



OTTAWA POLICE SERVICE  
SERVICE DE POLICE D'OTTAWA

Working together for a safer community  
La sécurité de notre communauté, un travail d'équipe

## Dhibaateynta Xaaska/ Saaxibka waa Dembi

Sarkaalka Jooga, Lamb. iyo Qaybta

Baaraha, Qaybta, Lam. Taleefoonka.

Lambarka Galka

## Liiska Khayraadka Bulshada

### Booliiska

Xaalad degdeg ah ee nolosha khatar gelisa  
ama dhacdo dembi ah ee socota. . . . . 911  
Xaaladaha degdegga ah ee kale. . . . . 613-230-6211  
Qaybta Xaaska/Saaxibka la Dhibaateeyo. . . . . 613-236-1222, khadka. 5407  
Xarumaha Booliiska Bulshada iyo codsiyada kale oo idil. . . . . 613-236-1222  
TTY . . . . . 613-232-1123  
Qaybta Dhibaatooyinka Dhibbanaha . . . . . 613-236-1222, khadka. 5822

### Sharciga

Adeegyada Sharciga ee Bulshada. . . . . 613-241-7008  
Xarunta Macluumaadka Sharciga Qoyska . . . . . 613-239-1274  
Xafiiska Sharciga Qoyska . . . . . 613-569-7448  
Xarunta Maxkamadda Ottawa  
Xafiiska Maxkamadda Shacabka . . . . . 613-239-1054  
Maxkamadda Qoyska . . . . . 613-239-1274  
Barnaamijka Gargaarka Marqaatiga/Dhibbanaha . . . . . 613-239-1229  
Xafiiska Sharciga Bulshada ee Jamacadda Ottawa . . . . . 613-562-5600

### Khadadka Dhibaatooyinka

Khadka Gargaarka Haweenka la Dhibaateeyo. . . . . 1-866-863-0511  
Khadka Gargaarka Haweenka la Dhibaateeyo

(waxay furan yihiin 24/7). . . . . 613-745-4818, TTY 613-741-3556  
Taleefoonka Gargaarka Carruurta . . . . . 1-800-668-6868  
ama 1-800-267-7946

Xarunta Dhibaatooyinka Kufsiga ee Ottawa . . . . . 613-562-2333  
Xarunta Gargaarka Kufsiga. . . . . 613-234-2266  
TTY . . . . . 613-725-1657  
Xarunta Dhibaatooyinka ee Ottawa iyo Gobolka . . . . . 613-238-3311  
Femme-écoute. . . . . 1-877-679-2229  
Tel-Aide Outaouais. . . . . 613-741-6433  
Services pour femmes battues . . . . . 613-745-3665  
(Codka iyo TTY)  
Femaide Ligne de soutien . . . . . 1-877-FEMAIDE (1-877-336-2433)  
Hay'adda Gargaarka Carruurta Ottawa . . . . . 613-747-7800  
Adeegga Dhibbanaha ee Ottawa . . . . . 613-238-2762  
Isbitaalka Ottawa – Xarunta Gargaarka Shacabka  
Barnaamijka Daryeelka Dhibaatooyinka  
Saaxibka/Xaaska & Kufsiga . . . . . 613-761-4366  
TTY . . . . . 613-761-4140

### Hoyga Badbaadada

Sarkaalka Booliiska wuxuu u kaxeyn karaa meel ay ku badbaado oo ay ka mid  
yihiin hooyayga badbaadada soo socda:  
Aqalka Chrysalis . . . . . 613-591-5901  
Aqalka Interval . . . . . 613-234-5181, TTY 613-234-5393

Aqalka Interval ee Degmada Lanark . . . . . 613-257-5960  
La Présence . . . . . 613-241-8297  
Maison d'amitié . . . . . 613-747-0020, ATS 613-747-9116  
Aqalka Nelson . . . . . 613-225-3129, TTY 613-225-4653  
Cornerstone/Le Pilier (loogu talagalay haweenka) . . . . . 613-237-4669  
The Shepherds of Good Hope (loogu talagalay ragga) . . . . . 613-789-8210  
The Ottawa Mission (loogu talagalay ragga). . . . . 613-234-1144

### Khayraadka Bulshada

Xarunta Khayraadka ee Bariga Ottawa (furan 24/7) . . . . . 613-745-4818  
Xarunta Khayraadka Bulshada ee Galbeedka Ottawa  
(Isniinta.-Jimcaha., 8:30 a.m. (subaxnimo)  
illaa 4:30 p.m. (galabnimo)) . . . . . 613-591-3686  
Xarunta Khayraadka Nepean . . . . . 613-596-5626  
Xarunta Adeegyada Bulshada iyo  
Caafimaadka ee Pincrest-Queensway . . . . . 613-820-4922  
Adeegyada Qoyska à la famille Ottawa  
(Family Services à la famille Ottawa). . . . . 613-725-3601  
Xarunta Khayraadka Galbeedka Somerset  
(Somerset West Community Health Centre) . . . . . 613-238-8210  
Adeegyada Qoyska ee Haweenka Hijrada  
(Immigrant Women Services Ottawa) . . . . . 613-729-3145  
Xarunta Khayraadka Galbeedka Somerset (Xarunta  
Adeegyada Bulshada iyo Caafimaadka ee Carlington) . . . . . 613-722-4000

Adeegyada Qoyska ee Haweenka Hijrada  
(Immigrant Women Services Ottawa). . . . . 613-722-2225  
Adeegyada Qoyska Katoolikada ee Ottawa  
(Catholic Family Services Ottawa). . . . . 613-233-8478

### Latalinta dadka dhibaataada geysta

Haddii dhaqankaagu uu dhibaateynayo saaxibkaaga/xaaskaaga, waxaa  
lagugu dhiirgelinayaa in aad la xiriirto barnaamijyada latalinta:  
Tilmaamaha Cusub . . . . . 613-233-8478  
Adeegyada Seddexgeesoodka Pink  
(loogu talagalay bulshada GLBT). . . . . 613-563-4818

*Adeegyada Seddexgeesoodka Pink (Pink Triangle Services) waxay bixiyaan  
adeegyo gaar ah oo bilaash ah/iyo latalin lacag la bixiyo. Waxaad eegtaa  
shabakadda internetkooda [www.pinktriangle.org](http://www.pinktriangle.org) si aad u hesho  
macluumaad dheeraad ah.*

Waa sharci darro in uu qof dhibaato gaarsiyo qof kale. Kuma xima  
cidda dhibaataada geysaneyso — xaaska, saaxib hore, qof jinsiga kale  
ah ama isku jinsi, ama qof kasta ay idinka dhexeysay xiriir soke — ma  
aha in qof la dhibaateeyo. Waxaad xusuusataa in aadan khaladka adigu  
lahayn, sidaa darteed mas'uul kama tihid sida uu u dhaqmo qofka kale.  
**Waxaa ku caawini karaan booliska iyo bulshada deegaanka.**