



**HOWARD  
CENTER**  
Help is here.

## HANAANITHY DEGDEGI EH EE AAFIMAATKY MASKANGTI

### WALLAA UNI BIYAANI:

- Atheegoo taageerithy aafimaatky maskangty

- Taageerithy fa'a

- Maareeyowky hanaanithy

- Qiimeeyowky ii hanaanithy aafimaatky

...oo nahowky li ogyi, meely badbaathithy  
isdilowky, sithy badelky daaweeyowky  
ee laangty hanaanithy degdegy eh.

### DADKY UNI ANG ATHEEGAANY:

Dadky wiing oo ku wing sannithy 18 oo  
weydiyooyi taageeri degdeg eh ama la  
kulumooyi dhibaatooyinky is qeehowky.

### MEELI NALOO HELAW:

1 South Prospect Street, Burlington.  
Baaking bilaash eh. Si futhus ang  
gali korang baabuurty dadwiinigy.

### XILIGI UNI FURUNGNI:

Isniingty illaa Jimaathy, 9:00 am illaa 5:00 pm. Mal  
ang baahang balang, baling lang kooyowky wal helee.

**QORAALKY QIYAMKY:** Hanaanithy Degdegi eh ee Aafimaatky Maskangty may biyaasee  
hanaani la heli koro, waqtiyeysang, nahowky la ogyi oo qofky hudung ang eh,  
lang simingyi, oo liki hiriiriyi si ang dabooli baahiyaalky marti kasti.

### MAY LAKAASHINEY:



**University of  
Vermont Health**

