



# Help Me Grow Maine

## Xalka Ka Caawinta Carruurta Yaryari Inay Baraaraan

Help Me Grow waa bar kulan loo asteeyay inay qoysaska ku xidho xogta iyo adeegyada la xariira kobaca ilmaha iyo ilaha adeegyada bulshada.

Ayagoo kaa shanaya 211 Maine daryeeleyaasha iyo adeeg bixiyaasha ayaa la xariiri kara Help Me Grow si ay u helaan taageero dheeraad ah. Help Me Grow ayaa dhagaysan doonta, ku xiraysa qoysaska adeegyada, siinaysana dabagalka labadaba daryeel bixiyaasha iyo ilaha isku xirka.

Contact HMG Maine Today!

Tel: 207-624-7969

Toll-Free: 1-833-714-7969

Fax: 207-624-7994

E-Mail: [HelpMeGrow@maine.gov](mailto:HelpMeGrow@maine.gov)



Waaxda Caafimaadka iyo Adeegyada Dadwaynaha (DHHS) cidna ma takoorto.