

# Me ku ke mafarkin samu/zama a rayuwar ku?

Samun aikin yi/  
Sana'a

Samun ingantaccen ilimi

Rayuwa cikin koshin lafiya

Gudanar da rayuwa cikin  
'yanci da walwala

Samun dammar yin aure da  
haihuwar yara

Damar samun ingantacciyar  
rayuwa cikin wadata

Samun nagartaccen miji

Rayuwa cikin farin ciki  
da nishadi

Domin cimma wadannan burikan akwai bukatar daukar mataki da yanke shawarar da ta dace, kuma **tsarin iyali/bayar da tazarar haihuwa** zai taimaka maku wajan cimma burikan ku a rayuwa.



Cibiyoyin kiwon lafiya masu dauke da tambari mai digon kori suna samar da ayyikan/bayanai da suka shafi tsarin iyali/bayarda da tazarar haihuwa ga maza da mata masu shekaru daban daban, harma da mutane masu nakasa. Ku ziyarce ko wacce daga wadannan cibiyoyin a yau domin shirya ma rayuwar ku!

Shawara ta  
**zabi na.**



**Inclusive  
Futures**

