



May ku qiihgala kortee barnaamijka WIC hoo leta daqli famil oo ki jero Hagowka WIC ii:

- ◆ Uur leyiin
- ◆ Naas nuujiyaayan dhaloo ku yar 1 sini jiro
- ◆ Onnog dhali 6 bilood li soo dhaafi
- ◆ Letaa dhaloo ku yar 5 sini jiro
 - ◇ Dhaloo haayaa awshoo, awoowashoo, waalid koo korsadi, waalid li dhaladi ama ilaaliye may haq in leyaa barnaamijka.



Intee ka hala kore wal badan oo ki saabsan Barnaamijka nafaqada Maine CDC WIC?

Booqo websaydkaano

www.maine.gov/WIC

ama inweer **1-800-437-9300**

TTY Maine relay 711

Waaaha Adeega Aafimaadka Aadanaga ("DHHS") muku takooraso wal ki saleysan naafanimoo, isir, midab jinsi, noo'a jinsiga ki eyo, shal dooradowka noo'a jinsi, asal ahaan meelii ka soo jeedo dhalashadiis, diintiis ama siyaasada aaminsaya, abtirsiin, qoys ama maqaam guur, ma'luuumaadka sinji, urur, sheegasho hori in sheegadi ama haq, ama fal sir sheegow, oggolansho in haaysado ama galaaw, ama hooloo siyaasada, barnamijyada, adeega ki jiro, ama falal, ama shaqaaleysiiyaw hooloo shaqada. Ogeysiiskan may lin biyeey sidii in baahanya oo waafaqsan Heerka II Shar'iga Naafada Mareykanka ee 1990 ("ADA"), Inwaanka VI Heerka Huquuqda Madaniga ee 1964, ee wal luku bedelay, Qeebta 504 ee Heerka Dhaqanelinta ee 1973, ee wal luku bedelay; Shar'iga takoorka da'da ee 1975; Inwaanka ee wal ku beldelowka walbarashad ee 1972; Qeebta 1557 Shar'iga Daryeelka la kordhiyi koro; Heerka huquuqda Aadanaha ee Maine; Amarka fulintiis oo ki saabsan Gobolka ee Heshiisyada Maine, ee adeegyada; ii dhammaan shariga ii qawaaniinta kalet oo mamnuu'aw takoorka noo'aas oo kale. Walaagi ma'luumaad dheeri eh oo su'aaloo, walwalka, ii abashoo ama odsi li hiriirso ADA ii shaqaaleeyowka ama hoola shaqadama in gudbiyi koree DHHS ADA/EEO Coordinators at 11 State House Station, Augusta, Maine 04333-0011; 207-2874289 (V); 207-287-1871(V); ama Maine Relay 711 (TTY). Walaagi ma'luumaad dheeri eh oo su'aaloo, walwalka, ii abashoo ama odsi li hiriirso ADA ii barnaamijyaada, adeegyada, ama hoola shaqadama in gudbiyi koree DHHS ADA/EEO Coordinators at 11 State House Station, Augusta, Maine 04333-0011; 207-2874289 (V); 207-287-1871(V); ama Maine Relay 711 (TTY); ama ADA-CivilRights.DHHS@maine.gov. Abashayaalka huquuqda madaniga eh sidoo kallet may luku hareeyo koree Waaaha Aafimaadka ii Adeegyada Bini'aadanka ee Mareykanka, Hafiiska Huquuqda Madaniga, telefaan ahaan 800-368-1019 ama 800-537-7697 (TDD); boosto ahaan 200 Independence Avenue, SW, Room 509, HHS Building, Washington, D.C. 20201; ama elektronik ahaan <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Shaqsiyaadka in baahan kaalmada aawimaad ee wada hiriirka wal ku oolka eh ee barnaamijyada ii adeegyada DHHS may luku martiqaadeeyee inii soo bandhigaan baahidiyoo dookhshoo isu duwaha Huquuqda Madaniga/ADA. Ogeysiiskan may laka hala kore qaabab kale, iidoo la odsadaw.

Barnaamijka nafaqada Maine CDC WIC

1-800-437-9300 ama 207-287-3991

Hay'ada may waa adeeg biye fursadiyoo lin simanye

Qoysaska Maine May Ku Koraayana WIC



Barnaamijka nafaqada Maine CDC WIC may biyaase:

- Faa'iidooyinka luku gadadaw hunguriga aafimaadka le
- Ma'luumaadka aafimaadka ii nafaqada
- Taloooyinka linki talagali uureyda
- Taakuleynta naasnuujhinta



May eta WIC?

WIC may waa barnaamij nafaqo ii aafimaad le oo lin ki talagali familka soo koraw mayna siyaase:

- ◆ Walbarashada nafaqada
- ◆ Taakuleynta naasnuujhinta
- ◆ Baaris aafimaad
- ◆ Faa'iidooyinka luku gadadaw hunguriga aafimaadka le sida:

- ◇ Wang, Ukun, bur'ad, ii wang fadh
- ◇ Tofu ii wayn -iyo a dhiwaan
- ◇ Mirrooley ii khudaar
- ◇ Malaay ka gasacadooyin
- ◇ Loos shiidan ii shubag buuro
- ◇ Rootiga oo laha abuurkiis in dhamaystiran, fal,
- ◇ Dhee'aan
- ◇ Baasta ama bariis kafee ii ah.
- ◇ Badar
- ◇ Hunguri dhinaan
- ◇ Qalajin ama digir gasa'eyisan
- ◇ Wangka dhinaanka



May faa'iidooyin oo dhinaanka ku helaayaaan WIC?

Dhinaanka may hala koraana bamka naasnuujhinta (hoo lin baahado) ama aana booraga birtiis la ma'malooyi.

6 bilood jir ku dambe may kaloo hala koraana:

- Badar, mirrooley ii khudaar linki talagali dhinaanka
- Hilibka dhinaanka (oo linki talagali dhinaanka naasnuujhiaayan sheleediis)

Hoo su'aal qabto...

WIC may haysee jiwaaboo...

- ◆ May aamee intii uurka leya?
- ◆ May rabee inii naasnuujhiyo, se ki bilaabee?
- ◆ Dhinaankey may etaa anyaasi! May suubiyi kore?
- ◆ See inki kaalmooye kore inii dhaloogey aamaan mirooley badan ii khudaar?
- ◆ See in kaalmooye kore dhaloogey inii ki ilaaliyo miisaan aafimaad le?
- ◆ WIC letaa bamka naaska luku tuujhiyaw oo deyn eh oo adeegsada koro?

Naas nuujhiyowka hungurigii dhinaanka inki feyle wu .



Shaqaalaga WIC may ki dhiirgeliyeeye ahyaalka usub inii naasnuujhiyaan.

Si in barato wal badan oo ki saabsan naasnuujhinta booqo websaydka eh www.maine.gov/wic/

Hay'ada mahaliga ee WIC

Aroostook County Action Program

U qidmeeyowka Degmada Aroostook
Presque Isle 1-800-432-7881 ama 768-3026

Bangor Public Health & Community Services

In qidmooyowka Degmayaalka Piscataquis ii Penobscot
Bangor.....1-800-470-3769 ama 992-4570

MidCoast Maine Community Action

In qidmooyowka Degmayaalka Knox, Lincoln, Sagadahoc
ii Waldo
Bath.....1-800-221-2221
Belfast.....338-1267
Rockland ..594-4329

Maine Family Planning

In qidmooyowka Degmayaalka Hancock ii Washington
Ellsworth.....1-800-492-5550 ama 667-5304
Calais.....454-3634
Machias.....255-8280

Maine General Medical Center

In qidmooyowka Degmayaalka Kennebec ii Somerset
Augusta.....626-6350
Waterville ..861-3580
Skowhegan..861-3593 ama 1-888-942-6333

The Opportunity Alliance

U qidmeeyowka Degmada Cumberland
Portland.....1-800-698-4959 ama 553-5800
Windham.....553-5800

Western Maine Community Action

In qidmooyowka Degmayaalka Franklin, Oxford ii
Androscoggin
East Wilton...1-800-645-9636 ama 645-3764
Auburn.....1-877-512-8856 ama 795-4016

York County Community Action Corp.

U qidmeeyowka Degmada York
Sanford.....1-800-965-5762
Biddeford.....1-800-644-4202