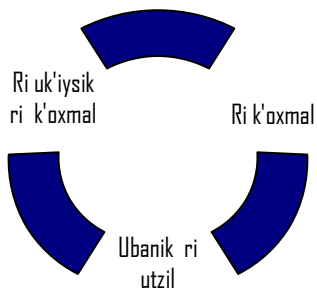


# Ri uq'ij ri k'oxmal

Ruk' wa jun k'utabal ri riwinik drupam ri k'astemal ya'l're ri k'oxmal:

- Ri uk'iysik ri k'oxmal. Ri winaq chi banalré ri k'ax ku koj rib ca'n' e qüiwin'k. Ki konik cu bij nimalaj taq tzij, julum u ku jät comical chrij ri tajinik caban k'ax ché. Cheri joqtajri' ri caban kax che kril ri rajawxik cheri utzil chapam re uk'astemal, e ru uk'ísik achuq'ab ri tajinik ku rikó.
- Ri k'oxmal. Ri k'oxmal tajin kik'iyik ri uhab'al are chi ke eqaj ri k'oxmal chusaqil pri anima' u ri k'astemal.
- Ubanik ri utzil. Kumajó che ri winaq che ku koj ri k'ax cuybalmak rech ri k'b'n'wik, crtú ma ba' laq sipanik u cuban nim ubixik chi ku k'exrib. Kumajó che ku pon' ri Utzij, che ku q'abaj chrij ri uriqom kax xuyari k'oxmal u chi kuwaj uwach chi k'iytaj niq ri k'oxmal. Kumajó, chí Kutachina uq'ij e cheri rqwnaq ré ri k'ax ku kojo cheri k'oxmal ksachatak uwach.

Sibalaj ek'i re ri k'astemal che sibalai kq'axij ri k'oxmal. Ri k'oxmal maka sacota uwach. Xa tajinik ku koj uchuq'ab'.



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The Women's Center

Tajinik Caban  
K'Ax Chawe at?

Ri saq laj tzij usolxik rij ri  
K'oxmal che k'raqtajik paja calibal.



**24-HOUR HOTLINE: 508-999-6636**



## Tajinik Caban k'ax chane at?

Chawlaba rij ri ak'astemal kmik e kakul uwach ruk' saq laj tzij wa ri k'tojchi uj.

Je' N6

- Kax aj awib at u ri awal che ri awa chi'l paja colibal?
- La k'oqij che ri at awam chikiwach ri ja calibal ri awachalal rech kawaj at cher nikch'obtajak taj ri k'oxmal banom chawe rumal rech ri awachi'l?
- La sibalaj akjom ri atzij at pa cuenta cher kabij jompaché atk'o' ruk' ri awachi'l rech kk'anriktaj?
- La kujuluj tzij ri awachi'l puwi' ronojel ri achuqab' che akojom rech kawilij ri awib?
- La kat k'ix at che ri awachi'l chik awach
- La 'nimtaj krill wi ri awachi'l ri ronojel ri cabano u ruk' ri achak?
- La koq't kamical ri awachi'l chawc at ko katuchip6 u katuchiy6?
- La kat ur lawchij ri awachi'l at qak'imbej tzij koq't'rij aq'ij echi' kat é cheri tientá u sunor kat é wí?

Jé N6

- La kat uq'il ri awachi'l che echi' kawaj aq'ij at chike ri ajal colibal e ri awachalal?
- La tajinik na kat' petik ruk' ri awachi'l xa rumal cax ej awib che sure' cuban chawe che ri at katzer uwach ri ekastemal?
- La kuqubaj tzij ri awachi'l at chawij che ri che tzij taj rech kat macanic u ka wetcibaj ka wach ri n' kajchik achijab'?
- La kat uqil ri awachi'l che kachäko u k'one ri a puwaq pa at kel wí?
- La k' jun q'ij che ri awachi'l atux tum kan'oq chupam' jun c'ax colibal?
- La k'o jun q'ij ri awachi'l unom k'ax cheri a walen u junchik jasäch che ri k'ax kan'a' at ruk'?
- La are k'ri're ri awachi'l at jasri' k'ri'at, e cuq'at comical chawij?
- La tajinik kamaj urojik at runojel k'xkayik taq jastak che kixchawe e che ri cuya K'ax chawe at rumal ri awachi'l?

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**We akulb'am' uwach at chi " je' " laj ne xajum chi ke wa k'tolchi' aj, tajinik ku k'utchik chi at jun cheri k'ri'kax chawe paja colibal.**

**M'at xiwt' at ne atnel taj at kolik. Ik'or'er jmaltaq kiwach tob'nel Awe rech kasach uwach uqij ri k'oximal che karik6. Chatzakuj tobnel awe anaqil!**

Ch'awik

Tatb'ej

Ri ch'abal kkonik chuq'ilik ri ch'oj.

Ri tzojinik e ri utayik are ri nabe' umajem.

- Chi ix ku'l ba' ix junam ruk' ri awachi'l chu tayak iwib' su ri ichak.
- Chkam'lij ubixik che ri awachi'l ri tajinik ki tzijoj rech kiwil rij la jeri' cher are' kraj ku ij. Chiyaa'uch'o-bik che ri awachi'l cher at xatao' eka nimaj ri uchomabal' e ri kib nawik.
- Chi'ijba che ri awachi'l che junam keb'an chei ichomab'al. Ch'ijba' che ri awachi'l chi ku tat'bej ri at-zij e chi wila'ba' rij la tajinik ki-ta'iwib'.
- Jun jumul ri ix ki ube' ri ichom-ab'al chi jujnal chik'toj chi'aj iwib', "Su kaq bano' rech keq riqo' ri usuk'mal qech uj?"



## THE WOMEN'S CENTER

### Nojib'al Rech Jun Utzalaj K'Mawem

Aretaq chi'

Ri K'ulaj winaq kik ch'ly kib.

(E jas re'kikb'an ri e'are' puwi'ri')

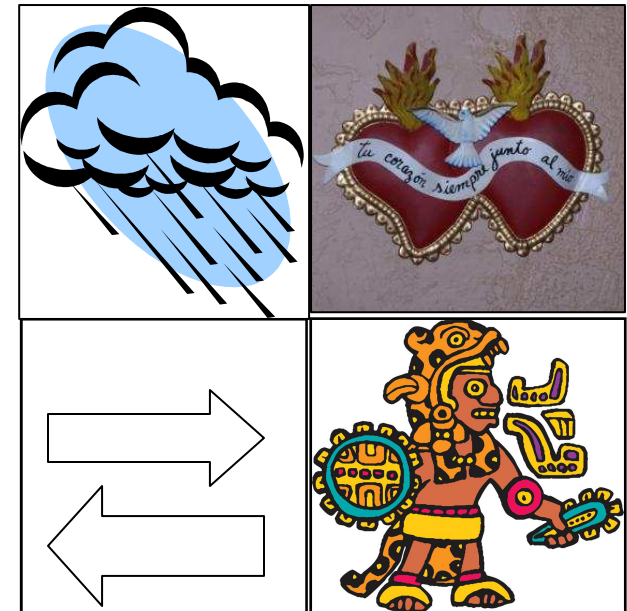


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Konojel ri k'ulaj winaq k'o ri kch'oj. E're' uch'qapil rech ri k'amawen. Rich'ujurik man k'ot utanche ku jai k'atij rib

Cheri ch'oj iwal. We nojib'al ri' ka tut'ona' rech sumo ka wil na' ri ujalk'atik echi'' man k'otaj'otaj ri ch'oj.

### Jas che ri jun k'ulaj Winaq chi kik ch'ly rib'?



**Ri k'oxowem sibalaj Kraq tajik ch'pam ri jun ch'oj.**

- We ch'oj lajne pa uwi' ri pwaq, ri reqlaxik winaq, ri chak paja k'olibal u pa uwi' ri ajil tz'aqat k'amawem chik xo'l ne ik'ajchik jastak.
- Man k'ot kubano' pawu ka pe wi ri ch'oj, k'o jmul xa rech kixuto'o chu raqik ri saqil. K'l jumul, ri ch'oj puwi' taj ri atayik u nimanixik kbanik.
- Ri uq'axik k'oxmal ku binsaj pa ri ch'oj. K' amba'al tzij, jun winaq man ku loq'aj trib' kuk' ri u ajil tz'aqat rumal rech ri rachi'l.
- Ri k'amawem che jewi ku jalo' uwach ri q'ij. E'are' ujalei xoqoje' ku binsaj ri ch'oj.

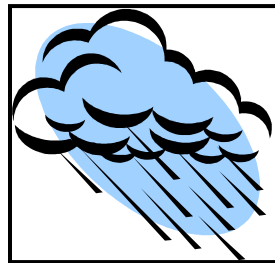


### Jas che kq'ax xik ri k'oxmal?

Ch'oj kq'axik echi'jun u

Junam ne'ke moxrik.

Ri jun ch'ujilal are jun k'utlare' che ri winaq che kunao' ri j un nimalaj k'oxmal, xoqoje' ku taqij rij ri jun che ma jun taj. Ni ma laj rajawaxik chi nim kat iltajik rumal ri awachi'l rech utz at kawil na ri unimal ri aq'ij. Ri uto'ik uwach ri itzel taq ilb'al ri achi'l ku moxrilj na' jun q'ij. Chi ijunam ri winaq kek k'is ruk' k'oxmal et'kelem.



### Jas che k'I mul ch'oj man utz taj ch'pam ri k'amawem?

Ri ch'oj xa ku ujach ri juk'alaj winaq ne xatne' kuban xajun chi ke'.

- \* Kat ch'ojnik ku suk'ij jun ch'ikanel e jun tze'qnel'. Ch'pam ri k'amawem, we jun achi'l "kech'kanik," ejunam ri' kektzaqo'.
- \* Tajin ka tziqo' ch'pam ri k'amawem kuya ubixik chi ejunam kek k'is ruk' etzel k'oxmal pik uwi' ch'ojnal.
- \* Ek'o pixab' xubij ch'pam ri iwal are' nimalaj k'oxmal k'oxmal e man kikontaj chi kek'am chi na' kib'.



### Cha'tz kuj ba' ri usuk'mal ri loq'aj ib.

Junam ba' chu na' iwach rech kitzukuj ri. Usuk' mal ri k'aslemal.

- ◆ K'o jumul chi echi' kiyuq ba' ri itzij kikon chi to'ik rech kid raq ri nim rajawaxik chiwech inked'.
- ◆ K'o jumul che are utz che jun chiwech rech krill rij ube'ri uk'asiemal..
- ◆ Echi' junam kuban witch chu banik ri je'lik chi rech ri awachi'l k' o jumul chi are jun loq' aj ib.
- ◆ Ne at taj ni ri awachi'l rajawaxik che kich' kanik u ktzqanik.

### Jas rilk ri k' olibal rech ch'oj an' at?

Ka k'im uq'ab' che k'o na keb' ujalk'atik ri su k'olik.



- At e ri awach'l lweta'm k'l uwach n'ojibal u chomab'al puwi' jon jastak. Utz "RE" cha we at chi k'o an' k'aj chik uwach achomab'al.
- Ne jun chiwech ix rajawaxik che kek'je ik: utz u man