Hagaha Badqabka Jiilaalka

Hagahan waxaad ka helaysaa..

Taageerooyinka Caafimaadka Maskaxda iyo Badqabka

Taageerooyinka iyo Ilaha loogu talo galay Dhallinyarada

Barnaamijyada iyo Waxqabadyada Jiilaalka ee Loogu Talogalay Ilmaha/Dhallinyarta

Fikradaha Aad Adeegsan Karto Si Aad Ilmahaaga uga Dhigi Karto Mid Firfircoon Jiilaalkan

Ilaha loogu tala galay canuggayga/da'yartayda qaba Baahiyaha Gaarka ah/Kakan

Ilaha TDSB ee loogu tala galay Caafimaadka Maskaxda iyo Badqabka

Maadaama oo aynu galayno Xilligii Jiilaalka, waxaa suurtogal ah inay jirto farxad iyo sidoo kale aragtiyo iyo dareeno kuwaas oo keeni kara baahi loo qabo in taageero la helo. **Hagaheena Badqabka Jiilaalka ee 2025** waa goob laga baran karo khayraad Dhaqan ahaan Habboon Aqoonsi ahaana Taageero leh iyo waxqabadyada sida ugu wanaagsan looga faa'idaysan karo wakhtiga sannadkan, anaga oo taageerayna sarena u qaadayna badqabkeena maskaxeed. Guddida Caafimaadka Maskaxda ee Kanada waxay ku talo bixinaysaa:

- Hadhayalsan faa'idada **hurdada**. Waxay saamayn ku leedahay adiga oo dhan: maskaxda, jirka, iyo ruuxda.
- Xilliga jiilaalka, waxa dhici karta inaynu dareeno saamaynta ilayska qorraxda ee yar uu leeyahay. Fallaaraha qorraxdu waxay innaga caawiyaan in jirkeenu sameeyo **fiitamiin D,** kaasi oo muhiim u ah caafimaadka maskaxda.
- Arrinta **is-daryeelka qofku** waa mid qofba si u ah. Ma aha kaliya qubayska xumbada badan (bubble baths), qubayska kulul (spas), iyo jimicsiga. Waxaa ka mid ah waxyaabaha ay ka mid ka yihiin samaysashada xuduudo kugu habboon, cunista cuntooyin caafimaad leh, qabsashada ballamaha caafimaad, iska yaraynta alaabta aan daruuriga ahayn, samaysiga miisaaniyad, wicitaanka saaxiib, iyo wixii la mid ah
- Udhugyeelashada **dareemayaasheena** waxay innaga caawiyaan inaynu dib ugu noqono wakhtiyo sahlan, ku soo laabano asaasiyaadka oo, kadib qaadano dhawr neefsasho oo qoto dheer, rooxaaniyaadkeenuna kor usoo kacaan!
- **Miyay waxyaalaha aad ka fekertaa caafimaad kuu leeyihiin,** mise caafimaad darro ayay kuu leeyihiin? Waa mid fudud inaad caado ka dhigato feker qaldan inta lagu gudo jiro jiilaalka maalmihiisa gaagaaban iyo habeenadiisa dhaadheer.
- Qalinka iyo waraaqda isa saar oo bilaw inaad wax qorto. Wixii doonaa ha dhacaane, **had iyo jeer waxa jira wax laga mahad-sheegto**.
- Ugu dambayntii, xasuusnow inaad **caawimaad ka raadsato** xirfadlaha caafimaadka maskaxda ah ama dhakhtarka qoyska, haddii adiga ama qof ehelkaaga ah uu dhibtoonayo.

Hagaha Badqabka Jiilaalka waxaa samaysay Guddiga TDSB-MHWB-PSS & kooxda hoggaanka Hannaanka (Systems leadership team).

La qabsi kasta wuxuu u baahan yahay in la yaqiinsado.

Kaalmooyinka Caafimaadka Maskaxda iyo Badqabka

Helitaanka Khayraadka Dhaqan ahaanta Habboon & Khayraadka Habboon oo ay isku soo ururiyeen Guddiga TDSB MHWWB.

Meelkastaba – Waxa uu bixiyaa, adeegyada caafimaadka maskaxda iyo balwadaha oo dhammaystiran oo loogu talogalay bulshooyinka madawga ah.

HelpAhead – Ku xidhida ilmaha sabiga ah, caruurta, dhalinyarta iyo qoysaska adeegyada caafimaadka maskaxda ee bulshada Toronto.

Children's Mental Health Ontario – Hel khayraad si aad utaageerto caafimaadka maskaxda caruurta iyo dhalinyarta.

Daily Bread Food Bank – Ku baadh aaga aad degan tahay koodhka boostada/goobta si aad uhesho cuntada.

Taageerada Dhaqaale ee Dawlada:
Kaalmada Ilkaha ee Kanada (Canada Dental Benefit)
Faa'idooyin kale oo ay qoysasku heli karaan

Kids Help Phone – Hel khayraad loogu talo galay dhalinyarta oo laga helayo meesha aad degan tahay.

Lumenus – Caafimaadka maskaxda, adeegyada hormarka iyo bulshada.

Bob Rumball - Daaweynta Caafimaadka Maskaxda ee loogu tala galay Caruurta/Da'yarta iyo Qoysaska Dhagooleyaasha iyo kuwa Dhagaha Culus
Bob Rumball Canadian Centre of Excellence for the Deaf

SickKids – Xaruntan waxay ku siinaysaa khayraad taageeraya caafimaadka maskaxda ilmahaaga iyo badqabkiisa guud.

YouthLink – La talinta dhalinyarada/qoyska, kaalmada waalidnimada, hoyga/guriyayanta, waxbarashada iyo barnaamijyada bulshada ku salaysan ee da'da 12-24 iyo qoysaskooda.

211 Central – Hel adeegyada bulshada iyo dawlada ee meesha aad degan tahay.

Ka caawinta Canuggaaga Maamulashada Teknoolojiyadda Dhijitaalka ah -Caafimaadka Maskaxda ee Dugsiga Ontario

Kaalmooyinka iyo Ilaha loogu talo galay Dhalinyarada:

Khadadka Caawimada iyo Adeegyada Marka ay timaaddo xaalad degdeg ah fadlan wac 9-1-1 ama bookho qaybta gargaraka degdega ah ee isbitaalka deegaankaaga

9-8-8- Khadka Khattarta Isdilka - Khad ammaan ah oo lala hadli karo 24-ka saacadood maalintii, maalin kasta sanadka. **Wac: 9-8-8 ama Farriin Qoraal ah udir 9-8-8**

Black Youth Helpline – Khad toos ah iyo adeegyo dhaqano badan oo loogu talo galay caruurta, dhalinyarta iyo qoysaska. La heli karo laga bilaabo **9-ka Subaxnimo-10-ka Fiidnimo maalin walba.**

BounceBack® – Barnaamij daawayn habdhaqanka garashada (Cognitive Behavioral Therapy, CBT) oo bilaash ah oo bixiya caafimaadka maskaxda oo taageera dadka 15-17 sano jirka ah iyo wixii ka wayn. **Telefoonka bilaashka ah: 1-866-345-0224.**

Hope for Wellness Helpline – Khadka Caawimada Dhalinyarta Dhaladka ah. **Taleefan Kaalmo oo shaqeeya 24-ka Saacadood / 7-da maalmood toddobaadkii.**

Kids Help Phone – Hel khayraad loogu talo galay dhalinyarta oo laga helayo meesha aad degan tahay. **Taleefan/Farriin Qoraal/Wada-sheekaysi Kaalmo oo shaqeeya 24-ka Saacadood / 7-da maalmood toddobaadkii.**

LGBT Youthline – Kaalmada Dadka is leh oo ah Sir, aan si xun loo eegeyn iyo ka warqab ee LGBTTQQ2SI. **(Axad - Jimce) 4 Galinka dambe-9:30 Galinka dambe Kaalmo Farriin Qoraal ah/Wada-sheekaysi.**

Naseeha – Khadka tooska ah ee caafimaadka maskaxda, khayraad, aqoon is waydaarsi, la tacaalid ayada oo la adeegsanayo websayt iyo kasii badan oo loogu talo galay dhalinyarta/shakhsiyaadka Muslimka ah iyo kuwa aan Muslimka ahayn. **Kaalmada Telefoonka maalin walba 12-ka duhurnimo-3-da habeenimo.**

What's Up Walk-In Clinic iyo One Stop Talk – Latalin bilaash ah oo onleen iyo toos ah oo dhalinyarta ah. Raac linkiga si aad u hesho goobaha
Isniin - Sabti (goobuhu saacadaha iyo maalmaha waa ku kala duwan yihiin)

Woodgreen – Waxay siisaa taageero bulsho, mid shaqaalenimo iyo mid tacliimeedba dhalinyarada, shakhsiyaadka naafanimada dhanka garaadka ah qaba, iyo daryeel bixiyeyaasha/qoysaska. Hal la talinta halka mar ah ee telefoonka lagu bixinayo ama muuqaal ahaan oo la siinayo da'da 16+ (12-15 sanno waxaa loo baahan yahay ogolaanshaha waalidka/daryeel bixiyaha).
Si fool ka fool ah ayaa lagu helaa Talaadada, Arbacadana waa onlayn. Isdiiwaangalinta laga bilaabo 4:00-6:30 Galinka dambe. Wac (416) 645–6000 ext. 1990

Trans Lifeline – Waa adeeg dadka isku danta ah isa siiyaan oo ay maamulaan dadka jinsigoodu badalan yahay looguna tala galay dadka jinsigoodu badalan yahay iyo su'aalo weydiinta dhalinyarada iyo dadka waaweyn. ***Waxa jiri doona hakin la hakin doono adeegga laba toddobaad waxaana uu dib u bilaabmi Janaayo 1deeda, 2024 laga bilaabo Isniinta ilaa Jimcaha 1da Duhurnimo*-9ka Fiidnimo 1-877-330-6366**

Youthdale - Waa adeeg bulshada iyo bukaan jiifka ah oo loogu tala galay carruurta, dhalinyarada, caruurta yaryar iyo qoysaska la dhibtoonaya baahiyaha dhimirka ee kakan. **Khadka Teleefoonka Xiliyada Dhibaatooyinka ayaa diyaar ah 24/7 416-363-9990**

Taageerooyinka iyo Ilaha loogu tala galay Dhalinyarada iyo Macluumaadka Kale

Macluumaadka Caafimaadka Dhimirka ee Dhalinyarada

- Waxyaabaha loo baahan yahay inaad ogaato - Game Changers
- Hurdada iyo caafimaadka maskaxda
- Caafimaadka maskaxda: Xarunta Waxbarashada
- Ma wajahayaa niyadjab? - Khadka Caawimada Carruurta
- Caawimada Dhalinyarada
- Ma Aqaan Waxa Khaldan

Isdaryeelidda Dhalinyarada

- Macluumaadka Isdaryeelidda – Gamechangers
- 6 qaab oo loo sameeyo isdaryeelidda – Gamechangers.
- Telefoonka Kaalmada Caruurta: Liiska hubinta is-daryeelka
- Taayirka Badqabka - Teleefoonka Kaalmada Caruurta
- Waa maxay Baraarugsanaanta Maskaxeed? - Teleefoonka Kaalmada Caruurta
- Isdaryeelidda 101 - Jack.org

Maaraynta xaaladaha Qalalaasaha

- Sida loo badbaado - Game Changers CAMH
- Taageerada qofka ku fakaraya in uu isdilo
- Ablikayshanka Be Safe
- Is-waxyeelaynta: Waxa uu yahay iyo sida loola qabsado - Teleefoonka Caawimada Caruurta
- Sida saaxiibka looga caawiyo adeegsiga - Teleefoonka Caawimada Caruurta
- Dibaato ma ku jirtaa? - Caawimo Diyaarsan

Hagaha Badqabka Xagaaga waxaa abuuray kooxda hoggaankaGuddiga & Nidaamyada TDSB-MHWB-PSS.
La qabsi kasta wuxuu u baahan yahay in la yaqiinsado.

Taageerooyinka iyo Khayraadka loogu tala galay Dhalinyarada iyo Macluumaadka Kale sii socda

Maaraynta Isticmaalka Maandooriyaha

- Isticmaalka Maandooriyaha, Si khaldan u isticmaalka iyo Xadgudubka Khayraadka -TDSB
- Buzz on Booze - Game Changers
- Waxyaabaha loo baahan yahay inaad ka ogaato Xashiishka - Game Changers
- Maandooriyaha la qiiqiyo: Waxa adiga iyo saaxiibadaa aad u baahan tihiin in aad ogaataan - SMHO
- Xaqiiqooyinka Fentanyl - SMHO
- Taxaddaridda marka maandooriyaha la isticmaalayo - Teleefoonka Caawimada Caruurta

Baraha Bulshada iyo Wakhtiga Daawashada Shaashadaha

- Wax ka qabashada Adeegsiga Aan wanaagsanaynee Baraha Bulshada: Qoraal-galmeedka, Handadaad-galmeedka iyo AI - TDSB
- Habdhaqamada Baraha Bulshada ee Caafimaadka leh - Maskaxdaada ka Taxaddar
- Hagaha Da'yarta ee Badqabka Baraha Bulshada - Safe Search Kids
- Baraha Bulshada ee Casriga ah - Cyberbullying.com
- Wakhtiga daawashada shaashadda: Guudmar - Sick Kids
- 5 Talo oo Badbaadada Onleenka ah - Teleefoonka Caawimada Caruurta
- Cayaaraha Onleenka ah - Teleefoonka Caawimada Caruurta
- Ka caawinta Canuggaaga Maamulashada Teknoolojiyadda Dhijitaalka ah - SMHO
- Dhalinyarada, Teleefonada Casriga ah iyo Adeegsiga Baraha Bulshada - CAMH

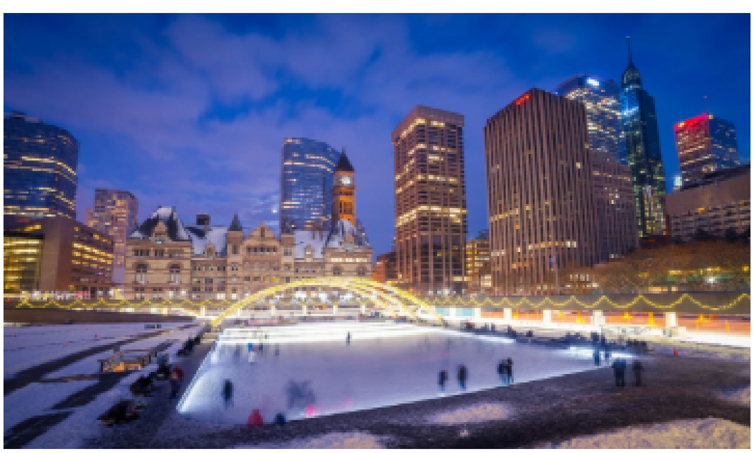
Barnaamijyada Qaboobaha ee loogu tala galay Canuggayga/Da' yartayda

Barnaamijyada Madadaalada ee Jiilaalka

Maktabadda Dadweynaha ee Toronto (Toronto Public Library) – Macluumaadka ku saabsan barnaamijyada, xiisadaha, iyo dhacdooyinka.

Barnaamijyada Madadaalada Xiliga Jiilaalka – Waxqabadyo bilaash ah, tayo sare oo madadaalo oo loogu talo galay dhamaan da' aha, oo uu ka mid yahay CampTO

Kids Out and About.com – Tilmaamo onleyn ah oo loogu talo galay caruurta, da'yarta, iyo qoysaska degan Toronto oo khusseeya munaasabadaha deegaanka, dalxiiska, fikradaha safarada -maalintii, iyo waxyaabo kale oo badan!



YMCA of Greater Toronto - Waa barnaamijyo loogu tala galay dadka da' walba oo ay yihiin iyo marxalad kasta oo ay nolosha ka marayaan oo ay ka mid yihiin daryeelka caruurta iyo horumarka qoysku, caafimaadka iyo badqabka, waxbarashada lagu bixiyo xeryaha iyo duurka iyo barnaamijyada dhalinyarada. Kuwaani waa kharashaadka adeegga ee leh xulashooyinka kabka.

CNIB Virtual Programs – Barnaamijyo muuqaal ah oo bilaash ah oo loo diyaariyay dhamaan dadka reer Canada ee aragga la' ama si wanaagsan aan wax u arag, iyo sidoo kale qoysaskooda, asxaabtooda

Fikradaha Aan Adeegsan Karo Si Aan Canuggayga/Da' yartayda uga dhigo Mid Firfircoon Jiilaalkan

Over Here Toronto – Fikradda waxqabadyada sannadka oo dhan ah ee guriga lagu sameeyo.

Cosmic Kids – Yoga iyo maskax-furid bilaash ah, oo caruurta si onleen ah loo siinayo

Heart and Stroke – Tilmaamaha sida cunto caafimaad qabta loo cuno loona firfircoonaado.

ParticipACTION – Ku dhiirigalinaysay dadka reer Canada in ay noqdaan kuwo caafimaad qaba ayaga oo jimicsanaya illaa 1971.

SPAC Learning Library – Casharada muuqaalka ah ee onleenka ah iyo waxqabadyada loogu tala galay in ay kaa caawiyaan in aad guriga hal abuur ka samayso.

WELCOME TO OUR LEARNING LIBRARY

Kusoo dhawow Ontario Parks – Macluumaadka booqashada Xadiiqadaha Ontario.

YGym – Waxqabadyada jimicsi ee onleenka ah.

Yoga with Adrienne – Muuqaalo yoga iyo maskax-furid ah oo bilaash ah.

Hagaha Badqabka Jiilaalka waxaa samaysay Guddiga TDSB-MHWB-PSS & kooxda hoggaanka Hannaanka (Systems leadership team).

La qabsi kasta wuxuu u baahan yahay in la yaqiinsado.

Kaalmooyinka iyo Ilaha Caruurta/Da'yarta qabta Baahiyaha Gaarka ah/Kakan

Community Living Toronto – Waxa ay siisaa barnaamijyo badan oo taageero ah shakhsiyaadka qaba naafanimada dhanka maskaxda ah iyo qoysaskooda.

Geneva Centre for Autism – Waxa uu bixiyaa kooxo iyo barnaamijyo loogu talo galay caruurta iyo siminaaro onlayn ah iyo taageero waalidiinta la siiyo.

Holland Bloorview Family Resource Centre - Hel xeeladaha waxtarka leh iyo macluumaadka loogu tala galay daryeel bixiyeyaasha iyo waalidiinta caruurtoodu naafada yihiin.

Surrey Place Family Resources - waxay caawisaa dadka qaba dhammaanba naafanimada, otisamka iyo baahiyaha gaarka ah sidii ay u gaari lahaayeen guul

Kerry's Place - waxay abuuraysay, bixinaysaynay taageerooyinka caddaymaha ku salaysan iyo adeegyada dhammaanba kajira gobolka Ontario kaasoo kor uqaadaya tayada nolosha dadka qaba ASD.

Connectability - Waa websayt iyo bulsho onleen ah oo uhagarbaxda waxbarista abidka ah iyo kaalmada la siiyo dadka qaba naafanimada dhanka garaadka ah iyo qoysaskooda.

Lumenus – Waxay bixisaa caafimaad tayo sare leh oo tiro badan, adeegyada hormarinta iyo bulshada oo loogu tala galay dhallaanka, caruurta, dhalinyarada, shakhsiyaadka, iyo qoysaska guud ahaan Toronto.

Meta Centre – Waxay bixisaa adeegyo kala duwan iyo taageero gaar ah si ay uga caawiso in dadku ku noolaadaan nololo loo dhanyahay oo qiimo ku leh bulshada dhexdeeda.

Miles Nadal JCC – Waxa uu siiyaa adeegyo caruurta, dhalinyarta qabta ASD iyo laxaad la'aanta korniinka ee kale.

MyCommunityHub.ca – Meel laga baadho waxqabadyada ay ka heli karaan bulshada ee loogu talo galay caruurta iyo dhalinyarta qabta laxaad la'aanta korniinka.

Taageerooyinka iyo Ilaha loogu tala galay Caruurta/Dhalinyarada qabta Baahiyaha Gaarka ah/Kakan sii socda

SAAAC Autism Centre – waxa aanu dhisnaa wada jirka bulshooyinka iyada oo loo marayo nidaamyo dhaqan ahaan ka habboon xanuunka otisamka iyo diyaarinta barnaamijyo la heli karo.

Toronto Parks and Recreation Adapted Programs – Si loo xaqiijiyo in qoysasku ay helaan madadaalada ay jecelyihiin waa in marka hore lala xidhiidhaa khadka tooska ah ee dhexe ee Barnaamijyada La Qabsiga iyo Madadaalada Laga Wada Qayb Galo adoo ka wacaya 416-395-6128 si aad u dalbato xubinimo.

Variety Village – Barnaamijta kala duwan (variety programming) oo awood siinaysa caruurta qabta baahiyaha si ay udareemaan inay yihiin kuwo muuqda, uga qaybgalaan, una dareemayaan kamid ahaansho. Waxaanu keenaynaa goobo si fudud loo heli karo oo laga helayo cayaaro, jimicsi, waxqabadyo, xeryo, tababarada xirfadda iyo tababarka cayaaraha tartanka loo galo ee naafada

Ilaha Fiisiyotarabiyada iyo Shaqada ee TDSB ee loogu tala galay cayaarta iyo madadaalada wakhtiga nasiinada ee guriga

Ilaha cilmi nafsiga ee TDSB ee loogu talo galay qoysaska iyo ardayda qabta baahiyaha kakan

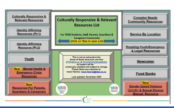
Waraaqaha xeeladaha Dhibaatooyinka dhanka Luuqadda Hadalka ee TDSB

Khayraadka iyo Taageerada TDSB ee Caafimaadka Maskaxda & Badqabka

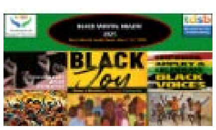
Fadlan booqo Websaytka TDSB si aad u hesho liiska dhamaystiran ee khayraadka iyo taageerada. Ku qaado wakhti si aad usahamiso meelaheena soo dhawaynta iyo safarada onlyanka ah ee loogu talo galay Ardayda, Waalidiinta & Daryeelayaasha, iyo Shaqaalaha.

Hel xirmooyinka khayraadka Todobaadka Caafimaadka Maskaxda Caruurta ee loogu tala galay ardayda dugsiga hoose iyo kuwa dugsiga sare, ardayda qabta baahiyaha kakan, waalidiinta/daryeelayaasha iyo bareyaasha.

Helitaanka Khayraadka Dhaqanka Ku Habboon iyo Khayraadka Ku Habboon ee ay diyaariyeen Guddiga Caafimaadka Maskaxda iyo Badqabka ee TDSB.



Gal Black Mental Health Week Resources laga bilaabo Maarso 2025 todobaadka aqoonsiga ee Todobaadka Caafimaadka Maskaxda Dadka madowga ah ee Toronto. Ka warqab wixii cusub Maarso 2026



Macluumaad kaan wuxuu ku siinayaa helitaanka khayraadka 2025-26 MHWB oo loogu tala galay fasal walba.

Bookho hageyaashaan horudhaca u ah Caafimaadka Maskaxda (Hoose iyo Kan Sare) ee ku jira Maktabadda Onleenka ah iyo Khayraadka kale ee Maktabadda Waxbarashada.

TDSB Learn4Life – Barnaamijyo Caafimaad & Badqab. (18+ Fursadaha Waxbarasho)

Raadi wax badan oo ku saabsan Adeegyada Taageerada Xirfada Ku Salaysan ee TDSB
Baraha Google:

- **Adeegyada Ilmaha iyo Dhallinyarta**
- **Adeegyada Daawaynta Shaqeed iyo Daawaynta jireed**
- **Adeegyada Cilmi-nafsiga**
- **Adeegyada Hadalka Luuqadda**
- **Adeegyada Shaqada Bulshada iyo Xaadiritaanka**

Hagaha Badqabka Jiilaalka waxaa samaysay Guddiga TDSB-MHWB-PSS & kooxda hoggaanka Hannaanka (Systems leadership team).
La qabsi kasta wuxuu u baahan yahay in la yaqiinsado.

Ku Xirnow!

Macluumaadku had iyo jeer waa uu isbadalayaa. Fadlan hubi in aad nala socoto aadna dib usoo noqoto si aad uhesho macluumaadkii ugu danbeeyay.

	https://www.tdsb.on.ca/Elementary-School/Supporting-You/Mental-Health-and-Well-Being-Professional-Support-Staff-PSS
	Iimayl: MentalHealthandWellBeing@tdsb.on.ca
	@tdsb_mhwb
	@TDSB_MHWB

Hadii adiga ama qof aad taqaanaa ay haysato dhibaato dhanka caafimaadka maskaxda ah ama isticmaalka balwadaha oo degdeg ah, **la hadal 9-1-1 ama tag qolka xaalada degdega ah isbitaalka deegaankaaga ama wac 9-8-8 si aad u hesho Kaalmada Wakhtiyada Qalaasaha.**