelternet.ca](http://www.shelternet.ca) Waxaad fiirisa "mesha hoos timada sidda u qarin lahaayd bogaga aad gashay".

Haddad rabto inaad qaxdo bogag internetka ah baa jira oo kuu shegaya waxa aad u baahantahay inaad la cararto sida shahadooyin iyo basaboor , eeg: [www.shelternet.ca](http://www.shelternet.ca) Waxaad fiirisa "mesha hoos timada sidda "make a safety plan."

