

Dariiq Hagaajin

# CAWIMADA MUNICH RABSHADA LAGU ABURAY JINSI GAAR AH





European Union

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Rabshaduhu way ku dhici karaan qof\* kasta, meelkasta, iyo waqtii kasta . rabshaduhu marna malaha qiil sidoo kale marna ma noqdaa qalad ka yimaada dhibnaha.

Kuwa ay saameeyeenaa maaha kaligoo, ee caawinaad ayaa loo heli karaa. Hadii aad la kulanto rabshad haka waaban inaad raadsato caawinaad adigoo qaadaya talaabada ugu horaysa ee ah inaad garaacdo ama u qorto qoraal xarumaha la talinta.

Caawina kuwa kale si ay amini ugu joogaa. Haddii aad markhaati ka noqoto rabshad ama uu kuu yimaado qof , ku dhiiri gali qofka si uu u raadsado caawinaad.

Ka hor intaanad tagin barta xidhiidhka fadlan iska hubi saacadaha ay shaqadu socoto, fadlan sidoo kale noo sheeg haddii aad u baahato turjumaan. Haddii aan si kale loo sheegin barta xiriirku waxay bixisaa talo kalsooni leh sidoo kalena waxa xidhiidh la samayn kara dadka ku nool nawaaxiga banaanka Munich.

Sida ku xusan **xuquuqda aadamaha ee** - baaqa caalamiga ah ee xuquuqda aadamahu - wuxuu si guud u dabaqayaa dhamaan dadka oo dhan si isku mid ah:

Waxayna xaq u leeyihiiin nolol sharaf leh dhinaca xoriyada iyo aminagaba si **bilaa rabshad** iyo **takoor la,aan** ah.

Rabshadaha ku salaysan jinsigu waxay sharaxayaan falalka rabashadaha tasoo aqoonsiga jinsiga iyo galmadu ay ka ciyaaraan door muhiim ah, rabashadaha ku salaysan jinsigu waa xad gudub xuquuqda aadamaha ah.

waxaana kamid ah, **dhibaatayn (galmo)**, **takoor** iyo **kufsi qasab** ah oo kaga imaada qof shisheeye ah ama qof aad garanaysoba, **Rabshadaha qoyska** ama ka **ganacsiga dadka, ku qasabka dhilaysiga**, ama **gudniinka fircooniga (FGM-C)** ah.

Erygan waxaa ku jira rabshadaha xaga jidh ahaaneed, cilmi-nafsi ahaaneed, iyo rabshadaha galmo uu sababay dhaqaaleba.

# Caawi oo taageer haddii aad la kulanto rabshadaha jinsiga ku salyasan sidoo kale caawi

## Dhibanayaasha xaga galmaada, ama rabshadaha qoyska

Waxaad adigu xag u leedahay inaad heshid noolal amni le oo ka fog rabshad galmaada ama guriga lagu abuuray taasi markaas wixi noqonisa wixi ka fog tahay dhacwad jirka, nafsiyan, dhaqalahaa ama rabshada galmaado xoogista qof saaxib ka ama (Ex) saaxib\*yada ama qof kale ba.

Si sir ah ayaan kula talinina. Waxad rabtid uun baad sheegisa waxaanad rabin ma sheegisid. Dadka\*yada Ła xidhihi kartid wi ku rumaysaniyaan. Wuxuu so martay iyo xaladada aad ku jirtid lama dhalylasniyo.

Hadi halis joogta jirto waxaad markasta xaq u leedahay inaad tagtig guriga adumarka ama meel lagugu ilaaliyo



## Beratungsstelle und Frauenhaus der Frauenhilfe (Qaybta la talinta guringa haweenka iyo cawimada haweenka)



La talinta nafsaani-bulsho ee haweenka, waxay kaa caawinaysaa gacan ka gaysashada la qabsashada khibrada rabshadaha guriga, la talinta amniga, taakulaynta sugida nolol maalmeedka, la talinta arimaha waxbarashada la talinta iyo raacitaanka dacwadaha qoyska ee xaga maxakaxmadaha iyo ka caawinta helitaanka Hoy.

Hoyga haweenka iyo ilaalinta aminiga rabshadaha qoyska ee dumarka iyo caruurtooda .

### Talo bixin xaga telefoonka ah:

Isniin ilaa jimcaha 10:00am ilaa 13:00pm

Isniinta ilaa khamiista 14:00pm ilaa 17:30pm

Jimce 14:00pm ilaa 15:00pm



Qarsoodi ladeeguna waa lacag la,aan lama telfoonahanl turjumaan \*ona waa laguu diyaarin karaa hadii loo baahado



Winzererstr. 47, 80797 München



089 35 48 311 (Nambarka Wadatashiga)

089 35 48 30 (nambarka (24saac )Guriga Dumarka)

## Beratungsstelle Frauennotruf (Taleefanka Dagdaga ah ee Haweenka)



Xarunta la-talinta iyo khadka tooska ah ee haweenka xaaladaha kadeedka galmaada, xadgubka iyo rabshadaha, daawanta dhaawacyada La-talinta khadka tooska ah

### Telefoonka talo bixinta

Isniin ilaa jimacaha 10:00am ilaa 13:00pm

Isniin ,salaasa, khamiis, jimce, 15:00pm ilaa 21:00pm

Arbacada, 18:00pm ilaa 21:00pm



Qarsoodi ladeeguna waa lacag la,aan lama telfoonahanl turjumaan \*ona waa laguu diyaarin karaa hadii loo baahado



Saarstr. 5, 80797 München



089 76 37 37



Khadka wadatashiga ee internetka: <https://frauennotruf-muenchen.de/>

## Hilfetelefon – Gewalt gegen Frauen (Caawinta Khadka Tooska ah: Rabshadaha ka dhanka ah haweenka)



Ugu horayn la talinta cilmi-nafisiga bulsheed iyo fara galinta dhibaatada ee dumar-ka nooc kasta oo ay tahayba aduunkoo dhan



24 sacadoodba IQarsoodi I lack la,aan  
! Lama heli karo turjumaano telefoonka ah oo soomaali ah lakiin waxaa la heli karaa luuqadaha ingiriisida iyo carabida



08 000 116 016



Khadka wadatashiga ee internetka: [www.hilfetelefon.de](http://www.hilfetelefon.de)

## MIM - Münchner Informationsszentrum für Männer e.V. (Xarunta macluumaadka raga ee magaalada munich)



La-talinta shaqsiyadeeda, macluumaad iyo adeeg kooxeed loogu talo galay raga dhibanaha ah ee rabshadaha qoyska iyo raga la kulmay rabshadaha galmo ee wakhtigii caruurnimada

### Saacadaha telefoonka:

Isniinta,arbacada, 10:00am ilaa 12:00pm

Salaasa,khamiista 12:00pm ilaa 14:00pm



Qarsoodi I adeegani waa lacag la,aan I turjumaanona waa la abaabuli karaa haddii loo baahado



Feldmochinger Str. 6 und 10, 80992 München



[beratung@maennerzentrum.de](mailto:beratung@maennerzentrum.de)



089 54 39 556

## Polizeiliche Opferberatung K105 (La-talinta dhibanaha ka socda booliska K105)



Xafiiska magaalada munich ee ilaalinha dhibanaha: talooyin ku saabsan sida loola dhaqmo xaaladaha handadaada ama khatarta ah, caawinaad

! iyo taakulayn xaga faldambiyeedka ah ee dhibanayaasha iyo wixii  
gudbin cabasho ah

Adeegani waa lacag la,aan I taleefankana ballan waa lagaaga samayn  
karaa I turjumaanona waa la abaabuli karaa haddii loo baahdo  
! Adeegan waxa loo qabanayaa kaliya dadka ku nool magaalada  
munich, ma jirto la talin qarsoodi ah  
! Haddii uu jiro shaki ah dambi ciqaabeeed waaxada baadhida  
dambiyadu waa in ay bilowdaa warbixnta (dacwada)



Ettstr. 2, 80333 München



089 29 10 44 44

## **Caawinta dhibanayaasha ka ganacsiga dadka. Dhilaysiga qasabka ah, guurka qasabka ah, iyo goynta xubinta taranka ee dumarka (FGM-C)**

Waxay xaq u leeyihiiin aayo **ka talin iyo sharaf jir ahaaneed**.

Gudniinka fircooniga (FGM-C) ahina waa duulaan ballaadhan oo  
lagu soo qaado sharafta jidhka. Tan waxaa ka mid ah dhamaan  
nidaamayada looga dan leeyahay in lagu dhaawaco ama lagu  
gooyo xubinta taranka haweenka ee dibada iyadoo aysan jirin  
sababo caafimaad oo loo samayn karo sidaas ,

waxa kale oo aad xaq u leedahay inaad go,aansato haddii iyo  
cidda aad la **doonayso** inaad galmo waddaag la yeelatid, waxa  
kale oo aad xaq u leedahay haddii goorta iyo cidda aad rabto  
inaad caruur u dhasho.

## JADWIGA



Wadatashida shaqsi kasta lo heliyo afkisa qof ku hadla iyo kormeer dad  
lo geeystey ganacsi dad, dhiig mirsashada shaqalaha iyo guurka ka  
qasab ah (shaqsiyan telefon ahaan ama online)



Qarsoodi / adeegani waa lacag la,aan / ballana waa lagaaga samayn  
karaa xaga telefoonka /turjumaanona waa la abaabuli karaa haddii loo  
baahado.



Schwanthalerstr. 79 (dhismaha gadaal), 80336 München



[muenchen@jadwiga-online.de](mailto:muenchen@jadwiga-online.de)



089 38 53 44 55

## SOLWODI e.V.



Xarunta talo-bixinta khaaska ah ee dumarka dhibanayaasha ah,  
dhilaysiga qasabka ah ama rabashadaha qoyska,



Qarsoodi | adeegani waa lacag la,aan | ballana waa lagaaga samayn  
karaa xaga telefoonka /turjumaanona waa la abaabuli karaa haddii loo  
baahado.



Dachauer Str. 50, 80335 München



[muenchen@solwodi.de](mailto:muenchen@solwodi.de)



089 27 27 58 59

## Wüstenrose (IMMA e.V.)



Telefoonka iyo la talinta shaqsiyadeed oo loogu talo galay dadka halista  
ugu jira guurka qasabka ah iyo rabshadaha lagu la kaco si loo helo  
„magac sharafeed” FGM-C (ama gudista fircooni) ah.



Qarsoodi / adeegani waa lacag la,aan / ballana waa lagaaga samayn  
karaa xaga telefoonka /turjumaanona waa la abaabuli karaa haddii loo  
baahado.



Goethestr. 47, 80336 München



wuestenrose@imma.de



089 45 21 63 50

## Caawinta dadka ay galamadu kaga timaado dhinaca shaqada :

Waxaad xaq u leedahay.

Waxa kale oo aad xaq u leedayah in aad go,aansato haddii aad rabto galmo iyo cida aad la yeelanayso

### Marikas



Xarunta la talinta ee ragga dhalinyarada ah:



Qarsoodi l adeegani waa lacag la,aan l Turjumaanona waa la abaabuli karaa haddii loo baahado.



Dreimühlenstr. 1, 80469 München



marikas@hilfswerk-muenchen.de



089 72 59 084

### Mimikry



Xarunta la-talinta haweenka ay galmadu kaga timaado shaqada gudaheeda:

Isniinta ilaa jimacaha 10:00am ilaa 13:00pm iyo hadaad balan samaysanaysoba



Qarsoodi l adeegani waa lacag la,aan l Turjumaanona waa la abaabuli karaa haddii loo baahado.



Dreimühlenstr. 1, 80469 München



mimikry@hilfswerk-muenchen.de



089 72 59 083

## Caawinta dadka (LGBTIQ) haddii ay dhacdo rabshad iyo takoor:

Xaq ayaad u leedahay inaad ku noolaato xor ka ahaanshaha midabtakoorka, iyadoon loo eegin jinsigaaga ama nooca galmada iyo aqoonsigaaga LGBTIQ\* wixi tahay soo gaabista

LGBTIQ: waxa loo soo gaabiyay

**Lesbian:** haweenka haweenke\* jecel ama doonaya dumarka

**Gay:** ragga ragga\* jecel ama raba ragga

**Bisexual:** dadka jecel ama ay soo jiitaan dadka labada jinsiba ah ama ka badan

**Transgender:** dadka aqoosiga jinsigoodu aanu waafaqayn jinsiga ku cad/ku calaamadsan shahaadada dhalashadooda

**Intersex:** waa dadka ku dhashay astaamaha labeebka

**Queer\***: waa dadka doorbida ama aaminsan inay galmo la samayn karaan dadka kalee ee ay isku jinsiga yihiin iyo kuwa ay jinsiga ku kala duwan yihiinba

## diversity München e.V.



Iftiimin iyo wadatashi dadka -LGBTIQ oo ah ila 27 jir



Qarsoodi ladeegani waa lacag la,aan l ballana waa lagaaga samayn karaa xaga telefoonka iyo email l talo bixin xaga turjumaanada ee luuqadaha kala ah jarmal iyo ingiriisi sidoo kale turjumaanona waa la abaabuli karaa.



Blumenstr. 11, 80331 München



[info@diversity-muenchen.de](mailto:info@diversity-muenchen.de)



089 55 26 69 86

## LeTRa e.V.



Xarunta la-talinta haweenka jcel inay galmo la sameeyaan haweenka iyo xarunta wadaagida saacadaha telefoonada :  
Isniin iyo arbacada laga bilaabo 14:30pm ilaa 17:00pm  
Salaasa 10:30am ilaa 13:00pm



Qarsoodi ladeegani waa lacag la,aan l ballana waa lagaaga samayn karaa xaga telefoonka /talo bixin xaga turjumaanada ee luuqadaha kala ah jarmal,faransiis,ingiriisi sidoo kale turjumaanona waa la abaabuli karaa.



Angertorstr. 3, Blumenstr. 29 (wadatashi), 80469 München



[info@letra.de](mailto:info@letra.de)



089 72 54 272

## Sub e.V.



Xarunta dhaqanka iyo is gaadhsiinta ragga labeebka ah:  
Latalin,macluumaa, iyo taageero ragga labeebka ah iyo kuwa jecel labada jinsi ama ka badan, ragga qaxoontiga ah, ragga aqoonsigooda jinsiga dhalashadu aanu waafaqsanayn ka ku qoran shahaadada dhalashada, ee ku nool magaalada munich iyo nawaaxigeeda,

mashaariicda kafaaloqaadka,dalabyo kooxeed, kofee , iyo talo bixin furan oo fiidkii ah laga bilaabo 19:00pm

! Qarsoodi l adeegani waa lacag la,aan /lballana waa lagaaga samayn karaa xaga telefoonka /talo bixin xaga turjumaanada ee luuqadaha kala ah jarmal iyo ingiriisi sidoo kale turjumaanona waa la abaabuli karaa haddi loo baahdo.



Müllerstr. 14, 80469 München



beratung@subonline.org



089 85 63 464 – 24 / -02



# Meelaha lagala xidhiidho caafimaadka

Waxaad xaq u leedahay inaanan **jirkaaga wax la yeelin**.

Marka faraxumeyn galmo lagu geeysto, rabshad ama kufsi si dagdad ah dhakhtarad ama dhakhtar u tag:

- Sida goor hore laga baaro iyo laga daweyi hadi (suurtagal noqoto) cabuuqyada galmada la is gaadhsiyo ( tusaalo. cabuuqa fangas, cabuuqa HIV).
- Si cadeeymaha wererka hadi gaadho (suurtagal noqoto) dacwad maxakmeed lo qoro.
- Hadi aad rabtid, waxaad fursad u leedahay inaad hadi (suurtagal noqoto) uurka leedahay iska ridid.

Hadi xaalada dagdag tahay looma ogala dakhtarka\*ada ama isbitaalka ina ka dijdan daweeynta, hadi xita bukaanka aana haysan camiska cafimaadka. Xaaladaha caafimada o dagdag a wuxu noqoniya, hadi cawimaada cafimaadka isla markiiba lagama maarman tahay, oo ana dib lo dhigi karin, oo ah hadi kale cafimaadka aya wax noqoni karto ama naftaba haliisi ku jirto. Mida kale xogta bukaanka\*anada dhakhatiirta waxa ka qabaniya sharciga sir haynta ina qof kale u gudbiyaan xogtaada hadi noqoto maamulka dawlada ama xafiiska ajaanibka.

## Frauenkliniken (Isbatalyada haweenka)



Rugaha cudrada haweenka iyo dhalmada , sugida,cadaymaha,iyo raadadka rabashadaha galmada kadib ( sidoo kale bukaanada aan lahayn caymiska caafimaadka),



waa lacag la,aan dadka caymiska leh- oo ay ku jiraan (dadka magan galyo) dooncka ah) bilaash ah.

! Haddii aad ku hadasho luuqad qalaad soo kaxayso turjumaan sida ( saaxiibkaa iwm)



LMU Klinikum – Dhakhtaka Cudurada Dumarka iyo Dhalmada  
Marchioninstr. 15, 81377 München



089 4400 0 (Santral)



Klinikum rechts der Isar – Dhkahtarka Cudurada Dumarka  
(Jamacada Farsamada Munchen)  
Ismaninger Str. 22, 81675 München



089 4140 – 2446 (xarunta)



Klinikum Dritter Orden – Klinikum für Gynäkologie und Geburtshilfe  
Menzinger Str. 44, 80638 München



089 1795 – 0 (xarunta)



München Klinik – dhakhtarka Dumarka Harlaching  
Sanatoriumsplatz 2, 81545 München



089 62 10 2501



München Klinik – dhakhtarka Dumarka Neuperlach  
Oskar-Maria-Graf-Ring 51, 81737 München



089 67 94 2451



München Klinik – dhakhtarka Dumarka Schwabing  
Kölner Platz 1, 80804 München



089 30 68 2401

## Bayerische Kinderschutzambulanz am Institut für Rechtsmedizin der Universität München (Amaalanska ilaalinta caruurta bayernka)



Barta xidhiidhka guud ee bavaria ee la talinta lacala haddii laga shakiyo xadgubka carruurta, iyo ogaanshaha xadgudbka jidhka iyo xadgudbka galmada ee caruurta iyo dhalinyarada, (sawir) diwaan galinta dhaawacyada iyo sidoo kale sugida iyo ilaalinta cadaynta iyo raadadka.  
La talinta iyo dhexdhixaadinta



Waa lacag la,aan adeegani I waana la heli karaa bilaa caymiska caafimaadka I waa laguu samayn karaa balan xaga taleefanka ah !  
! Lama siinayo shahaadooyinka ama sii deynta daawo  
! Haddii aad ku hadasho luuqad qalaad soo kaxayso turjumaan sida (saaxiibkaa iwm)



Nußbaumstr. 26, 80336 München



[www.kinderschutzambulanz.bayern.de](http://www.kinderschutzambulanz.bayern.de)



089 2180 73011 (24 saac ayaa la heli karaa)

## FrauenGesundheitsZentrum München e.V. (Xarunta Caafimaadka Haweenka ee Munich)



Xarunta la-talinta ee gabdhaha ( laga bilaabo 12 sano) iyo arimaha caafimaadka haweenka ee la xiriira jirka iyo khibradda rabshadaha ka dib cabashooyinka nafisiga ah ama caafimaadka.



Waa bilaash ama adeegyada qaarkood, magdhow yar marka laga hadlayo dakhli hooseeya oo la xaqijin karo  
Waana la heli karaa iyada oo aan la helin balan caymiska caafimaadka ah, turjumaanona waa la heli karaa hadii loo baahdo

**! Mana jirto daawayn ama shaqo caafimaad**



Grimmstr. 1, dabaqa 1aad, 80336 München



[fgz@fgz-muc.de](mailto:fgz@fgz-muc.de)



089 129 11 95 / 089 127 499 66

**MMM – Malteser Medizin für Menschen ohne  
Krankenversicherung, Malteser Hilfedienst e.V. (Xarunta  
caafimaadka Malteser ee dadka aan lahayn caymis caafimaad)  
Xarunta talo bixinta caafimaadka ee dadka aan lahayn caymiska  
caafimaadka**



Saacadaha la-talinta dadka waawayn iyo daawaynta ilkaha  
Salaasa 9:00am ilaa 12:30pm iyo khamiista 13:30pm ilaa 16:00pm

**La-talinta cudurada haweenka:**

bisha 1deeda 2deeda iyo 5teeda, arbacada bisha 9:30am ilaa 11:30am

**Saacadaha xafiiska ee caruurta:**

bilkasta maalinta ay bishu tahay 2 arbacada ah

**La -talinta socdaalka malta:** maalmaha la talinta furan waa isniin  
9:30am ilaa 13:00pm salaasa 9:30am ilaa 13:00pm iyo waliba balan  
xaga telefoonka ah ( 089-43-608-554/-552/-553)



Qarsoodi l adeeg lacag la,aan ah | Turjumaanona waa la abaabuli karaa  
hadii looga baahado ama waxay joogaan goobta.



Streifeldstr. 1, 81673 München



migranten-medizin-muenchen@malteser.org



089 43 608 550 / 554

**Open.med (Ärzte der Welt e.V.)**



Saacadaha la-talinta dadka waawayn iyo daawaynta ilkaha

Telefon ahaan waxad helisa 9:00am ilaa 17:00pm

**La-talinta cudurada guud:** Salasada 16:00 pm -19:00 pm, Jimacaha  
10:00 pm - 13:00pm

**Saacadaha xafiiska ee caruurta:** bilkasta maalinta ay bishu tahay 1  
iyo 3 arbacada tisha 17:00 pm ila 18:00 pm

**La -talinta socdaalka dumarka:** maalmaha la talinta fay bishdu tahay  
2 iyo 4 Khamiista bishi 10:00 -13:00

**Dakhtarka nafsiyada cedarada madaxa ku daca sacada :** markaas  
laheshiyo



Qarsoodi ladeeg lacag la,aan ah | Turjumaanona waa la abaabuli karaa hadii looga baahado ama waxay joogaan goobta.



Dachauer Str. 161, 80636 München



[openmed@aerztederwelt.org](mailto:openmed@aerztederwelt.org)



0177 511 69 65 / 089 45 20 76 58

### **Untersuchungsstelle für Opfer häuslicher Gewalt der Universität München (Xarunta baadhista ee dhibbanayaasha rabshadaha qoyska ee jaamacada munich)**



Dhukumantiyo xirfadysan oo loo adeegsan karo dhaawacyada, helitaanka cadaynta, iyo natiijooyinka rabshadaha kadib



Adeegani waa lacag la,aan l waana la heli karaa haddi aanad lahayn caymiska caafimaadka l ballan xaga telefoonka ah

**! Lamana siinayo shahaadooyinka ama sii daynta dawo**

**! Haddii ay tahay luuqad ajinabi ah soo kaxayso turjumaan sida (saxiib asxaab aad) aad keento**



Nussbaumstr. 26, 80336 München



[gewaltopferambulanz@med.uni-muenchen.de](mailto:gewaltopferambulanz@med.uni-muenchen.de)



089 2180 73 011



# Taageero xaga cilmi-nafsiga ah

Dhibaatadu waa dhacdo si qoto dheer u dhib badan oo lagu muujiyey dareenno xoog leh oo ah gargaar la,aan. Waxay saameyn ku leedaha isku kalsoonaanta waxayna yareysaa khibrada shucuurta iyo waayaha.

Waayo aragnimada dhibaataada kadib waa wax iska caadi ah in jirka bini-aadamka iyo maskaxduba ka falceliyaan.

Warwarka ama xanaqa iyo dagaalku waa astaamaha ugu waaweyn.

Dadka qaar waxa ay lumiyaan xiisaha ay u qabeen waxyaabihii ah ku raaxaysan jireen

Ama ay haleeleen murugo iyo kalinimo, sidan oo kale jidhka iyo maskaxdu waxay muujinayaan in wax uun aanu isku dheelitirnayn.

Kalina kuma tihid  
calaamadahaas.

Calaamahadahani waa falcelin caadi ah oo ka dhasha dhacdooyinka aan caadiga ahayn

Dad badan oo soo maray khibrado naxdin leh oo lana halgamaya cabashooyin lamid ah.

Adigu ma waalnid lagugumana cigaabay waxba. Cabashona waxaad u tahay aadame, waxaanad xaq u leedahay taageero nafsi iyo caawimaad waxaana jira fursado iyo daawayno kala duwan oo la heli karo si loo yareeyo calaamadaahaga.

## AWO – Psychologischer Dienst (Adeeg cilmi nafsi ah)



Daryeel nafsaani-ahaaneed ee muhaajiriinta ( caruurta, dhallinyarada iyo dadka waaweyn )Oo aad ku heli karto khubrada cilmi-nafsiga ee dhaladka ah /



Siir ah I adeeg lacag la,aan ah I waana la heli karaa adeegan caymis caafimaad la,aan I ballan xaga telefoonka ah I la talin xaga luuqadaha jarmalka, ingiriisida, turkiga, seerbiyaanka, kurwaatiyaanka iyo boosniyaanka.

### **! Adeegan waxa heli kara kaliya dadka dagan magaalada munich**



Goethestr. 53, 80336 München



[psych.migration@awo-muenchen.de](mailto:psych.migration@awo-muenchen.de)



089 54 42 47 53 / -62

## Caritas – Neue UfeR (NUR)



La-talin xaga mobile ka ah iyo taageerada daaweynta nafsaaniga ah ( shaqsi iyo koox kooxba )

### **Balanta la-talinta : isniinta 10:00am ilaa 12:00pm ee duhurnimo**



Qarsoodi I adeegani waa lacag la,aan I waana la heli karaa bilaa caymis caafimaad/I ballan xaga telefoonka ah I turjumaanona waa la abaabuli karaa hadii loo baahdo



[nur@caritasmuenchen.de](mailto:nur@caritasmuenchen.de)



089 23 11 49 43

## FrauenTherapieZentrum – Sozialpsychiatrischer Dienst für Frauen (Xarunta daaweynta haweenka - adeega maskaxda bulshada ee haweenka)



La-talinta, taakulaynta iyo wehelinta haweenka ku jira dhibaatooyinka maskaxda iyo cudurada iyo baadhitaanno kala duwan oo xagga maskaxda ah

**Saacadaha la-tashiga telefoonka:** isniinta ilaa jimcaha 10:00am ilaa 13:00pm

Isniinta ilaa khamiista 14:30pm ilaa 17:00pm

**Xarunta la-talinta:** salaasa 14:00pm ilaa 16:00pm



Qarsoodi/ adeegani waa lacag la,aan/ waana la heli karaa bilaa caymis caafimaad/ ballan xaga telefoonka ah/ turjumaanona waa la abaabuli karaa hadii loo baahdo



Güllstr. 3, 80336 München



spdi@ftz-muenchen.de



089 74 73 70 70

## Kbo-Isar-Amper-Klinikum & Kbo-Heckscher-Klinikum (Isbitaalka maskaxda)



(Caruurta iyo dhallinyarada) daaweynta cilmi nafsiga maskaxda, cilmi nafsiga iyo neerfaha, caafimaadka bulshada



Adeegani waa lacag la,aan dadka caymiska leh (oo ay ku jiraan dadka magan galyo doonka ah) / xaaladaha degdega ah ee maskaxda ama dhibaatooyinka maskaxda ee daran, mana jiro dhakhtar ama dhakhtar xaga maskaxda ah oo diidi kara daa-weynta, xitaa haddii bukaanku aanu lahayn caymiska caafimaadka iyo waraaqahaba/ turjumaanona waa la abaabuli karaa hadii loo baahdo



Kbo-Isar-Amper-Klinikum

Ringstr. 56 VS, 85540 Haar bei München



089 45 620 (xarunta Diwaangalinta)



Kbo-Heckscher-Klinikum (Caruurta iyo dhalinyarada)

Deisenhofener Straße 28, 81539 München



089 99 990

## Refugio



La-talinta iyo daaweynta dadka ay naxdinta ku reebtay qaxoontinimadu ee jooga munich, landshut, iyo augsburg

Latashiga telefoonka: isniinta 10:00am ilaa 12:00pm iyo khamiista 14:00pm ilaa 16:00pm



Qarsoodi ladeeguna waa lacag la,aan/ waana la heli karaa bilaa caymiska caafimaadka l turjumaanona waa la abaabuli karaa hadii loo baahdo l

**! Diwaangelinta daaweynta dadka waaweyna waa laba jeer sanadkii**



Rosenheimer Str. 38, 81669 München



info@refugio-muenchen.de



089 98 29 57 0

**Trauma Hilfe Zentrum München e.V. (Cawimada Naxdinta Xarunta Munich)**



Wadatashida iyo xaruunta cawimada qofka hadu naxdin ku Chaco iyo si galmaido rabshad lagu abuuro



Qarsoodi/ talada hanuuninta ee bilaashka ah / dalab yada kale se waxa jira lacag yar oo laga rabo oo ah (5-20€)/ waana la heli karaa bilaa caymiska caafimaadka/ ballan xaga telefoonka ah/ turjumaanona waa la abaabuli karaa haddii loo baahdo/ xirfadaha luuqada jermelkana waa looga baahan yahay dalabyada iyo casharrada kooxda.



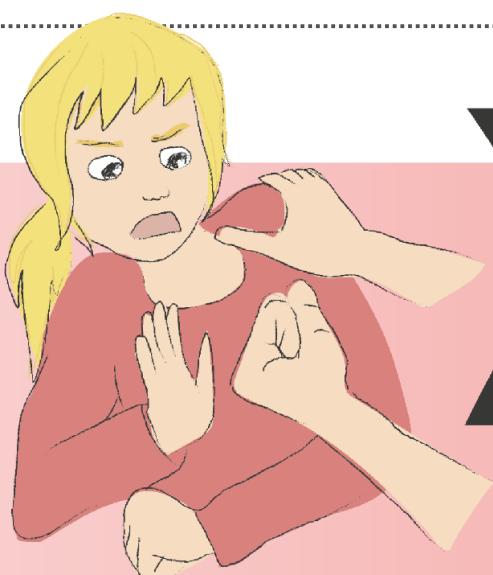
Horemansstr. 8 (dhismaha gadaal), 80636 München



info@thzm.de



089 41 32 79 50



# Qodobbada sharciga ah

Waxaad xaq u leedahay inaad ku raaxeysato nolol ka xor ah dhammaan noocyada rabshadaha. rabshadaha ku salaysan jinsigu waa ku xad gudub xuquuqda aadamaha ah.

Waa macquul in la qaado talaabooyin sharci ah oo ka dhan ah rabshadaha iyo in la sameeyo isticmaalka dalabyo talo sharci ama caawimaad xaga sharciga ah

Maxkamada maxaliga ah munich ee dacwadaha qoysku waxay amri kartaa amar la-soo-xidhiidh la,aan lacala hadii rabshad kaaga timaado (lammaanihii hore)

Xarumaha la-talinta ee frauenhilfe, frauenennotruf iyo sidoo kale münchener informationstzentrum fürmanner(MMI) waxay kaa taageerayaan helitaanka qareen sharci iyo dacwadaha suurta galka ah

Cadaadiska ku salaysan jinsiga ayaa sababi kara magan galyo.

Cadaadiska ku saleysan jinsiga waxaa kamid ah dadka u soo qaxaya sababo la xiriira rabshad galmo ama qoys oo ka dhacay wadankaaga, guurka qasabka ah, gudniinka fircoonia ah, ka ganacsiga dadka ama takoorida ku salaysan aqoonsigaaga galmada

Aqoonsiga cadaadiskaa siyaasada-jinsiga ee nidaamka magangalyadu, aad ayay muhiim ugu taha in la taxo khibradaha rabshadaha iyo takoorka ee guriga ama inta lagu gudo jiro duulimaadka, ama kahor inta lagu gudo jiro dhagaysiga BAMF Xarumaha la-talinta ayaa kaa taageeraya caawinaad inaad hesho qareen.

## Bayerischer Flüchtlingsrat (Bavarian Qaxooti taliyaha)



Taageerada iyo la-talinta nidaamka magangalayada iyo sidoo kale talo  
siinta xaga telefoonka ah ee dadka magangalyo doonka ah  
Saacadaha telefoonka ee bavaria: isniin,arbaca, iyo khamiista 14:00pm  
ilaa 16:00pm  
Salaasa, arbaca, iyo jimcaha 10:00am ilaa 12:00pm



Adeegani waa lacag la,aan I ballana waa lagaaga samayn karaa xaga  
telefoonka  
! La cala hadii aad ku hadasho luuqad ajinabi ah waad soo kaxaysan  
kartaa turjumaan kuu gaar ah sida (saxiibkaa)



Augsburger Str. 13, 80337 München



[kontakt@fluechtlingsrat-bayern.de](mailto:kontakt@fluechtlingsrat-bayern.de)



089 76 22 34

## EineWeltHaus München e.V.



Saacadaha la-talinta kaalmada sharciga ah : salaasa 18:00pm ilaa  
20:00pm



Gelitaanka: 2:50pm I is diwaangalin shaqsiyadeed ama ballan dhinaca  
telefoonka ah ama emayl ka ah sida (magaca,telefoon numberka, iyo  
sababta aad u rabto talada) I turjumaanona waa la abaabuli karaa hadii  
loo baahdo

! Adeegan waxa loo qabanayaa kaliya dadka ku nool magaalada munich  
! Sidoo kalee keen dhamaan waraaqaha iyo dhukumentiyada khuseeya



Schwanthalerstr. 80, 80336 München



[rechtshilfe@einewelthaus.de](mailto:rechtshilfe@einewelthaus.de)



089 85 63 75 21

## JIZ – Jugeninformationszentrum (Xarunta macluumaadka dhalinyarada)



Talada guud ee bilowga ah ee sharciga ee dadka ilaa 26 jirka dadoodu tahay: salaasa 16:00pm -18:00pm



Codsi qarsoodi ah I adiigani waa lacag la,aa I is diwaan galina looma baahna

! Lacala haddii aad ku hadasho luuqad ajinabi ah soo kaxayso turjumaan kuu gaar ah sida (saaxiibkaa)



Sendlinger Str. 7 (barxadda), 80331 München



info@jiz-muenchen.de



089 550 521 50

0160 – 994 123 94 (nambarka wadatashiga ee whatsapp)

## Münchener AnwaltVerein e.V. (Ururka qareenada Munich)



Caawinaad bilaash ah oo ku saabsan helitaanka qareen ku habboon talada shar-ciga, iwm oo ku saabsan rabshadaha qoyska iyo shuruucda qoyskaba

**Saacadaha la-talinta:** isniinta, arbacada, jimcaha, 9:00am ilaa 12:00pm



Qiimaha: 6,00€ I ballan xaga telefoonka ahl

! Adeegan waxaa heli kara dadka ku nool munich

! Cadaymaha lagaaga baahanyahay (rasiidhka kaalmada bulshada, risiidhka kaalmada kirada guriga, risiidhka kaalmada gunnada shaqo la,aanta, ama cadayn ah inaad qaadato mushahar hooseeya,

! Lacala haddii aad ku hadasho luuqad ajinabi ah soo kaxayso turjumaan kuu gaar ah sida (saaxiibkaa)

! Talona lagaa siin maayo magan galyada iyo sharciga shisheeyaha.



Maxburgstr. 4, Qolka C 142, dabaqa 1aad

iridda kaliya ee laga soo gali karo waa Pacellistr. 5



geschaefsstelle@muenchener-anwaltverein.de



089 29 50 86

## Münchener Flüchlingsrat e.V. (Golaha Qaxoontiga ee Munich)



Caawinaad bilaash ah si loo helo qareen ku habboon la-talinta sharciga, iyo waxyaabo kale oo kamid ah rabshadaha qoyska, iyo waliba shuruucda qoyska

**Saacadaha shaqada:** isniin,arbaca,jimcaha, 9:00 am ilaa 12:00pm



Talooyin bilaash ah oo ku saabsan luuqadaha jermelka,faransiiska,iyo inglishtaba

! Waxa kaliya adeegan heli kara dadka ku sugaran magaalada munich

! Soona qaado dhamaan waraaqaha iyo dhukumantiyada ku saabsan ballanta la tashiga

! Lacala haddii aad ku hadasho luuqad ajinabi ah soo kaxayso turjumaan kuu gaar ah sida (saaxiibkaa)



Dachauer Str. 21a (Daaradda Dambe), 80335 München



info@muenchner-fluechtlingsrat.de



089 12 39 00 96

## Refugee Law Clinic e.V.



La-talin sharci oo madax banaan oo lacag la,aan ah oo ku saabsan dhinaca magangalyada iyo shuruucda la xidhiidha ee sharciga  
Saacadaha talada shaqsiga iyo ballanta la tashiga: khamiista 18:00pm  
(ballamaha hadda waxaad ka helaysaa ([www.rlcめ.de](http://www.rlcめ.de)) iyo la tashiga khadka tooska ah



Diwaan galin bilaash ah oo goobta ah ayaad heli kartaa laga soo bilaabo saacada 17:30pm, I Turjumaanona waa la abaabuli karaa hadii loo baahado,

! Adeegna waxa heli kara kaliya dadka ku nool magaalada Munich



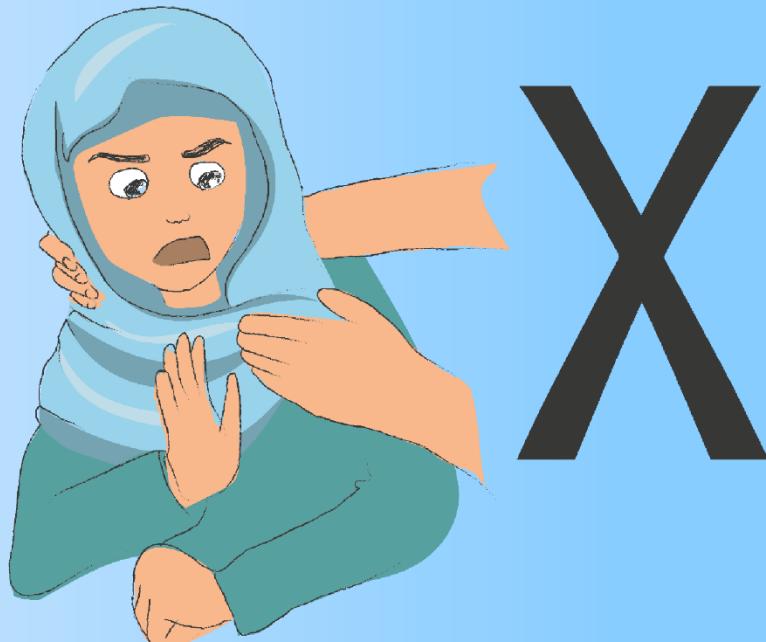
Caritas-Alveni, 2. Kat, Arnulfstr. 83, 80635 München



[beratung@rlcm.de](mailto:beratung@rlcm.de)



<http://rlcm.de/index.php/anmeldung-online-beratung-de/>



## Caruurta iyo dhalinyarada

Dumarka, **Caruurta** iyo Dadka -LGBTIQ\* ayaa had iyo jeer lo geeystay rabshada ku saasban jinsi gaar ah. Caruurtada waxaad ka ilaalisaa Rabshad!

Caruurta iyo dhalinyarada dadka iska ma celin karaan waxa u sabab ah awood dadka kale la siman ma haystan. Sida darteed ayee badana badbaadin u bahanyahin. Sida xaqqa nolal rabshada ana laheyn caruurta iyo dhalinyarada lo ilaaliyo, aya dawalada isu xilqantey ini fuuliso meeleyntas.

## **IMMA e.V. – Beratung für Mädchen und junge Frauen (Xarunta la-talinta ee gabdhaha iyo haweenka dada yara)**



Xarunta la-talinta ee gabdhaha iyo haweenka dada yara ee 27 jirka da,doodu tahay waxay u furantay talo bixintu: salaasada 14:00pm ilaa 16:00pm ( aqoonta jarmalka ayaa loo baahan yaha)



Qarsoodi l adeegani waa lacag la,aan l ballana waa lagaaga samayn karaa xaga telefoonka l hadii loo baahado dhexdhedaadin luuqadeed turjubaanada waa la abaabuli karaa haddii loo baahdo



Jahnstr. 38, 80469 München



beratungsstelle@imma.de



089 26 07 531



khadka wadatashiga ee internetka:  
<http://www.onlineberatung.imma.de/>

## **KIBS – Kinderschutz München e.V. (Difaaca carruurta Munich)**



Xarunta la talinta inadama iyo wiilasha yaryar ee da,doodu tahay 27 jirka ee ay saameeyeen rabashado dhinaca galmaada ah



Qarsoodi/ adeegani waa lacag la,aan/ waanad heli kartaa ballan xaga telefoonka ah/ iyo waliba la talin dhinaca luuqadaha jermelka iyo ingiriisida/ lacala haddii aad ku hadasho luuqad ajinabi ah soo kaxayso turjumaan kuu gaar ah sida (saaxiibkaa)



Landwehrstraße 34, 80336 München



mail@kibs.de



089 23 17 16 91 20

## **KinderschutzZentrum München, Deutscher KinderschutzBund Ortsverband München e.V. (Xarunta Ilaalinta Carruurta ee Munich)**



Talobixin shaqsiyed iyo taleefoon oo ku socota qoysaska xaaladaha nololeed ee walaaca leh (dayacaada,ama rabashadaha)

maskaxeed,jidheed,ama xadgudubka galmo ee qoyska ama bulshada dhexdeeda)

### **Saacaddaha ay furan tahay**

Isniinta ilaa khamiista 9:00am ilaa 12:30 iyo 13:30pm ilaa 17:00pm

Jimce 9:00am ilaa 12:30pm iyo 13:30pm ilaa 16:00pm

### **Saacaddaha telefoonka**

Isniinta ilaa jimacaha 19:00am ilaa 20:00pm

Sabtida,axada iyo maalamaha fasaxa ahba 9:00am ilaa 11:30 am



Qarsoodi I adeegani waa lacag la,aan I turjumaanona waa la abaabuli

karaa haddii loo baahdo,

! Adeegan waxaa heli kara kaliya dadka ku nool magaalada Munich



Kapuzinerstr. 9 D, 80337 München



kischuz@dksb-muc.de



089 55 53 56

## **Power-Child e.V.**



Khadka Tooska ah, taleefoonka iyo talo bixin shaqsiyadeed oo loogu talogalay carruurta, dhalinyarada waaweyn ee ay saameeysay rabshad maskaxeed, jireed, iyo mid galmo

### **Saacadaha la-talinta taleefanka:**

Isniinta ilaa khamiista 10:00am ilaa 12:00pm iyo 13:00pm ilaa 16:00pm



Qarsoodi ladeegani waa lacag la,aan I ballan xaga taleefanka ah Italo bixin xaga luuqadaha jermelka,ingiriisida,faransiiska iyo spanishka I Turjumaano waa la abaabuli karaa haddii loo baahdo



Mailingerstr. 14, 80636 München



info@power-child.de



089 38 666 888

## **Städtische Beratungsstellen für Eltern, Kinder und Jugendliche, Sozialreferat München (Xarumaha La-talinta ee Dawlada hoose ee waalidiinta, caruurta iyo dhalinyarada)**



Talo bixi shaqsiyadeed iyo taleefoon oo ku saabsan dhammaan arrimaha la xiriira barbaarinta iyo xiriirka qoyska



Codsi qarsoodi ah/ kalsooni/ adeeg lacag la,aan ah/ ballan xaga telefoonka ah/ turjumaanona waa la abaabuli karaa haddii loo baahado/ adeegan waxaa heli kara kaliya dadka ku nool magaalada Munich



Xarunta talo siinta: Schwanthaler Höhe, Laim, Kleinhadern, Blumenau Westendstr. 193 / dabaqa 3aad, 80686 München



beratungsstelle-lsb.soz@muenchen.de



089 233 49697



Xarunta talo siinta: Pasing-Obermenzing, Allach-Untermenzing Hillernstr. 1, 81241 München



beratungsstelle-pa.soz@muenchen.de



089 546 736 0



Xarunta talo siinta: Giesing-Harlaching Oberbiberger Str. 49, 81547 München



beratungsstelle-gh.soz@muenchen.de



089 233 359 59



Xarunta talo siinta: Neuhausen-Nymphenburg, Moosach Dantestr. 27 / 1. Kat, 80637 München



beratungsstelle-nm.soz@muenchen.de



089 159 89 70



Xarunta talo siinta: Schwabing-Freimann Aachener Str. 11, 80804 München



beratungsstelle-sf.soz@muenchen.de



089 233 830 50

### **Waajibaadka gobolka ee ilaalinta danaha ugu fiican**

ee xafiiska daryeelka dhalinyarada (Jugendamt) ayaa qabta shaqooyin badan iyo masuuliyodaba, mid ka mid ah hawlahaa aasaasiga ahi waa ilaalinta carruurta iyo dhalinyarada u baahan .

Marka ilmo la dayaco ama la xumeeyo, xafiiska daryeelka dhalinyarada ayaa tallaabo qaada oo daryeela ilmaha baahan .

Haddii uu jiro tuhun ah in ladnaanta ilmaha ay khatar ku jirto, xirfadlayda waxa waajib ku ah inay la xidhiidhaan xafiiska daryeelka dhalinyarada.

Haddii xafiiska daryeelka dhalinyaradu arko ilmo la dayacay ama ilmo la xumeeyay, xubin ka mid ah xafiiska daryeelka dhalinyaradu wuxuu la hadlayaa qoyska iyo sidoo kale dadka la xidhiidha ilmaha, xafiiska daryeelka dhalinyaradu wuxuu markaas siiyaa caawinaadyo iyo talaaboooyin kala duwan qoyska. Iyagoo u siinaya sida loogu baahan yahay

Haddii ilmuu ku sugaran yahay khatar baan, waxa uu xukunku awooda ugu danbaysa ku fulin karaa in lakala kexxeeyo caruuruta iyo qoyskooda, si caruurta loogu ilaaliyo xaalad nabad galyo ah.

Kadib caruurta waxa loo kaxaynayaa qoyska foster ama waxa lagu ilaalinayaa guri-ga caruurta. Tan awgeed xafiiska daryeelka dhalinyarada ayaa u baahan go,aanka maxkamadda qoyska. Kaliya xaalado gaar ah ayaa fariintan laga aqbali karaa, mar-ka ugu horaysa ee ay hagaagto ama la xaqijiyo xaalada guriga inay fiicnaatay, ilmuu wuu ku soo noqon karaa qoyskiisa.



**Waxa aan u taagan nahay:  
Caafimaadku waa xuquuq aadanaha,**

dad badan oo jooga aduunka dacaladiisu ma helaan xaaland nolol caafimaad qabta  
iyo daryeel, jermelka qaybo kamid ah bulshada ayaa laga reebay daryeelka  
caafimaadka ee caadiga ah . Dhakhaatiirta dunida waxa ka go,an inay hubiyaan in  
dadka oo dhami ay helaan xaqa ay u leeyihii caafimaad qab xaga shaqada siyaasada  
iyo gargaarka caafimaadka



SEIT 20 JAHREN  
#gleichgesund

**Ärzte der Welt e.V.**

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81241 München  
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[info@aerztederwelt.org](mailto:info@aerztederwelt.org)

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Zentralinstitut  
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Fragen (DZI)  
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