



Maine Equal Justice

Finding solutions to poverty and improving the lives of people with low income in Maine.

Cunaqabateenada ASPIRE

ASPIRE waa waxbarashada, tababarka, iyo, barnaamijka shaqada ee waalidiinta badankood la siiyo TNF ay qasab tahay inay sameeyaan. Fedcap waa hey'ad ka howgasho ASPIRE ee gobolka Maine.

Waa maxay cunaqabateyntu?

Cunaqabateyntu waxaa weeye aragtida Fedcap ee ah inaad raaci weyday sharciyadooda. Saarida cunaqabateynta waxay ka dhigantahay inaad waayi kaarto oo ay istaagto TANF ama cunnada aad qaadata.

Waxaa cunaqabateyn laguugu saari karaa seegida balamada ama inaad sameyn weyda waxa ku dhigan Heshiiska Qoyskaaga.

Sidee baa ku ogaan karaa inay cunaqabateyn i saaranta?

Laga yaabo in qofka kuu shaqeeyo kuu sheego. Waxaa sido kale ah inaad heshid ogeysis qoraal ee sheegaya sababta lagu cunaqabateeyey. **Waxaa shardi ah inaad la xiriirta shaqaalahaaga Fedcap 10 maalmood gudahooda ka bilaabato tariikhda warqada ku dhigan** haddii aadan ku raacsaneyn ama aad leedahay sabab macquul ah ee aad u raaci weyday shuruucda.

Maxaa ah sabab wanaagsan?

Haddii aad ay jirto sabab macquul ah ee aad u raaci weyday sharciyada, ma ahan in lagu cunaqabateeyo. Tani waxaa la yirahdaa “sabab wanaagsan.”

Sababo qaar unbaa loo tixgeliyaa sababaha wanaagsan. Kuwaasi waxaa ka mid ah jirada, shil, xanaana carruur la'an, gadiid la'an iyo xaalada amarjancy. Sababah macquulka waa in ay ku qoranyihiin ogeysiiska cunaqabateynta kaaga timaado shaqaalahaaga Fedcap.

Maxaan sameyaa haddi cunaqabateeyn la ii saaro? Haddii aad sabab wanaagsan leedahay, ma ahan in lagu cunaqabateeyo.

- **La xiriir shaqaalahaaga Fedcap mudo 10 maalmood gudahooda ah ka bilaabato taariikhda ogeysiiska.**
- **U sheeg shaqaalahaaga haddii ay jirtay sabab wanaagsan.** Sharax ka bixi sababtaada.

Haddii shaqaalahaaga weli ku sii cunaqabateeyo, **racfaan ayaad ka qaadan kartaa.** Wac shaqaala DHHS deegaankaaga ee bogga dhinaciisa danbe ku qoran oo weydiiso dhageeyi cadaalad ah.

Dhageeysiga cadaalada waa hab aad ku wadaagi karto sheekadaada.

Si aad u codsoto dhageeysi ASPIRE/Cunaqabateyn Fedcap, waa inaad la xiriirtaa DHHS Regional Planners.

Haddii aad aado xafiiskan:	Wac:	Talefoon nambar:
Biddeford South Portland Sanford	Terry Comeau	822-2381
Augusta Farmington Lewiston Skowhegan South Paris	Naomi Locke	624-5215
Bangor Calais Ellsworth Machias Rockland	Stacy Reynolds	561-4714
Caribou Fort Kent Houlton	Vicki Hall	493-4112

Wixii caawimaad ah, la xiriir Pine Tree Legal (www.ptla.org) ama Maine Equal Justice (www.mejp.org or 1-866-626-7059 x205).