

Ib qhov chaw tiv thaiv.



SOJOURNER
FAMILY PEACE CENTER

Committed to transforming lives impacted by domestic violence.

Yeej txaus ntshai thaum ob tug neeg laus sib ceg thiab sib ntaus.

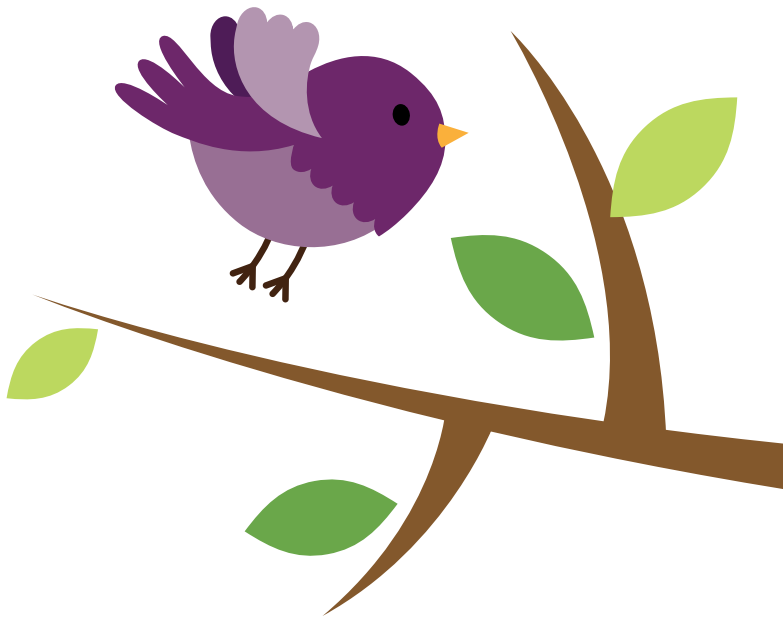
Nws tsis yog tim koj.

Tsis ua li cas yog koj tu siab,
chim siab los sis ntshai.

Koj tham txog tej ntawv tau.

Tsis ua li cas yog koj
nrhiav kev pab thaum
koj ntshai los sis yog
leej twg raug mob.





Thaum muaj kev sib ntaus:

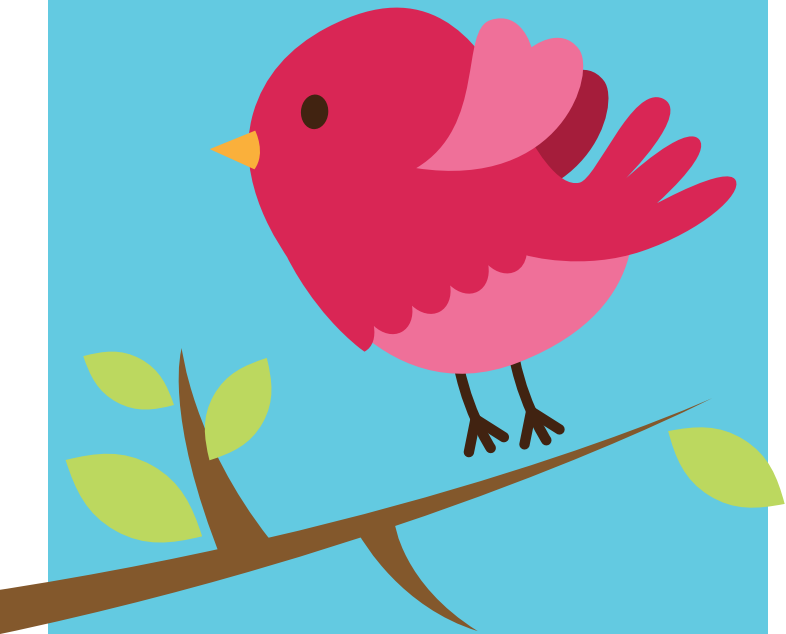
Tsis txhob mus ntxeem/pab lawv sib ntaus.

Tiv thaiv yug tus kheej.

Pab nrhiav qhov chaw nkaum rau cov
menyuam ua nyob ntawv thiab.

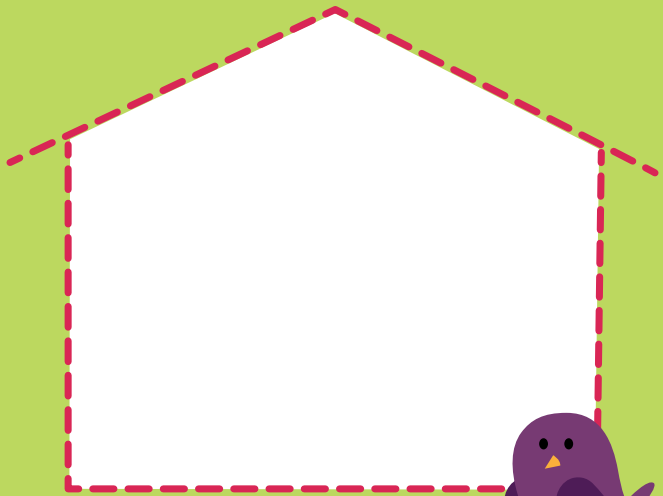
Mus nrhiav ib qhov chaw nkaum.

Hu nrhiav kev pab.



**Yuav ua cas
kuv thiaj tiv thaiv
kuv tus kheej.**

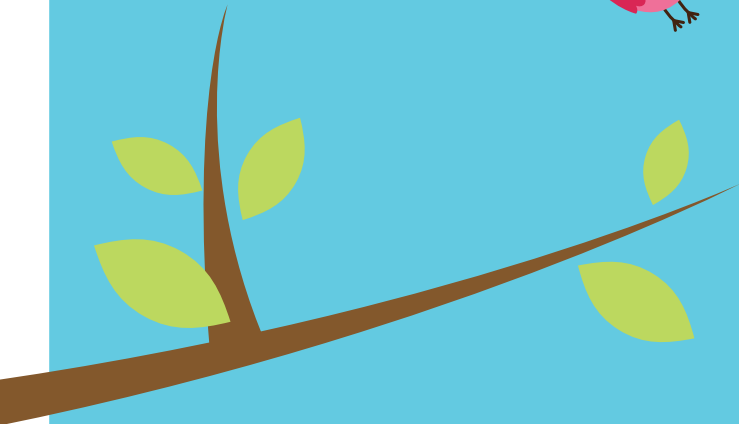
**Nrhiav ib qhov chaw nyob
hauv koj lub tsev ua koj mus
nkaum yog thaum muaj kev
sib ceg los sis sib ntaus.**



Kov qhov chaw koj mus nkaum.

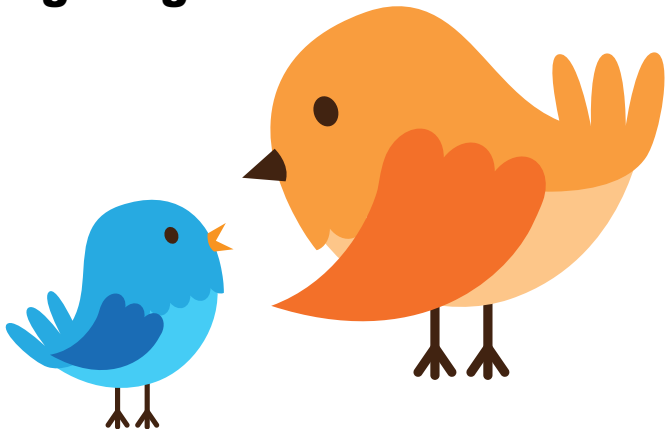
Haum kuv lub tsev ua kuv mus nkaum tau yog

**Nrhiav ib qhov chaw nyob
nraum zoov koj lub tsev ua
koj mus nkaum tau yog
muaj sib ntaus.**



Nraum zoo kuv mus nkaum tau _____

**Nrhiav ib tug neeg koj hu tau
yog koj ntshai los sis yog leej
twg raug mob.**

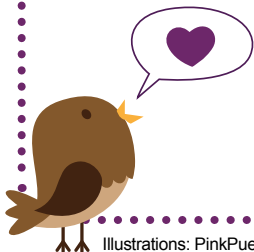


Kuv hu rau tau: _____

Thiab lawv tus xov tooj yog: _____

**Kuv hu rau 911 es hais rau tub ceev
xwm/police tias kuv xav tau kev pab.**

Kuv yuav qhia lawv kuv qhov chaw nyob yog:



Illustrations: PinkPueblo/Shutterstock

**Ntawm no yog ib daim duab ua yog tug
neeg kuv hlub.**

1-414-933-2722 (24/7)
www.familypeacecenter.org