

Umuyoboro w'umuryango kuri NYS muri serivisi z'abana mbere yo kwibaruka gushika ku myaka 5

Umuyoboro nkenegwa ku miryango kugira babahuze na serivisi z'abana bavutse muri Leta ya New York

Gusura ingo (Mbere yo kwibaruka -5)

Abagusura mu rugo batanga ubufasha ku bagore bibungenze no ku miryango ifise abana bakwiye imyaka 5 no guteza imbere imikurire myiza y'umwana. Ku gusura mu rugo bikogwa ari nta kiguzi ku muryango wawe Kubona gahunda yo gusura ingo iri hafi yawe: www.bit.ly/homevisitingnys

Gahunda yo gusura ingo ihuza imiryango n'ibikogwaremezo nka:

- Ubuvuzi, bw'Amenyo & serivisi z'ubuzima bwo mu mutwe
- Ikigo cita ku bana
- Irerero mbonezamikurire n'irerero
- Service yo gutanga ubufasha bwa kare
- Ivyo kurya, Ahokuba, Akazi



Ikigo cita kubana

Imyaka 6 gushika ku myaka 12

Ibiri bikuru vya NYS bishinzwe serivisi z'abana n'imiryango(OCFS) bitanga amakuru kuri :

- Gushaka kwitabwaho
- Kwishurira kwitabwaho

Urubuga rwa website rufite amashusho n'inyandiko n'ikigo kigufasha kurangira ibigo vyita ku bana mu gace utuyemwo. Hamagara. www.ocfs.ny.gov

QUALITYstarsNY (QSNY)

QSNY ni sisitemu ya NYS itanga ikigero cubwiza n'ivugurura mu gutuma abana batoya muri gahunda y'ibanze y'uburezi no kwita ku bana bigire ubashikigwa hama imiryango yabo yizere ubwiza bya gahunda bahisemwo.

www.qualitystarsny.org



Intambwe zo gushaka aho bita ku bana

- 1 Tangura Kare**
Mu gushaka ahakwiye bita ku bana bishobora gufata umuryango igihe. Ni vyiza Kuraba n'ubwo woba wibungenze. Urashobora kuraba ku rubuga rwa NYS kugira ubone ikigo cita ku bana kuri www.nysparenting.org
- 2 Hamagara CCR& yaho utuye**
Yugana n'ikigo caho utuye kigufashe kubona amakuru ya gahunda mu gace utuyemwo ku kubona ubushobozi bw'ukuntu umwana yakwitabwaho . Urutonde ushobora ku rusanga ku rubuga rwa OCFS: www.bit.ly/ChildCareReferral
- 3 Fasha kwishura care**
Urabizi ko ushobora kumeregwa guhabwa ubufasha bw'amahera azogufasha kwishura care. Baza CCR&R Waho utuye aguhe amakuru ahagije cangwe uje kuri: www.bit.ly/ChildCareFunds
- 4 Sura unabaze ibibazo**
Gusura nibwo buryo bwiza butuma uhitamwo ikinogeye umwana wawe n'umuryango wawe. Kora urutonde gw'ibintu vy'ingenzi kuri wewe.

Gutanga ubufasha bw'ibanze

(Imyaka 0-3)

Buri karere gafise gahunda y'ibanze yo gufasha impinja n'abagize imyaka 3 y'amavuko bafite ubumuga canke batakuze neza. Serivisi zitangwa ari nta kiguzi ku miryango yujuje ibisabwa. Shaka utanga ubufasha mu karere uherereyemwo kuri:

www.bit.ly/earlyinterventionnys



Ingero za serivisi z'ubufasha bw'ibanze zigizwe

- Kwigisha umuntu kuvuga neza
- Kuvura ibice vy'umubiri
- Ibogwa ukora mu kwivura
- Gutanga Inama ku muryango

Head Start (Imyaka 0 – 5)

Head Start na Head Start yakare itanga Serivisi n'ubufasha ku miryango yujuje ibisabwa ku bafasha kugera ku ntego zabo. Gahunda itanga umunsi wose, igice c'umunsi no gusura murugo bidasaba ikiguzi ku miryango. Kubona gahunda iri hafi yawe ja kuri:

www.bit.ly/headstartprograms

Ubufasha Head Start

Kwiga kare • Ubuzima • Ubuzima bwo mu mutwe
Uburezi bwihariye • Kubaho neza ku muryango



Kina Kura Iga



Ikunga ya leta Amashure INCUKE

(Imyaka 3-4)

Amashure y'incuke afasha gutegurira abana ishuri. Gahunda zitangwa binyuze mu mashure y'akarere uherereyemwo cangwe mu mishinga nta kiguzi umuryango wawe utanze. Ku makuru ahagije reba ishuri ry'akarere uherereyemwo.

www.bit.ly/earlylearningnys

Amashure y'incuke yihariye Uburezi

(Imyaka 3-5)

Uburezi bwihariye bw'amashuri y'incuke butanga serivisi zifasha ibikenegwa n'abana mu mashure y'incuke bafite ubumuga Serivisi zitangwa binyuze kw'isomero ryaho utuye nta kiguzi umuryango utanze.

www.bit.ly/specialednys

Uburezi bwihariye ku mashure y'incuke bugizwe

Gahunda y'Uburezi umuntu ku giti ciwe n'igenzura ku mwaka:

- 1 IEP**
Gahunda y'uburezi ku muntu ku giti ciwe Yibanda ku kugera ku bintu nkengwa n'itego vy'umwana wawe.
- 2 Igenzura rikorwa mu Mwaka**
Buri Mwaka, haba inama igenzuru imizamukire y'umwana wawe hama no guhitamwo intumbero z'umwaka ukurikira.



Umuyoboro w'umuryango kuri serivisi z'umwana- mbere yo kuvyara gushika ku kigero c'imyaka 5

Umuyoboro w'umuryango uhuza abana na serivisi y'uburezi bw'ibanze muri leta ya New York



Hamagara aho uherereye

Ubufasha bw'umuryango

Kwishura ikiruhuko ku muryango

NYS irinda akazi, Yishura ikiruhuko kugira ngo ugirane igihe n'umwana uvutse, Kwita kuwo ukunda ufite ikibazo gikomeye c'ubuzima canke Igafasha kugabanya ububabare mu muryango mu gihe ahamagawe mu gisoda hanze y'igihugu. Hamagara umurongo w'ubufashakuri **1.844.337.6303** cangwe usure www.bit.ly/paidleavenys

NYS Ishami rya Leta, ofisi y'abanyamerika basha

Itanga serivisi ku busa ku bantu bose babimukira harimwo n'abagenderera kominote, abashinzwe iterambere, kwiga icongereza kuri telephone na serivisi z'amategeko. Hamagara **1.800.566.7636** cangwe usure www.bit.ly/onanys

Ofisi ya NYS y'agateganyo ku bufasha bw'abamugaye yanogeye serivisi muri gahunda y'impunzi

Ifasha imiryango y' impunzi zije vuba kubona seivisi nko kwiga imvugo, serivisi z'ubuzima no kubona imirimo. Hamagara **518.402.3096** canke usure www.bit.ly/rsnys

UMWANA Kwitabwaho n'undi wo mu muryango

Tanga amakuru, inama n'umusada ukoresheje urubuga rwaboe www.nysnavigator.org na numero itishurwa **1.877.454.6463**

Rinda ihohotegwa ry'umwana

Rera umwana umuhe ibintu nkenegwa harimwo Hamagara **1.800.244.5373** canke usure www.preventchildabuse.org

Ubumuga butera ibibazo vy'igihe kirekire.

umuyeyi ku muvuyeyi wa NYS

Uha ubushobozi imiryango yita ku bana bafite ubumuga utera ibibazo vy'igihe kirekire. Hamagara **1.800.305.8817** canke usure www.parenttoparentnys.org

Imiryango kuba hawmawe kuri NYS

Gushigikira imiryango n'abana mu mibanire, amarangamutima n'ibibazo vy'imitwarikire. Hamagara **518.432.0333** or visit www.ftnys.org

Indwara zo mu mutwe

Ofisi y'ubuzima bw'indwara zo mu mutwe ya NYS

Iguhuza n'abashinzwe umutungo na service ifasha agahinda ugira wibungeseye; Indwara zo mu mutwe ku bana marangamutima. Habaye ikibazo, Watwandikire ubutumwa bugufi ntutumenye umwirondoro wawe **GOT5** kuri **741741**. Ushobora nanone kuduhamagara kuri **1.800.273.TALK (8255)** Canke ugasura www.bit.ly/mentalhealthnys

Postpartum Resource Center of New York ikorera ibishoboka kugirango imiryango ibone ubufasha kubuvuzi kundwa zo mumutwe nyuma yokuyyar. Hamagara umurongo w'ubufasha kuri **1.855.631.0001** Canke usure www.postpartumny.org

Ubufasha kuwabaswe

Ibiri vyaNYS itanga serivisi n'ubufasha kubabaswe. Nimba wewe cangwe uwo ukunda Ari kunyura mu bikomeye, Wabona ubufasha n'ivyizigiro uhamagaye, Amasaha 24, iminsi 7 mu ndwi **1.877-8-HOPENY (1.877.846.7369)** cangwe woherere ubutumwa bugufi **HOPENY** (Kode ngufi **467369**). Kuvura kubabaswe. Ibibazo, abarwayi bandikiwe ibitaro, abatuye, cangwe abivuzza bataha ja kuri **FindAddictionTreatment.ny.gov** or www.bit.ly/oasasnys

Ubuzima n'umutekano

Ihohoterwa rikorerwa mungo

Ofisi ya NYS irinda ihohotegwa rikoregwa mu ngo

Nimba wewe canke uzi umuntu Wahuye n'ihohotegwa rikoregwa mu ngo akeneye ubufasha, aho kuba vyihutigwa canke amakuru, hamagara Abashinzwe gahunda y'ihohotegwa rikoregwa mungo muri kominote yanyu.

www.bit.ly/dvhelpnys cangwe hamagara t Umurongo ku bufasha kwihohoterwa riko rwa mungo n'ihohoterwa rishingiye ku gitsina. **1.800.942.6906**, icongereza & Igisipanyoro /Multi- language kumenya indimi nyinshi. Igipfamatwi cangwe utumva neza: **711**.

Gukuza umurongo mpamagagwa muzima

Itanga amakuru kubijanye n'ubuzima, imirire myiza ndetse no kubinde umuryango ukenera. Bahari amasaha 24 kumunsi, iminsi 7 mu ndwi mu congereza, iki esipanyole n'izindi mvugo. Ibiganiro vyose kuri telephone bigirwa ibanga. **1.800.522.5006**

Medicaid + inyongera k'Ubuvuzi bw'umwana

Hari umutungo usabwa kuba ufite kugira ngo Umuryango wawe ushobora kwemeregwa Medicaid cangwe CHP. Bisabe unyuzwe kuri leta ya NY ugurira ubwishingizi cangwe uhamagare umurongo w'ubufasha wa Medicaid cangwe CHP kuri **1.800.698.4KIDS**

Aho ugurira ubwishingizi muri Leta ya NY

Ubushobozi bwo kuri internet bugufasha guhaha, ugereranyije no kwiyandikisha muri gahunda z'ubwishingizi budahenze. www.nystateofhealth.ny.gov

Serivise z'amanyo n'umutungo

Shaka ubushobozi ku buvuzi bw'akanwa mbere y'uko umwana avuka no mu bwana bwawe. Hamagara **1.855.355.5777** TTY **1.800.662.1220** cangwe usure www.bit.ly/dentalnys

Kwirinda gukomereka

SAFE KIDS NY Ni ishahamwe rishinzwe kurinda abana gukomereka no kubashishikariza kwihuriza hamwe. Hamagara **516.881.7000** Cangwe sure www.bit.ly/safekidsnys

Ibintu vy'ibanze nkenegwa (Ivyokurya, Imyambaro, Ahokuba)

WIC Indyo yihariye yongera intungamubiri kubagore, ibibondo n'abana

WIC iteza imbere igashihikira ubuzima bwiza ku bibondo, abana n'abagore batwite, abonsa cangwe ihangayika nyuma yo kuvyara. www.bit.ly/wicnys



SNAP

(Porogaramu y'ubufasha bwisumbuye mu mirire) SNAP igufasha wewe n'umuryango wawe kugura ivyokurya bifite intungamubiri. www.bit.ly/snapnys

HEAP (Home Energy Assistance Program)

HEAP ifasha kwishura ikiguzi igihe iwawe hahiye www.bit.ly/heapnys

Banki y'ivyokurya mu karere utuyemwo

Ukeneye ubufasha buguhuzwa n'abatanga ivyo kurya ku batabifite mu gace utuyemwo, sura Ishami ry'ubuzima ku rubuga rwa website ya NYS www.bit.ly/foodbanknys

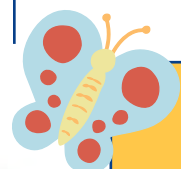
Ubufasha bgaho kuba

Niba udafite aho uba canke urihafi kubura aho uba, hamagara Ishami rya serivisi yabaturage mugace utuyemwo www.bit.ly/housingnys

211nys

211 N'uburyo bworoshe bukubitsa inomeru ya telephone igufasha guhuza NY n'imiryango ikeneye ubufasha bw'ibanze

*Gahunda yo Kuzuzwa ibisabwa no kwemererwa kubona ubufasha ku bwishingizi bw'ubuziman n'amakuru ajanye n'imisoro wabisanga kuri <https://mybenefits.ny.gov/mybenefits/begin>



NY URUBUGA RW'ABAVYEYI
WWW.NYSPARENTING.ORG



Urubuga ruhuza abavyeyi n'inshuti z'imiryango rugizwe:

- Umuyoboro w'abavyeyi NYS
- NYS Ukuyobora kukigo kirera abana na gahunda z'abana nyuma y'amasomo
- Inkorane igufasha gushakisha amakuru
- Buri munyeshure wese yitabire

Umuganga w'abana:

Ikigo WIC:

Ibigo bigaburira abakene, imiryango ishonje:

Gahunda yo gusura ingo:

Ikigo gifasha imiryango idafite ubushobozi kubona no kwishura aho abana bareregwa:

Ubufasha bwihuse bwa karere:

Ibanze Head Start /Head Start Umuhuzabikogwa:

Akarere kisomero:

Winjire mu bwishingizi bw'ubuzima:
www.nystateofhealth.ny.gov
1.800.541.2831

Kugenzura isumu:
1.800.222.1222

Igihe hari ikibazo umurongo
Woherezaho ubutumwa:
Ohereza ubutumwa
"Got5" to **741-741**

