

**Uzi ibyiza  
bibereye umuryango  
wawe ariko ushobora kuba  
ugifite ibibazo wibaza.**



### **Healthy Families America - NH ni iki?**

Healthy Families America - NH ni serivisi yo gusura abantu mu ngo zabo itangira kuva umenye ko utwite kugeza umwana agize imyaka 3. Ni ubufasha butangwa iyo buvuzweho rumwe – **iyo ubishaka – aho ushaka.** Healthy Families America - NH ni ubuntu, ikorwa mu buryo bunoze, ku bushake kandi biroroshye.

## Healthy Families America - NH ishobora gufasha umuryango wawe:

- Gutegura uko wageza umwana wawe mu rugo umukuye kwa muganga
- Gutwita neza no kubyara neza
- Kwigirira icyizere nk'umubyeyi
- Guhangana n'ibibazo byo kwita ku muryango
- Kugira amakuru yafasha umwana wawe kugira ubuzima bwiza
- Kubona ibikoresho n'ubufasha, nk'ibikoresho by'abana
- Guhura n'abandi banyeyi
- Kumenya amarangamutima y'umwana wawe, ibyo akeneye, uko yifata n'imyitwarire ye.
- N'ibindi byinshi!

Niba utwite cyangwa se ufite umwana ukivuka mu rugo, abakozi ba Healthy Families America - NH barahari ngo bagufashe. Ikintu cyiza cyane ni uko **WOWE** uhitamo:

- Ubwoko **bw'ubufasha**
- Ubwoko bwa **serivisi**
- **Igihe ndetse n'aho guhurira**

“Nk'umubyeyi mushya, iyo ukimara kubyara ntuba uzi aho ibintu byerekeza. Nkimara gukorana na Healthy Families America - NH, byari bimeze neza cyane. Nahabwaga ibisubizo ntwawe unshiriye imanza. Numvaga ntari njyenyine.”

**Gushaka serivisi muri New Hampshire, jya kuri [www.HealthyFamiliesAmericaNH.org](http://www.HealthyFamiliesAmericaNH.org) cyangwa uhamagare 2-1-1 NH.**

