

# Txuj kev uas yuav chaws tuab neeg tuaj sib ntsib uas has ntaus yam lug

Thaus yuav chaws tuab neeg tuaj sib ntsib uas has ntaus yam lug tej yam uas yuav tsum tau ua yog npaj hab muaj ntsiv yim. Hab yuav ntsum muaj cov neeg uas ua hauj lwm uas nov lug hab to taub! Thawm nuav yog ob peb nqe lug uas yuav paab koj tsaav txuj kev paab huv North Coast nuav.



## Ua Ntej Sib Ntsib

| Txuj Hauj Lwm uas yuav ntsum tau ua  | Lub Sij Hawm uas qas Tus Txhais Lug ua Ntej   | Qhov Chaw Nrhav Lug Nug  |
|--|---|--|
| <input checked="" type="checkbox"/> <p>Tsaav ib tug uas txawj txhais lug hab qa nwg quam nwg paub has tas nwg yuav paab koj ntev npaum le caas. Tsaav ib tug ntxiv paab koj kuj zoo hab yog has tas koj siv sij hawv ntev hab tus neeg koj dhlav tawv tsis muaj sij hawm ntsug koj nyoj paab txhais lug.</p> | <p>Kaum plaub nub moos rua nees nkaum ib nu</p>   | <p><a href="http://www.northcoasttranslate.org">www.northcoasttranslate.org</a></p> <p>Puab yuav yuav nqe le nees nkaum mus rau peb ncaug daus las txhua txhua teev (\$20-30). Kuj muaj ob peb tug uas yuav yuav nyaj ntxiv hab yog has tas puab nyob kev dleb vim yog nqe roj tsheb hab lwm yaam uas yuav siv nyaj ntxiv.</p> |
| <input checked="" type="checkbox"/> <p>Yuav tsum npaj tej koom uav yuav siv xws le tej koom mloog pob ntseg. Yuav tsum sim hab saib seb tej koom ntawd puas zoo siv.</p>   | <p>Saib seb nwg puas koom</p>   | <p>Chaw nyob yog Community Wellness Center<br/>908 7th street, Eureka (707) 268-2132</p>   |
| <input checked="" type="checkbox"/> <p>Yuav tsum muaj tej ntawv uas sau tau los si txhais tau los ntawm tus neeg uas yuav paab txhais lug rua koj.</p>   | <p>Yuav tsum paub has tas yuav siv sij hawv ntev heev le thaum txhais lug (ib teev)</p> | <p><a href="http://www.northcoasttranslate.org">www.northcoasttranslate.org</a></p>  |
| <input checked="" type="checkbox"/> <p>Yuav tsum mus ntsib koj tus txhais lug hab muab teb koom los sis tej ntaub ntawv uas koj saav quam nwg paav txhais rua nwg kos nwg txhaj le paub ua ntej.</p>   | <p>Peb hnub moog rua xya ua ntej</p>  | <p>Yuav ntsum qas tus thxais lug paub ua ntej txog ntawm cov koom uas yuav siv xws le tej koom mloog pob ntseg yog has tas koj yuav siv, muaj puas tsaug tug tuab neeg yuav tuaj sib ntsib hab yuav ntsum npaj tej ntaub ntawv kom txij.</p>   |

**Koj puas paub na...?** Txuj kev txhais lug nuav yog lug ntawm txuj kev sib txuas lug. Ob co tuab neeg kuj txhais tau lug thaum tus neeg uas nwg paab ntawm tseem has lug hab. Muab tsawg tsawg tus uas txaj le ua tau le nuav xwb. Feem ntau muaj cov uas txawj txhais lug tom qab tus neeg has lug ces nwg maam le txhais tom qaas. Tus sau ntawv txhais lug mas nwg txawv. Nwg tsuas sau xwb tsis yog has lug. Ob peb zaug thaum tus uas sau ntawd kuj muaj ib qho uas ua rau nwg txhais tsis tau los sis tsis to taub ces yuav ntsum muaj ib tug uas txhais lug pab hab. Nyaag muaj nyaag txuj hauj lwm vim le ntawd nwg kuj zoo yog tas koj xaav kom ob tub txhais lug uas has lug hab sau ntawv paab koj ua ke.

# Thaum Tab Tom Sib Tham



## Cov Uas Yus Yuav Ntsum Muaj Hab Ua

Yuav ntsum muaj ib tug uas txais tos cov neeg uas tsis paub lus lug Mes kas los sis Aas Kiv los sis lwm yam lus lug.



Yog has tas yuav siv tej koom mloog pob ntseg, yuav ntsum paub siv le caag maam le siv.



Txais tog tug txhais lug rau cov neeg uas koj yuav ntsib hab qha puab paub has tas nwg yuav paab txhais lug rua hnuv nuav.



Yuav ntsum qha tug neeg uas has lub kom nwg txog has lus tsis tseem ceeb hab kom nwg ua nwg le hauj lwm kom zoo.



Yuav tsum paub qha cov neeg kom lawm has lug kom meej kom tug txhais lug txaj le paub txhais los sis has lug kom qeeb me ntsis tug txhais lug txaj le zoo txhais.



Thaum nug ib los lug, yuav tsum tog tug txhais lug txhais taag ruav maam le pib ntxiv moog.

## Yam Yuav Tau Paub

Qhov no kuj yog tug txhais lug le hauj lwm hab

Ua ntej yuav siv, yuav tsum saib seb cov koom puas zoo siv.

Txuj kev txhais lug no mas kuj siv sij hawm ntev rau cov tuab neeg kom to taub yog tas puab tsis tau uas txuj hauj lwm nuav dlua le. Los sis cov tuaj neeg uas tsis tau tau ib tug lug txhais lug rua puab dlua le zoo le nuav hab.

Muaj ntau tug kuj txhais tau lug hab luag rau txuj kev txaus luag tab si txuj kev tham pem sab nraum kuj tsis zoo vim nwg tsis zoo thaum tseem tham txuj txuj kev tseem ceeb.

Yuav tsum muaj ib qho uas qha tau kom tug txhais lug ntawd paub thaum nwg muaj lug nug, xws le tsaag teg los sis ua “time-out.”

Tug uas has lug kuj nsteg tau los sis has rua puab paub has tas tug txhais lug tseem yuav txhais ruav.



# Tom Qaab Sib Tham Taag Lawm



Yuav tsum muab tej koom uas tsis siv lawm kaws zoo zoo hab xa rov qaab rua qhov chaw uas koj tau xaub lug.



Yuav tsum them cov neeg uas paab koj xws le tug txhais lug los sis cov uas txhais lug.



Yog has tas tseem muaj tej qho uas tsis to taub los sis muaj lug nug yuav tsum muaj cov ntaub ntawv no txhais rua txua yam lus lug.

## Txug Hauj Lwm



LatinoNet ([www.LatinoNet.org](http://www.LatinoNet.org))  
 Humboldt Area Foundation ([www.HAFoundation.org](http://www.HAFoundation.org))  
 Humboldt County Office of Education ([www.Humboldt.k12.ca.us](http://www.Humboldt.k12.ca.us))