



# HOLDING HOPE

Infant-Early Childhood Mental Health Consultation  
Provided by Child Care Aware of Washington



## Waa maxay Holding Hope IECMHC?

Holding Hope waa barnaamij gaar ah oo la kaashata La-taliyayaasha Caafimaadka Dhimirka Dhalanka iyo Caruurnimada Hore ee daryeel bixiyeyaasha ilmahaiyo Tababarayaasha Early Achievers (Infant and Early Childhood Mental Health Consultants) si loo hormariyo horumarka bulsho iyo shucuur ahaaneed iyo fayyo-qabka carruurta yaryar ee ku jira daryeelka.

## La-taliyayaasha Holding Hope (Holding Hope Consultants) Waxay:

- La kaashataa shaqaalaha si aad u taageerto fahamka iyo maaraynta hab-dhaqanka adag ee ilmaha
- Hormarisaa horumarka bulsho iyo shucuur ahaaneed ee dhamaan caruurta ku jirta daryeelka
- Ka taageeraan daryeel bixiyayaasha walbahaarada daryeelka caruurta yaryar
- Xoojiyaan xiriirka kala dhexeeya shaqaalaha, caruurta iyo qoysaska
- Bixiyaan u gudbinta kheyraadka bulshada haddii loo baahdo

## Maxaan Filan Karaa Haddii aan Iska Diwaangaliyo Holding Hope?

- La-taliyaha Holding Hope ayaa kula soo xiriiri doona si aad balan u qabato wicitaan telefoon ama kulan si aad u sharaxdo adeegyada oo aad u ogaato waxyaabaha aad ku fiican tahay iyo baahiyahaaga
- Waxaad u codsan kartaa taageero ilmaha, qoyska, macalinka, fasalka, naftaada ama barnaamijkaaga guud ahaan
- Lhe Holding Hope Consultant wuxuu si joogto ah ula kulmaa goobtaada (qof ahaan, khadka fogaan araga ah, ama telefoon) todobaad kasta, labo todobaad oo kasta, ama sida loo baahan yahay in lagu taageero hadafkaaga
- Haddii uu jiro liisto sugitaanka ee la-talinta goobta ee deegaanka, Holding Hope waxay ku siin doontaa ikhtiyaaro la-talin khadka fogaan araga/talefoon ah
- The Holding Hope Consultant wuxuu la shaqaysaa kooxdaada iyo Tababarahaaga Early Achievers (Early Achievers Coach) si uu ugu taageero goobtaada qorshooyin waara kadibna wuu macasalaameeya mar haddii hadafyada la gaaro ama aad ogolaato inaan hadda dhamaynay

## Sidee ayaan Uga Qeybqaadan Karaa La-talinta Holding Hope?

Holding Hope waxaa loogu fidiyaa lacag la'aan daryeel bixiyeyaasha ilmaha ee ruqsada leh ee ka qaybqaadanaya Early Achievers

## Sidee Ayaan U Bilaabi Karaa?

La xiriir Tababarahaaga Early Achievers (Early Achievers Coach) si ay kugu gudbiso La-taliyaha Hope Hope ee gobolkaaga, ama iimayl u dir Celeste Farmer barta [holdinghope@childcareawarewa.org](mailto:holdinghope@childcareawarewa.org)



*Ma aha oo kaliya in barnaamijka Holding Hope IECMHC uu ku caawiyay isku xirka qoysaskeena u baahan adeegyada kale ee bulshada dhexdeeda, laakiin sidoo kale caawinta taageerida macalimiinteena si ay u qorsheeyaan marka ay la kulmaan hab-dhaqanada adag ee fasalka dhexdiisa. U dooditaanka MHC ee ardaydeena iyo fikradaha dhaqankooda waxay ahayd taageero qiimo leh oo laga helo dugsigeena*