

Shona

# Kufungisisa

## Chii chinonzi KUFUNGISISA?

Kufungisisa chirwere chekudzamisa pfungwa zvakanaya uye nemamwe matauriro chinodudzira kushungurudzika muhana zvakanaya nekushungurudzika mupfungwa zvakanaya. Dambudziko iri rinoshungurudza vanhu vakawanda kusanganisira vechidiki uye vazhinji vanenge vasingazvizivi kuti vane dambudziko iri. Dambudziko iri rikasaonekwa nekukurumidza munhu anaro anogona kupihwa rubatsiro rusinakukwana uye zvimwe zvirwere zveupenyu zvakananana neBP, Shunga kana HIV zvinogona kuwedzera nokuda kwedambudziko rekufungisisa.

Zvimwe zvezvinoratidza kuti munhu angangova nekufungisisa zvinosanganisira kurwara nemusoro, kushaya hanya nezvinhu zvawaimbofarira kuita, hashu zvenhando, kurarisa kana kurara zvisoma. Munhu akanetseka nezvinhu izvi kwemavhiki anodarika maviri anogona kunzi anechirwere chekufungisisa.

## Chii chinonzi BENJI REHUSHAMWARI?

Benji rehushamwari rubatsiro rwakavambwa kuti rideredze uhwandu hwematambudziko ekufungisisa pakati pevanhu vanoda rubatsiro kubva kumakiriniki. Rubatsiro rwepa benji rehushamwari rwunopihwa navana mbuya hutano avo vakawana dzidzo yekubatsirana nevanhu kuti vagone kugadzirisa matambudziko avo kuburikidza nehurukuro mumakiriniki ari muHarare, Chitungwiza neGweru.



**RUBATSIRO RWURIKO,  
HAUSI WEGA**

“ No one should suffer from kufungisisa alone.  
The Friendship Bench is here to help. ”

# CONTACTS

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