



**Ntseg, Saib
Thiab Mloog...
Ua ntej koj
hla kev**

**Kev qhia tuam luv
thij kom zoo**

- 1 Ua tsaws li txoj cai: luv thij los yeej zoo li tej tsheb thiab.
- 2 Npaj sijhawm: Nyob sab xis thiab xim nyas thaum koj lem.
- 3 Ceev faj: saib tsheb, neeg, thiab yam uas phom sij
- 4 Ua lwm tus pom: kom tus tsav tsheb pom koj.
- 5 Siv hlwb: Ntooj koj lub kaus mom.

Sib Koom Kev:

Caij Luv Thij Kom Zoo

Txhua Zaug Ntooj Kaus Mom

- Lub kaus mom tiv thaiv koj lub tau hau thaum koj poob lossis sib tsoo
- Hais kom menyuam ntooj kaus mom thaum caij luv thij—feem ntau lawv yeej yuav muaj teeb meem
- Kaus mom yuav tsum haum, tsis txhob ceev ceev rau tau hau
- Yuav tsum ntooj kaus mom luv thij txhua lub sijhawm txawm tias koj yog neeg laus



Menixuta Txojcai Yuav Tau Paub

- Tus caij luv thij yuav tau nres ntawm daim paib nres, teeb liab, thiab txhua daim paib qhia kev.
- Yuav tsum muaj teeb thiab iav ci thaum tsaus ntuj .
- Tuam luv thij nyob sab xis thaum nyob hauv kev.
- Menyuas 10 xyoo rov hauv thiaj li pub caij ntawm ntug kev xwb.
- Cov tuam luv thij yuav tau xim nyas thaum lawv lem.
- Siv sab npab xis xim nyas lem sab xis, sab npab laug xim nyas lem sab laug. Muab txhais tes thiab lauj tshib tig rau hauv av qhia hais tias yus nres.

Sab Laug



Nres



Sab Xis



Daim ntawv qhia no
Tsim los ntawm
Winona County SHIP
Active Living Committee

Yog xav paub ntxiv,
Tiv Toj Live Well Winona
619 Huff St. Winona, MN
507-474-9825
www.livewellwinona.org

Txhais uas lus Mev thiab
Hmoob los ntawm



Focus on Integrating Newcomers through Education

202 W 3rd St. Winona, MN
507-452-4100
www.projectfine.org