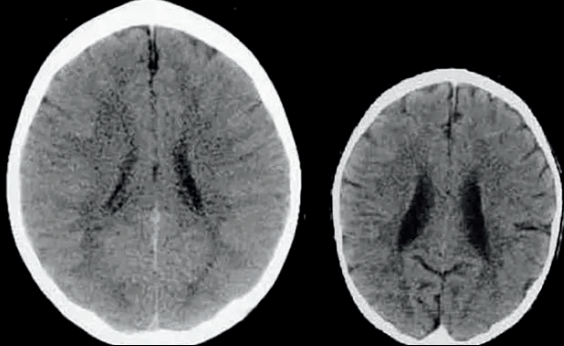


**Oshidjemo shomahepeko
noku henuka efiloshisho
meyokomesho lopa
madilaadilo lokanona.**

Okanona kena omido dili 3



Keli nawa

Ina ka filwa nande oshisho

OUFEMBA WEFANO: OWA KUFWA KO CHILD TRAUMA ACADEMY

Omafano aeshe okwa
ningilwa eminikilo lopaunamiti pa madilaadilo
mounona vena omido dili 3, ashike efano lokanona
olo lili kolumosho, ota li ulike lina oukolele wo
kanona kafilwa oshisho, omanga efano lokanona
olo lili kolulyo, ta li ulike okanona kaefiwa oku filwa
oshisho. **Omahepeko noku ha fila oshisho eenghalo
dounona, ohashi dulu okwee tela
okanona oupyakadi wopamadilaadilo meputuko
no nghalamwenyo yako aishe.**

41%

do vanyasha mo Namibia , tadi hangwa pokati
komido 18-24, ova didilikwa vaningilwa omahepeko
pefimbo vali ounona vashona.

OLOPOTA YO VACS 2019

EHANGANO LETU

DW DEVELOPMENT
WORKSHOP

**PLAY
FOR ALL**

OVAYAMBIDIDI NOO
KAUME KETU



INTER TEAM



TWIN HILLS
TRUST | NAMIBIA



**PUPKEWITZ
FOUNDATION**



Development Workshop Namibia

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www.dw-namibia.org
info@dw-namibia.org

Member of



**Omahepeko
haa ningilwa
ounona**



Nghene
omahepeko okolutu,
pamadilaadilo no paixulo haa
dulu oku kuma okanona
okudja peputuko

DW DEVELOPMENT
WORKSHOP
CHILDREN

**PLAY
FOR ALL**

Omikalo domahepeko ounona

EHEPEKO LO KANONA

Omikalo do mahepeko tadi dulu oku twikila noko mapipi taeya.

Oukolele ina uli wanapo, eshiivo ile ounongo wo panghalafano, omalihumbato opamadilaadilo ne Oku li talako mwene

EFILOSHISHO LOVAKULUNHU LANGHUNDIPALA

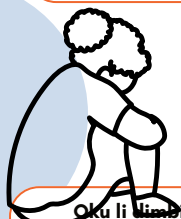
Omalui ayooloka enasha no mahepeko haaningilwa ounona:

Ehepeko lopaixulo: Oku kwata keenghono, ehepeko lopaixulo, okuu likila okanona omafano opaixulo, okuu likila okanona oilyo yoye yopaumwene, oku kaxupita ile oku ka kwata kwata poilyo yako yopaidalifi.

Ehepeko lokolutu: okudenga, oku xwika, oku fanga, oku nana meexwiki, oku denga, oku nyaya, oku nyota, oku denga nenghava, ile oku lumata.



Ehepeko lopamadilaadilo: Oku hapa ohole okanona, oku ningila omatilifo, oku tukana, oku kalengifa, ile oku kasheka



Oku li limbika (Okweefa): Okanona taka fiwapo okwaa keke meenele dihana eameno nefiloshisho, tashi ningilwa owina oku hapa okanona oikulya, oidjalomwa, ekwafo lopaunamiti ile eameno.

Ounona ovo vapitila meenghalo domahepeko okolutu, luhapu ohava kala vadidilikwa vena omaupayakadi ngaashi:

Ita velihongo nawa nokweeta oidjemo iwa meefikola

Moku kula kwavo muna omakateko onumba.

Vena oupyakadi we findakano lopamadilaadilo

Omaliumbato avo ehena ombili.

Tava kufa ombinga moinyangadalwa inasha nominyonena

Tava longifa nai oingangamwifi noi kolwifa

Nghene taku dulu oku kwafelwa omahepeko eli ominge nounona:

Likaleka kokule no kanona ngenge wa handuka ile wuli koshi yefindakano lomadilaadilo, opo wu dule oku tula omadilaadilo oye ponele, omanga ino popya nako. Ino yandja ehandukilo ko kanona

Lihonga oku tongolola noku lopota omadidiliko oo enasha nominyonena dili ominge nounona, ngaashi oku hafila oshisho ounona oshoyo omahepeko..



Popya kombinga yomahepeko oo wadidilika mo mudingonoko woye.

Tulapo omikalo dina eameno no hole momudingonoko weumbo no kofikola.

Eenomola domakwafelo omeendelelo



EENOMOLA DOSHEENDELELA

Owashiiva tuu kutya ova Namibia aveshe ovena oufemba wopaveta oku lopota omahepeko eli ominge nounona?

Child HelpLine 116 or 106

Yo unona aavo vena omaupyakadi nghee vena oku ungaunga nefindakano lopamadilaadilo, omahepeko, oshoyo omaupyakadi enasha noipambelee yeefikola, ile omaupyakadi enasha nomalihumbato.

NamPolice 10111
Gender Based Violence Unit.....106
Ambulance 10177
Legal Assistance . . 61223356

Ino kala watalako wamwena! Kufa ombinga moku kalekapo eameno lounona mo Namibia.