



Australian Muslim Women's
Centre for Human Rights
Equality without Exception

Khadka

Kaalmada

Dumarka

KA-SOOBOGSASHADA COVID-19

Khadka Kaalmada Dumarka (Women's Support Line) waa kaalmo qof-qof kale toos ugu kaalmaynayo iyo ku xiriirinta haayadaha bixinaya caawimaada mudada gaaban. Waa khad dhaqan ahaan xasaasiga ah kuna kaalmeya dumarka meella badan oo kala duwan oo ay ka mid yihiin:

Dhisida awooda iyo
kalsoonida dumarka si
ay u hellaan adeegyada

Kaalmada samaqabka
shucuureed iyo
midda bulsho

Adeega xasaasi u ah
dhaqanka oo leh
luqadaha kala duwan

U-doodka
Dumarka si loogu
xiro Adeegyada

Kaalmada dumarka iyo qoysaska ay haysato dhib dhaqaale* ee lagu helli karo qaybaha kala duwan ee soo socda:



Kharajka ku noqoshada

Wax barashada



Dhabooyinka shaqada iyo
waxbarashada



Baahiyaha degdega ah
ee caafimaadka iyo
samaqabka



Cuntada iyo qalabka
gargaarka

*Kaalmada waxaa loo qoondayn doonaa si ku salaysan baahida

03 9481 3000

La xiriir Khadka Kaalmada Dumarka
Isniinta ilaa Jimcaha, 9subaxii ilaa 5galabtii.



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