Amashirahamwe afasha
Support services

Kirundi/Ikirundi

Abavyeyi bo muri Australia kenshi baragenda mumashirahamwe kugira ngo bafashwe mu bijanye n'umuryango. Amashirahamwe yakira imiryango iva mu mico no mu bibano bitandukanye. Ashobora gufasha nk'uko umuryango canke ikibano vyari kuba vyaragufashije muri kahise.

Ibijanye n'infashanyo

Infashanyo ni amashirahamwe ashobora gufasha mu ngorane nyinshi z'miryango, nko:

> kurera abana
> amagara y'abana n'ingeso zabo
> amagara y'umuryango
> umubano
> inzu, ubuzi, amahera
> kwiga Ikingereza
> ingorane zijanye n'akamari, ukunywa izoga ziborera, ibiyayura mutwe, ukurwana
> ibibazo bijanye n'amategeko.

Amashirahamwe:

> afise abakozi bavyigiye
> inkuru ubaha ziba ibanga
> akenshi ni ku buntu
> rimwe na rimwe ayo mashirahamwe arafise abakozi bavuga ururimi rwawe.

Amashirahamwe amwe amwe afasha imiryango yarashizwe ku rutonde mu mpera z'aka gatabo.

Urashobora gusaba uwugusobanurira. Ni VYIZA kuvuga 'Oya' ku basobanuzi utiyumva mwo. Muri ico gihe musobanuzi wo kw'iterefone arashobora gutegurwa.

Imiryango yo mu mico n'ibibano vyose irahawe ikaze muri ayo mashirahamwe. Vyoba vyiza kumenya ko utari wenyene.

Amashirahamwe aratahura ko hari ibintu vyinshi abavyeyi bakeneye kumenyera mu gihugu gishasha.

Kurondera ishirahamwe

Intambwe ya mbere mu kurondera ishirahamwe ni ukwiyumvira imfashanyo ukeneye.

Baza abagenzi, umuryango canke abantu bo mu kibano cawe:

> bakoresheje amashirahamwe ayahe
> nimba ayo mashirahamwe hari ico yabamariye
> nimba ivya nkenerwa mu mico yabo vyarubahirijwe
> kugufasha kuronka abo wokwitura.

Ushobora kugerageza hose mu mashirahamwe y'imico itandukanye n'aya reta

> Imiryango ihawe ikaze mu mashirahamwe y'imico kama itandukanye hamwe n'aya reta.
> Amashirahamwe aratandukanye. Baza ivyo atanga.
> Amashirahamwe mu vy'ukuri atanga inkuru n'impanuro. Amwe afise indinganizo z'inyigisho nk' imirwi y'abavyeyi, ivyigwa vy'ikingereza, imirwi abana bakorera mwo udukorwa bahawe kw'ishure. Bamwe mbere barashobora no gufasha mu ngorane.
> Iyo ishirahamwe ridashoboye gutorera umuti ibibazo vyawe, barashobora kugufasha kurondera irindi shirahamwe.

Birashobora gutwara kugira ngo utore ishirahamwe nyaryo. Ntiwihebure. Bandanya ugerageza kugeza uronse irijanye n'ivyawe.

Kuja kw'ishirahamwe

> Baza nimba utegerezwa kubanza gusaba umubonano.
> Ni nde azogenda kuri iryo shirahamwe? Urashobora kujana n'umugenzi ubishatse.
> Uzoshika yo gute?
> Urashobora gusaba uwuzogusobanurira. Barashobora kugufasha kwuzuza igikaratasi kiriko ibisabwa kandi urashobora kuvugana n'abakozi.

Ivyo ayo mashirahamwe atanga ni ibanga. Ntibemerewe kubwira inkuru zawe uwundi muntu n'umwe kiretse ubemereye, canke iyo umuntu ageramiwe.

Kuvuga ingene vyagenze

Urafise uburenganzira bwo kubwira ishirahamwe nimba bagufashije canke ko ata co bakumariye. Barahaye ikaze ico ubivugako kuko bibafasha kuja imbere.

> Iyo ugomba kubamenyesha ico uvyiyumvirako, baza ingene bipfuza ko wobibashikiriza, nimba ari ku buhinga ngurukanabumenyi, ikete canke nimba wobibwira umuntu kanaka.
> Urashobora kujana n'umugenzi canke akagufasha kwandika ivyiyumviro vyawe.

Amashirahamwe arashobora kugufasha kumenyera ubuzima muri Australia kandi ukaguma wisunze muco wawe kavukire.

Abafasha mu bijanye n'amagara

Hariho amashirahamwe afasha mu vy'amagara ku miryango no ku bana b'imyaka iy'ari yo yose.

> Iyo hariho ingorane yihutirwa urashobora kuja ku bitaro.

> Umuganga w'aho ubaye arashobora kugufasha vyinshi mu bijanye n'amagara hamwe n'ingorane zo mu muryango. Ni ho hantu hambere ho gutangurira.

> Ishirahamwe rijejwe amagara y'abana n'imiryango rirashobora gufasha ku bijanye n'inzoya hamwe n'abana bakiri bato.

- Ni ku buntu kandi ni ibanga.
- Bafise ibitaro vyinshi muri Australia y'epfo.
- Bafise abaforoma karuhariwe bavyigiye bashobora gufasha ku bijanye n'amagara y'abana, mu gukura kwabo, mu kwiga, mu gutora agatiro, mu gufungura canke n'ingeso zabo.

  Hamagara kuri 1300 733 606 kugira ngo usabe umubonano. Urashobora gusaba n'uwogusigurira.

Nturindire! Higa imfashanyo mu ugutorera umuti ibibazo imbere yuko biyangara.

Amashuri

Abavyeyi barahawe kaze ku mashuri n'aho barerera abana. Basabwa kuvugana n'abigisha kenshi, n'aho ata ngorane zoba ziriho. Ni vyiza kumenya ingene umwana wawe ariko ariga.

> Abana bashobora kuja mu mirwi y'ugukina, iyo barerera abana, mu bigo vy'abana hamwe no mu mashuri y'imyimenyerezo kuva bakiri bato. Raba ku murongo ngurukanabumenyi ku mpera y'aka gatabo ubone ibigo biri mu karere kawe.

> Amashuri ni ahantu heza ho guhurira n'abandi bavyeyi mugahanahana ivyiyumviro no kuganira ku vyo mwaaciyemwo bitandukanye.

> Amashuri amwe amwe arafise ivyo afasha hamwe n'indinganizo ku bavyeyi no ku miryango.

> Abigisha barashobora kugufasha kugira uruhara mu nyigisho y'umwana wawe.

> Urashobora gusaba uwugusigurira.

Amashirahamwe

Ugutabara
000 Inyamiramabi, Umuriro, Rusehabaniha (Police, Fire, Ambulance)
13 14 44 guhamagara inyamiramabi iyo hari ingorane ariko atari akaga kihutirwa

Abasobanuzi
Ikigo gisobanura indimi (Interpreting and Translating Centre)
1800 280 203, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Gusobanura kuri terefone canke amaso mu yandi www.translate.sa.gov.au

Ibikorwa vyo gusobanura indimi (Translating and Interpreting Service (TIS National))
13 14 50 umwanya uwo ari wo wose haba ku murango canke mw'ijoro ku basobanuzi bo kuri terefone www.tisnational.gov.au

Amagara n'ukumererwa neza
Lifeline
13 11 14 umwanya uwo ari wo wose haba ku murango canke mw'ijoro iyo umuntu yumva yuko, ababaye ahagaritse umutima canke yibaza ko ashobora kwigirira nabi www.lifeline.org.au

Healthdirect
1800 022 222 umwanya uwo ari wo wose haba ku murango canke mw'ijoro iyo umuntu arwaye canke yakomeretse www.healthdirect.gov.au

Abaganga bo ku rwego rw'igihugu bafashiriza i muhira (National Home Doctor Service)
13 74 25 gusaba umubonano wo kugenderwa i muhira inyuma y'amasaha y'akazi https://homedoctor.com.au

Ishirahamwe ryitaho amagara y'impunzi (Refugee Health Service)
8237 3900 canke 1800 635 566 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
21 Market Street, Adelaide
Ibikorwa bijanye n'amagara y'impunzi zishitse vuba hamwe n'abarondera ubuhungiro

Relationships Australia (Multicultural Services)
1300 364 277 canke 1800 182 325 (abahamagara bari kure y'igisagara) isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
Ugushigikira imigenderanire mu miryango, abana n'imiyabaga, gukina akamari, intambara, umugera wa SIDA, indwara y'igitigu www.rasa.org.au

Ibijanye n'amategeko
Umurwi ufasha mu vy'amategeko SA (Legal Services Commission of SA)
Ronderera impanuro kuri 1300 366 424, isaha 3 zo mu gitondo gushika isaha 10.30 ku muhingamo, kuva kuwambere gushika kuwa gatanu
Impanuro zihuta kandi ku buntu mu bijanye n'amategeko www.lsc.sa.gov.au

Intambara mu muryango
Umurongo wo kwitabaza iyo hari intambara mu nzu (Domestic Violence Crisis Line)
1800 800 098 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Bifasha iyo habaye intambara, guhabwa indaro yihutirwa hamwe n'ukurungikwa ahandi http://womenssafetyservices.com.au

Integuro yo gufasha abakenyezi b'abimukira (Migrant Women's Support Program)
8152 9260, isaha 2.30 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Imfashanyo yo mw'ibanga no ku buntu ku bagore b'abimukira n'abana bari mu miryango irimwo intambara http://womenssafetyservices.com.au

1800 RESPECT
1800 737 732 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Vugana n'umuntu kuri terefone canke ku rubuga ngurukanabumenyi ku bijanye n'intambara mu muryango canke ugufatwa ku nguvu www.1800respect.org.au

Kurera
Umurongo wo gufasha abavyeyi (Parent Helpline)
1300 364 100 ku mpanuro zijanye n'amagara y'umwana hamwe no kurera

Islamicare – Parenting Helpline
1800 960 009, imisi ndwi mw'iyinga
Imfashanyo mw'ibanga ku bavyeyi b'abana b'imiyabaga http://Islamicare.org.au

Urunani rwo kurera abana (Raising Children Network)
Amakuru yerekeye kurera hamwe n' amareresi mu ndimi nyinshi http://raisingchildren.net.au

Parenting SA
Utundi dutabo tw'abavyeyi tworoshe n'utundi rusangi two mu mico myinshi ku rutonde rw'ibigabane vyinshi vyerekeye kurera www.parenting.sa.gov.au

Umutekano w'abana
Kids Helpline
1800 551 800 umwanya uwo ari wo wose haba ku murango canke mw'ijoro
Imfashanyo yo kw'iterefone hamwe no ku ngurukanabumenyi kubafise imyaka 5-25 www.kidshelpline.com.au

Ibikorwa bijanye n'amagara y'umwana n'umuryango (Child and Family Health Service (CaFHS))
1300 733 606, isaha 3 mu gitondo gushika isaha 10.30 ku muhingamo, kuva kuwambere gushika kuwa gatanu usabe umubonano. Inzoya n'abana batarakwiza imyaka itanu bavugwa ku buntu
Raba aha www.cyh.com ku bijanye n'amagara y'abana hamwe n'amakuru ajanye n'ukurera

Ishirahamwe ryitaho amagara y'ubwenge bw'abana n'imiyabaga (Child and Adolescent Mental Health Service (CAMHS))
8161 7198 canke 1800 819 089 (abahamagara bari kure y'igisagara) isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Impanuro ku buntu ku bana bakivuka gushika ku myaka 15 www.wch.sa.gov.au/camhs

Ubuyobozi bw'indero (Department for Education)
Ronderera aho uba irerero ry'abana rya reta, ikigo c'abana, ishuri ryo kwimenyereza canke ishuri kuri www.education.sa.gov.au

Playgroup SA
Rondera imirwi y'inkino mu micungararo urimwo www.playgroupsa.com.au

Reta ya Australia (Australian Government)
Amakuru ku bijanye n'aho barerera abana n'amashuri yo kwimenyererezamwo
Ronderera ku kigo kiri mu karere ubamwo www.mychild.gov.au

Amashirahamwe mpuzamico
AMES Australia
7224 8550, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
Aho ushikira, 212 Pirie Street, Adelaide
7224 8500, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
2/59 Commercial Road, Salisbury
Ibikorwa vyo guha uburaro impunzi n'abimukira baheruka gushika mu gihugu www.ames.net.au/locations/find-sites

Ikigo ca Australia kijejwe ivyankenerwa vy'abimukira (Australian Migrant Resource Centre)
8217 9500, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
23 Coglin Street, Adelaide
Ibikorwa vyo gutanga uburaro imigenderanire, mu miryango n'ibikorwa birwanya intambara mu miryango ku bimukira, impunzi n'abarondera ubuhungiro www.amrc.org.au

8256 5700, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
28 Mary Street, Salisbury

8535 5600, isaha 3 zo mu gitondo gushika isaha 10 zo ku muhingamo, kuva kuwa kabiri gushika kuwa kane
5 Second Street, Murray Bridge

8752 1000, isaha 4.30 zo mu gitondo gushika isaha 12 zo ku mugoroba, kuva kuwambere gushika kuwa kane (umwanya wo kwugurura urashobora guhinduka)
26 Woolshed Street, Bordertown

8762 2955 or 0409 103 153, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwa kabiri gushika kuwa kane canke wandikire naracoorte@amrc.org.au
TAFESA Campus, 19 Gordon Street, Naracoorte

8726 4800, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
11-13 Eleanor Street, Mount Gambier

Ishirahamwe rijejwe impunzi muri Australia (Australian Refugee Association)
8354 2951, isaha 3 mu gitondo gushika isaha 11 ku mugoroba, kuva kuwambere gushika kuwa gatanu
304 Henley Beach Road, Underdale
8281 2052, isaha 3.30 mu gitondo gushika isaha 10.30 ku muhingamo, kuva kuwambere gushika kuwa gatanu
1 Brown Terrace, Salisbury
Imfashanyo n'ugushigikira impunzi www.australianrefugee.org

Multicultural Affairs
Amakuru janye n'imfashanyo batanga hamwe n'iminsi mikuru y'imico itandukanye www.multicultural.sa.gov.au

Multicultural Youth SA (MYSA)
8212 0085, isaha 3 zo mu gitondo gushika isaha 11 zo ku mugoroba, kuva kuwambere gushika kuwa gatanu
Shop 9 Miller's Arcade, 28 Hindley Street, Adelaide
Integuro ku bakiri bato n'imiryango www.mysa.com.au

Aka gatabo koroshe kayobora abavyeyi ni kamwe mw' 9 twateguwe na Parenting SA ku miryango mishasha yo mu bibano bitandukanye icinjira muri Australia y'efyo. Twashaka gushimira amashirahamwe menshi n'imiryango yaterereye ubuhinga n'ubumenyi bwabo mu gutegura utu dutabo, cane cane imiryango hamwe n'abakozi amafoto yabo aboneka muri two.
Parenting SA ifashanya n'Ubuyobozi bw'Indero hamwe n'urunani rwitaho amagara y'abakenyezi n'abana.
Iterefone (08) 8303 1660
www.parenting.sa.gov.au
Udutabo tworoshe tuyobora abavyeyi tuboneka kuri gusa muri Australia yefyo
Icitonderwa: Inkuru zirimwo ntizitwara ikibanza c'impanuro woshobora kuronka kuva kubantu babinonosoye.
© Reta ya Australia Yepfo igice c'ambere 01/2019.

Government of South Australia