2021—2022
Cov Kev Pab Lub Cuabyig

Teeb los ntawm:

Twin Rivers Unified School District
Student Services Department
Child Welfare & Attendance

Phauntawv Cov Kev Pab Lub Cuabyig yog tsim los rau cov cuabyig hauv peb lub tsevkawm hauv zej zog kom muaj kev paub txog thiab siv cov kev pabcuam uas pab tau rau lawv thaum muaj kev vam thov txog. Phauntawv no yog tsim tau los ntawm Twin Rivers Unified Koog Tsev Kawmntawv. Muaj ntau yam kev pabcuam nyob thoob plaws Sacramento County thiab ib cheeb tsam puag ncig uas tejzaum cov neeg nyob ze ho xav tuaj mus thov kev pab. Thov hu *InfoLine Sacramento* ntawm **(916) 498-1000 lossis 211** kom paub ntxiv lwm cov kev xaiv ntau tshaj no.

Ua ntej koj yuav hu xovtooj tuaj nrhiav kev pab, tejzaum koj yuav xav sau tseg:

- Koj xav nrog **LEEJ TWG** tham?
- Koj xav paub txog cov ntaubntawv qhia txog **DABTSI**, lossis
- **VIM LI CAS** koj thiaj xav tau qhov kev pabcuam no
- **NCO NTSOOV** yog ib qho kev pabcuam twg pab tsis tau koj, koj puas kam lawv faj koj mus cuag lwm tus uas pab tau koj?

Ib co kooshaum hauv Phauntawv no tej zaum yuav muaj cov kev pabcuam tsis ntau li dhau los lawm vim nyiaj raug txiav. Yog koj pom tias ib qho kev pabcuam twg tsis muaj pab lawm, lossis tus xovtooj raug hloov lawm, thov hu CWA lub chav ua hauj lwm (916) 566-1615, es cov kev kho kom yog no thiaj muaj nyob rau hauv Phau ntawv luam tawm tom ntej.

Nco cia: ***Cov kev pabcuam hauv phauntawv no tsuas yog kev faj tseg qhia paub txog xwb. Lawv tsis yog cov chaw uas peb pom zoo.***

Nquag Siv Cov Zauv No Tshaj

Npe	**Zauv Xovtooj**
_____	_____
_____	_____
_____	_____
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_____	_____
_____	_____

Daim Phiajxwm ntawm Cov Ntsiab Lus

Cov Zauv Xovtooj Thaum Muaj Xwm Txheej Ceev	Nplooj 4
Cov Zauv Xovtooj Thaum Tsis-Muaj Xwm Txheej Ceev	Nplooj 4
Chaw Faib Zaub Mov	Nplooj 5, 6
Chaw Faib Ris Tsho	Nplooj 7
Kiabkhw Muag Pheejyig (Thrift Shops)	Nplooj 7
Tsev Them Pheejyig	Nplooj 8
Tsev Nyob Thaum Muaj Xwm Txheej Ceev	Nplooj 9, 10
Chaw Kuaj Mob	Nplooj 11,12
Chaw Pab Medi-Cal, Ntxiv Mus	Nplooj 13
Ntaub Ntawv Ntxiv Hais Txog Medi-Cal	Nplooj 14
Cov Chav Qhia Kev Txawj Ua Niam Txiv / Kev Txhawb Nqa	Nplooj 15
Pab Qhuab Ntuas / Pab Kho / Pab Daws Teebmeem	Nplooj 16, 17
Chaw Pab Hais Plaub / Tsev Kuaj Mob	Nplooj 18
Tsheb Loom (Public Transportation)	Nplooj 19
Pab Them Nqi Hluav Taws Xob Thaum Muaj Xwm Txheej Ceev	Nplooj 19
Cov Koog Tsev Kawmntawv	Nplooj 20
Them Nqi Zov Menyuam Tsawg / Preschools	Nplooj 20, 21
Cov kev Faj Mus Rau Chaw Zov Menyuam	Nplooj 22
Cov Kooshaum Pab Qhia Ntawv	Nplooj 22
Cov Kooshaum Qhia Kom Coj Tus Qauv Zoo	Nplooj 22
Pab Nrhiav Hauj Lwm thiab Kev Cob Qhia Ua Hauj Lwm	Nplooj 23
Chaw Ua Si thiab Tshav Ua Si (Parks)	Nplooj 24
Chaw Saib Ntawv (Libraries)	Nplooj 24

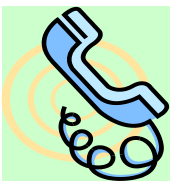
*Tagnrho cov zauv xovtooj hauv no yog tus area code (**916**)*
Tshwm tsis yog li ces twb sau qhia qhov txawv lawm.

Cov Zauv Xov Tooj Thaum Muaj Xwm Txheej Ceev

TUB CEEV XWM, TUB TUA HLUAV TAWS, TSHEB THAUJ MOB	**911**
TWIN RIVERS USD COV TUB CEEVXWM	**(916) 566-2777**
Chaw pab tiv thaiv cov neeg laus	(916) 874-9377
Chaw pab cov menyuam raug ntaus	(916) 874-5191
Xovtooj nrhiav menyuam	(800) IAMLOST (426-5678)
Chaw pab tiv thaiv cov menyuam (CPS)	(916) 875-KIDS (5437)
County Mental Health tus xovtooj (24 Teev)	(888) 881-4881
Crisis Nursery (Pab niam txiv/cuabyig thaum muaj teebmeem)	(916) 394-2000 South (916) 679-3600 North
Neeg khiav ua loj leeb hauv teb chaws no	(800) RUNAWAY (786-2929)
Chaw saib xyuas tshuaj lom neeg	(800) 222-1222
Xov tooj rau cov cev xeeb menyuam	(916) 451-2273
Speech to Speech (Pab kev sib txuas lus)	711
Xov tooj pab txwv kom nws txhob tua nws tus kheej	(916) 368-3111
WEAVE tus xov tooj (kev sib ntaus hauv lub cuab yig)	(916) 920-2952
Well Space -Xovtooj pab niam txiv (Teebmeem Ntxhov)	(888) 281-3000
Wind Youth Cov Kev Pabcuam (Cov Hluas)	(800) 628-1492

Cov Zauv Xovtooj Thaum Tsis Muaj Xwm Txheej Ceev

INFOLINE SACRAMENTO (TUS XOVTOOJ MUAJ LUS NUG)	**(916) 498-1000**
Kev Pab rau Menyuam thiab Tus Laus	(916) 875-1055
Muaj Kev Quav Dej Quav Caws Tsis Qhia Npe Los Tau	(916) 454-1100
Alanon / Alateen (Tsevneeg/phoojywg ntawm tus neeg quav caw) Xovtooj Nug	(916) 334-2970
California Smokers' Helpline Puas xav tsum txoj kev haus luamyeeb?	(800) NOBUTTS (662-8887)
Chaw pab txwv kom txhob ntaus tus menyuam	(916) 244-1900
Nar-Anon (Tsevneeg/phoojywg ntawm tus neeg quav tshuaj) Xovtooj Nug	(800) 477-6291 (nar-anon.org)
Muaj Kev Quav Yeeb Tsis Qhia Npe Los Tau	(877) 623-6363
Tub Ceev Xwm (Sheriff) Chaw Pab Thaum Tsis Muaj Xwm Txheej Ceev	(916) 874-5115
Chaw Pab Neeg Raug Tsim Txom (Victim) / Neeg Ua Povthawj (Witness)	(916) 874-5701
WEAVE (Kev Sib Ntaus Hauv Lub Cuabyig)	(916) 448-2321
Wind Youth Services (Cov Hluas Cov Kev Pabcuam)	(916) 561-4900



Chaw Faib Zaub Mov

Asian Community Services (ARI) 5720 Sunrise Blvd., Suite 100 Citrus Heights 95610	**(916) 745-4313**	Hu tuaj kom paub meej. Asianresources.com
Cal Fresh (Nyiaj Muas Noj) Dept. of Human Assistance 1725 28th St Sacramento 95816 piar@dss.ca.gov	**(916) 874-3100**	Cov cuabyig tau nyiaj tsawg, muaj yuavluag txhua hom lus, CALWORKS, kev pab li txhia zaus, thiab pab nyiaj lwm yam uas tsis yog nyiaj muas noj.
Carmichael Food Closet 5645 Marconi Ave. Carmichael 95608 Camichaelpres.org	**(916) 483-9232**	Qheb Monday txog Friday. Hu tuaj qhia cov zaub mov nyob thaum 10:00 am thiab 12:00 pm. Tuaj nqa cov zaub mov uas tau hu tuaj qhia ua ntej lawm rau thaum 2:00 pm thiab 3:30 pm. Chaw pab hauv Sacramento County cov zip codes. Naq Daim ID Duab thiab ntawv povthawj chawnyob. **Kaw cov hnub Holidays**
Family Services (Cuabyig Cov Kev Pabcuam) 3213 Orange Grove Ave. North Highlands CA Sacramento.salvationarmy.org	**(916) 678-4010**	Ib lub pobtawb zaub mov rau ib hlis. Muaj povthawj qhia chawnyob (SMUD lossis PGE daimntawv them) & daim ID tsum muaj . T/W/Th 9 am—3 pm. Yuav tsum muaj povthawj ntawm tsevneeg khwv tau nyiaj npaum li cas.
Friendship Park 1300 North C Street Sacramento	**(916) 443-7378**	Muaj pluas tshais noj dawb rau cov muaj hnubnyoog xwb thaum 7:30-9 sawv ntxov hnub Monday-Friday. Sac.loaves.org
Loaves & Fishes Dinning Room 1321 North C Street Sacramento 95811	**(916) 446-0874**	Noj su nyob rau 7 hnub ntawm ib lub lim tiam, 11:30 sawv ntxov- 12:30 tavsu Sac.loaves.org
Mary's House 1351 North C St. Sacramento 95811	**(916) 446-4961**	Muaj pluas tshais noj dawb rau cov pojniam thiab cov menyuam xwb thaum 8-9 sawv ntxov hnub Monday—Friday Sac.loaves.org
North Highlands Food Ministry 6007 Watt Avenue North Highlands 95660 Networks.whyhunger.org	**(916) 955-1010** **(916) 771-0963**	Pub khoom noj nyob hnub Mon., Tues. & Wed. thaum 9:30 sawv ntxov—Tavsu. Ib lub pobtawb zaub mov rau ib hli. Nqa ID & ntawv povthawj chawnyob (ntawv them nqi hluav taws xob lossis nqi xov tooj) yuav tsum muaj nrog nej thaum nej tuaj. Pab cov nyob rau tus zip codes: 95660, 95842, 95843
Our Lady of Lourdes 1951 North Ave. Sacramento 95838	**(916) 925-5313**	Koj yuav tau rau npe hnub Tuesday thaum 10:30 sawv ntxov tuaj nqa khoom nyob rau thaum 11 teev & 12 teev tav su. Yuav tsum muaj povthawj ntawm chawnyob & ID. Pab cov nyob rau tus zip codes 95673, 95626, 95838.

Chaw Faib Zaub Mov Toj Ntxiv Mus...

Rio Linda/Elverta Food Closet
151 Delano Ave.
Elverta 95626

(916) 836-1037

Ib lub pobtawb zaub mov rau ib hlis. Yuav tsum muaj daim ID & ntawv povthawj chawnyob.
Thursday 9:30—11:30 am.
Pab rau cov nyob Rio Linda & Elverta

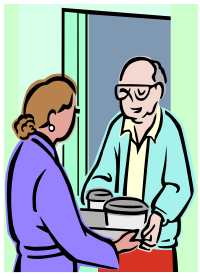
River City Food Bank
1800 28th St
Sacramento 95816 &
2300 Edison Ave.
Sacramento 95821

Rivercityfoodbank.org

(916) 446-2627

Muaj khoom noj txog li peb-hnub thaum muaj xwm txheej ceev, muaj ib zaug ib hlis. Muaj xws li khoom noj rau menyuam mos ab, thiab kua mis (formula), yog xav tau. ID yuav tsum muaj.
Hnub Tuesday - Saturday. Hu rau kom paub meej.
11:30 am —1:30 pm

Sacramento Food Bank & Family Services



(916) 456-1980

Hu tuaj kom paub cov sijhawm & cov chawnyob.
Yuav tsum muaj daim ID & ntawv povthawj chawnyob.
Txiv hmab txiv ntoo thiab zauv muaj rau sawvdaws

Sacramentofoodbank.org

The Way Ministries

(916) 470-0408

Hu tuaj nug txog kom paub thiab totaub meej

Thewaytribe.com

Union Gospel Mission
400 North Bannon St.
Sacramento 95811

Ugmsac.com

(916) 447-3268

Pluas hmo muaj rau noj txhua hmo pib thaum 7 teev tsaus ntuj.

Zaub Mov cov kev pub dawb:
Tuaj nqa nyob hnub T/TH.
Hu hnub M/W kom paub meej txog cov caijnyoog, sijhawm teem tseg
Yuav tsum nqa daim ID duab & ntawv pov-thawj chawnyob

WIC
811 Grand Ave., #1
Sacramento 95838

Dhs.saccounty.net

(916) 876-5000

Lub Kooshaum Pojniam, Menyuam Mos, thiab Cov menyuam Yaus muaj muab zaub mov rau pojniam tabtom xeeb tub thiab cov nyob nruab hlis. Cov menyuam mos ab thiab cov menyuam hnubnyoog qis tshaj 5 xyoos Hu tuaj kom paub ntxiv
M—Thurs 8: 15 am —5:00 pm
Fri 8:15 am —4:30 pm

Chaw Faib Ris Tsho

First Baptist Church of North Sacramento 2601 Del Paso Blvd. Sacramento 95815	**(916) 922-9365**	Hu tuaj kom paub txog cov ntaubntawv qhia txog thiab kom totaub meej Friday 9:30 sawv ntxov -12 tav su
Food Bank & Family Services 3333 Third Ave. Sacramento 95817 Sacramentofoodbank.org	**(916) 456-1980**	T/Th/F - 10 am mus txog 1:30 pm Wed.—4 pm mus txog 7 pm Pub ib zaug, ib hlis. Pub Dawb.
Union Gospel Mission 400 North Bannon St. Sacramento 95815 Ugmsac.org	**(916) 447-3268**	Hu tuaj kom paub txog cov ntaubntawv qhia txog thiab kom totaub meej Pojniam thiab Menyuam cov khaubncaws T/TH @ 9 am.

Kiabkhw Muag Pheejyig (THRIFT SHOPS)

Deseret Industries 3000 Auburn Blvd. Sacramento 95821	**(916) 482-1480**
Goodwill Industries	
5400 Date Ave., Sac 95841	**(916) 678-5700**
4401 Elkhorn Blvd. Sac 95842	**(916) 332-2294**
2040 Alta Arden Expy., Sac 95825	**(916) 779-7468**
2502 Watt Ave. @ El Camino	**(916) 480-9002**
Goodwillsacto.org	
Pacific Thrift Store 6101 Watt Ave. North Highlands 95660 Watt & Don Julio Pacificthriftstore.com	**(916) 514-0154**

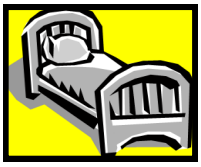
Tsev Rau Cov Tau Nyiaj Tsawg

FPI Management *Danbury Park Apartments* 7840 Walerga Road Antelope 95843 Fpimgt.com	**(916) 725-7385**	Muaj tsev apartments them pheej yig los ntawm FPI Management..
Family Promise Familypromisesacramentoca.org	**(916) 443-3107**	Muab kev pab rau cov neeg uas tab tom nrhiav tsev nyob uas ntsuas kev them los ntawm kev them tau lossis ntawm kev khwv tau ntau npaum li cas
Mercy Housing of Sacramento www.mercyhousing.org	**(916) 414-4400**	Hu seb khoom rau lub sij hawm twg thiab tham txog lub program.
Mutual Housing California 3321 Power Inn Rd. Ste 320 Sacramento 95826 www.mutualhousing.com	**(916) 453-8400**	Muab kev pab rau cov neeg uas tab tom nrhiav tsev nyob uas ntsuas kev them tau lossis ntawm kev khwv tau ntau npaum li cas uas phim raws lub tsev
Sacramento Self Help Housing www.sacselfhelp.org	**(916) 341-0593**	Hu tuaj ua ntaubntawv txais nkag kom tiav. Muaj cov neeg pab tswv yim thiab nrhiav vaj tse rau cov neeg tsis muaj chaw nyob. Tsis them nqi pab. Cov sijhawm 9 teev sawv ntxov - 5 teev tsaus ntuj
Salvation Army Rental Assistance Program Www.financialhelpresources.com	**(916) 678-4010**	Yuav tsum tau ib qho 3 hnub them lossis daimntawv qhia tawm haujlwm thiab tau daimntawv cog lus xaub
SHRA (Sacramento Housing & Redevelopment) www.shra.org www.sacwaitlist.com	**(916) 444-9210**	Housing Choice Vouchers (uas yav dhau los yog Section 8). Hu tuaj yog xav paub ntau tshaj no.
YWCA 1122 17th Street Sacramento 95811	**(916) 264-8066**	Lub kooshaum pab tsev nyob rau cov pojniam khwv tau nyiaj tsawg. Muaj chav rau xaub nyob. Tsis pub muaj menyuam. Cia li tuaj los tau. Tej zaum nej yuav tau tso npe nyob rau hauv daimntawv tos (waiting list).

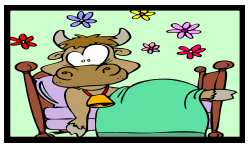
Tsev Nyob / Thaum Muaj Xwm Txheej Ceev

Family Shelter—VOA 470 Bannon St. Sacramento CA 95811 dhaservices.saccounty.net	**(916) 443-4688**	Tsev rau cov cuabyig muaj cov menyuam yaus hnubnyoog tsawg tshaj 18 xyoo. Cov pluas mov, cov kev pabcuam txhawb nqa, cov ntaubntawv qhia txog kev kawmntawv thiab nrhiav haujlwm.
Francis House/Next Move 1422 C Street Sacramento 95814 info@francishousecenter.org	**(916) 443-2646**	Kev pab tswv yim, cov daim ID, cov nyiaj npib caij npav, kev pab nrhiav haujlwm, tej yam zoo li nov. Hu rau kom paub meej tshaj no ntxiv
Friendship Park 1321 North C Street Sacramento 95811	**(916) 443-7378**	Tshais noj, kev kawm kev uasi lwm yam, xovtooj, chaw saib ntawv, chaw da dej, ntxhua khaub hlab, thiab ntau tshaj no ntxiv.
Loaves & Fishes 1351 North C Street Sacramento 95811 Sacloves.org	**(916) 446-0874**	Pab cov neeg tsis muaj chaw nyob kom nrhiav tau tsev, zaub mov noj thiab kev noj qab haus huv. Cia li tuaj los tau. Nyob ze chaw tsheb npav, tsheb ciav hlau; muaj chaw nres tsheb. Cov sijhawm: 7 teev sawv ntxov -2:30 tav su
Lutheran Social Services 4390 47th Ave Sacramento 95817 www.lssnorcal.org	**(916) 453-2900**	Tsev & tus neeg tuav cov ntaub ntawv no rau cov cuab yig tsis muaj vajtse, programs nrhiav chaw nyob, thiab pab nrhiav tsev rau cov neeg hluas. M-F 8:30-4:30
Maryhouse 1321 North C Street Sacramento 95811 Sacloaves.org	**(916) 446-4961**	Ib qho chaw rau cov pojniam uas tsis muaj chaw nyob thiab cov menyuam xwb. Muaj tshais noj. Cov sijhawm: M-T-TH-F 8 - 2 \ W: 8-12
My Sister's House www.my-sisters-house.org	**(916) 428-3271** *Xovtooj 24 Teev* *Ntau hom lus*	Ib thajchaw nyabxeeb tso siab tau rau cov tib-neeg uas khiav dim ntawm kev sib ntaus hauv lub cuabyig, kev quabyuam kev sibdeev, thiab kev raug muag (human trafficking). Hu tuaj kom paub meej.
Next Move dhaservices.saccounty.net Nextmovesacramento.org	**(916) 455-2160** *Tsevnyob Rau Tsevneeg*	30 hnub tsev pub rau nyob uas txais tos 2 yig, cov leej txiv & cov tub uas hnubnyoog tshaj 14 xyoos. Xam phaj hauv xovtooj xwb. Tej zaum tseem yuav tau muaj npe rau hauv daimntawv tos.

Tsev Nyob Thaum Muaj Xwm Txheej Ceev
(Toj Ntxiv Mus)

Overcomers Program 671 Plaza Ave. Sacramento 95815	**Kooshaum rau Cov Pojniam** **(916) 924-3113**	Hu tuaj kom paub meej txog cov kooshaum pab tsev nyob.
2731 Branch St. Sacramento 95815	**Kooshaum rau Cov Txivneej** **(916) 920-3082**	Overcomersprogram.org
Salvation Army Shelter 1200 N. B Street Sacramento 95814 Sacramento.salvationary.org	**(916) 442-0331** (xovtooj 24-teev) **(916) 443-1088**	Kev pab xws li tsev, khoom noj thiab lwm yam rau cov neeg nyob tsis muaj chaw (18 xyoo rov sauv). Hu tuaj lossis cia li tuaj M-F 8 teev sawv ntxov txog 1teev tsaus ntuj. Yuav tsum muaj daim npav TB.
Women's Safe house (Pojniam Tsev Nyob Nyabxeeb)	**916-443-2009**	
St. John's Shelter 4410 Power Inn Rd. Sacramento 95826 www.stjohnsshelter.org	(916) **453-1482** 24 teev/ib hnub 7 hnub/ ib limtiam	Tsev rau cov pojniam thiab cov menyuam yaus uas tsis muaj tsev nyob; cov ntxhais muaj hnub nyoog txog 17 xyoos. Tsev Pab Qhia Nrhiav Haujlwm. Hu xovtooj xwb, tsis pub cia li tuaj.
Travelers Aid Emergency Assistance Agency 	**(916) 399-9646**	Muaj sijhawm nruab hnub thiab tom qab sijhawm tsis ua haujlwm los pab yog muaj xwm txheej ceev rau cov cuabyig nyob tsis muaj chaw xws li hauv tsev tos qhua thiab ntawv thov mov noj, kev pab them tsev, kev pab them hluav taws xob, thiab kev pabcuam tswj qhov teebmeem. Hu tuaj xam phaj, tsis yuav kom muaj neeg faj rau koj tuaj, cia li hu tuaj cuag xwb tau lawm. 9am—4 pm Monday txog Friday.
Union Gospel Mission 400 North Bannon St. Sacramento 95811	**(916) 447-3268**	Tsev rau Cov Txivneej xwb. Ugmsac.com
WEAVE's Safehouse Cov kev pabcuam rau txivneej, cov pojniam, cov hluas thiab cov menyuam yaus. www.weaveinc.org	**(916) 920-2952** (xovtooj 24-teev)	Tsev nyob ntu puav rau cov tibneeg uas raug mos, raug quabyuam lub cev, raug coj mus muag siv sibdeev, raug ntaus hauv tsev thiab lawv cov menyuam. Muaj chaw nyob kom nyab xeeb, muaj zaub mov noj, ris tsho, tsheb thauj thiab kev pabcuam mus ntsib social service. Hu tus xov tooj 24-teev yog koj xav tau kev pab.
WIND Youth Services 815 S St. Sacramento 95811 www.windyouth.org	**(916) 561-4900**	Tsev nyob rau thaum muaj xwm txheej ceev rau cov hluas hnubnyoog 12 mus rau 17 xyoo uas tau khiav tawm, raug ntiab tawm hauv lawv lub tsev, lossis yuav yog xav tau sijhawm los mus nyob ob peb hnub kom siab txias.
YWCA 1122 17th Street Sacramento 98511 Ywcaccc.org	**(916) 264-8066**	Program pab cov pojniam uas tau nyiaj tsawg. Muaj chav rau xaub. Cia li tuaj. Tsis pub muaj menyuam. Yuav tau tos. M—Th 8:00 teev sawv ntxov—4:30 ntxov Fri 8:00 teev sawv ntxov—2:00 teev ntsaus ntuj. Kaw 12-12:30 tav su txhua hnub

Chaw Kuaj Mob



CHDP 9616 Micron Ave. Ste. 670 Sacramento 95827 Saccounty.net	**(916) 875-7151**	Pub dawb kev kuaj hniav thiab kuaj ib ce rau cov menyuam txomnyem tsis muaj Medi-Cal. Xamphaj hauv xovtooj xwb Monday - Friday 8 teev sawv ntxov —5 teev tsaus ntuj
Eye 2 Eye Optometry **Dr. Karrin Vallin &** **Dr. Mark Waldmire** Optometrist 4633 Whitney Ave., Ste. A Sacramento 95821	**(916) 487-1717**	Hais lus Mev Monday - Friday 9 teev sawv ntxov —5:30 tsaus ntuj Www.eye2eyeoptometry.com
Medi-Cal Medi-cal.ca.gov	**(916) 874-2215**	**Hu tuaj kom paub txog cov ntaubntawv thiab cov cai txais licas.**
Mercy Clinic 1321 North C St. Sacramento 95811 (Kev kuaj kho mob rau lub Kooshaum Pab Neeg Tsis Muaj Tsev Nyob)	**(916) 874-2811**	Kuaj TB xwb. Hu tuaj teem caijnyoog Cov sijhawm: 7:30 sawv ntxov - 3 teev tsaus ntuj KAW nyob lub caij noj su 11:30 sawv ntxov - 12 teev tavsu Sacloaves.org
Norwood Community Health 3946 Norwood Ave. Sacramento 95820 Wellspacehealth.org	**(916) 564-0521**	Monday - Friday 8:30 sawv ntxov —5 teev tsaus ntuj
Primary Health Services 4600 Broadway, Ste. 1100 Sacramento 95820 Dhs.saccounty.net	**(916) 874-9670**	Txais Medi-Cal Monday - Friday 8 am—4:30 pm Txais cov muaj teem sijhawm tseg xwb
Dental Health 4600 Broadway, Ste. 2100 (2nd Floor) Dentalclinicdirectory.com	**(916) 874-8300**	
Sacramento Community Dental Clinic 2138 Del Paso Blvd. Sacramento 95815	**(916) 642 –1890**	Monday—Friday 8 teev sawv ntxov—5 teev tsaus ntuj Freeclinicdirectory.com
Sacramento Family Medical Clinic 3441 Maryvsville Blvd. Sacramento 95838	**(916) 563 –7200**	Monday—Friday 8 teev sawv ntxov—5 teev tsaus ntuj Healthgrades.com
5735 Watt Ave. North Highlands	**(916) 339 –2229**	8 teev sawv ntxov—5 teev tsaus ntuj Healthgrades.com
Uplift Family Service 3951 Performance Dr., Ste. G Sacramento 95838 Upliftfs.org	**(916) 921-0828**	Muaj cov kev pabcuam tawm tswvyim pub dawb rau cov menyuam uas tau pom lossis tau raug thabplaub dua, raug quabyuam siab ntsws/lub cev/ kev sib deev, kev sib ntaus nram tsev, teebmeem dej caw/yeeb tshuaj hauv cuabyig, lossis lwm yam kev puas ntsoog rau tus neeg. Txais Medi-Cal

Tsev Kuaj Mob Ua Haujlwm rau hauv Twin Rivers USD Ciam Av

Qhov xub thawj thiab qhov kev pab zoo tshaj plaws rau menyuam cov kev txhaj tshuaj tiv thiav kab mob thiab txhua yam ntsig txog kev saib xyuas txoj kev nyobzoo yog koj thawj tug kws kho mob (PCP). Yog koj xav tau cov kev txhaj tshuaj tiv thaiv kab mob kom sai li sai tau es thiaj li rau npe menyuam kawm ntawv tau hauv tsevkawm, hu koj tus kws kho mob PCP thiab nug seb puas muaj lub caijnyoog tuaj tsib hnub ntawd lossis lub caijnyoog pub tuaj nyob tos. Yog koj tsis muaj ib tug kws kho mob PCP, saib cov ntaubntawv hauv qab kom paub cov chaw kev pab ntau tshaj no. Thov tsis txhob ua siab deb, hu tuaj cuag lub tsevkawm tus neeg saib mob (school nurse) yog koj xav tau kev pab ntxiv.

Tsis Muaj Health Insurance, Xav Tau Los? Hu Sacramento Covered – ib qho kev tsom kwm cov tibneeg nyob ib cheeb tsam hauv nroog Sacramento region los mus nrhiav tau kev kho mob/kev kuaj hniav thiab cov kev pab them nyiaj (coverage) uas lawv xav tau ntawm (916) 414-8333 lossis (866) 850-4321.

Elica Health Centers www.elicahealth.org (855) 354-2242 (all clinics) 1750 Wright Street, Sacramento, CA 95825 (nrog kuaj hniav) 5708 Watt Ave, North Highlands, CA 95660 3234 Marysville Blvd, Sacramento, CA 95815 (nrog kuaj hniav) 3701 J Street #201, Sacramento, Ca 95816 (nrog kuaj hniav)	Txais private insurance (cov tuamtxhab sab nraud tus nqi them), ncajnraim rau Medi-Cal, them raws li txoj kev luj them taus (tsis muaj tuav povhwm). Cov caijnyoog teem tseg. Tuaj nyob tos 8:00 am – 3:00 pm. Tsev kuaj mob cov sijhawm—Fri 8:00 am– 5:00 pm Lub tsheb loj Health on Wheels (HOW) van saib cov neeg mob uas tuaj ntsib. Saib www.elicahealth.org rau cov caijnyoog thiab chawnyob tseeg rau lub sijhawm no
Peach Tree Health www.pickpeach.org 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656	Txais private insurance, Medi-Cal, nyiaj them raws li txoj kev luj them taus (tsis muaj tuav povhwm). Cov caijnyoog teem tseg xwb.
Planned Parenthood www.plannedparenthood.org (877) 855-7526 (main) 5700 Watt Ave., North Highlands, CA 95660 (916) 332-5715 201 29th St. Suite B, Sacramento, CA 95816 (916) 446-6921	Txais private insurance, Medi-Cal, cov kooshaum kev pab tshwjxeeb rau cov uas tsis muaj tuav povhwm. Xav kom muaj cov caijnyooog teem tseg lawm. Tuaj nyob tos. Tsev kuaj mob cov sijhawm 8:00 am—4:00 pm
Sacramento Community Clinic www.halocares.org 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 924-7988 (nrog kuaj hniav) 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 428-3788 (nrog kuaj hniav)	Txais private insurance, Medi-Cal, tsis muaj tuav povhwm. Xav kom muaj cov caijnyoog teem tseg lawm. Tuaj nyob tos thaum 8:30-10:30 am, 1:30-3:30 pm (tuaj nyob tos, lees tsis tau hais tias yauv muaj sijhawm rau los saib). Tsev kuaj mob cov sijhawm Mon– Fri 8:00 am—5:00 pm
Sacramento County Immunization Clinic 4600 Broadway Suite 1500, Sacramento, CA 95820 (916) 875-7468	Txais Medi-Cal thiab cov tsis muaj tuav povhwm. Cov caijnyoog teem tseg xwb. Tsis muaj rau tuaj nyob tos. Cov caijnyoog teem tseg muaj rau txhua lwm lub Friday. Tsev kuaj mob cov sijhawm Mon—Fri 8:00 am—4:00 pm
Sacramento Native American Health Center (SNAHC) www.SNAHC.org 2020 J street, Sacramento, CA 95841 (916) 341-0575	Txais Medi-Cal thiab cov tsis muaj tuav povhwm. Medi-Cal: yuav tsum tau teem caijnyoog tseg. Tsis muaj insurance: Tuaj Nyob Tos xwb M-F: 9:30-10:45 am, 12:45-2:45pm.
San Lucas Pediatric Clinic www.sanlucaspeds.com 4100 E. Commerce Way Ste. 100, Sacramento, CA 95834 (916) 575-9090	Txais Medi-Cal, private insurance, them raws li txoj kev luj them taus rau cov "tsis muaj tuav povhwm" - "uninsured" Cov caijnyoog teem tseg xwb. Mon.-Fri 8:30am—5:30 pm
WellSpace Health www.wellspacehealth.org(916) 737- 5555 (all clinics) 2433 Marconi Avenue, Sacramento, CA 95821 3441 Marysville Blvd., Sacramento, CA, 95838 6015 Watt Ave., Suite 2, North Highlands, CA 95660 5959 Greenback Ln., Suite 500, Citrus Heights, CA 95621	Txais Medi-Cal, private thiab tsis muaj insurance (them raws li txoj kev luj them taus). Xav kom muaj cov caijnyoog teem tseg lawm. Tsev kuaj mob cov sijhawm Mon.—Fri 8:00 am—5:00 pm (kaw rmus noj su 1-2)
Local Pharmacies (Cov Tsev Muab Tshuaj Hauv Zos) xws li: Rite Aid, Walmart, CVS…etc.	Cov nqi them sib txawv– txhua zaus yog li $50-$70 rau ib tug twg li kev txhaj tshuaj tiv thaiv kab mob. Hu lub tsev muab tshauj pharmacy yog xav paub ntau tshaj no ntxiv.

MEDI-CAL COV CHAW PAB

Yog koj xav tau kev pab nrog teem sij hawm rau koj tuaj ntsib Medi-Cal qhov chaw pab, thov hu rau Sacramento County Department of Health and Human Services/Child Health and Disability Prevention Program (CHDP). Koj yuav tau txais kev pabcuam nyob rau hnub Monday txog Friday thaum 8:00 moo sawv ntxov thiab 5:00 moo tsaus ntuj.

Sacramento Co. Dept. of Health & Human Services/CHDP	916-875-7151
Saccounty.net	
Medi-Cal (hu tuaj yog xav paub thiab xav paub tias puas tau)	916-874-2215
Medi-cal.ca.gov	
Medi-Cal/Healthy Families	888-747-1222
Dhcs.ca.gov	

MEDI-CAL LWM COV CHAW PAB HAUV ZOS :

Cov Chaw Kuaj Mob:

Sacramento Family Medical Clinic, Inc.	916-339-2229
Watt Avenue Medi-Cal Clinic	916-344-8866
Healthgrades.com	

Chaw pab daws teebmeem-Counseling:

ACCESS Pawg– Saib xyuas Cov Menyuam Yaus	916-875-1055
ACCESS Pawg– Saib xyaus Cov Laus	916-875-1055

(Cov ntaubntawv & kev faj mus rau kev nyuaj siab cov kev pabcuam (mental health service). Yuav tsum tau Medi-Cal.)
https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx

Child & Family Institute 916-921-0828
(chaw pab cov menyuam uas raug quabyuam los ntawm nws tsevneeg, pab cov niam txiv/cov neeg zov uas tsis txhaum lawv, thiab cov nus muag ntawm cov menyuam uas tau raug quabyuam dhau los.)
http://www.child-familyinstitute.org/home.htm

Cov chaw pab daws teebmeem uas txais Medi-Cal yog faj xa tuaj ntawm ACCESS:

WellSpace Health 916-368-3080
https://www.wellspacehealth.org/

Chaw kuaj hniav:

Denti-Cal (faj tuaj mus rau cov kev pabcuam uas muaj cov kws kuaj hniav uas txais Medi-Cal) 800-423-0507
https://dental.dhcs.ca.gov/

Thov nco ntsoov tias txhua tus kws kho mob yuav tsis txais tshiab cov neeg tuaj tshiab txhua lub sijhawm.

Revised on 8/14/20

Nov yog xovxwm zoo…

Coob tus menyuam tsim nyog tau Tsis muaj nqi them kho mob

Koj puas paub tias koj lossis koj tus menyuam tejzaum tsimnyog tau Medi-Cal yog nws tsis tau muaj 19 xyoo lossis koj yog ib leej niam uas tseem yuav muaj menyuam? Tsis ntev los no, coob tus menyuam uas nws tsev neeg tau nyiaj ntau twb tsim nyog tau Medi-Cal tsis muaj nqi them. Cov menyuam uas muaj ib leeg lossis ob tug niam txiv ua haujlwm tejzaum kuj tsimnyog tau thiab.

Medi-Cal muaj ntau yam zoo rau kev kho mob:

- Tsis tau them nqi kuaj mob, kuaj hniav, thiab kuaj qhovmuag rau cov menyuam.
- Tsis muaj them tus nqi txhua hli.
- Tsis tau them tus nqi co-payment thaum mus kuaj mob.
- Muaj txoj kev xaiv cov tuamtxhab tuav povhwm kev kho mob uas muaj nyob rau hauv cov chaw uas muaj neeg nyob coob coob.
- Tsevneeg tej khoom (xws li tsheb lossis nyiaj tseg cia) yuav TSIS suav nrog qhov kev txiav txim seb puas tsimnyog tau.

Kev ua kom yooj yim xa daimntawv rau npe thov tuaj.

Cov ntaubntawv xav tau thaum nej tuaj thov:

- Ntaubntawv povthawj nyiaj khwv tau (tw tshev nyiaj, ntawv qhia txog nyiaj pem chaw ua haujlwm, lossis ib daim qauv ntawm cov nyiaj se nej tau los.
- Menyuam daimntawv hnub yug (birth certificate) lossis ntawv povthawj qhia muaj ntaub ntawv thwj nyob tebchaws no (yog xeeb tub, qhov no tsis xav tau).

Ntawv povthawj qhia hais tias nws yeej nyob rau xeev California.

Mus ntsib koj lub tsev kawmntawv tus Neeg Kuaj Mob lossis Kev Nyobzoo Tus Neeg Pab; lawv yuav muaj daimntawv rau npe thov thiab cov ntaubntawv qhia txog kev tsimnyog txais yog licas thiab cov ntaubntawv uas tseev kom tau los siv rau txoj haujlwm txiav txim. Koj kuj hu tau rau Twin Rivers Unified Koog Tsev Kawmntawv, Chav Tswj Menyuam Kawm Cov Kev Pabcuam chav ua haujlwm ntawm 916-566-1787 kom paub txog cov ntaubntawv ntau tshaj no ntxiv.

Cia peb cov menyuam nyob noj qab
nyob zoo thiab tuaj kawm ntawv!!!
Hu peb, peb yuav pab tau.

Cov Chavkawm Qhia Txawj Ua Niam Txiv / Kev Txhawb Nqa
(Pub Dawb lossis them nqi tsawg)

Area 4 Agency on Aging **(916) 486-1876**
Muaj kev pab txhawb nqa los ntawm pab neeg pog yawg.Tab tsa chaw pab cuam rau cov neeg laus 60 xyoo rov sauv. **Agencyonaging4.org**

Black Child Legacy Campaign
Ntau hom kev pabcuam xam nrog cov kev pab txhawb nqa ntawm kev saibxyuas tus menyuam mos uas tseem tsis tau yug mus rau tus menyuam mos, kev txhawb nqa lub cuabyig, kev tawm suab thiab paub txog lwm cov tuamtxhab cov kev pab. Hauv chaw ua haujlwm cov kev sib paub sib raug zoo txuas mus rau lub cheeb nroog cov tuamtxhab zoo xws li Chav Tswj ntawm Tibneeg Kev Pab, Cov Kev Pabcuam Tiv Thaiv Menyuam (CPS) thiab Soj Saibxyuas Ib Ntu kuj muaj.
Blackchildlegacy.org

Foothill Farms & North Highlands
Liberty Towers / Impact Sac
5132 Elkhorn Blvd., Sacto 95842
(916) 339-3515
Del Paso Heights & North Sacramento
Roberts Fam. Dev. Ctr.—
Greater Sac. Urban League
7325 Marysville Blvd., # 203 Sacto, 95838
(916) 646-6631 lossis (916) 286-8600

Center For Fathers and Families **(916) 568-3237**
920 Del Paso Blvd. **Www.cffsacramento.org**
Sacramento 95815

Dept of Human Assistance **(916) 876-4484**
3960 Research Dr.
Sacramento 95838 **Ha.saccounty.net**
Lossis
5747 Watt Ave. **(916) 874-3100 (xovtooj pab tus kheej)**
North Highlands 95660

Mutual Assistance Network **(916) 567-9567**
Firehouse Community Center
810 Grand Ave., Sacto 95838 **(916) 927-7694— hauvpaus chav ua haujlwm**
Rau cov niam txiv muaj cov menyuam pre-school thiab tseem kawm nyob theem elementary

Mutualassistance.org

North Sacramento Family Resource Center **(916) 679-3743**
1217 Del Paso Blvd., Suite B,
Sacramento 95815 **Kidshom.org**

Pro Youth and Families Reaching Out **(916) 576-3300**
Niam txiv cov kev txhawjxeeb txog cov menyuam tus cwjpwm, tshwjxeeb tshaj yog kev siv yeeb tshuaj thiab dej cawv. Muaj tshuaj ntsuam dawb thiab faj mus nrhiav kev pab.
Proyouthandfamilies.org

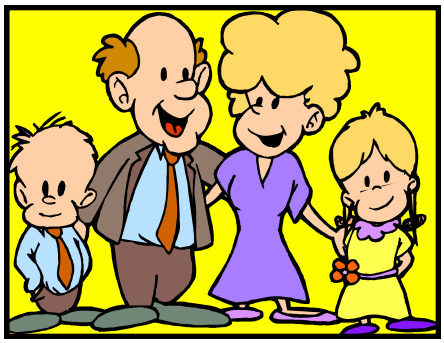
Sacramento Crisis Nursery **South Nursery (916) 394-2000 lossis**
Cov Kev Pabcuam Pab Tawm Tswvyim & Pab Txhawb Nqa 24-teev ib hnub. **North Nursery (916) 979-9400**
Kidshom.org

WellSpace Health **(916) 737-5555**

www.wellspacehealth.org

Women's Empowerment **(916) 669-2307**
1590 North A St.
Sacramento, 95811

Kooshaum npaj tau rau haujlwm and kev txawb siab dag zog rau cov pojniam uas nyob rau kev tsis muaj tsev nyob lossis nyob rau lub zwjceeb tejzaum yuav poob tsev tsis tau tsev nyob.
Womens-empowerment.org



Pab Qhuab Ntuas, Pab Kho, Pab Daws Teebmeem

ACCESS Team-Cov menyuam & Cov laus https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx	**(916) 875-1055**	Ntaubntawv thiab kev pabcuam xa mus rau mental health. Yuav tsum tau Medi-Cal .
Adult Psychiatric Support Services 2130 Stockton Blvd., Bld. 100 Sacramento CA 95817 https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx	**(916) 875-0701**	**Yuav tau mus ntsib Adult Access**
Care Solace CARESOLACE.COM/TRUSD Email: WeServe@CareSolace.org	**(888) 515-0595**	Txuas cov menyuam kawmntawv sai sai li ob peb feeb nrog cov tuamtxhab uas pab rau kev nyuaj siab (mental health) thiab cov kev quabyuam siv yeebtshuaj ntau ntau. Kev pab muaj 24/7 ntawm xovtooj, email lossis sib tham pom ntsej muag hauv huab cua.
La Familia Counseling Center 5523 34th St. Sacramento 95820 3301 37th Ave. Sacramento 95824 https://lafcc.org/	**(916) 452-3601** **(916) 210-8873**	Ib toj ib kev sibtham, kev cuamtshuam daws teebmeem, thiab kev txhawb nqa cov kev pabcuam rau cov hluas (cov hnubnyoog thaum yug - 21) thiab lawv cov cuabyig. Tsis muaj nqi them.
Life Practice Counseling Grp. 3650 Auburn Blvd., Bldg.C Ste. 208 Sacramento 95821 https://lifepractice.org/	**(916) 300-6576**	Kev ua haujlwm tsis yog muaj nyiaj nplua nuj (Non profit counseling) cov kev sibtham pab tswvyim muaj thiab pheejyig. Tagnrho txhua yam yog ntsuas los ntawm qhov nyiaj hli khwv tau lossis koj qhov peevxwm them tau. Peb tabtom muaj cov neeg counselors hais lus nyob Askiv thiab Mev.
National Parent Helpline https://www.nationalparenthelpline.org/	**855-427-2736** **855-4APARENT**	24-teev tus xovtooj pab rau kev txhawb cov kev muaj kev nyuaj siab, ntaubntawv qhia txog thiab cov chaw kev pab.
Overcomers Program https://overcomersprogram.org/	**Cov Pojniam** **(916) 924-3113** **Cov Txivneej** **(916) 920-3082**	Kooshaum Kev Pab Kom Tso Tau Tseg Dej Caw thiab Yeeb Tshuaj rau cov pojniam thiab txivneej.
Pro Youth and Families http://proyouthandfamilies.org/	**(916) 576-3300**	Tham txog teebmeem ntawm kev quabyuam dej caw thiab yeej tshuaj thiab kev ua phem ntawm cov hluas. Tsom rau kev tiv thaiv thiab kev cuam tshuam. Tsis muaj nqi them.
Sacramento LGBT Community Center 1015 20th St. Sacramento 95811 **Info@saccenter.org** https://saccenter.org/	**(916) 442-0185**	Cov Kev Pabcuam Cia Li Tuaj Nyob Tos rau Cov Hluas hnubnyoog 13-24. Cov Sijhawm Hu thiab Ua haujlwm 12 pm—6 pm Qheb 7 hnub toj ib limtiam. Hu tuaj kom paub meej.
Uplift Family Services https://upliftfs.org/	**(916) 921-0828**	Pab daws teebmeem rau cov menyuam uas raug ntaus los ntawm nws tsev neeg, cov niam txiv, lossis cov siabxyuas, thiab cov kwvtij thiab muam uas tsis cuam tshuam nrog qhov kev quabyuam.

Pab Qhuab Ntuas, Pab Kho, Pab Daws Teebmeem

Stanford Settlement 450 W. El Camino Ave. Sacramento, CA 95833 https://www.stanfordsettlement.org/childrens-program.html	**(916) 927-1303**	Ua haujlwm pab rau cov menyuam nyob cov qib K-6 los ntawm cov kev kawm thiab kev uasi. ***Kev luj tus nqi them taus*** ***Chaw rau Cov Hluas (Teen Center)—rau kev tiv thaiv kom txhob ua txhaum cai thiab rau kev tsim kho loj hlob ntawm kev ua neej. Cov hluas qib 7th—12th .***
Stanford Settlement Neighborhood Center 450 W. El Camino Ave. Sacramento Ca 95833 https://www.stanfordsettlement.org/	**(916) 927-1303**	Cov kooshaum rau cov laus, pab thaum muaj xwm txheej ceev, pab daws teebmeem, tej hauj lwm hauv zos, khoom rau sawv daws thaum txog Christmas, pab npaj ntaubntawv ua se. Cov tswvyim kev ua haujlwm rau cov pabpawg neeg hluas los mus txhawb nqa kev hloov thiab yoog tau kev ua neeg, kev muaj peevxwm ntseeg tau yus tus kheej, kev tuaj mus kawm ntawv, thiab kev tiv thaiv kom tsis txhob ua tej yam yuam cai. Cov kev pabcuam txhawb nqa rau cov cuabyig thiab cov tsevkawm hauv zej zos.
Heartland Child and Family Services 2829 Watt Ave. Ste. 200 Sacramento 95821	**(916) 418-0828**	Kev Pab rau Kev Nyuaj Siab & Tawm Tswvyim (Mental Health & Counseling Support)
811 Grand Ave. Ste. D Sacramento 95838 https://doingwhateverittakes.org/	**(916) 922-9868**	
WellSpace Health 6015 Watt Ave., Ste. 2 North Highlands 95660	**(916) 679-3925**	Kev pab daws thiab kho teebmeem ib pliag rau cov cuabyig, cov menyuam, cov yog ib khub thiab cov uas yog ib leeg.
Lossis	**Lossis**	
8233 E. Stockton Blvd., Ste. D Sacramento https://www.wellspacehealth.org/	**(916)737-5555**	Hu tuaj kom paub meej tshaj no ntxiv
Wind Youth Services https://www.windyouth.org/	**(916) 504-3313**	Kev daws teebmeem, ib leeg, ib pawg thiab cuabyig kev tawm tswvyim los pab rau cov hluas 12-17
Women's Empowerment 1590 North A St. Sacramento 95811 https://womens-empowerment.org/	**(916) 669-2307**	Kooshaum npaj tau rau haujlwm thiab kev txawb siab dag zog rau cov pojniam uas nyob rau txoj kev tsis muaj tsev nyob lossis nyob rau qhov phomsij tsis muaj tsev nyob.

Chaw Pab Hais Plaub/Kuaj Mob

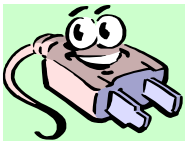
Better Business Bureau 10399 Old Placerville Rd. Sacramento, 95827 https://www.bbb.org/us/ca/sacramento	**(916) 443-6843**	Muaj ntaub ntawv qhia txog kev ua lag luam, muaj kev pabcuam hais txog kev tsis txaus siab ntawm cov tub lag luam thiab cov sab nrauv kev pab daws qhov teebmeem no. Tsis muaj nqi.
Family Justice Center **Hu tuaj kom paub meej** http://www.hopethriveshere.org/	**(916) 875-4673**	Chaw Pab Hais Plaub — Civil Legal Clinic muaj kev pab tau nrog kev npaj ua cov ntaub ntawv txwv tsis pub ib tug twg tuaj ze ib ntus (temporary restraining orders) thiab lwm cov teebmeem txheebze nrog txoj cai ntawm lub cuabyig, pab rau cov raug quabyuam ntawm kev sib ntaus hauv tsev, kev quabyuam cov laus laus, kev quabyuam kov lwm tug thaum tseem tsis tau lawv tso cai thiab kev muag tibneeg. Txhua lwm hnub Wed. thaum 9 am—12 pm
Family Law / Self Help Center Superior Court of California 3341 Power Inn Rd. Sacramento, CA https://www.saccourt.ca.gov/family/self-help-center.aspx	**(916) 875-3400**	Pab hais plaub dawb rau cov tau nyiaj tsawg uas xav tau kev pabcuam raws li no: sib nrauj, them lossis yug cov menyuam (child support), kev thaj tsob tus menyuam (child custody), tuaj xyuas tus menyuam, kuaj ntshav. Hoob cob qhia thiab tsev kuaj mob muaj nyob rau tej thaj chaw uas hais txog plaub ntug ntawm lub cuab yig thiab tsev hais plaub.
lawhelpca.org https://lawhelpca.org/	**NA**	Nrhiav neeg pab txog kev cai lijchoj thiab cov kev pab tus kheej.
Pacific McGeorge School of Law 3200 Fifth Ave. Sacramento, CA 95817 https://www.mcgeorge.edu/	**(916) 739-7191**	Pab hais plaub rau cov tau nyiaj tsawg. Teebmeem ntawm tus tswv tsev thiab tus neeg them tsev, kev tsis muaj nyiaj them (bankruptcy), tsis muaj ntaubntawv nyob teb-chaws (immigration), thiab teebmeem ntawm cov neeg laus. Hu xovtooj tuaj.
Senior Legal Hotline **Lsnc.net**	**(916) 551-2140** *Lossis* **(800) 222-1753**	Cov neeg laus uas muaj 60+ xyoo. Pab sab laj dawb, xws li: Social Security / SSI, Medi-cal / Medicare, daim ntawv teev tseg tias yus lub neej yuav muab tso rau leej twg tom qab yus tuag lawm thiab tsev hais plaub, kev li choj hauv lub cuab yig, kws lij choj, vaj tse, kev ntaus cov laus thiab cov poj yawg txoj cai.
State Bar Association http://www.calbar.ca.gov/	**(866) 442-2529**	Yog xav paub ntau tshaj no ntxiv hais txog nqi them tsawg rau tus kws lij choj lossis rau cov kws lij choj uas tau pab.
Victim-Witness Assistance Program 901 G Street Sacramento, CA https://www.sacda.org/victim-services/victim-witness-assistance-program/	**(916) 874-5701**	Pab ua ntaubntawv, pab daws teebmeem loj, thiab pab cov neeg uas raug ua phem rau kom lawv kaj siab, noj qab nyob zoo, thiab khwv tau nyiaj. Tsis tau them rau covkev pab no.

Tsheb Loom

AMTRAK https://www.amtrak.com/stations/sac https://www.amtrak.com/stations/rsv	**800-268-7252**	401 I St., Sacramento 95814 1389 10th St., Sacramento 95815 201 Pacific St., Roseville 95678
Greyhound Bus Lines https://www.greyhound.com/en-us/bus-station-893189 https://www.greyhound.com/en-us/bus-station-893156	**(916) 444-6858** **Lossis** **(916) 783-4101**	420 Richards Blvd., Sac 95811 201 Pacific St., Roseville 95678
Para Transit (rau cov neeg puas cev (disabled) thiab cov laus tshaj 75+ xyoo) http://paratransit.org/	**(916) 429-2009**	
Regional Transit (RT) http://www.sacrt.com/	**(916) 321-2877**	1225 R St., Sacramento Monday thru Friday Lost & Found RT ID Cards
Sacramento International Airport https://sacramento.aero/smf	**(916) 929-5411**	Tshav dav hlau nyob rau ntawm 6900 Airport Blvd. Sacramento 95837
Yellow Cab https://www.sacramentoyellowcabco.com/	**(916) 444-2222**	900 Richards Blvd. Sacramento 95811 Muaj pab 24 teev ib hnub 7 hnub ib lub limtiam.

Cov Kooshaum Pab Them Nqi Hluav Taws Xob

Asian Community Center (ARI) https://asianresources.org/	**(916) 745-4313**
EAPR (Energy Assistance Program Rate) **(Kooshaum Pab Them Nqi Tsev Hluav Taws Xob)** **Smud.org**	**(888) 742-7683**
HEAP (Home Energy Assistance Program) **(Kooshaum Pab Them Nqi Tsev Hluav Taws Xob)** **Benefits.gov Lossis** **Communityresourceproject.org**	**866-675-6623 lossis** **(916) 567-5200**
Needhelppayingbills.com (xav tau kev pab nrog them nuj nqi)	**NA**
Pacific Gas & Electric (Pa Roj & Hluav Taws Xob) https://www.pge.com/	**(800) 743-5000**
REACH Program **Pge.com**	**(800) 933-9677**
Salvation Army Utility Assistance Program **Sacramento.salvationarmy.org**	**(916) 678-4010**



COV KOOG TSEV KAWMNTAWV

TWIN RIVERS UNIFIED SCHOOL DISTRICT *District Office:* **(916) 566-1600**
5115 Dudley Blvd., McClellan 95652
https://www.twinriversusd.org/

CENTER UNIFIED SCHOOL DISTRICT *District Office* **(916) 338-6400**
8408 Watt Ave., Antelope 95843
https://www.centerusd.org/

ELVERTA JOINT SCHOOL DISTRICT *District Office* **(916) 991-2244**
7900 Eloise Ave., Elverta 95626
https://www.ejesd.net/

NATOMAS UNIFIED SCHOOL DISTRICT *District Office* **(916) 567-5400**
1901 Arena Blvd., Sacramento 95834
https://natomasunified.org/

ROBLA SCHOOL DISTRICT *District Office* **(916) 649-5248**
5248 Rose Street, Sacramento CA 95838
https://www.robla.k12.ca.us/

SACRAMENTO CITY UNIFIED SCHOOL DISTRICT *District Office* **(916) 643-7400**
5735 47th Ave., Sacramento 95824
https://www.scusd.edu/

Them Nqi Zov Menyuam Tsawg/ PRESCHOOLS

BEANSTALK
(916) 344-6259
(Xav Paub Ntxiv)
COV CHAW ZOV MENYUAM

Beanstalk.ws

(916) 566-1820 Dry Creek Elem.
1230 G St.,
Rio Linda CA 95673

(916) 566-1660 Regency Park Elem.
5901 Bridgecross Dr.
Sacramento, CA 95835

(916) 566-1950 Ridgepoint Elem.
4680 Monument Dr.
Sacramento, CA 95842

HEAD START
(SETA)

Headstart.seta.net

(916) 563-5125 6015 Watt Ave. # 5, North Highlands
(916) 563-5383 3829 Stephen Dr., North Highlands
(916) 563-5360 5665 Hillsdale Blvd. # 4, Sacramento
(916) 563-5350 5249 Elkhorn Blvd.

STATE & FIRST 5 SACRAMENTO PRESCHOOL a.m. lossis p.m.
(916) 566-1616

916) 566-3420 Castori Elem.
1801 South Ave., Sacto CA 95838

(916) 566-3425 Del Paso Elem
590 Morey Ave., Sacto CA 95838

(916) 566-3460 Garden Valley Elem.
3601 Larchwood Dr., Sato 95834

(916) 566-3475 Hagginwood Elem.
1418 Palo Verde Ave., Sacto 95815

(916) 566-1880 F.C. Joyce Elem.
6050 Watt Ave., N.H. CA 95660

(916) 566-1850 Kohler Elem.
4004 Bruce Way, N.H. CA 95660

(916) 566-2700 Las Palmas Elem.
477 Las Palmas Ave., Sacto CA 95815

Them Nqi Zov Menyuam Tsawg/ PRESCHOOLS

STATE PRESCHOOL (Xeev Cov Tsevkawm Ua Ntej)	**(916) 566-2705**	Northwood Elem. 2630 Taft. St., Sacramento 95815
	(916) 566-1910	Orchard Elem. 1040 Q St., Rio Linda 95673
	(916) 566-1960	Sierra View Elem. 3638 Bainbridge Dr., N.H. 95660
	(916) 566-2740	Smythe Elem. 2781 Northgate Blvd., Sacto 95833
	(916) 566-2745	Strauch Elem. 3141 Northstead Dr., Sacto 95833
	(916) 566-2755	Woodlake Elem. 700 Southgate Rd., Sacto 95815
	(916) 566-1670	Woodridge Elem. 5761 Brett Dr., Sacto 95842
FULL-DAY PRESCHOOL (Cov Tsevkawm Ua Ntej uas Qhia Kawm Ib Hnub Nkaus) 566-1616	**(916) 566-3415**	Babcock Elem. 2400 Cormorant Way, Sacto 95815
	(916) 566-1850	Kohler School 4004 Bruce Way, N.H. CA 95660
	(916) 566-1900	Madison Elem. 5241 Harrison St., N.H. CA 95660
	(916) 566-2700	Las Palmas Elem. 477 Las Palmas Ave., Sacto 95815
	(916) 566-2705	Northwood Elem. 2630 Taft. St., Sacto 95815
Pacific (Infant \Toddler Only) (Menyuam Mos Xwb)	**(916) 566-2715**	Pacific High 6560 Melrose Dr., N.H. 95660
	(916) 566-2740	Smythe Elem. 2781 Northgate Blvd., Sacto 95833
	(916) 566-2745	Strauch Elem. 3141 Northstead Dr., Sacto 95833
	(916) 566-1980	Vineland Preschool 6450 20th St., Rio Linda 95673
	(916) 566-1670	Woodridge Elem. 5761 Brett Dr., Sacto 95842
TRUSD HEADSTART	**(916) 566-3485**	Morey Ave. Elem. 155 Morey Ave., Sacto 95838
	(916) 566-3485	Rio Linda Pre School 631 L St., Rio Linda 95673
	(916) 566-1910	Oakdale Elem 3708 Myrtle Ave., N.H. 95660
	(916) 566-1970	Villaga Elem. 6845 Larchmont Dr., N.H. 95660
STATE SCHOOL AGE CHILD CARE (Xeev Lub Tsevkawm Hnubnyoog Zov Menyuam)	**(916) 566-2705**	Northwood Elementary 2630 Taft St., Sacto 95815

Cov Kev Faj Mus Rau Chaw Zov Menyuam

CHILD ACTION **(916) 369-0191**
https://wp.childaction.org/
Qhia txog pab zov menyuam pub dawb thiab xa mus rau cov chaw zov menyuam xws li: child care centers (cov thajchaw zov menyuam), family day care homes (tsevneeg hnub saib xyuas cov tsev), nursery schools(cov tsevkawm zov menyuam mos), thiab ua ntej thiab tomqab tsevkawm cov phiajxwm pab qhia ntawv (before and after-school programs).

InfoLine Sacramento **(916) 498-1000**
http://www.211sacramento.org/211/
Sacramento Cov Chaw Hauv Zej Zos Kev Faj Mus Rau

Kev Pab Qhia Ntawv

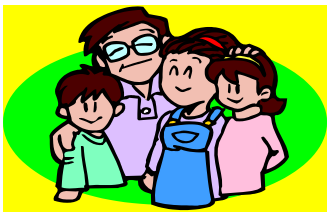
Asian Community Center (ARI) (Neeg Esxias Hauv Zos Thajchaw) **(916) 745-4313**
https://asianresources.org/
5750 Sunrise Blvd., Ste. 100 Citrus Heights

California Learning Center (Chaw Kawm Ntawv) **(916) 486-2646**
https://www.californialearningcenter.com/
3400 Cottage Way, Ste. C, Sacramento

Huntington Learning Center (Chaw Kawm Ntawv)
https://huntingtonhelps.com/center/citrus-heights
(916) 728-2981
8091 Greenback Ln. Ste B Citrus Heights

(916) 564-8383
69 University Ave., Sacramento

Kumon Math and Reading Center (Chaw Ua Zauv thiab Nyeem Ntawv) https://www.kumon.com/NATOMAS **(916) 574-9810**
4321 Truxel Rd., Ste F3, Sacramento



Cov Kooshaum Qhia Kom Coj Tus Qauv Zoo

Big Brothers/Big Sisters (Tijlaug/Muam Hlob) **(916) 646-9300**
https://bbbs-sac.org/
Kev pab rau cov menyuam uas muaj txiv lossis muaj niam xwb, los nrog ib tug neeg coj tus qauv zoo cog kev phooj ywg, kom tsim txiaj, txais kev cob qhia los ntawm tus neeg laus no.

Pro Youth and Families (Cov Hluas thiab Cov Cuabyig) **(916) 576-3300**
http://proyouthandfamilies.org/
Nrhiav ib tug neeg muaj tus qauv zoo hauv tsev ua lag luam thiab hauv koom haum nyob ib cheeb tsam los nrog cov tub ntxhais uas kawm tsis tau ntawv kom lawv rau siab kawm, pab lawv tus kheej, thiab pab lawv lub neej.

Roberts Family Development Center **(916) 646-6631**
***Teen Intern Program**
***After-School Program**
***Kinder Prep Program**
https://www.robertsfdc.org/
Tus Phiajxwm Kev Npaj Txhij rau Haujlwm (Career Readiness) muab tsevkawm theem siab cov tub ntxhais kawm tso ua haujlwm nrog ib lub koos haum tomqab lawb ntawv ib tug coj saibxyuas cov me nyuam kawm los pab nws khiav haujlwm ua txhua hnub. Qhov kev ua no, cov tub ntxhais kawm siv tau los hais tias lawv tau muaj cov sijhawm tuaj pab kawm ntawv, tau ua zej zos cov sijhawm kev pabcuam, lossis tau ua cov sijhawm pab dawb uas siv tau rau tsevkawm theem siab kev kawm tiav.

Kev Pab Nrhiav Haujlwm thiab Kev Cob Qhia Ua Haujlwm

Asian Community Services (ARI) 5720 Sunrise Blvd., Suite 100 Citrus Heights 95610 https://asianresources.org/	**(916) 745-4313**	Cov phiajxwm no muab tau yam kev pab thiab txiajntsim rau lub zej zog. Xws li ntawm kev cobqhia xyaum cov kev paub kev txawj npaj li cas ua ntej nrhiav tau haujlwm mus rau cov kev pabcuam nrhiav haujlwm rau. Hu tuaj kom paub meej.
Black Child Legacy Campaign **Foothill Farms & North Highlands** Liberty Towers / Impact Sac 5132 Elkhorn Blvd. Sacramento 95842 https://blackchildlegacy.org/neighborhoods/foothillfarms-northhighlands/ **Del Paso Heights & North Sacramento** Roberts Fam. Dev. Ctr.— Greater Sac. Urban League 7325 Marysville Blvd., RM 203 Sacramento 95838 https://blackchildlegacy.org/neighborhoods/delpaso-northsac/	**(916) 339-3515** **(916) 646-6631**	Muaj ntau hom kev pabcuam xam nrog cov chaw kev pab txhawb nqa ntawm kev saibxyuas tus menyuam mos uas tseem tsis tau yug mus rau tus menyuam mos, kev tawm suab thiab kev txhawb nqa lub cuabyig, kev npaj rau haujlwm thiab muaj kev txuas mus paub txog lwm cov tuamtxhab. Hauv chaw ua haujlwm cov kev sib paub sib raug zoo nrog lub cheeb nroog cov tuamtxhab zoo xws li Chav Tswj ntawm Tibneeg Kev Pab, Cov Kev Pabcuam Tiv Thaiv Menyuam (CPS) thiab Soj Saibxyuas Ib Ntu kuj muaj.
Greater Sacramento Urban League 3725 Marysville Blvd., Sacramento 95838 http://www.gsul.org/	**(916) 286-8600**	Cob qhia ua hauj lwm siv computer, thiab kawm daim GED.
Mutual Assistance Network of Del Paso Heights 811 Grand Ave., Suite A-3 Sacramento CA 95838 https://www.mutualassistance.org/	**(916) 927-7694**	Pab nrhiav hauj lwm, pab tsa nws lub neej thiab pab cob qhia txog hauj lwm, thiab cob qhia txog kev ua niam tsev txiv tsev zoo rau menyuam.
Pride Industries 10030 Foothills Blvd. Roseville, CA 95747 https://prideindustries.com/	**(916) 788-2100** **Lossis** **(800) 550-6005**	Lub kooshaum kev tswj cwjpwm cov neeg muaj hnubnyoog hnub rau cov neeg uas muaj kev txwv ua tsis tau (disabilities). Haujlwm Kev Npaj Tau Txhij/Kev Ua Haujlwm (Readiness/Employment).
Sacramento Works One-Stop Career Center 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842 https://sacramentoworks.org/	**(916) 263-4100**	Nyiaj poob hauj lwm; pab cob qhia ua hauj lwm, pab nrhiav hauj lwm; CAL-JOBS
Twin Rivers Adult School 5703 Skvarla Ave. McClellan 95652 http://www.tras.edu/	**(916) 566-2785**	Them tsawg lossis tsis tau them hoob hauv Adult Basic Education, npaj daim GED thiab xeem, lwm yam zoo sib xws.

Cov Chaw Ua Si thiab Tshav Ua Si (Parks)

Arcade Creek Recreation & Park Dist
4855 Hamilton Street
Sacramento 95841
https://www.acrpd.com/
(916) 482-8377 Muaj cov hoobkawm, cov kev cobqhia thiab cov programs

City of Sacramento Park & Recreation
915 I Street., 5th Floor
Sacramento 95814
https://www.cityofsacramento.org/ParksandRec
(916) 808-5200 Muaj pua pau hoob kawmntawv, cov kev cobqhia thiab cov programs nyob rau hauv cov tsevkawm thoob plaws lub nroog.

Gibson Ranch
8552 Gibson Ranch Road,
Elverta 95626
https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx
(916) 806-3868 Ib thaj chaw dav heev nyob rau County park. Menyuam yuav pom nees, os, tshis, thiab lwm yam tsiaj.

Mutual Assistance Network
3625 Norwood Ave
Sacramento 95838
https://www.mutualassistance.org/pages/contact-us/
(916) 696-6689 Ua haujlwm rau Del Paso Heights lub zej zog. Ib qho chaw nyabxeeb uas muaj ntau cov kooshaum npaj los cuag tau cov kev xav tau ntawm cov neeg nyob ib cheeb tsam.

No. Highlands Recreation & Park Dist
6040 Watt Avenue
North Highlands 95660
http://www.nhrpd.org/
(916) 332-7440 Muaj cov hoobkawm, cov kev cobqhia thiab cov programs

Rio Linda Elverta Recreation & Park Dist
810 Oak Lane
Rio Linda 95673
https://www.rleparks.com/
(916) 991-5929 Muaj cov hoobkawm, cov kev cobqhia thiab cov programs

Sunrise Recreation & Park Dist
7801 Auburn Blvd.
Citrus Heights 95610
https://www.sunriseparks.com/
(916) 725-1585 Muaj cov hoobkawm, cov kev cobqhia thiab cov programs

Cov Chaw Saib Ntawv (Libraries)

Del Paso Hieghts
920 Grand Ave., Sacramento 95838
https://www.saclibrary.org/Locations/Del-Paso-Heights
(916) 264-2920 Hu tuaj seb qheb lub sijhawm twg

No. Highlands-Antelope Library
4235 Antelope Road, Antelope 95843
https://www.saclibrary.org/Locations/North-Highlands-Antelop
(916) 264-2920 Hu tuaj seb qheb lub sijhawm twg

No. Sacramento Hagginwood Library
2109 Del Paso Blvd., Sacramento 95815
https://www.saclibrary.org/Locations/North-Sacramento-Hagginwood
(916) 264-2920 Hu tuaj seb qheb lub sijhawm twg

Rio Linda Neighborhood Library
6724 6th Street, Rio Linda 95673
https://www.saclibrary.org/Locations/Rio-Linda
(916) 264-2920 Hu tuaj seb qheb lub sijhawm twg

Dial-A-Story (Askiv) **(916) 441-1234** Cov dabneeg luv luv uas tau theej t
rau cov menyuam hnubnyoog li
3-6. Saib tau 24-teev.