



UMMA-PROJECT

Community Ambassador

SUPPORT BY PHONE

LANGUAGES: SOMALI, ENGLISH AND FINNISH

SATURDAYS (STARTS 20.2.21) 12-14.00 PM

KHADRA, TEL: 045 783 47815

We support and provide guidance on :

- Well-being and health
- Mental health issues
- Loneliness
- Violence
- Marriage and family
- Finnish society and service system

You can also call us anonymously!



More info

Project manager Minna Taipale
minna.taipale@amaly.fi



UMMA-PROJECT

Wakiilka arimaha bulshada

**CAAWINAAD DHANKA TELEEFANKA LUQADAHA :
SOMALI, INGARIIS IYO LUQADA FINISHKA**

**SABTIDA (KA BILAABATO 20.2.21)
SAACADDA 12-14.00**

KHADRA, TALEEFANKA: 045 783 47815

Waxaad caawinaad iyo talo ka heleysaa arrimaha soo socdo:
- Caafimaadka

- Arimmaha la xariira cudurada dhimirka
- Dareemidda cidlada ama kalinimada
- Xadgudubka ama tacadiyadka
- Arimmaha guurka iyo qoyska

- Arimmaha ku saabsan adeegyada dowladda finishka bixiso

Waxaad la soo xiriiri kartaa soona wacan kartaa taleefanka
adiga oon qofkaad tahay sheegin!



Faahfaahin dheeraada kala soo xiriir:
Madaxa qorashaha:, Minna Taipale
minna.taipale@amalry.fi
(fin/eng)



Waxaa maalgaliyay qorashahaan Työ- ja elinkeinoministeriö