



Urashobora kuba muri rutonde rwa WIC igihe woba ufise umushahara w'umuryango mu ngingo ngenderwako za WIC kandi:

- ◆ Wibugenze
 - ◆ Wonsa uruyoya ruri musu y'umwaka
 - ◆ Wari ufise uruyoya mu mezi atandatu aheze
 - ◆ Ufise abana bari musu y'imyaka itanu
- ◇ Abana barezwe na se, sokuru, umuvyeyi w'ikiringo kanaka, umuvyeyi w'umwana atamuvyaye, canke Uwumwitwararitse bashobora kuba murwo rutonde.



Ni he nshobora kumenya vyinshi ku vyerekeye Urutonde ngaburo rwa Maine CDC ?

Temberera urubuga kuri

www.maine.gov/WIC

or call 1-800-437-9300

TTY Maine relay 711

Igisata c'amagara hamwe n' amashiramwe ryo gufashanya("DHHS") ntrikumira rifatiye ku bumuga, amoko, urukoba, igitsina, igitsina, kubijanye n'igitsina cawe, imyaka, aho uturuka, idini canke aho wegamiye muri politike, abasokuruzwa, kuba wubatse canke ikibanza cawe mu muryango, amakuru ajanye n'imeru y'amagara yawe, ishira hamwe, ivyo wigeze gushigikira canke kwemeza, canke ibikorwa, canke mu gutanga akazi canke uko ubigenza mu gutanga akazi. Rino tangazo ritangwa nkuko bisabwa hisunzwe icete ca II c'abanyamerika bagendana ubumuga c'ibwirizwa ry'1990("ADA"); Icete ca VI c'agateka ka zina muntu ibwirizwa ry'1964, nkuko cahinyanyuwe; agace ka 504 ko gusubizwa mu zabo, nkuko ryahinyanyuwe; ibwirizwa rijanye n'ikumirwa rifatiye ku myaka ry'1975; Icete IX ku ndero ryahinyanyuwe mu 1972; agace ka 1557 k'ibwirizwa ry'ukwitwarikwa bishoboka; ibwirizwa ry'agateka ka zina muntu muri Maine; Itegeko Ryerekeye Amasezerano y'Ubufasha vya Leta ya Maine; hamwe n'ayandi mategeko hamwe n'ingingo ngenderwako zibuza ugukumirwa nkuko. Ibibazo, ibigoye, imyidogo canke ibisabwa kugira umenye vyinshi vyerekeye ADA hamwe no gutanga akazi canke uko bigenda mu gutanga akazi bishobora kuringikwa ku bahuzabikorwa ba DHHS ADA/EEO ahari inzu ya 11 ya Leta, Augusta, Maine 04333-0011; 207-2874289 (V); Maine Relay 711(TTY); canke ADA-CivilRights.DHHS@maine.gov. Imyidogo ijanye n'agateka ka zina muntu ishobora kuzuzwa mu gisata c'amagara y'abantu no gufashanya muri Amerika, ibiro vy'agateka ka zina muntu, kuri terefone kuri 800-368-1019 canke 800-537-7697 (TDD); kuri posita kuri 200 Independence Avenue, SW, Icumba ca 509, inyubakwa ya HHS, Washington, D.C 20201; canke ku rubuga kuri <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>. Ku bantu baba bakeneye ubundi bufasha canke ivyo bipfuzwa bisanzwe bizwi n'Umuhuzabikorwa wa ADA n'agateka ka zina muntu. Rino tangazo rirahari mu bundi buryo igihe bisabwe.

URUTONDE RW'INGABURO RWA
Maine CDC WIC

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

Kino kigo gitanga ubwo bufasha nyene

Imiryango ya Maine Igira amagara meza na WIC



URUTONDE RW'INGABURO RWA
Maine CDC WIC RUTANGA:

- Akaryo ko kugura imfungurwa nziza
- amakuru y'ingaburo z'amagara meza
- Ibikeneye ku mbanyi ibereye
- Ubufashwa mu konsa umwana



WIC ni iki?

WIC ni urutonde rw'amagara meza n'ingaburo ikuza imiryango bitanga:

- ◆ Inyigisho z'ingaburo
- ◆ Mugufasha kunsu neza
- ◆ Gusuzuma amagara
- ◆ Inyungu zukugura imfungurwa ndemamubiri

- ◇ Amata, amagi, foromaji, ◇ Itofu na amata y'isoya na yawurute
- ◇ Amafi yo mumagopo
- ◇ Ivyamwa n'imboga
- ◇ Umugate w'ibinyantete, ivyapati, uburo
- ◇ Amavuta y'ibiyoba
- ◇ Pasta canke umuceli wa ikigina
- ◇ Umutobe
- ◇ Imfungurwa z'ibibondo
- ◇ Intete
- ◇ Ifunguro y'umwana.
- ◇ Ibiharage vyumye



Ni izihe nyungu abana baronka muri WIC?

Abana bashobora kuronka inkongoro y'umwana(igihe bikenewe) canke ingaburo yikwiye mucunyunyu ca feri.

Inyuma y'amezi atandatu bashobora kuronka

- Intete, ivyamwa hamwe n'imboga z'abana
- Inyama z'abana(kubana bonka gusa)

Ufise ibibazo

WIC ifise inyishu.

- ◆ Nofungura iki mugihe nibungenze?
- ◆ Nshaka kunsu ; notangura gute?
- ◆ Ikibondo canje ni igifatanzoka! Nokora iki?
- ◆ Nokora gute kugira abana banje bafungure ivyamwa n' imboga?
- ◆ Nokora iki kugira abana banje bagire ibiro bikwiye?
- ◆ WIC yoba ufise inkongoro y'umwana noshobora gukoresha?

Amaberebere ni ingaburo ibereye kuk'ikibondo cawe



Uburongozi bwa WIC burahimiriza abavyeyi kwonsa.

Kumenya vyinshi ku kwonsa ni mutemberere urubuga rwa www.maine.gov/wic

IBIRO VYA WIC muri Maine

Urutonde rwo muri Aroostook County

Gukorera muntara ya Aroostook
Presque Isle 1-800-432-7881 or 768-3026

Bangor Public Health & Community Services

Gukorera intara ya Piscataquis na Penobscot
Bangor.....1-800-470-3769 or 992-4570

Ibikorwa mu kibano muri MidCoast Maine

Gukorera mu ntara ya Knox, Lincoln, Sagadahoc hamwe na Waldo
Bath.....1-800-221-2221
Belfast.....338-1267
Rockland ..594-4329

Kuvyara ku rugero muri Maine Serving

Gukorera intara za Hancock na Washington
Ellsworth.....1-800-492-5550 or 667-5304
Calais.....454-3634
Machias.....255-8280

Ubufasha kw'ivuriro muri Maine

Gukorera muntara za Kennebec na Somerset
Augusta.....626-6350
Waterville ..861-3580
Skowhegan..861-3593 or 1-888-942-6333

Uturusho turi mu masezerano

Gukorera muri Cumberland County
Portland.....1-800-698-4959 or 553-5800
Windham.....553-5800

Ibikorwa mu kibano muri Western Maine

Gukorera inkata za Franklin, Oxford na Androscoggin
East Wilton...1-800-645-9636 or 645-3764
Auburn.....1-877-512-8856 or 795-4016

York County Community Action Corp.

Gukorera muri York County
Sanford.....1-800-965-5762
Biddeford.....1-800-644-4202