

# 2024—2025 COV KEV PAB LUB CUABYIG



**Tsim los ntawm:**  
**Twin Rivers Unified Koog Tsev Kawmntawv**  
**Chav Tswj Menyuum Kawm Cov Kev Pabcuam**  
**Chav Tswj Menyuum Kev Nyob Zoo & Tuaj Kawm Ntawv**

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 **211** los yog **(916) 498-1000** yog xav paub ntxiv, los sis mus hauv lub vej xaij ntxiv <https://www.211sacramento.org/211/>.

Koj kuj mus xyuas tau lub vej xaij no yog xav tau lwm yam kev pab ntxiv: <https://www.findhelp.org/>

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

- Koj xav nrog **LEEJTWG** 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.***

**Cov Zauv Nquag Siv TshajNpe**

**Zauv Xovtooj**

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"Ntau zaus peb yuav swb tiamsis peb tsis txhob cia qhov ntawd ua rau peb nyoo." — Maya Angelou

## Cov Zauv Xov Tooj Thaum Muaj Xwm Txheej Ceev

<u>Tub ceev xwm, tub tua hluav taws, tsheb thauj mob</u>	<b>911</b>	
<u>Twin rivers usd cov tub ceevxwm</u>	<b>(916) 566-2777</b>	
<u>Chaw pab tiv thaiv cov neeg laus</u>	<b>(916) 874-9377</b>	
<u>Chaw pab cov menyuam raug ntaus</u>	<b>(916) 874-5191</b>	
<u>Xovtooj nrhiav menyuam</u>	<b>(800) IAMLOST (426-5678)</b>	
<u>Chaw pab tiv thaiv cov menyuam (CPS)</u>	<b>(916) 875-KIDS (5437)</b>	
<u>County Mental Health tus xovtooj (24 Teev)</u>	<b>(888) 881-4881 los sis (916) 875-1055</b>	
<u>Crisis Nursery (Pab Niam Txiv/Cuabyig Thaum muaj Teebmeem)</u>	<b>(916)679-3600 (Pasadena Ave.)</b> <b>(916)394-2000 (Land Park Dr.)</b>	
<u>Neeg Khiav Ua Loj Leeb hauv Tebchaws</u>	<b>(800) RUNAWAY (786-2929)</b>	
<u>National Suicide Prevention Lifeline</u>	<b>988 (24/7 Hotline) hu los yog ntaus ntauwv</b> <b>1-888-628-9454 (Lus Mev)</b>	
<u>Thajchaw Saib Xyuas Tshuaj Lom</u>	<b>(800) 222-1222</b>	
<u>Xovtooj rau cov pojniam lub cev xeeb menyuam</u>	<b>(916) 451-2273</b>	
<u>Pab kev sib txuas lus (Relay Service)</u>	<b>711</b>	
<u>Xov tooj pab txwv kom txhob tua tus kheej</u>	<b>(916) 368-3111</b>	
<u>Muaj Teebmeem Kub Ntxhov Ntaus Ntauwv (Kev pab siab ntsws)</u>	<b>74171</b>	
<u>WEAVE tus xov tooj (kev sib ntaus hauv lub cuab yig)</u>	<b>(916) 920-2952</b>	
<u>Well Space -Xovtooj pab niam txiv (Teebmeem Ntxhov)</u>	<b>(888) 281-3000</b>	
<u>Wind Youth Cov Kev Pabcuam (Cov Hluas) 24 teev xovtooj tsev nyob</u>	<b>211 or (916) 628-1492</b>	

## Cov Zauv Xovtooj Thaum Tsis Muaj Xwm Txheej Ceev

<u>InfoLine Sacramento (tus xovtooj muaj lus nug)</u>	<b>(916) 498-1000 or 2-1-1</b>	
<u>Kev Pab rau Menyuam thiab Tus Laus</u>	<b>(916) 875-1055</b>	
<u>Muaj Kev Quav Dej Quav Caws Tsis Qhia Npe Los Tau</u>	<b>(916) 454-1100</b>	
<u>Alanon / Alateen (Tsevneeg/phoojywg ntauwv tus neeg quav caw) Xovtooj Nug</u>	<b>(916) 334-2970</b>	
<u>California Smokers' Helpline Puas xav tsum txoj kev haus luamyeeb?</u>	<b>(800) NOBUTTS (662-8887)</b>	
<u>Chaw pab txwv kom txhob ntaus tus menyuam</u>	<b>(916) 244-1900</b>	
<u>Nar-Anon (Tsevneeg/phoojywg ntauwv tus neeg quav tshuaj) Xovtooj Nug</u>	<b>(800) 477-6291 (nar-anon.org)</b>	
<u>Muaj Kev Quav Yeeb Tsis Qhia Npe Los Tau</u>	<b>(877) 623-6363</b>	
<u>Tub Ceev Xwm (Sheriff) Chaw Pab Thaum Tsis Muaj Xwm Txheej Ceev</u>	<b>(916) 874-5115</b>	
<u>Chaw Pab Neeg Raug Tsim Txom (Victim) / Neeg Ua Povthawj (Witness)</u>	<b>(916) 874-5701</b>	
<u>WEAVE (Kev Sib Ntaus Hauv Lub Cuabyig)</u>	<b>(916) 448-2321</b>	
<u>Wind Youth Services (Cov Hluas Cov Kev Pabcuam)</u>	<b>(916) 561-4900</b>	

## Chaw Faib Zaub Mov



**Cal Fresh (Nyiaj Muas Noj)** Dept. of  
Human Assistance 1725 28th St  
Sacramento 95816  
[www.cdss.ca.gov/food-nutrition/calfresh](http://www.cdss.ca.gov/food-nutrition/calfresh)

**(800) 560-0976**

Cov cuabyig tau nyiaj tsawg, muaj yuavluag txhua hom lus, CALWORKS, kev pab thuaipais, thiab pab nyiaj lwm yam uas tsis yog nyiaj muas noj.

**Carmichael Food Closet**  
5645 Marconi Ave.  
Carmichael 95608  
[www.carmichaelpres.org/community-care](http://www.carmichaelpres.org/community-care)

**(916) 483-9232**

Qheb M/T/Th/Fri. Hu tuaj qhia xav tau cov zaub mov nyob ntu thaum 10:00 am thiab 12:00 pm. Tuaj nqa cov zaub mov uas tau hu tuaj qhia nyob ntu thaum 1:30 pm thiab 2:00 pm. Chaw pab hauv Sacramento County cov zip codes. Tseev kom nqa daim duab ID thiab ntawv povthawj chaw nyob.

**Family and Community  
Engagement/TRUSD**  
[www.trusd.net/StudentsFamilies/Family-and-Community-Engagement-FACE/Community-Resources/index.html](http://www.trusd.net/StudentsFamilies/Family-and-Community-Engagement-FACE/Community-Resources/index.html)

**(916) 566-1788**

Twin Rivers Unified School District muaj kev faib zaub mov PUB DAWB rau cov tibneeg khwv tau nyiaj tsawg uas nyob hauv zej zog. Cov zaub mov no muaj kev txhawb nqa los ntawm Sacramento Food Bank and Family Services.

**Loaves & Fishes**  
Dinning Room  
1321 North C Street Sacramento 95811  
[www.sacloaves.org](http://www.sacloaves.org)

**(916) 446-0874**

Monday-Friday 11:30 sawv ntxov- 1:00 tavsu  
Saturday thiab Sunday 11:00 sawv ntxov-12:30 pm  
Mus nqa tau cov pib lav mov ntawm Friendship Park  
thaum 7:00 sawv ntxov thiab 12:30 tav su (dawb xwb)

**Mary's House**  
1351 North C St. Sacramento 95811  
[www.maryshouse.com](http://www.maryshouse.com)

**(916) 446-4961**

Muaj tshais noj rau cov pojniam thiab lawv tsev neeg. Hu tuaj kom paub ntxaws tshaj no ntxiv.

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

**(916) 836-1037**

Pab rau cov tibneeg nyob Rio Linda & Elverta. Thov hu tuaj kom paub ntxaws tshaj no ntxiv.

**River City Food Bank**  
1800 28th St.  
Sacramento 95816 &  
2300 Edison Ave.  
Sacramento, CA 95821  
[www.rivercityfoodbank.org](http://www.rivercityfoodbank.org)

**(916) 446-2627**

Sijhawm Faib Zaub Mov: Midtown: Tuesday thiab Thursday: 10:30 a.m. – 1:30p.m.  
Arden Arcade: Wednesday thiab Friday 10:30a.m.- 1:30p.m. Hu tuaj kom paub txog cov xaub moos, qhov chaw, thiab kom paub ntxaws tshaj no ntxiv.

**Sacramento Food Bank & Family  
Services**  
[www.sacramentofoodbank.org](http://www.sacramentofoodbank.org)

**(916) 456-1980**

## Chaw Faib Zaub Mov *Toj Ntxiv Mus...*

### Salvation Army

3213 Orange Grove Ave. North  
Highlands 95660

(916) 678-4010

Thawv Zaub Mov & Zaub De Tshiab; Tuesday,  
Wednesday, Thursday pib thaum 9:00 sawv ntxov -  
1:00 tav su

Zaub Mov Rau Cov Laus 60+: Hnub  
Monday&Thursday Thib Plaub pib 9:00 sawv  
ntxov -1:00 tav su. Thov hu tuaj kom paub ntxaws  
tshaj no ntxiv thiab yuav tseev kom ua dabtsi.

### St. John's Lutheran Church 1701

L Street Sacramento 95811  
[https://www.stjohnslc.org/direct-  
services](https://www.stjohnslc.org/direct-services)

(916) 444-0874

Pluag Mov Pilgrimage: Txhua thawj hnub Monday,  
Hnub Monday thib peb thiab thib tsib ntawm txhua  
lub hlis pib thaum 2:00 txog 4:00 tav su, ib pluag  
mov ua tshiab thiab kub rau txhua tus uas tsis muaj  
mov noj.

Khoom Txom Ncauj Tav Su: Rau txhua Hnub  
Monday thib ob thiab thib plaub, Hnub Wednesday  
thiab Thursday pib thaum 2:00 txog 4:00 tav su, ib  
lub hnab ntim khoom txom ncauj rau cov tsis muaj  
mov noj tuaj nqa mus.

### Sunrise Food Closet-Sunrise

Christian Food Ministry

(916) 965-5431

Qhib rau txhua tus. Thov hu tuaj kom paub ntxaws  
tshaj no ntxiv.

### Union Gospel Mission

400 North Bannon St.  
Sacramento 95811

[www.ugmsac.com](http://www.ugmsac.com)

(916) 447-3268

Zaub mov nqa tuaj pub dawb:

Hu tuaj ua ntej 11:30 sawv ntxov rau hnub tuaj nqa thawv  
mov es thiaj li tau

Tuaj nqa nyob hnub Tuesday thiab Thursday.

Yuav tsum nqa daim ID duab & ntawv pov thawj  
chawnyob

### WIC

811 Grand Ave., #1  
Sacramento 95838

[https://dhs.saccounty.gov/PUB/W  
IC/Pages/Women-Infants-and-  
Children-Home.aspx](https://dhs.saccounty.gov/PUB/WIC/Pages/Women-Infants-and-Children-Home.aspx)

(916) 876-5000

Lub Kooshaum Pojnim, Menyuum Mos, thiab Cov  
Menyuum Yaus muab zaub mov rau pojnim tabtom  
xeeb tub thiab cov nyob nruab hlis. Cov menyuum mos  
ab thiab cov menyuum hnubnyoog qis tshaj 5 xyoos  
Hu tuaj kom paub ntxaws tshaj no



## Chaw Faib Ris Tsho

**First Baptist Church of North Sacramento**  
2601 Del Paso Blvd.  
Sacramento 95815

**(916) 922-9365**

Friday 9:30 sawv ntxov -12 tavsu  
Kuj muab hnabev uas muaj nyob rau  
hauv yog tuaj kom paub txog cov  
ntaubntawv qhia txog thiab kom totaub  
meej

**Francis House Center - A Program of Next Move**  
1422 C Street  
Sacramento 95814

**916-443-2646**

Cov Sijhawm Faib: Monday,  
Tuesday, Thursday, thiab Friday  
9 am - tavsu; Yuav tsum muaj daim ID.

**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 Pojnim  
thiab Menyuam cov khaubncaws  
T/TH thaum 9 am.

## Kiabkhw Muag Pheejiyig (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**

[www.goodwillsacto.org](http://www.goodwillsacto.org)

### **Pacific Thrift Store**

6101 Watt Ave.  
North Highlands 95660  
Watt & Don Julio

**(916) 514-0154**

[www.pacificthriftstore.com](http://www.pacificthriftstore.com)

Tsev Rau Cov Tau  
Nyaj Tsawg

**Mercy Housing of Sacramento**  
[www.mercyhousing.org](http://www.mercyhousing.org)

**(916) 414-4400**

Tsev them pheej yig. Hu tuaj kom paub ntxaws tshaj no.

**Mutual Housing California**  
3321 Power Inn Rd. Ste 320  
Sacramento 95826  
[www.mutualhousing.com](http://www.mutualhousing.com)

**(916) 453-8400**

Tsim txuas thiab khiav tes haujlwm tsev pheej yeej thiab kav ntev rau zej zog. Hu tuaj kom paub ntxaws tshaj no.

**Salvation Army**  
Rental Assistance Program

**(916) 678-4010**

Pab them nqi tsev, khiav tsev los yog pab kom tsis txhob raug laj tawm tsev. Kev pab nyob raws muaj peev nyiaj pab thiab seem li cas los pab xwb.

**SHRA (Sacramento Housing & Redevelopment)**

**(916)440-1390**

Muaj tsev pheej yig rau koj xaiv nyob.

<https://www.shra.org/other-affordable-housing-options/>

**SHRA (Sacramento Housing & Redevelopment)** <https://www.shra.org/>

**(916)442-9210**

Koom haub pab cuam Housing Choice Voucher Program

[housing-choice-voucher-program/](https://www.shra.org/housing-choice-voucher-program/)

**YWCA**  
1122 17th St. Sacramento 95811

**(916)800-9773**

Kev pab cov poj niam khwv tau nyiaj tsawg nrhiav chaw nyob. Muaj chav xaub nyob. Tsis pub muaj menyuam. Kuj yuav tau ua npe tos koj thib. Hu tuaj yog xav paub kom ntxaws tshaj no.

[www.ywcacccc.org](http://www.ywcacccc.org)



Tsev Nyob /  
Thaum Muaj Xwm Txheej Ceev  
 Thov hu rau 211 ua ntej koj yuav mus cuag cov kev pab hauv no

<b>Family Promise</b>	<b>(916) 443-3107</b>	Muaj tsev rau koj nyob 90 hnub. Thov hu tus xov tooj no.
<b>Friendship Park</b> 1321 North C St. Sacramento	<b>211; (916) 443-7378</b>	Mus muab puas tshais noj, kev kawm kev uasi lwm yam, xovtooj, chaw saib ntawv, chaw da dej, ntxhua khaubncaws, thiab ntau yam ntxiv. Thov hu tuaj kom paub ntxaws tshaj no ntxiv.
<b>Lutheran Social Services</b> 4390 47th Ave Sacramento 95824	<b>211; (916) 453-2900</b>	Tsev nyob thiab kev pab cuam rau cov hluas uas tsis muaj tsev nyob, hnub nyoog 18-24 xyoos kom tsis txhob mus nyob tom tej kev.
<a href="https://www.lssnorcal.org/what_we_do/concord_redding_stockton_sacramento/connections.html">https://www.lssnorcal.org/what_we_do/concord_redding_stockton_sacramento/connections.html</a>		
<b>My Sister's House</b> <a href="http://www.my-sisters-house.org">www.my-sisters-house.org</a>	<b>(916) 428-3271</b> <i>Xovtooj 24 Teev</i> <i>Ntau hom lus</i>	Kev xa mus cuag kev pab sab nraud thiab kev pab cuam thuaj pais. Ib thajchaw nyabxeb 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 ntxaws tshaj no ntxiv.
<b>Next Move</b> Homeless Services <a href="http://www.nextmovesacramento.org">www.nextmovesacramento.org</a>	<b>211; (916) 455-2120</b>	Tsev nyob rau tsev neeg thiab cov neeg laus ib leeg thaum muaj xwm ceev. Hu tuaj kom paub ntxaws tshaj no ntxiv
<b>Overcomers Program</b> <a href="http://www.overcomersprogram.org">www.overcomersprogram.org</a>	Kooshaum rau Cov Pojniam <b>(916) 924-3113</b> Kooshaum rau Cov Txivneej <b>(916) 920-3082</b>	Cov kooshaum pab nrhiav tsev nyob rau thiab kev pab rau cov txiv neej thiab poj niam. Hu kom paub ntxaws tshaj no ntxiv txog
<b>Sacramento Housing Crisis Line</b>	<b>Ntaus 211, ces nias tus lej 8</b>	Kev pab kom txis txhob plam koj lub tsev, pab nrhiav chaw nkaum thaum muaj xwm ceev, thiab kev pab ib tug zuj zus yog ntsib teeb meem kub ntxhov ntawm vaj tse.

**Tsev Nyob Thaum Muaj Xwm Txheej Ceev**  
**Thov hu rau 211 ua ntej koj yuav mus cuag cov kev pab hauv no**

<p><b>Salvation Army/Center of Hope Emergency Shelter</b> 1200 N. B Street Sacramento 95814 <a href="https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/">https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter/</a></p>	<p><b>211</b></p>	<p>Cov kev pabcuam rau cov qub tub rog tsis muaj tsev nyob, txivneej thiab pojniam huvtiksi (18 thiab rov sauv). Yuav tsum muaj Kaiser qhov povhwm kho mob, thov hu tuaj kom paub ntxaws tshaj no.</p>
<p><b>Shores Of Hope</b> <a href="http://www.shoresofhope.org/transitional-housing.html">http://www.shoresofhope.org/transitional-housing.html</a></p>	<p><b>(916) 372-0200</b></p>	<p>Tsev nyob ib ntus rau cov hluas hnuv nyoog 18 txog 22, uas nrog niam qhuav txiv qhuav nyob yav tag los; los yog tab tom tsis muaj tsev nyob rau tam sim no. Hu tus xov tooj no.</p>
<p><b>Step Up on Second</b></p>	<p><b>211</b></p>	<p>Kev pab muab tsev so nyob rau tsev neeg uas muaj menyuam. Yuav tseev kom tau kev xa los ntawm 211.</p>
<p><b>St. John's Shelter</b> <a href="http://www.saintjohnsprog.org">www.saintjohnsprog.org</a></p>	<p><b>211</b></p>	<p>Tsev rau cov pojniam thiab cov menyuam yaus uas tsis muaj tsev nyob. Cov menyuam yuav tsum nyob hauv qab 18 xyoo, thiab tseem mus kawm ntawv.</p>
<p><b>Travelers Aid Emergency Assistance Agency</b> 2251 Florin Rd. Suite 124 Sacramento 95822 <a href="http://www.taeea.org/">http://www.taeea.org/</a></p>	<p><b>(916) 399-9646</b></p>	<p>Muaj kev pab nyob lub caij xwmtxheej ceev rau yav caij nruab hnuv thiab tom qab sijhawm ua haujlwm rau cov cuabyig tsis muaj tsev nyob los ntawm muab tsev tos qhua rau thiab pib lav mov noj, kev pab them tsev, kev pab them dej fais fab, thiab kev pabcuam tswj muab kev pab (case management). Hu tuaj yog xav paub kom ntxaws tshaj no.</p>
<p><b>Union Gospel Mission</b> 400 North Bannon St. Sacramento 95811  <a href="http://www.ugmsac.com">www.ugmsac.com</a></p>	<p><b>(916) 447-3268</b>  <b>Koom Haum Kev Pab Txiv Neej Pib Lub Neej Tshiab</b></p>	<p>Tsev rau Cov Txivneej pw txhua hmob pib thaum 5:30 tsaus ntuj, leej twg tuaj ua ntej ces tau xwb. Kev muab tsev nyob rau 10 lub hlis rau cov txiv neej thum yeeb tshuaj dej cawv. Yuav tsum tuaj tso npe tim ntsej tim muag txhua Hnuv Monday – Thursday thaum 10 – 11 sawv ntxov thiab 1 – 2 tav su. <i>Union Gospel tseev kom koj muaj ib daim ID uas tseem siv tau thiab ntawv pov thawj tsis muaj tus mob TB rau ob yam tiksi.</i></p>
<p><b>WEAVE Safe Shelter</b> <a href="http://www.weaveinc.org">www.weaveinc.org</a></p>	<p><b>(916) 920-2952</b> (xovtooj 24- teev)</p>	<p>Tsev nyob ntu rau cov tibneeg uas raug mos, raug quabyuam lub cev, raug coj mus muag sibdeev, raug quabyuam hauv tsev thiab lawv cov menyuam. Muab ib thajchaw nyabxeeb rau nyob, muab zaub mov rau noj, ris tsho, tsheb thauj thaum muaj xwmtxheej ceev thiab kev pabcuam tawm suab maub kev pab (social service). Hu tus xovtooj 24- teev yog koj xav tau kev pab.</p>

**Tsis Muaj Tsev Nyob Cov Thajchaw Tuaj Tos**  
**Thov hu rau 211 ua ntej koj yuav mus cuag cov kev pab hauv no**

**WIND Youth Services**  
 815 S St.  
 Sacramento 95811  
[www.windyouth.org](http://www.windyouth.org)

**(916) 561-4900**

Tsev nyob thaum muaj xwm txheej ceev rau cov hluas hnuvnyoog 12 mus rau 17 xyoo uas tau khiav ua lojleeb lawm, raug ntiab tawm hauv lawv lub tsev, lossis tsuas xav tau sijhawm los mus nyob ob peb hnuv kom “siab txias”.

**(916)628-1492**  
 xovtooj 24 teev tsev nyob

**(916) 504-3313**  
 Qhov chaw cia li tuaj

Ua haujlwm rau cov hnuvnyoog 18-24 xyoos uas tabtom ntsib kev txomnyem tsis muaj tsev nyob Hu tuaj yog xav paub ntxiv.

**Maryhouse - Loaves & Fishes**  
 1351 North C Street  
 Sacramento 95811

**211; (916) 446-4961**

Kev pab nruab hnuv tsis txwv leej twg. Kev pab rau cov pojniam menyuum uas tsis muaj tsev nyob. Muaj kas fes haus, khoom siv tu ib ce, chaw da dej, kev pab taw qhia, tej ntawd. Hu tuaj yog xav paub kom ntxaws tshaj no.

**Respite Center-North Sacramento HART**  
 MT. Calvary Baptist Church  
 3407 Altos Ave  
 Sacramento 95838  
[www.hartstogether.org](http://www.hartstogether.org)

Wednesdays  
 9:00 sawv ntxov-12:00  
 tav su

Muab ib thaj chaw nyob nyab xeeb, tau kasfes haus, zaub mov noj thiab cov khoom siv siv thiab chav dej siv rau cov neeg zej zog uas tsis muaj tsev nyob.

**Sacramento LGBT Community Center-Respite Drop In Center**  
 1015 20th Street  
 Sacramento 95811  
[www.saccenter.org/mental-health](http://www.saccenter.org/mental-health)

**(916) 442-0185**

Tuesday thiab Thursday  
 10:00 sawv ntxov - 4 tav  
 su

Respite center rau cov LGBT 25 xyoos thiab laus tshaj rov sauv thiab muab ib thaj chaw nyabxeeb rau so. Muaj rau cov uas muaj teebmeem thiab uas xav tso pa lossis tham lus nrog ib tug phoojywm tawm tswvyim. Qhib rau cov neeg laus 25 xyoos rov saud los yog ib tug neeg twg uas muaj feem nyob rau pawg LGBTQ+. Muaj kev pab rau cov ntsib kev kub ntxhov thiab xav nrog ib tug neeg txhawb siab tham.

**Sacramento LGBT Community Center-Q Spot**  
 1015 20th Street  
 Sacramento 95811  
[www.saccenter.org/youth](http://www.saccenter.org/youth)

Monday txog Friday  
 12 tav su txog 6 tsaus  
 ntuj

Pab cov hluas LGBT hnuv nyoog 13-24, ib qho chaw nrog tej phooj ywg ua ke. Chaw da dej, lub tshuab ntxhua/ziab khaubncaws, cov khoom siv chaw siav thiab kev saib xyuas kev pab.

**The Respite Center-Midtown HART Saint John’s Lutheran Church**  
 1701 L Street  
 Sacramento, Ca 95811  
 2620 Capitol Ave.  
 Sacramento 95816  
<https://www.stjohnslc.org/direct-services>

Tuesdays  
 9:30 sawv ntxov -12:30 tav  
 su

Chaw so tos txais cov qhua tuaj thiab tuaj cuag cov kev pab cuam uas muaj.



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

**Rau Hli Ntuj 2024 Tau Kho Tshiab– ua twb zoo hu mus rau cov tsev kho mob ntawm no kom paub txog cov ntaubntawv qhia tshiab.**

Qhov xub thawj thiab qhov kev pab zoo tshaj plaws rau menyuum cov kev txhaj tshuaj tiv thiab 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 menyuum kawm ntawv tau hauv tsevkawm, hu koj tus kws kho mob PCP thiab nug seb puas muaj lub caijnyoog tuaj tsib hnuv 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.

Xav Tau Kev Pab Them Kho Mob (Health Insurance) Los? Hu Sacramento Covered – ib qho kev tsum 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.

<p><b>Elica Health Centers</b> <a href="http://www.elicahealth.org">www.elicahealth.org</a> (855) 354-2242 (tagnrho cov tsev kho mob no)</p> <ul style="list-style-type: none"> <li>• 4815 Watt Ave, North Highlands, CA 95660</li> <li>• 3234 Marysville Blvd, Sacramento, CA 95815 (muaj nrog kuaj hniav)</li> <li>• 3701 J Street #201, Sacramento, CA 95816 (muaj nrog kuaj hniav)</li> </ul>	<ul style="list-style-type: none"> <li>• Txais tuamtxhab haujlwm qhov tuav povhwm, ncaj nraim rau Medi-Cal, kev khwv tau nyiaj them raws li txoj kev luj them taus (tsis muaj tuav povhwm)</li> <li>• Cov caijnyoog teem tseg</li> <li>• Tuaj nyob tos 8:00 am – 3:00 pm</li> <li>• Tsev kho mob sijhawm Mon – Fri 8:00 am – 5:00 pm</li> </ul>
<p><b>Peach Tree Health</b> <a href="http://www.pickpeach.org">www.pickpeach.org</a></p> <ul style="list-style-type: none"> <li>• 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656</li> </ul>	<ul style="list-style-type: none"> <li>• Txais tuamtxhab haujlwm qhov tuav povhwm, Medi-Cal, kev khwv tau nyiaj raws li kev luj them taus (tsis muaj tuav povhwm)</li> <li>• Cov caijnyoog teem tseg xwb, tsis muaj tuaj nyob tos</li> <li>• Tsev kho mob sijhawm Mon – Fri 8:00 am – 5:00 pm</li> </ul>
<p><b>Planned Parenthood</b> <a href="http://www.plannedparenthood.org">www.plannedparenthood.org</a> (877) 855-7526 (main)</p> <ul style="list-style-type: none"> <li>• 5700 Watt Ave., North Highlands, CA 95660 (916) 332-5715</li> <li>• 201 29<sup>th</sup> St. Suite B, Sacramento, CA 95816 (916) 446-6921</li> </ul>	<ul style="list-style-type: none"> <li>• Txais tuamtxhab haujlwm qhov tuav povhwm, Medi-Cal, cov kooshaum kev pab tshwjxeeb rau cov uas tsis muaj tuav povhwm</li> <li>• Xav kom muaj cov caijnyoog teem tseg lawm</li> <li>• Tuaj nyob tos</li> <li>• Tsev kho mob sijhawm 8:00 am – 4:00 pm</li> </ul>
<p><b>Sacramento Community Clinic</b> <a href="http://www.halocares.org">www.halocares.org</a></p> <ul style="list-style-type: none"> <li>• 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 924-7988 (muaj nrog kuaj khiav, 2138 Del Paso Blvd)</li> <li>• 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 428-3788 (muaj nrog kuaj khiav, Chav 106)</li> </ul>	<ul style="list-style-type: none"> <li>• Txais Medi-Cal, cov tsis muaj tuav povhwm</li> <li>• Xav kom muaj cov caijnyoog teem tseg lawm</li> <li>• Tuaj nyob tos thaum 8:30-10:30 am, 1:30-3:30 pm (tuaj nyob tos, lees tsis tau hais tias yuav muaj sijhawm rau)</li> <li>• Tsev kho mob sijhawm Mon – Fri 8:00 am – 5:00 pm</li> </ul>
<p><b>Sacramento County Immunization Clinic</b></p> <ul style="list-style-type: none"> <li>• 4600 Broadway Suite 1300, Sacramento, CA 95820 (916) 875-7468</li> </ul>	<ul style="list-style-type: none"> <li>• Txais Medi-Cal thiab cov tsis muaj tuav povhwm.</li> <li>• Cov caijnyoog teem tseg xwb. Tsis muaj rau tuaj nyob tos.</li> <li>• Cov caijnyoog teem tseg muaj rau txhua lwm lub Friday.</li> <li>• Tsev kho mob Mon – Fri 8:00 am – 5:00 pm</li> </ul>
<p><b>Sacramento Native American Health Center (SNAHC)</b> <a href="http://www.SNAHC.org">www.SNAHC.org</a></p> <ul style="list-style-type: none"> <li>• 2020 J street, Sacramento, CA 95841 (916) 341-0575</li> </ul>	<ul style="list-style-type: none"> <li>• Txais Medi-Cal thiab cov tsis muaj tuav povhwm.</li> <li>• Medi-Cal: yuav tsum tau teem caijnyoog tseg.</li> <li>• Tsis muaj povhwm.: Tuaj tos xwb</li> <li>• M-F: 9:30-10:45 am, 12:45-2:45pm.</li> </ul>
<p><b>San Lucas Pediatric Clinic</b> <a href="http://www.sanlucaspeds.com">www.sanlucaspeds.com</a></p> <ul style="list-style-type: none"> <li>• 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090</li> </ul>	<ul style="list-style-type: none"> <li>• Txais Medi-Cal, tuamtxhab haujlwm qhov tuav povhwm, Them raws li luj kev khwv tau nyiaj npaum cas rau cov uas tsis muaj povhwm “uninsured”</li> <li>• Cov caijnyoog teem tseg xwb</li> <li>• Mon.-Fri. 8:30 am – 5:30 pm</li> </ul>
<p><b>WellSpace Health</b> <a href="http://www.wellspacehealth.org">www.wellspacehealth.org</a> (916) 737- 5555 (tagnrho cov tsev kuaj mob)</p> <ul style="list-style-type: none"> <li>• 2433 Marconi Avenue, Sacramento, CA 95821</li> <li>• 3441 Marysville Blvd., Sacramento, CA, 95838</li> <li>• 6015 Watt Ave., Suite 2, North Highlands, CA 95660</li> <li>• 5959 Greenback Ln. Suite 500, Citrus Heights, CA 95621</li> <li>• 3946 Norwood Ave, Sacramento, CA 95838</li> </ul>	<ul style="list-style-type: none"> <li>• Txais Medi-Cal, tuamtxhab haujlwm qhov tuav povhwm thiab cov tsis muaj tuav povhwm (them raws li qhov luj tau ntawm nyiaj khwv tau).</li> <li>• Xav kom muaj cov caijnyoog teem tseg lawm.</li> <li>• Tsev kho mob sijhawm Mon. – Fri. 8:00 am – 5:00 pm (kaw thaum noj su 1-2 moo)</li> </ul>
<p><b>Local Pharmacies (Cov Tsev Muab Tshuaj Hauv Zos)</b> xws li: Rite Aid, Walmart, CVS...etc.</p>	<p>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.</p>

## Chaw Kuaj Mob, Ntaub Ntawv Ntxiv Txog Medi-Cal

**African American Perinatal Health Program**

**(916) 875-2229**

<https://dhs.saccounty.gov/PUB/Pages/African-American-Perinatal-Health-Program/SP-AfricanAmerican-Perinatal-Health-Program.aspx>

Kooshuam nkag tau dawb uas muab tuaj ntawm Sac County los txhim kho kev yug menyuum zoo tshaj qub ntxiv rau cov pojniam African American los ntawm txoj kev xa tuaj tus neeg saib mob (health nurse) tuaj saib pem tsev.

**Loaves & Fishes - Mercy Clinic**  
1321 North C St. Sacramento 95811  
[www.sacloaves.org](http://www.sacloaves.org)

**(916) 874-2811**

Tsev kho mob thiab kho mob ceev. Tuaj ntsib yam tsis teem sijhawm los tau. Hu tuaj yog xav paub ntxaws tshaj no

**Nurse Family Partnership**  
[www.nfpmoms.org](http://www.nfpmoms.org)

**(844) 637-6667**

Kev pab cuam dawb rau cov pojniam uas muaj menyuum thawj zaug. Hu tuaj yog xav paub ntxaws tshaj no.

**Sacramento County Health Center**  
4600 Broadway, Sacramento 95820  
<https://dhs.saccounty.gov/PRI/Pages/Health%20Center/GI-Sacramento-County-Health-Center.aspx>

**(916)874-9670**



Kev kho mob rau cov neeg laus thiab cov menyuum, thiab kev pab kho siab ntsws. Txais yuav Medi-Cal thiab Medicare. Kev them nuj nqis nyob raws seb koj them taus li cas, kuj muaj qhov txwv kev khwv nyiaj.

*Koj puas paub tias koj los yog koj tus menyuum tej zaum muaj npe tau Medi-Cal yog tias nws nyob hauv qab 19 xyoos los yog koj yog ib tug pojniam cev xeeb menyuum tam sim no? Tsis ntev los no, muaj coob tus menyuum uas tsev neeg khwv tau nyiaj ntau muaj npe tau Medi-Cal yam dawb xwb. Cov menyuum uas muaj ib los yog ob niam txiv ua haujlwm kuj muaj npe thiab.*

**Medi-Cal** (hu tuaj kom paub ntxiv thiab muaj npe li cas)  
[www.benefitscal.com](http://www.benefitscal.com)

**(800) 560-0976**

**Medi-Cal/Healthy Families**  
[www.dhcs.ca.gov](http://www.dhcs.ca.gov)

**(800)880-5305**

**Denti-Cal** (kev xa mus cuag cov kws kho hniav uas txais yuav Medi-Cal)  
[www.dental.dhcs.ca.gov](http://www.dental.dhcs.ca.gov)

**(800) 423-0507**

**(800) 322-6384**

**Mental Health ACCESS Team-Children ACCESS Team-Adults** (Kev qhia paub txog thiab kev xa mus cuag kev kho siab ntsws. Yuav tsum muaj npe tau Medi-Cal.)  
<https://dhs.saccounty.net/BHS/Pages/Mental-Health-Services.aspx>

**(916) 875-1055**

**(888) 881-4881**

### KEV NRHIAV COV KWS KHO MOB UAS TXAIS YUAV MEDI-CAL

Yog tias koj xav tau kev pab teem caij nrog ib tug kws kho mob txais yuav Medi-Cal, thov hu rau lub Sacramento County Department of Health and Human Services/Child Health and Disability Prevention Program (CHDP) ntawm (916) 875-7151. Lawv mam li pab koj Qhib txhub hnuv Monday txog Friday thaum 8:00 sawv ntxov txog 5:00 tsaus ntuj. <https://www.dhcs.ca.gov/services/chdp>

Thov nco tseg tias tsis yog txhua tus kws kho mob yuav txais yuav neeg tshiab txhua zaus.

## Cov Chavkawm Qhia Txawj Ua Niam Txiv / Kev Txhawb Nqa

(Pub Dawb lossis them nqi tsawg)

### **Alta California Regional Center**

www.altaregional.org

(916) 978-6400

Serving individuals with developmental disabilities and their families by helping to make use of essential public and private services to meet their individual needs.

### **Area 4 Agency on Aging**

Pab saib xyuas thiab tsim tej kev pab

Rau cov laus 60 xyoo rov saud.

(916)-486-1876

Pab saib xyuas thiab tsim tej kev pab

Rau cov laus 60 xyoo rov saud. Thov hu yog xav paub ntxiv.

### **Birth and Beyond – Mutual Assistance Network Arcade Community Center**

2427 Marconi Ave., #101, Sacramento 95821

<https://www.mutualassistance.org/>

(916) 514-8096

Muaj ntau cov kev pab cuam rau tsev neeg thiab cov menyuam muaj hnuv nyoog txog 18 xyoo. Kev cob qhia cov ua niam ua txiv thiab kev kawm, kev pab cheem kom txhob muaj kev kub ntxhov, kev paub npaj mus kawm ntauv, kev saib xyuas cov mos ab neeg tawv dub, kev tswj qhov npau sai, pab pawg niam txiv sib txhawb thiab ntau yam ntxiv. Thov hu tuaj yog xav paub ntxiv.

### **Birth and Beyond Family Resource Center -**

Mutual Assistance Network - Firehouse Community Center (qhov chaw pab tsev neeg)

810 Grand Ave., Sacramento 95838 Also has offices in 95821 & 95815 [www.mutualassistance.org](http://www.mutualassistance.org)

(916) 567-9537

### **Birth and Beyond – North Sacramento Family Resource Center (qhov chaw pab tsev neeg nyob qaum teb Sacramento)**

2469 Rio Linda Blvd., Suite B

Sacramento 95815

[www.northsacfr.org](http://www.northsacfr.org)

(916) 679-3743

### **Birth and Beyond Family Resource Center - Well Space Health**

6015 Watt Ave., North Highlands 95660

**Black Child Legacy Campaign – Foothill  
Farms/North Highlands - Liberty Towers/Impact  
Sac**

5132 Elkhorn Blvd., Sacramento

95842

(916) 737-7555

(916) 339-3515

(916) 410-9770

Muaj ntau cov kev pab cuam xws li kev pab ua ntej tsis tau yug menyuam thiab kev pab thaum muaj mos ab, kev pab rau tsev neeg, kev pab tawm suab thiab txuas mus nrog lwm cov koom haum. Kuj muaj cov kev pab xa mus cuag cov koom haum xws li Department of Human Assistance, Child Protective Services thiab Probation.

### **Black Child Legacy Campaign - Del Paso Heights & North Sacramento -Roberts**

Family Development Center - Great

Sacramento Urban League (qhov chaw pab rau tsev neeg nyob lub koom haum no)

3725 Marysville Blvd. #203 Sacramento 95838

[www.blackchildlegacy.org](http://www.blackchildlegacy.org)

(916) 646-6631

(916) 286-8600

### **Center For Fathers and Families**

920 Del Paso Blvd., Sacramento 95815

[www.cffsacramento.org](http://www.cffsacramento.org)

(916) 568-3237

Pab cov txiv thiab lawv menyuam los ntawm muaj cov koom haum thiab kev pab cuam uas pab kom lawv loj hlob thiab muaj zog tuaj.

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

<p><b>Help Me Grow Sacramento</b>  <a href="https://www.helpmegrowsac.org/screenings">https://www.helpmegrowsac.org/screenings</a></p>	<p><b>(916) 822-8744</b></p>	<p>Pab ntsuam xyuas kev loj hlob ntawm menyuam, cov hnuv nyooq mos ab txog 5 xyoos.</p>
<p><b>Sacramento Crisis Nursery</b>  <a href="http://www.kidshome.org">www.kidshome.org</a></p>	<p><b>South Nursery</b>  <b>(916) 394-2000</b></p> <p><b>North Nursery</b>  <b>(916) 679-3600</b></p>	<p>Ib qho kev pab uas cov niam txiv coj tau lawv cov menyuam hnuv nyooq 0-5 tuaj rau peb cov chaw zov menyuam thaum muaj xwm ceev los yog ib hmos yog tias lawv ntsib teeb meem nyuaj siab.</p>
<p><b>National Parent Helpline</b>  <a href="http://www.nationalparenthelpline.org/">www.nationalparenthelpline.org/</a></p>	<p><b>(855) 427-2736</b></p>	<p>Kab xov tooj qhib 24 teev los txhawb siab ntsws, muaj ntaub ntawv qhia, thiab lwm yam kev pab.</p>
<p><b>Neighborhood Wellness Foundation</b>          3805 Clay Street, Sacramento 95838  <a href="https://neighborhoodwellness.org/">https://neighborhoodwellness.org/</a></p>		<p>Peb cov kev pab cuam pab kom txhua tus tau txais kev pab tsis hais nws muaj nyiaj los txom nyem, kawm ntawv qib siab li cas los xij, thiab tsis hais qhov nws muaj mob muaj nkeeg los txais tau kev pab. Thov mus xyuas hauv peb lub vej xaij mus kawm ntxiv txog cov kev pab uas</p>
<p><b>Sacramento Food Bank &amp; Family Services</b>  <a href="https://www.sacramentofoodbank.org/diapers">https://www.sacramentofoodbank.org/diapers</a>  <a href="https://www.sacramentofoodbank.org/immigration">https://www.sacramentofoodbank.org/immigration</a></p>		<p>Muaj pawm pub dawb, kev pab kev cai lij choj rau ntawv khiav tebchaws. Thov mus xyuas nyob hauv cov vej xaij ntawm no.</p>

**Pab Qhuab Ntuas, Pab Kho, Pab Daws Teebmeem**

<p><b>Abiding Hope Respite House- Turning Point Community Program</b>  <a href="http://www.tpcp.org/programs/abiding-hope">http://www.tpcp.org/programs/abiding-hope</a></p>	<p><b>(916) 287-4860</b></p>	<p>Muab ib lub tuamtsev rau nyob, so nrug deb ntawm kev nyuaj siab, teebmeem, uas yog ib ntus li 7 mus rau 14-hnuv rau cov neeg 18 xyoo thiab laus tshaj rov sauv uas muaj ib qho kev mob ntxov siab hnyo (psychiatric disability). Kev tswj saib xyuas teebmeem thiab lwm cov kev pab muaj muab rau. Hu tuaj kom paub meej tshaj no ntxiv.</p>
<p><b>Behavioral Health Care-Elica Health Centers</b>          4815 Watt Ave., North Highlands 95660          3234 Marysville Blvd. Sacramento 95815  <a href="http://www.elicahealth.org/behavioral-health">www.elicahealth.org/behavioral-health</a></p>	<p><b>(916) 454-2345</b></p>	<p>Cov tuamtsev muab kev pab saib xyuas kev noj qab nyob zoo rau sab cwjpwu uas tau kev tso cai tsimnyog ua haujlwm los ntawm tsoom fww uas lub tuamtsev no muab cov kev pabcuam cwjpwu txhua yam uake thiab ntau tshaj no ntxiv.          Nqi them luj raws cov nyiaj txiag khwv tau</p>
<p><b>Care Solace</b>  <a href="http://www.caresolace.com/site/trusd">www.caresolace.com/site/trusd</a></p>	<p><b>(888) 515-0595</b></p>	<p>Txuas cov menyuam kawmntawv mus rau cov kws txawj muab kev pab kho rau sab siab ntsws puas hlwb kev xav, kev nyuaj siab, thiab cov kev mob quav yeeb tshuaj sai sai li ob peb feeb. Kev pab muaj rau 24/7 hauv xovtooq, email lossis hauv yeebyajkiab sib tham uake (video chat)</p>

## Pab Qhuab Ntuas, Pab Kho, Pab Daws Teebmeem

### **Heartland Child and Family Services**

2829 Watt Ave. Ste. 200  
Sacramento 95821

**(916) 418-0828**

Kev Pab Sab Siab Ntsws Kev Xav & Kev Tawm Tswvyim (Mental Health & Counseling Support) rau cov muaj hnub nyoog 3 txog 21 xyoos.

811 Grand Ave. Ste. D Sacramento 95838

[www.doingwhateverittakes.org](http://www.doingwhateverittakes.org)

### **La Familia Counseling Center**

3301 37th Ave.  
Sacramento 95824

**(916) 922-9868**

**(916) 210-8773**

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 tsevneeg.

<https://lafcc.org>

Tsis muaj nqi them.

### **Life Practice Counseling Grp.** 3650 Auburn

Blvd., Bldg.C Ste. 208  
Sacramento 95821

**(916) 300-6576**

Peb tabtom muaj cov neeg tawm tswvyim muab kev pab, counselors, hais lus nyob Askiv thiab Mev.

<https://lifeppractice.org/>

**Mental Health Urgent Care Clinic** 2130  
Stockton Blvd., Bld.300 Sacramento 95817

**(916) 520-2460**

Chaw Kho Mob Cia Li  
Tuaj Tos

Zoo siab txais tos txhua tus uas muaj kev tsis noj qab nyob zoo rau sab siab ntsws kev xav, ntxov siab hnyo, uas muaj hnubnyoog npaum lica los xij lossis tsis muaj peevxwm los them tsis tau.

[Mental Health Urgent Care Clinic \(MHUCC\) - Turning Point | Mental Health Services \(tpep.org\)](http://Mental Health Urgent Care Clinic (MHUCC) - Turning Point | Mental Health Services (tpep.org))

Hu tuaj kom paub cov sijhawm ua haujlwm thiab kom paub meej tshaj no ntxiv ua ntej tuaj ntsib.

### **Mindsets Counseling and Coaching Center**

225 30th Street, Suite 306  
Sacramento 95816

**(916) 753-4479**

Muaj kev kho siab ntsws hlwb kev xav yam pheej yig thiab kev taw qhia uas pheej yig rau ib tug neeg twg, ib khub niam txwv, tsev neeg, thiab menyuum. Txais yuav Medi-Cal, cov ntawv pov hwm kev kho mob feem ntau thiab txo cov nuj nqis raws li seb koj them tau li cas. Hu tuaj yog xav paub ntxiv.

### **Muslim American Society, Social Services Foundation -Mental Health and Support Services**

3820 Auburn Blvd., Suite 83  
Sacramento 95821 <https://mas-ssf.org/>

**916-486-8626**

Muaj kev pab cuam qhov tshwj xeeb yog kev pab kho siab ntsws hlwb kev xav.

### **National Parent Helpline**

(Tebchaws Tus Xovtoj Pab Niam Txiv)

<https://www.nationalparenthelpline.org/>

**(800) 799-SAFE**

**Los yog  
Ntaus ntawv tuaj rau  
START uas yog 88788**

24-teev tus xovtooj pab rau kev txhawb cov kev muaj kev nyuaj siab, ntaubntawv qhia txog thiab cov chaw kev pab.



**Pab Qhuab Ntuas, Pab Kho,  
Pab Daws Teebmeem**

**One Community Health-Behavioral Health Services (916) 443-3299**

Kev pab kho cwj pwm thiab thum yeeb tshuaj dej cawv. Muaj qhov kev pab txo nuj nqis seb koj them taus li cas yog koj tsis muaj ntawv pov hwm los yog tsis muaj Medi-Cal.

**Overcomers Program**  
<https://overcomersprogram.org/>

**Cov Pojnim (916) 924-3113  
Cov Txivneej (916) 920-3082**

Kooshaum Kev Pab Kom Tso Tau Tseg Dej Caw thiab Yeeb Tshuaj rau cov pojnim thiab txivneej.

**Pacific Clinic**  
[www.pacificclinics.org](http://www.pacificclinics.org)

**(877) 722-2737**

Muaj muab ntau cov kev pabcuam rau sab kev noj qab nyob zoo ntawm siab ntsws kev xav thiab cwj pwm.

**Sierra Mental Wellness Group – Counseling Services**  
406 Sunrise Blvd., Suite 300,  
Roseville 95661  
<https://sierramentallowellness.org/>

**(916) 783-9145**

Tus nqi pheej yig, muaj kev pab taw qhia rau tej tug, pab pawg thiab tsev neeg uas nyob hauv Sacramento thiab Placer county. Cov nuj nqis nyob ntawm seb koj them taus li cas. Hu tuaj yog xav paub ntxiv.

**Sanford Settlement Neighborhood Center**  
450 W. El Camino Ave.  
Sacramento 95833 – ib lub koom haum pab cuam uas yog nws ntiag tug, non-profit thiab pab cov tib neeg nyob cov koog zip code no: 95815, 95833, 95834, 95835, & 95838  
  
[www.stanfordsettlement.org](http://www.stanfordsettlement.org)

**(916) 927-1303**

Cov kev pab rau menyuum: Rau cov tub ntxhais kawm qib K – 6, muaj cov txheej xwm After School Groups thiab Summer Day Camp, kev pab tshwj xeeb yog txhawb siab ntsws kev sib raug zoo. Muaj tej kev pab rau cov tuaj koom thiab lawv tsev neeg.  
Cov kev pab rau cov tiav hluas: Rau cov kawm qib 7 – 12, cov nyob hauv qab 18 xyoo. Cia li tuaj yam tsis tas teem sijhawm, tej kis las ua si nrog pab pawg, thiab kev txhawb nqa kom cov hluas kawm ntawv zoo thiab tsis txhob mus raug teeb meem.  
Cov kev pab rau cov laus: Rau cov laus muaj hnuv nyoog 50 rov saud, muaj kev pab thauj mus ub no, qhia txog zaub mov, thiab kev noj qab nyob zoo kom cov laus tsis txhob muaj mob nkeeg thiab pab tau lawv tus kheej.  
Lwm cov kev pab: Pob tawb Christmas, koob tshuaj COVID-19 thiab kev kuaj, kev pab xwm ceev.

**USC Telehealth – Online Counseling Services (800) 740-6502**

Muaj kev pab cob qhia thiab kev daws teeb meem rau cov tib neeg nyob hauv California ntawm kev sib ntsib saum huab cua. Ib zaug sib ntsib kav ntev 60 feeb txhua lub lim tiam kom txwm 8 lub lim tiam. Muaj kev pab ua ntej rau cov khwv tau nyiaj tsaug thiab cov tsis muaj ntawv pov hwm kev kho mob. Hnuv nyoog 12 xyoos rov saud. Dawb Xwb. Hu tuaj yog xav paub ntxiv.

Pab Qhuab Ntuas, Pab Kho,  
Pab Daws Teebmeem

**Wayfinder Family Services**

<https://www.wayfinderfamily.org/program/mental-health-services>

**(916) 923-5444**

Xyuas kom zoo hais tias cov menyuam, cov hluas thiab cov laus uas ntsib kev nyuaj tsuas muaj ib thajchaw rau lawv tim mus cuag. Muaj ntau yam kev pab rau los txhawb, pab, cov tsevneeg. Hu tuaj kom paub meej tshaj no ntxiv.

**WEAVE**

<https://www.weaveinc.org/teens>

**(916) 920-2352**

<https://www.weaveinc.org/get-help>

Kev pab cov hluas txog kev ua nruj ua tsiv thiab kev tsim txom ntawm kev ua hluas nkauj hluas nraug. Kev pab taw qhia rau tej pab pawg thiab ib tug neeg twg rau cov hluas muaj 14 xyoos rov saud thiab cov neeg laus. Thov hu tuaj los yog mus xyuas hauv peb lub vej xaij yog xav tau kev pab thiab xav paub ntxiv.

## Chaw Pab Hais Plaub/Tsev Ua Haujlwm



### **Family Justice Center**

**(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.

**Hu tuaj kom paub meej**

<http://www.hopethriveshere.org/>

**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 pub 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. Cov kev cobqhia thiab cov tsev ua haujlwm muaj rau nyob sab saib xyuas plaub ntug ntawm lub cuab yig thiab kev faib nyiaj faib khoom ntawm ib tug neeg li thaum tas sim neej.

**lawhelpca.org**

**NA**

Nrhiav neeg pab txog kev cai lijchoj thiab cov kev pab tus kheej.

<https://lawhelpca.org/>

**Pacific McGeorge School of Law**  
3200 Fifth Ave.  
Sacramento, CA 95817  
<https://www.mcgeorge.edu/>

**(916) 340-6080**

Pab muab kev pabcuam sab hais plaub ntug rau cov neeg khwv tau nyiaj tsawg. Pab nrog 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. Rau npe hu xovtooj tuaj.

**Senior Legal Hotline**

**(916) 551-2150**

Rau cov neeg laus uas muaj 60+ xyoo. Pab sab laj dawb, kev kawm ntawv thiab kev tawm nqis tes rau ntau yam txog pej xeeb tej teeb meem.

**(866) 815-5990**

[www.lsnc.net](http://www.lsnc.net)

**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 tawm tswvyim dawb teebmeem, thiab pab cov neeg uas tau raug ua phem kom lawv tau kev kaj siab, noj qab nyob zoo, thiab sab khwv tau nyiaj. Tsis tau them rau cov kev pab no.

## Tsheb Loom

<b>AMTRAK</b> <a href="https://www.amtrak.com/stations/sac">https://www.amtrak.com/stations/sac</a> <a href="https://www.amtrak.com/stations/rsv">https://www.amtrak.com/stations/rsv</a>	<b>800-268-7252</b>	401 I St., Sacramento 95814 201 Pacific St., Roseville 95678
<b>Greyhound Bus Lines</b> <a href="https://www.greyhound.com/">https://www.greyhound.com/</a>	<b>(916) 444-6858</b> <b>Lossis 800-231-2222</b>	420 Richards Blvd., Sac 95811 201 Pacific St., Roseville 95678
<b>Para Transit</b> (rau cov neeg puas cev (disabled) thiab cov laus tshaj 75+ xyoo) <a href="http://paratransit.org/">http://paratransit.org/</a>	<b>(916) 429-2009</b>	2501 Florin Rd, Sacramento, Ca 95822
<b>Regional Transit (RT)</b> <a href="http://www.sacrt.com/">http://www.sacrt.com/</a>	<b>(916) 321-2877</b>	1225 R St., Sacramento Monday txog Friday Pawv & Nrhiav Tau RT Daim Npav ID
<b>Sacramento International Airport</b> <a href="https://sacramento.aero/smf">https://sacramento.aero/smf</a>	<b>(916) 929-5411</b>	Tshav dav hlau nyob rau ntawm 6900 Airport Blvd. Sacramento 95837
<b>Yellow Cab</b> <a href="https://www.sacramentoyellowcabco.com/">https://www.sacramentoyellowcabco.com/</a>	<b>(916) 444-2222</b>	900 Richards Blvd. Sacramento 95811 Muaj pab 24 teev ib hnuv 7 hnuv ib lub limtiam.

## Cov Kooshaum Pab Them Nqi Hluav Taws Xob

<b>Asian Community Center (ARI)</b>	<b>(916) 454-1892</b> <b>(916) 324-6202</b>
<b>EAPR (Energy Assistance Program Rate) (Kooshaum Pab Them Nqi Tsev Hluav Taws Xob)</b> <a href="http://www.smud.org">www.smud.org</a>	<b>(888) 742-7683</b>
<b>HEAP (Home Energy Assistance Program) (Kooshaum Pab Them Nqi Tsev Hluav Taws Xob)</b> <a href="http://www.communityresourceproject.org">www.communityresourceproject.org</a>	<b>(916) 567-5200</b>
<b>Pacific Gas &amp; Electric (Pa Roj &amp; Hluav Taws Xob), thiab REACH Program</b> <a href="https://www.pge.com/">https://www.pge.com/</a>	<b>(877) 660-5789</b>
<b>Salvation Army Utility Assistance Program</b> <a href="http://www.sacramento.salvationarmy.org">www.sacramento.salvationarmy.org</a>	<b>(916) 678-4010</b>

## COV KOOG TSEV KAWMNTAWV

<b>TWIN RIVERS UNIFIED SCHOOL DISTRICT</b> 5115 Dudley Blvd., McClellan 95652	<b>(916) 566-1600</b>	<a href="http://www.trusd.net">www.trusd.net</a>
<b>CENTER UNIFIED SCHOOL DISTRICT</b> 8408 Watt Ave., Antelope 95843	<b>(916) 338-6400</b>	<a href="http://www.centerusd.org">www.centerusd.org</a>
<b>ELVERTA JOINT SCHOOL DISTRICT</b> 7900 Eloise Ave., Elverta 95626	<b>(916) 991-2244</b>	<a href="http://www.ejesd.net">www.ejesd.net</a>
<b>NATOMAS UNIFIED SCHOOL DISTRICT</b> 1901 Arena Blvd., Sacramento 95834	<b>(916) 567-5400</b>	<a href="http://www.natomasunified.org">www.natomasunified.org</a>
<b>ROBLA SCHOOL DISTRICT</b> 5248 Rose Street, Sacramento CA 95838	<b>(916) 649-5248</b>	<a href="http://www.robla.k12.ca.us">www.robla.k12.ca.us</a>
<b>SACRAMENTO CITY UNIFIED SCHOOL DISTRICT</b> 5735 47th Ave., Sacramento 95824	<b>(916) 643-7400</b>	<a href="http://www.scusd.edu">www.scusd.edu</a>
<b>SAN JUAN UNIFIED SCHOOL DISTRICT</b> 3738 Walnut Ave., Carmichael 95608	<b>(916) 971-7700</b>	<a href="http://www.sanjuan.edu">www.sanjuan.edu</a>

## PRESCHOOLS/Chaw Zov Menyuum

<b>BEANSTALK (916) 344-6259</b> <b>(Rau Cov Ntaubntawv Ntxiv) COV</b> <b>CHAW ZOV MENYUAM</b>	<b>(916) 566-1820</b>	Dry Creek Elementary 1230 G St. Rio Linda 95673 Regency Park Elementary 5901 Bridgecross Dr. Sacramento, CA 95835 Ridgepoint Elementary 4680 Monument Dr. Sacramento, CA 95842
<a href="http://www.beanstalk.ws">www.beanstalk.ws</a>	<b>(916) 566-1660</b>	
	<b>(916) 566-1950</b>	
<b>HEAD START</b> <b>(SETA)</b>	<b>(916) 563-5125</b>	6015 Watt Ave. # 5, North Highlands 3829 Stephen Dr., North Highlands 5665 Hillsdale Blvd. # 4, Sacramento 5249 Elkhorn Blvd.
<a href="http://www.headstart.seta.net">www.headstart.seta.net</a>	<b>(916) 563-5390</b>	
	<b>(916) 563-5360</b>	
	<b>(916) 563-5350</b>	
<b>TRUSD PRESCHOOL</b> <b>Sawv ntxov los yog tav su</b> <b>(916) 566-1616</b>	<b>916) 566-3420</b>	Castori Elementary 1801 South Ave., Sacto CA 95838 Del Paso Elementary 590 Morey Ave., Sacto CA 95838 Garden Valley Elementary 3601 Larchwood Dr., Sato 95834 Hagginwood Elementary 1418 Palo Verde Ave., Sacto 95815 F.C. Joyce Elementary 6050 Watt Ave., N.H. CA 95660 Kohler Elementary 4004 Bruce Way, N.H. CA 95660 Las Palmas Elementary 477 Las Palmas Ave., Sacto CA 95815
<a href="http://www.trusd.net/enrollment">www.trusd.net/enrollment</a>	<b>(916) 566-3425</b>	
	<b>(916) 566-3460</b>	
	<b>(916) 566-3475</b>	
	<b>(916) 566-1880</b>	
	<b>(916) 566-1850</b>	
	<b>(916) 566-2700</b>	

## PRESCHOOLS/Chaw Zov Menyuam

<b>TRUSD STATE PRESCHOOL</b> (tsev kawm preschool los ntawm lub Xeev) 566-1616	(916) 566-2705	Northwood Elementary 2630 Taft. St., Sacramento 95815
	(916) 566-1910	Orchard Elementary 1040 Q St., Rio Linda 95673
	(916) 566-1960	Sierra View Elementary 3638 Bainbridge Dr., N.H. 95660
	(916) 566-2740	Smythe Elementary 2781 Northgate Blvd., Sacto 95833
	(916) 566-2745	Strauch Elementary 3141 Northstead Dr., Sacto 95833
	(916) 566-2755	Woodlake Elementary 700 Southgate Rd., Sacto 95815
	(916) 566-1670	Woodridge Elementary 5761 Brett Dr., Sacto 95842
<b>TRUSD FULL-DAY PRESCHOOL</b> (Cov Kawm Preschool Ib Hnub Nkaus) 566-1616	(916) 566-3415	Babcock Elementary 2400 Cormorant Way, Sacto 95815
	(916) 566-1850	Kohler Elementary 4004 Bruce Way, N.H. CA 95660
	(916) 566-1900	Madison Elementary 5241 Harrison St., N.H. CA 95660
	(916) 566-2700	Las Palmas Elementary 477 Las Palmas Ave., Sacto 95815
	(916) 566-2705	Northwood Elementary 2630 Taft. St., Sacto 95815
	(916) 566-2715	Pacific High 6560 Melrose Dr., N.H. 95660
	(916) 566-2740	Smythe Elementary 2781 Northgate Blvd., Sacto 95833
<b>TRUSD Pacific (Infant \Toddler Only) (Menyuam Mos Xwb)</b>	(916) 566-2745	Strauch Elementary 3141 Northstead Dr., Sacto 95833
	(916) 566-1980	Vineland Preschool 6450 20th St., Rio Linda 95673
	(916) 566-1670	Woodridge Elementary 5761 Brett Dr., Sacto 95842
	(916) 566-3485	Morey Ave. 155 Morey Ave., Sacto 95838
	(916) 566-3485	Rio Linda Pre School 631 L St., Rio Linda 95673
	(916) 566-1910	Oakdale Elementary 3708 Myrtle Ave., N.H. 95660
	(916) 566-1970	Village Elementary 6845 Larchmont Dr., N.H. 95660
<b>CHILD ACTION</b> <a href="https://wp.childaction.org/">https://wp.childaction.org/</a>	(916) 369-0191	Cov ntaubntawv pub dawb 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 tsev- kawm cov phiajxwm pab qhia ntawv (before and after-school programs).
<b>TrustLine Registry Program</b> <a href="https://www.cdss.ca.gov/inforesources/calworks-child-care/trustline-background-check">https://www.cdss.ca.gov/inforesources/calworks-child-care/trustline-background-check</a>	(800) 822-8490	Trustline yog California qhov chaw teev npe rau cov neeg ua haujlwm zov menyuam uas tau dhau kev ntsam xyuas kev txhaum cai yav tag los thiab tau txais kev pom zoo ua haujlwm no.

## Kev Pab Qhia Ntawv

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

**Educational Services by SF Johnson Family & Community Services** (916) 710-4146 Kev pab qhia ntawv saum huab cua rau cov kawm qib 2 txog 12. Tus nqi yog dawb mus rau seb koj them raws qhov koj khwv tau nyiaj li cas.

**Free Online Tutoring – Learn to Be** Kev pab ib tug zuj zus, suam huab cua, qhia ntawv, npaj kawm ntawv qib siab, kev loj hlob thiab kom paub nyeem ntawv sau ntawv. Thov mus rau hauv peb lub vej xaij mus kawm ntawv thiab tso npe yog tias xav koom.  
<https://www.learntobe.org/enrollww.kumon.com>

**Paper Tutoring Services** Online, xav tau kev pab-nyob lub caij ntawd kev pabcuam qhia ntawv uas muaj rau cov tub ntxhais kawm txhua lub sijhawm, 24/7 kev pab kawm ntawv  
<https://www.trusd.net/StudentsFamilies/Student-Services/Paper-Tutoring-Service/index.html>

**Sacramento Public Library - Adult Literacy** (916) 264-5032 Kev pab dawb xwb rau ib tug zuj zus, muaj rau cov nyob hauv lub nroog Sac. County uas muaj 18 xyoo rov saud, los yog 16 xyoo rov saud thiab tseem tsis tau mus kawm ntawv.  
<https://www.saclibrary.org/Education/Adult-Education/Adult-Literacy>

## Cov Kooshaum Qhia Kom Coj Tus Qauv Zoo

**AgingUP** (916)265-4032 Ib qho kev pab taw qhia uas txhawb cov hluas uas muaj niam qhuav txiv qhuav kom lawv loj hlob mus ua neeg laus zoo.

**Big Brothers/Big Sisters (Tijlaug/Muam Hlob)/(Nus Hlob/NiamLaus)** (916) 646-9300 Kev pab rau cov menyuum 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.  
<https://bbbs-sac.org/>

**Peer to Peer Cancer Mentorship- Imerman Angels** Kev pab taw qhia ib tug zuj zus rau cov tau mob khees xaws, cov dim los thiab cov saib xyuas lwm tus. Txais txhua hnuv nyoog. Thov mus saib hauv lub vej xaij yog xav paub ntxiv.  
<https://imermanangels.org/>

**Pro Youth and Families** (916) 576-3300 Cov kev pab muaj xws li nyob hauv tsev kawm ntawv thiab zej zog uas muaj kev pab tawm suab thiab kev koom tes ntawm pej xeem, kev taw qhia, thiab ntau yam ntxiv.  
<http://proyouthandfamilies.org/>

**Sacramento Youth Center** (916) 248-1081 Kev pab taw qhia kom ras txog tus kheej, muaj hom phiaj, kev sib txuas lus, kev ntseeg siab, thiab txuj ci siv tau rau lub neej rau cov tiav hluas thiab cov hluas, Hu yog xav paub ntxiv.

**Roberts Family Development Center** (916) 646-6631 Kev pab taw qhia rau cov tub ntxhais kawm uas kawm tsis tau ntawv zoo, pab ib tug zuj zus los yog hauv ib pawg me kom lawv paub tej txuj ci tshiab, paub ua siab tawv, thiab muaj kev sib raug zoo nrog lwm tus.  
[www.robertsfdc.org](http://www.robertsfdc.org)

## Kev Pab Nrhiav Haujlwm thiab Kev Cob Qhia Ua Haujlwm

<p><b>Asian Community Services (ARI)</b> 5720 Sunrise Blvd., Suite 100 Citrus Heights 95610</p>	<p><b>(916) 745-4313</b></p>	<p>Cov phiajxwm kev pab uas muab ntau yam kev pab thiab txiajntsim rau lub zej zog. Xws li kev cobqhia xyaum cov kev paub, kev txawj npaj li cas ua ntej nrhiav tau haujlwm mus rau tej kev pab nrhiav haujlwm rau. Hu tuaj kom paub meej.</p>
<p><b>Black Child Legacy Campaign</b></p>	<p><b>(916) 339-3515</b></p>	<p>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 tuamtx- hab. 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.</p>
<p><b>Del Paso Heights &amp; North Sacramento – Roberts Family</b> Development Center/The Greater Sacramento Urban League 7325 Marysville Blvd., RM 203 Sacramento 95838 <a href="http://www.blackchildlegacy.org/neighborhoods/d_elpaso-northsac/">www.blackchildlegacy.org/neighborhoods/d_elpaso-northsac/</a></p>	<p><b>(916) 646-6631</b> <b>(916) 286-8687</b></p>	<p></p>
<p><b>Greater Sacramento Urban League</b> 3725 Marysville Blvd., Sacramento 95838 <a href="http://www.gsul.org">www.gsul.org</a></p>	<p><b>(916) 286-8600</b></p>	<p>Kev cob qhia ua ib txoj haujlwm, kev pab taw qhia ua haujlwm, tej chaw cob qhia txuj ci, thiab kev pab nrhiav haujlwm rau cov hluas hnuv nyoog 16-24 xyoos.</p>
<p><b>North State Building Industry-Build Strong Academy of Greater Sacramento</b> 9332 Tech Center Drive Sacramento 95826 <a href="https://www.biaworkforce.com/">https://www.biaworkforce.com/</a></p>	<p><b>(916) 677-5717</b></p>	<p>Muaj cob qhia kwm mus ua tus tsim txuas vaj tse uas yog dawb xwb. Muaj kev pab nrhiav haujlwm ua, kev cob qhia, thiab kev pab txhawb tom qab. Mus tso npe hauv lub vej xaij.</p>
<p><b>Pride Industries</b> 10030 Foothills Blvd. Roseville 95747 <a href="http://www.prideindustries.com">www.prideindustries.com</a></p>	<p><b>(844) 426-2253</b></p>	<p>Muaj cov txheej xwm nrhiav haujlwm rau cov tibneeg lub cev tsis meej xeeb. Kev cob qhia ua haujlwm, kev pab nrhiav haujlwm, kev cob qhia hnuv ua haujlwm thiab kawm txuj ci txawj saib xyuas tus kheej.</p>
<p><b>SETA Sacramento Works/American Job Center</b> 5655 Hillsdale Blvd., Ste.8 Sacramento 95842</p>	<p><b>(916) 263-4100</b></p>	<p>Muaj ntau yam kev cob qhia ua haujlwm thiab pab cov qub tub rog, cov hluas, cov plam lawv cov haujlwm, thiab cov tuam txhab ntiav neeg ua haujlwm.</p>
<p><b>Sacramento Job Corps</b> <a href="https://sacramento.jobcorps.gov/">https://sacramento.jobcorps.gov/</a></p>	<p></p>	<p>Muaj kev cob qhia ua haujlwm rau ntau txoj haujlwm. Yuav tsum muaj hnuv nyoog 16-24 xyoos. Thov mus hauv lub vej xaij yog xav paub ntxiv.</p>
<p><b>Twin Rivers Adult School</b> 5703 Skvarla Ave. McClellan 95652 <a href="http://www.tras.edu">www.tras.edu</a></p>	<p><b>(916) 566-2785</b></p>	<p>Muaj kev qhia ntawv pub dawb rau cov neeg laus kawm ntawv thuaj pais, kawm kom tau daim High School diploma thiab npaj mus xeeb kom tau daim GED, kev cob qhia ua vaj tse, kev kawm lus askiv ESL thiab kawm npaj mus xam phaj ua pej xeeb nyob tebchaws no.</p>
<p><b>Women's Empowerment</b> 1590 North A St. Sacramento, 95811 <a href="http://www.womens-empowerment.org">www.womens-empowerment.org</a></p>	<p><b>(916) 669-2307</b></p>	<p>Kev npaj kom tiav ua ib txoj haujlwm thiab txhawb cov pojniam uas tsis muaj vaj tse nyob los yog muaj kev phom sij yuav tsis muaj vaj tse nyob rau yav tom ntej.</p>



## Cov Chaw Ua Si thiab Tshav Ua Si (Parks)

<p><b>Arcade Creek Recreation &amp; Park Dist</b> 4855 Hamilton Street Sacramento 95841 <a href="https://www.acrpd.com/">https://www.acrpd.com/</a></p>	<p><b>(916) 482-8377</b></p>	<p>Muaj cov hoobkawm, cov kev cobqhia thiab cov programs</p>
<p><b>City of Sacramento Park &amp; Recreation</b> 915 I Street., 5th Floor Sacramento 95814 <a href="https://www.cityofsacramento.org/ParksandRec">https://www.cityofsacramento.org/ParksandRec</a></p>	<p><b>(916) 808-5200</b></p>	<p>Muaj pua pau hoob kawmntawv, cov kev cobqhia thiab cov programs nyob rau hauv cov tsevkawm thoob plaws lub nroog.</p>
<p><b>Gibson Ranch</b> 8552 Gibson Ranch Road, Elverta 95626 <a href="https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx">https://regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx</a></p>	<p><b>(916) 875-7275</b></p>	<p>Ib thaj chaw dav heev nyob rau County park. Menyuum yuav pom nees, os, tshis, thiab lwm yam tsiaj.</p>
<p><b>Mutual Assistance Network</b> 3625 Norwood Ave Sacramento 95838 <a href="https://www.mutualassistance.org/pages/contact-us/">https://www.mutualassistance.org/pages/contact-us/</a></p>	<p><b>(916) 567-9567</b></p>	<p>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.</p>
<p><b>North Highlands Recreation &amp; Park District</b> 6040 Watt Avenue North Highlands 95660 <a href="http://www.nhrpd.org">www.nhrpd.org</a></p>	<p><b>(916) 332-7440</b></p>	<p>Muaj cov hoobkawm, cov kev cobqhia thiab cov programs</p>
<p><b>Rio Linda Elverta Recreation &amp; Park District</b> 810 Oak Lane Rio Linda 95673 <a href="http://www.rleparks.com">www.rleparks.com</a></p>	<p><b>(916) 991-5929</b></p>	<p>Muaj cov hoobkawm, cov kev cobqhia thiab cov programs</p>
<p><b>Sunrise Recreation &amp; Park District</b> 7801 Auburn Blvd. <a href="https://www.sunriseparks.com/">https://www.sunriseparks.com/</a></p>	<p><b>(916) 725-1585</b></p>	<p>Muaj cov hoobkawm, cov kev cobqhia thiab cov programs kislav</p>

## Cov Tsev Sajb Ntawv

<p><b>Del Paso Heights</b> 920 Grand Ave., Sacramento 95838</p>	<p><b>(916) 264-2920</b></p>	<p>Hu tuaj seb qheb lub sijhawm twg <a href="http://www.saclibrary.org/Locations/Del-Paso-Heights">www.saclibrary.org/Locations/Del-Paso- Heights</a></p>
<p><b>No. Highlands-Antelope Library</b> 4235 Antelope Road, Antelope 95843</p>	<p><b>(916) 264-2920</b></p>	<p>Hu tuaj seb qheb lub sijhawm twg <a href="http://www.saclibrary.org/Locations/North-Highlands-Antelope">www.saclibrary.org/Locations/North- Highlands- Antelope</a></p>
<p><b>No. Sacramento Hagginwood Library</b> 2109 Del Paso Blvd., Sacramento 95815</p>	<p><b>(916) 264-2920</b></p>	<p>Hu tuaj seb qheb lub sijhawm twg <a href="http://www.saclibrary.org/Locations/North-Sacramento-Hagginwood">www.saclibrary.org/Locations/North- Sacramento-Hagginwood</a></p>
<p><b>Rio Linda Neighborhood Library</b> 6724 6th Street, Rio Linda 95673</p>	<p><b>(916) 264-2920</b></p>	<p>Hu tuaj seb qheb lub sijhawm twg <a href="http://www.saclibrary.org/Locations/Rio-Linda">www.saclibrary.org/Locations/Rio-Linda</a></p>
<p><a href="https://www.saclibrary.org/Locations">https://www.saclibrary.org/Locations</a></p>		
<p><b>Dial-A-Story</b> (Askiv) 24-teev xovtooj nkag tau lus mloog</p>	<p><b>(916) 441-1234</b></p>	<p>Cov dabneeg luv luv uas tau theej tseg muab rau cov menyuum hnuvnyoog li 3-6.</p>