



NEIGHBOURHOOD
Empowerment Team

ARRIMAHA BADBAADADA GANACSIGA





Ilaha

- Connect with your Business Improvement Area Contacts, edmonton.ca/businessrevitalizationzones
- Check with your community league for any community safety initiatives. Find your community league at efcl.org.
- Connect with your local Neighbourhood Empowerment Team at edmonton.ca/NeighbourhoodEmpowermentTeam
- Connect with the Community Crime Management Team or Beats Team edmontonpolice.ca/inyourcommunity in your area

Downtown Division: 780-421-2200
Northwest Division: 780-423-4567
Northeast Division: 780-426-8100
Southeast Division: 780-426-8200
Southwest Division: 780-426-8300
West Division: 780-426-8000



Qof kasta wuxuu leeyahay door uu ka ciyaaro badbaadada. Tababarka ku habboon ayaa yaran kara khatarta iyo khatarta goobta shaqada.

Sharciga badbaadada iyo caafimaadka shaqada ayaa qeexaya shuruudadaha caafimaad iyo badbaadada ugu yar ee Alberta goobaha shaqada: alberta.ca/ohs.

Xarunta xiriirka badbaada iyo caafimaadka shaqada ee Edmonton iyo nawaaxigeeda: **780-415-8690**

Dhagoolaha ama naafada maqalka: **780-427-9999**

Ururuka midwoga caafimaadka ee dhanka masaxkada-Gobalka Edmonton

Gargaarka degdegga ah ee caafimaadka maskaxda
edmonton.cmha.ca/mental-health-first-aid

300-10010 105 Street NW, Edmonton AB, T5J 1C4

main@cmha-edmonton.ab.ca
ama wac **780-414-6300**

Komishinka caafimaadka dhimirka ee Canada (MHCC) waxay u tababaraan macallimiin koorsada gargaarka koobaad ee caafimaadka maskaxda ee ha'yadaha martida loo yahay sida ururka caafimaadka maskaxda ee Canada.

Fiiri **MHCC** koorsooyinka kale ee lagu bixiyoi Edmonton
mhfa.ca

mhfa@mentalhealthcommission.ca
ama wack had bilaash ah: **1-866-989-3985**

Xarunta Canada ee caafimaadka iyo badbaadada shaqada

Koorsooyinka e-koorsooyinka, v-koorsooyinka iyo koorsooyinka fasalka ee caafimaadka iyo badbaadada.

ccohs.ca/products/courses

clientservices@ccohs.ca

ama wac adeegyada macmiilka **1-800-668-4284**

Ambalasta St. John –St. John Ambulance –

stjohn.ab.ca

Gargaarka degdegga ah iyo korsooyinka CPR

12304-118 Ave, Edmonton AB, T5L 5G8

1-800-665-7114

Goobaha ciyaaraha ee Alberta, Komishinka Khamriga iyo Xashiishada

aglc.ca

Gaming, Liquor, and Cannabis related staff training

50 Corriveau Avenue, St. Albert, AB T8N 3T5

Toll Free: **1-800-272-8876**

Adeegyada police-ka ee Edmonton

edmontonpolice.ca

Tababarka waxaa kujira: ka hortagga dambiyada iyadoo loo marayo naqshadda deegaanka, iskaashatada booliska iyo akadeemiyada booliska muwaadiniinta.

Qaadashada tababarka dejinta ayaa sidoo kale lagu taliyay.

Arrimaha Badbaadada Ganacsiga

Dokumentigani waa agab loogu talagalay milkiilayaasha hantida, kilkiilayaasha ganacsiga iyo shaqaalaha si ay kaaga caawiyaan yaraynta danbiyada iyo jahwareerka/ khalkhalka goobtaada shaqada. Macluumaadkani wuxuu kaa caawin karaa in aad qaabayso qorshahaaga bad-baadada iyo bad-baadada ganacsigaaga adiga oo dabaqaya mid ama in ka badan talooyinka soo socda. Waxaan kugu martiqaadeynaa inaad tixgeliso talooyinkan oo socda kuwaas oo kaa caawin kara inaad wax ka qabato arrimaha. Hirgalinta qaar ama dhammantood, waxayna ka hortagi karaan noocyada kala duwan ee danbiyada iyo inuu dhaco khalkhal ama jahwareer.



Badbaadso Gaadhigaaga Shaqada

Inta badan baabuurta la jabsado waa kuwa laga tagay iyagoo aan xirnayn

- Had iyo jeer xir gaarigaaga, xir daaqadaha, qaado furayaasha marnana haka tagin oo shidan oo qof la,aan ah.
- Ka ilaali waxyaabaha qiimaha leh, sida albaabada garaashyada, diiwaangelinta baabuurta iyo kaararka electariga ah.
- Isticmaal sticker alaarmiga ah si aad naftaada u xasuusid in aad alaabta qiimaha leh ka saartid gaadhiga. Istiikarada ayaa laga heli karaa saldhiga booliska deegaankaaga.
- Ku baakin meel iftiin fiican leh
- Kusoo laabo meeshaada baakinka marka ay macquul tahay
- Si joogto ah u hubi taarikadaada maadaama taarikada baabuurta laga xado
- Soo qaado boolasha ka hortagga tuugada.



TALO | Tix gali inaad isteerinka ku xirto bir ama wax kale si aad uga hortagto xatooyada gaarigaaga.



IFTIINKA/LAYDHKA

Meelaha iftiinka fiican leh waxay dadka ka caawiyaan inay dareemaan ammaan, waxayna ka dhigaan ganacsigaaga mid bartilmaameedkiisa dambiyada iyo khalkhalku yaryahay.

Iftiinka Guud

- Isticmaal nalalka LED. Waxay isticmaalaan tamar yar, waxay leeyihiin cimri dheer iyo tayo sare, waxayna soo saaraan iftiin cad oo dhalaalaya.
- Inta badan hubi dhammaan nalalka si aad u hubiso inay shaqaynayaan iyo inay nadiif ka yihiin waxyaabaha qashinka ah.
- Ka fakar meesha iyo sida nalku ugu shaqayn karo ganacsigaaga. Noocyo kala duwan oo nalal ah kuna yaalla goobta saxda ah ayaa kaa caawin kara iftiiminta meelaha dhibka leh.
- Haddii aad u baahantahay caawin, la tasho xirfadle si aad u go'aamiso iftiinka ku habboon ganacsigaaga.



TALO | Nalalka LED waxay sifican ula shaqeeyaan nidaamyada amniga kamaradaha si ay u kordhiyaan muuqaalka

Dibadda

- Laydhka wayn ee aalaa fadhiga lagu xidho waa inuu dhulka hoose u jiraa 9–18 mitir.
- Tix gali inaad haysato nalal badan oo dibadda ah iyo laydh galiso meelaha/ wadooyinka laga soo galo guriga, jidadka lagu lugeeyo, luuqyada danbe, meelaha baabuurta la dhigto iyo hareeraha ama geesaha guriga ee filayso in dadku isku qarin karaan ama isugu imaan karaan.
- Ka ilaali nalka hallowga ama kharribaadda adoo isticmaalaya shabag ama gaashaan (kaas oo sidoo kale nalka ku haga/ku toosiya halka aad u baahantahay)
- Hubi in geedaha iyo waxyaabaha ku xeeran aysan xannibin qalabka nalka.

Gudaha

- Ha damin laydhka saacadaha xirnaanshaha si dadka si sahlan loogu arko.
- Qolalka yar yar iyo meelaha wax lagu kaydiyo waa inay lahaadaan iftiin fiican



Gacan ku haynta Gardarada ah ee Agagaarka Ganacsigaaga

Hubi in shaqaaluhu ogyihiin sida loogu jawaabo xilliga kacsanaanta xaaladaha. Ka warbixinta xaaladaha kacsanaanta waxay EPS u oggolaanaysaa in si hufan uga jawaabto.



TALO | Halkii aad lacag siin lahayd dadka wax u qabanaya, tixgeli lacag ururin gudaha ah kadibna lacagta ugu deeq ururada maxalliga ah.

- U sheeg inaadan lacag haysan
- U firso si aad u hubiso inaan lagu raacin
- Wac khadka EPS ee aan deg degga ahayn **780-423-4567**
- U dir qofka **211** si aad u hesho adeeg taageero oo habboon.
- Wac kooxda xasaradaha ee 24/7 **211** si aad u ogaato inay ku caawin karaan iyo kale

PLEASE
HELP

Muuqashada

Dadka way ku yartahay inay danbi galaan haddii ay dadka kale arkayaan.

- Haddii daaqadaha gurigaagu leeyihiin dahaar ama bahalka daaqadaha guriga lagu xiro wax qariya, ha furnaadaan inta lagu guda jiro maalintii.
- Ka saar dahaarka ama meelaha lagu dhuunto adiga oo jar jaraya laamaha salka ee geedka ilaa 6' kana ilaali duurka in ka badan 2'
- Ilaali calaamadaha daaqadaha. Hubi wax aan ka badnayn boqolkiiba 10 in aanay daaqadaha daboolin.
- Tixgeli inaad isticmaasho unugyada shelves-ka ee gaa gaaban. Shelves-ka dhaadheer ama bandhigga wuxuu dhib ku yahay in shaqaaluhu ogaadaan tuugada iyo kuwa soo xadgudbay ama fal danbiyeedyada kale.



TALO | Hubi inaad arki karto dhammaan afarta darbi ee gudaha meel kasta oo dukaanka ah. Haddii aadan arki karin geesaha, tixgeli inaad ku rakibto muraayadaha convex ama kaamaradaha si ay kaaga caawiyaan inaad ku aragto meelahaas.

- Isticmaal bir ama silsilad ku xiran xayndaabka si ay kaaga caawiso inay furnaadaan meelaha aragga. Dayrarka adag waxay kordhiyaan fursadda inuu qofku is qariyo.



Nabad galyada Wadada danbe

Luuqyada danbe waxaa inta badan ka dhaca bartilmaameedyo iyo dhibaato. In Luuqyada danbe laydh fiican lagu xiro iyo in la nadiifiyo waxay hoos u dhigaysaa fursadaha ganacsigaaga ee ah in la bartilmaameedsado.

- Quful albaabada marwalba iyo xilli walba sidoo kale xir bahalka qashinka lagu rido marka aan la isticmaalayn
- Islamarkiiba wac 311 una sheeg lydhadhka magaalada ee gubtay
- Ku rakib nalalka dareemaha dhaq-dhaqaaqa gadaasha ganacsigaaga. Iftiin ku shaqeeya cadceedda ayaa diyaar ah.
- Wadooyinkaaga nadiif ka dhig, kana nadiifi qashinka la tuuray iyo alaabta dib loo warshadayn karo.
- Had iyo jeer ku dheji ciwaankaaga gadaasha guriga. EPS waxay si fudud u aqoonsan kartaa goobta, muwaadiniinta ka warbixinaya dhaqdhaqaaqada laga shakiyo waxay si sax ah u garanayaan meesha ay ka dhacayso.



TALO | Dhaqdhaqaaqa dariiqa danbe adiga oo ku rinjiyenaya muraayad ama farshaxan kasoo laalada dhismahaaga, ama samayna hawlo dadka usoo galinaya luuqyada sida xafladaha, ciyaaraha ama dhacdooyinka muusiga



Allarmiga iyo Kaamirada aan la hagayn ee wax duubta

Nidaamyada digniinta ammaanku waxay joojin karaan dambiyada iyo argagaxa ama waxay gacan ka gaystaan ka jawaabista shilalka. Tix gali Vdeo surveillance ama kaamirada aan la hagayn ee wax duubta si aad u wanaajiso nidaamkaaga.

- Badal code-ka alaarmiga marka shaqaale ka tago ganacsigaaga
- Tababar shaqaalaha si ay awood ugu yeeshaan muuqaalada kaamirada una caawiyaan baarayaasha police ka haddii maamulka ama mulkiilayaashu maqanyihiin.
- Raadi oo baaritaan ku samee qalabka nabad galyada ee security system-ka ama la tasho khabiir dhanka alaarmiga ama video surveillance-ga ah.
- Bil walba nadiifi kaamirada si aad uga dheeraato sawir aan muuqaalkiisu wanaagsanayn
- Raadi shirkad dhanka alaarmiga ah taas oo xubin ka ah **Canadian Alarm Security Association (CANASA)** kana liistaysan Laboratories of Canada Certified (ULC).
- Ma ogtahay in lagaaga baahanyahay ogalaansho dhanka nidaamka alaarmiga ah kahor inta aadan rakibin nidaamka alaarmiga. Booqo Visit edmontonpolice.ca/alarbylawprogram wixii intaas dheeraad ah iyo apply-garaynta.
- Hubi/xaqiiji in shaqaalahaagu ay u tababaranyihiin isticmaalka nambarada alaarmiga iyo wicitaanka shirkadaha alaarmiga si ay uga hortagaan in police-ku helaan alarmi faalso ah ama been abuur ah.
- Haddii shirkadda alaarmiga kugu war galiyaan in alaarmi dhici doono marka ay shaqaaluhu wali joogaan, hubi inay baajiyaan wicitaanka police-ka si ay uga fogaadaan ganaax imaan kara.



TALO | waydii shirkadaada caymiska haddii ay jiraan qiimo dhimis lagu rakibo nidaamka amniga



TALO | EPS waxay ku talinaysaa in la hayo duubista fidiyowga ugu yaraan 30 maalmood



Ka hortagga Qasaaraha

Tixgeli waxyaabaha soo socda si aad u ilaaliso dakhligaaga oo aad uga fogaato khasaaraha aan loo baahnayn

- Bandhig calaamadaha ka hortagga tuugada
- Si joogta ah ula soco alaabada
- Marka aad tirinayso lacagaha waa wayn ka saar khasnadda xilliga is badalka shaqada. Hubi in lacagaha waa wayn meel nabad galyo taalo si joogto ahna loo deposit gareeyo sidaa darteed lacagta kaashka ah ma noqon doonto mid aad u sarraysa.
- Shaqaale ku filan u diyaari si ay u gutaan waajibaadkooda si nabad galyo ah iyo inaad ka fakarto shaqaale dheeraad ah xilliga shaqadu badantahay.
- Ilaali in waxyaabaha qaaliga ah ay meel xiran kujiraan ama meesha shaqaaluhu joogaa kana fogee daaqadaha.
- Hakala qaybin iibsiyada lagu sameeyay kaararka Debit ama Credit card ee fiiri shaqsiyaadka doonaya inay sameeyaa gadashooyin kala duwan



TALO | Fiiri **STOREWATCH**, barnaamijka ka hortagga tuugada oo ay diyaarisay qaybta dhaca ee EPS si ay uga caawiso mulkiilayaasha meheradaha ganacsiga inay ka ilaaliyaan shaqaalahooda, hantidoda iyo macaamiishooda tuugga [edmontonpolice.ca/inyourcommunity](https://www.edmontonpolice.ca/inyourcommunity).



Qurxinta

Ganacsi nadiif ah oo si wanaagsan loo dayactiray gudaha iyo dibadda wuxuu joojin karaa dambiyada iyo argagaxa, wuxuuna ka dhigi karaa macaamiishaada inay dareemaan soo dhawayn. Ka fiirso qoraallada, qashinka iyo daaqaadaha jaban.

Wax badan ka baro sida loo yareeyo qashinka loogana hortago qoraallada. edmonton.ca/capitalcitycleanup ama wac 311.

- Haddii hantidaadu leedahay taariikh qoraal ah, tix gali [Muralka Bulshada edmonton.ca/muralgrant](https://edmonton.ca/muralgrant)
- Isticmaal dhul qurxin soo jiidasho leh iyo dhir abuurid balaadhan si aad dadka ugu hagtid albaabka wayn iyo si aad u niyad jabiso burcadda.
- Haddii aad gurigaaga ama hantidaada ka hesho irbad la tuuray, raac tallaabooyinka [“Safe Needle Disposal Tool Kit” edmonton.ca/needles](https://edmonton.ca/needles)
- Ka qaad qashinka si bilaash ah xarumaha madadaalada si ay kaaga caawiso nadiifinta todobaadlaha ah ee ganacsigaaga hortaagan.

Fiiri Meelaha Horumarinta Ganacsiga ama wac 311 si aad u aragto haddii ganacsigaagu u qalmo:

- Barnaamijka hormarinta ee Facade edmonton.ca/facadeprogram
- Barnaamijka dhiira galinta horumarinta edmonton.ca/developmentincentiveprogram



TALO | Beeralayda ubaxa iyo qaabaynta fudud waxay noqon kartaa ikhtiyaar qiimo jaban oo lagu qurxiyo ganacsiga.



Ka digtoonow kana taxaddar hareerahaaga

U firso cidda soo booqanaysa meheradaada iyo u jeedada booqashadooda.

- Tababar shaqaalahaaga si ay uga warbixiyaan shilalka ama dhacdooyinka marka ay dhacayaan, una siiyaan sharraxaa faahfaahsan ee qofka khadka aan deg dega ahayn ee EPS [780-423-4567](tel:780-423-4567) ama danbi joojiyaasha: [1-800-222-8477](tel:1-800-222-8477)
- U firso dadka ku waydiinaya hawl galka ganacsigaaga, hababka amniga, is badelka shaqaalaha, kor meer dhismahaaga waqti badan ama burcaddu way ku war wareegayaan sharraxaad la,aan.
- Si dhow isha ugu hay dadka qaba koofiyadaha iyo kuwa xiran ookiyaalayaasha qorraxda meesha gudaheeda iyo sidoo kale kuwa dukaanka lasoo gala boorsooyinka waa wayn iyo boorsooyinka dhabarka.
- U firso dadka waqti badan kujira baabuurta kujirta baakinka.
- Diiwaan gali taarikada baabuurta laga shakiyo haddii ay si nabad galyo ah kuugu suurtoobayso inaad sidaas samayso.
- Hubi in shaqaaluhu ay ka warqabaan dariiqyada ka bixidda deg dega ah iyo borotakoolka bad baadada haddii ay dhacdo dhacdo.



TALO | Tix gali xaaladda wakiilnimo. Milkiilayaasha ganacsigu waxay u ogolaadaan xubnaha EPS inay u dhaqmaan sida wakiil meheradda iyo wakiil hantida oo kale. [edmontonpolice.ca/AgentStatus.aspx](https://www.edmontonpolice.ca/AgentStatus.aspx)



Dayactirka guud

Watch for graffiti, garbage and broken windows. Ka fiirso qoraallada, qashinka iyo daaqadaha jajaban.

- Hagaaji daaqadaha jajabay sida ugu dhaqsaha badan.
- Nadiifi qashinka xayawaanka ama dadka: wac 311 si aad u barato si bad-baado leh oo loo sameeyo.
- Musquluhu waa inay ku koobnaadaan macaamiishaada oo kaliya, waana inaad taqaanaa meesha kuugu dhow ee laga heli karo musqulaha publga ah. Booqo xogta furan ee wax laga raadiyo si aad u raadisid musqulaha dadwaynaha ee ugu dhow ganacsigaaga. edmonton.ca/publicwashroomspilot.
- Ku dheji calaamadda saxda ah ee baakinkaaga taasoo si cad u tilmaamaysa hantida gaarka ah. Ka eeg sharciiga magaalada wixii macluumaad dheeraad ah: edmonton.ca/parkingonprivateproperty.
- Hubi in ciwaankaagu si cad ugu calaamadsanyahay xagga hore iyo xagga danbe ee dhismahaaga.
- Barafka ka xaadh dariiqyada hareeraha gurigaaga sida ugu dhaqsaha badan si aad u ilaaliso nabad galyada qof kasta oo soconaya. Haddii aad ku guul daraysato in aad ilaaliso dariiqyada lagu lugeeyo waxay keeni kartaa in ganaax la saaro milkiilayaasha guryaha. Wixii macluumaad ah oo intaas dheer booqo edmonton.ca/wintersidewalks.

How to clean up graffiti or tagging

- **DUUB:** Sawirro ka qaad meesha iyo xilliga ay wax dhaceen
- **KA WARBIXI:** Wac 311 oo u gudbi adeegga Booliska Edmonton (EPS) warbixinta dhanka khadka.
- **KASAAR:** Capital City Clean Up waxay mulkiilayaasha guryaha Edmonton siinaysaa ilaa \$750 qiimo dhan hal mar guri kasta taasoo ah kaalmo dhanka nadiifinta ah



Xir ama Quful Hantidaada

Xiridda ama Sugidda hantidaadu waxay yarayn kartaa suurto galnimada in ay dadku kusoo gali karaan ganacsigaaga fasax la'aan.

- Hubi in albaabada dibadda ay leeyihiin biinanka aan la saari karin. Sidoo kale tixgeli inaad ku rakibto Interlock dheer.
- Si adag u xir qufulada oo waligaa haka tagin iyagoo furan.
- Hubi in albaabada danbe iyo dhinacyaduba ay si ammaan ah u xidhanyihiin, haddii ay suurto gal tahayna, shaqaaluhu ha isticmaalaan albaabka way nee laga soo galo.
- U isticmaal habka calaamadaynta furayaasha oo kazoo aruuri shaqaalaha marka ay ka tagaan ganacsigaaga.
- Hubi in albaabadaada iyo daaqadahaagu ay ammaan yihiin waqtiga xidhitaanka.