

## Macluumaadka Muwaadinka

Macluumaadka ku saabsan helitaanka caafimaadka, daryeelka bulshada, shaqalaysiinta, lacagta iyo canshuurta, muwaadinimada Ireland, iyo waxyaabo kale.

0818 07 4000

9 subaxnimo – 8habeenimo, Isniinta ilaa Jimcaha

## Guddiga Sinaanta iyo Xaquuqul Insaanka ee Ireland

Ujeedaduwaain meeshalaga saaro takoorka, sareloogaado usinaanta fursadaha, lana ilalayo xuquuqul insaanka qof walba oo aan la shaqayno iyo midka aan u shaqaynaba.

+ 353 (0) 1 8589601

Isniinta-Jimcaha 10.30subaxnimo-12.30duhurnimo iyo 13.45duhurnimo-3.15galabnimo.

www.ihrec.ie

info@ihrec.ie



## Socdaalka iyo Cunsuriyadda

## Golaha Socdaalka ee Ireland

Wuxuu bixiyaa macluumaad faahfaahsan oo ku saabsan arrimaha adag ee ka dhex jira nidaamka socdaalka Ireland.

+353 (0)1 674 0200

10 subaxnimo - 1 duhurnimo, Isniinta, Talaadada, Khamiista, Jimcaha iyo taageero galbiih ah oo dhacaysa Talaadada laga bilaabo 7 fiidnimo - 9 habeenimo.

immigrantcouncil.ie

admin@immigrantcouncil.ie

## Mashruuca Soogalootiga ee Crosscare

Wuxuu bixiyaa macluumaad iyo taageero u qareemid ah oo uu siiyo dadka kusoo guuray Ireland sababo la xiriira nidaamka socdaalka iyo arrimaha la xiriira.

+353(0)1 873 2844 10subaxnimo – 1duhurnimo iyo 2duhurnimo – 4galabnimo, Isniinta ilaa Jimcaha

https://www.migrantproject.ie/

migrantproject@crosscare.ie

Address 2 St. Mary's Place North, Dublin 7, D07 Y768

## Nasc

Nasc, Xarunta Xaquuqaha Qaxootiga iyo Soogalootiga wuxuu ku xirayaa soogalootiga iyo qaxootiga xaquuqahooda, wuxuu taageeraa oo adeegyo ku bixiyaa isdhexgalka.

021 427 3594 9subaxnimo – 1duhurnimo iyo 2duhurnimo – 5.30galabnimo, Isniinta ilaa Jimcaha

www.nascireland.org

reception@nascireland.org

## Migrant Rights Centre (MRCI, Xarunta Xaquuqaha Soogalootiga)

Waxay bixisaa macluumaad bilaasha h, la isku halayn karo oo qarsoodi ah kaasoo ku saabsan soogalootiga, safrinta dadka si loogu shaqaysto, shaqaalaysiinta iyo guriyaynta.

+353 (0)1 889 7570/+353 83 075 53 87

Isniinta, Talaadada, Arbacada, 10subaxnimo-1duhurnimo, 2galabnimo-4galabnimo

mrci.ie/contact-us/

info@mrci.ie

13 Lower Dorset Street, Dublin 1, D01 Y893

## Shabakadda Kahortagga Cunsurinimada ee Ireland

Waxaytaageertaa oo qareentaa shakhsiyaadkaiyobulshooyinka ay saamaysay cunsuriyaddu.

+353 (0)1 889 7110

www.inar.ie

info@mrci.ie

28 North Great George's Street, Dublin 1

## Irish Refugee Council (Golaha Qaxootiga Ireland)

Wuxuu adeegyo iyo taageero siiyaa dadka raadinaya nabadgalyada iyo dadka looga aqoonsado inay yihiin qaxooti gudaha Ireland wuxuuna u dooodaa in habraacyo bili'aadantinimada waafaqsan iyo magangalyo sharaf leh la siiyo dadka ka soo cararaya khataraha.

Teleefoonka caawimaada ee Guud: +353 (0)1 7645854

10subaxnimo-1duhurnimo, 2duhurnimo-4galabnimo Isniinta, Talaadada Khamiista

www.irishrefugeecouncil.ie

info@irishrefugeecouncil.ie



## Community Action Tenants Union (CATU, Midowga Waxqabadka Bulshada ee Kiraysteyaasha)

Wuxuu gacan ka gaystaa dhamaanba waxyaabaha guriyaynta la xiriira, asagoo difaaca xaquuqaha kiraystaha sidoo kalena siiya taageero dadka wajahaya dhibaatooyinka guryaha.

+353 (0)1 8349851

www.catuireland.org

admin@catuireland.org

# Taageerada iyo Difaaca Dumarka iyo Gabdhaha Soogalootiga ah



This Project is supported by

An Roinn Dli agus Cirt, Gnóthaí Baile agus Imirce Department of Justice, Home Affairs and Migration



## Majiraa qof ada taqaano oo ku dareensiinaya nabadgalyo darro iyo/ama inuu ku waxyeeleeyo?

Xadgudubka jinsiga ku salaysan wuxuu noqon karaa qabab badan oo kaladuwan. Dumarka waxaa saamayn kara xadgudubka xili walba oo noloshooda kamid ah. Xadgudubka waxaa kamid ah xadgudubka qoyska, xadgudubka galmada, guurka khasabka ah ama xiliga hore ah, iyo xadgudubka 'karaamada ku salaysan'.

**Kaligaa ma tihidtaageero ayaana diyaar kuu ah**

**quriyaynta, caafimaadka, sharciga iyo socdaalka.**

### Kaalmada Dumarka

Waxay kahortagtaa taageerona siisaa dhibaneyaasha xadgudubyada qoyska iyo dhibaatooyinka, waxaana kamid ah macluumaad iyo taageerada maxkamadaha

- 1800341900
- 24/7
- 240+ luuqadood
- womensaid.ie
- info@womensaid.ie

### Sonas

Dumarka iyo caruurta wajahaya xadgudubka qoyska

- 1800 222 223
- domesticabuse.ie
- support@sonasdomesticabuse.ie

### Aoibhneas

Waa taageero ka dhisan Dublin oo loogu talagalay qaxootiga, bulshada iyo maxkamada dhibaneyaasha isugu jira dumarka iyo caruurta iyo kuwa ka badbaada xadgudubka qoyska.

- 1800767767
- 24/7
- https://aoibhneas.ie/
- helpline@aoibhneas.org

**Haddii ay dhacdo xaalad degdeg ah: 999/112**



### Xaruna Dhibaatooyinka Kufsiga ee Dublin

Wuxuubixiyaataageero ku saabsan xadgudubkagalmada, kufsiga iyo xadgudubka galmaada caruurta, oo ay kujiraan macluumaadka, la talinta iyo taageero dhanka sharciga ah.

- 1800 77 88 88
- 24/7
- 240+ luuqadood
- drcc.ie
- info@rcc.ie



### Dumarka bulshadayda

### AkidWa

Qaabkalagu wajaho soogalootiga iyo jinsiga ee adeegyada bulshada, oo ay kujiraan Gudniinka Fircooniga ah iyo guurka khasabka ah.

- +353 (0)1 8349851
- Isniinta-Jimcaha, 9subaxnimo-5galabnimo
- akidwa.ie
- info@akidwa.ie
- Unit 2 Killarney Court, Buckingham Street, Dublin 1, Ireland

### Pavee Point Traveller and Roma Centre

Waxayka shaqaysaa gudaha, gobolka, qaranka iyo heer caalamka ah si ay wax uga qabato sinaan la'aanta kajirta Traveller and Roma sarena ugu qaado xaquuqul insaanka.

- +353 (01) 878 0255
- Isniinta-Jimcaha, 9subaxnimo-5galabnimo
- paveepoint.ie
- info@pavee.ie
- 4-6 Charles Street Great, Mountjoy, Dublin, D01 XC63

### Amal

Waa urur uu hogaamiyo urur dumarka Muslimiinta ah leyihiin kaasoo siiya taageero lagama maarmaan ah dumarka Muslimiinta ah iyo dadka la xiriira bulshada Muslimiinta ah ee ku sugan Ireland oo dhan, ayagoo taageero siiya dhibaneyaasha

xadgudubka jinsiga ku salaysan iyo danbiyada isirka ku salaysan.

- CARABI: +353899 4626 89, +353874 677 638
- Ingiriisi / Urdu / Hindi: +353 89 981 8044, +353 89 978 4017
- Isniinta-Khamiista, 10subaxnimo-2galabnimo
- amalwomenirl.com
- help@amalwomenirl.com
- 163 S Circular Rd, Dublin 8, D08 F642

### Cairde

Cairde waa urur qaabilsan horumarinta arimaha bulshada kaasoo ka shaqeeya wax ka qabashada sinaan la'aanta kajirta caafimaadka ee haysata bulshooyinka isir ahaanta laga tirada badanyahay

- +353 01 855 2111
- Isniinta-Khamiista, 10subaxnimo-5galabnimo
- cairde.ie
- info@cairde.ie
- 19 Belvedere Place, Dublin 1, Ireland

### Latina Women Against Violence (Dumarka Latina ee Kahortaga Xadgudubka)

Waa koox bulsho is abaabushay waxaana maamula oo uu u shaqeeya dumarka soogalootiga ah ee kasoo jeeda Latin Ameerika ee la dagaalama xadgudubka qoyska

- https://www.facebook.com/latinawomenagainstviolence
- info.latinaw@gmail.com

### Horumarinta Bulshada Isir ahaanta Looga tiradabadanyahay

Mashruuca horumarintabulshada Isirahaanta looga tiradabadanyahay waxyigalinta DSGBV, tababarka, u qareemida

- https://www.facebook.com/ethnicminorityodvss/
- ethnicminority@odvss.ie

### Gardaí Community Supports (Taageerada Bulshada Gardaí)

An Garda Síochána waxay bixisaa qaybo bulsho oo guurguurta. Ka warqabka bulshadu waa qaab adeeg ka warqab ah oo bulshada oo dhan loogu talagalay labadaba magaaloooyinka iyo miyiga ayadoo la adeegsanayo ka warqab ku salaysan iskaashi, wax ka qabasho dhakhso ah, xalinta dhibaataada.

- https://www.garda.ie/en/crime-prevention/community-policing/



### Talada Sharciga iyo Kaalmada

### Guddiga Kaalmada Sharciga

Wuxuuu adeegaadadka uqalma dhinacyada sida magangalyada caalamiga ah, sharciga qoyska, iyo go'aan garaista laga caawinayo.

- +353 66 947 1000, LoCall: 0818 615 200
- Isniinta-Jimcaha, 9subaxnimo-5galabnimo
- https://www.legalaidboard.ie/
- info@legalaidboard.ie