



Shaqaalaha caafimaadka
bulshada

- Ontario Works
905-546-4800
- barnaamijyada taageerada gaarka ah
905-546-2590
- Wixii kale oo su'aalaha ah iyo taageero
luqadeed wac **905-546-2489**

www.hamilton.ca

Macluumaadka caafimaadka iyo xiriirka adeegyada



Af Shiinays

905546-2424 Ext. 3314

Aasiyada Koofureed

905-546-2424 Ext. 1705



Hamilton

Adeegyada
caafimaadka
bilaashka ah

SOMALI



Hamilton

Barnaamijka Ilkaha



- Dadka qaangaarka ah iyo carruurta ee dakhligoodu yar yahay oo aan lahayn caymis ilko
- **905-546-2424 Ext. 5369**

Ma xaamilaad tahay?



- kooxda nafaqada dhalmada ka hor **905-546-3550**
- ballan sameysiga www.hamilton.ca/PrenatalGroups

dhibaatooyinka ilkaha ee degdegga ah

- **905-546-3550 Ext. 3789**
- ballan sameysiga www.hamilton.ca/dental



xiriirinta caafimaadka



- Macluumaadka iyo Barnaamijyada, ku saabsan uurka, sida cunuggu u korayo, una horumarayo, iyo waalidnimada carruurta da'doodu u dhaxayso 0-6 sano **905-546-3550**

Sigaar iska daa



- Wixii taageero ah, iyo nikotiin bedelkiis oo bilaash ah **905-546-3550**
- Wac qadka caawimada sigaarka cabayaasha **1-877-513-5333** (taageero luqadeed)

Tallaalada



- Suaalaha aad qabto, iyo wargelinya tallaalada carruurtaadu qabaan **905-540-5250**

Dhilqaha



- marka hore u sheeg milkiilaha
- wixii su'aalo ah, iyo haddii milkiiluhu diido inuu u yeero daaweeyen shati u leh wac adeegyada caafimaadka bulshada **905-546-2489**

Dilaaga cayayaanka



- rugaha caafimaadka ee injirta **905-546-2489** ama www.hamilton.ca/bugbusters

Caafimaad jinsiga



- Macluumaadka ku saabsan xakameynta dhalmada
- baaritaanka cudurrada galmada lagu kala qaado
- **905-528-5894**