

2025-2026

phau ntawv kev pab cuam hauv tsev neeg



Teeb tsa los ntawm:

Tsev kawm Twin Rivers Unified School District

hoob kas pab cuam rau tub-ntxhais kawm

kev pab txhawb nqa mus nyuam thiab tuaj kawm ntawv

phau ntawv kev pab cuam hauv tsev neeg yog tsim los rau kev sib txua lus rau tsev neeg nyob rau hauv peb lub tsev kawm zej zog nrog cov peev txheej siv rau lub sij hawm xav tau kev pab. phau ntawv qhia yog yuav ua kom tau raw li ntawm lub tsev kawm Twin Rivers Unified School District. Muaj ntau hom kev pab cuam uas nyob thoob plaws hauv Nroog Sacramento thiab cov cheeb tsam nyob ib ncig uas cov pej xeeb yuav xav mus nrhiav kev pab.

Thov hu rau Infoline Sacramento 211 los sis (916) 498-1000, los sis mus tsawb hauv 211sacramento.org/211/for more options.

koj nkag mus hauv findhelp.org mus tshawb nriav kev pab.

ua ntej koj yuav hu xov tooj los sis tsawb nrhiav hauv online txhawm rau kev pab cuam tswj xeeb, koj yeej meem sau ntawv li hauv qab no:

- Leej twg ua koj xav tham nrog?
- Cov ntaub ntawv twg ua koj xav paub txog, los sis
- Vim li cas koj ho xav tau hom kev pab no?
- nco ntsoov tias yog qhov kev pab cuam no pab tsis tau koj, lawv puas muaj peev xwm pab nrhiav ib tug neeg ua pab tau koj?

qee qhov kev pab cuam hauv phau ntawv no muaj kev pab cuam tsawg vim raug txiav nyiaj. yog koj pom tias tsis muaj kev pab cuam ntxiv lawm, los sis tias tus ber xov tooj hloov lawm, thov hu rau hoob kas CWA (916) 566-1615, yog li ntawd cov kev kho yuav raug ua rau kev tshaj tawm tom ntej ntawm Phau Ntawv Qhia no.

CEEB TOOM: cov peem txheej hauv phau ntawv no tsua yog ua pov thawj nkaus xwb. yuav tsis muaj kev pom zoo

tus ber xov tooj ua siv tas li

Npe

ber xov tooj

cov ntseeb lus hauv npau ntawv

Ber xov tooj xwm txheej ceev	Tshooj 3
Ber xov tooj ua tsis yog xwm txheeb ceev	Tshooj 3
khoom noj khoom hau	Tshooj 4-6
roos ris tsho	Tshooj 6-7
khw muag khoom	Tshooj 7
kev pab cuam rau tsev neeg tau nyiaj nkag los tsawg	Tshooj 8
chaw nyob xwm txheeb ceev/chaw nkaum so	Tshooj 9, 10
chaw so qho loj / chaw so tshoov siab	Tshooj 11
chaw kho mob	Tshooj 12-13
Cov ntaub ntawv Medi-Cal	Tshooj 13
ntaub ntawv thiab kev pab cuam ntawm niam txiv	Tshooj 14-16
Kev Sib Tham / Kev Txhawb nqa / Kev Kho Mob	Tshooj 16-18
kev pab los ntawv kev cais lij choj / kev kho mob	Tshooj 18-19
kev thauj neeg mus los rau niam txiv pej xeeb	Tshooj 20
kev pab cuam khoom siv rau xwm txheej ceev	Tshooj 20
Tsev kawm School Districts	Tshooj 21
Tsev kawm me nyuam yaus thiab tsev kawm saib xyua me nyuam	Tshooj 21-23
cov kev pab qhia ntawv	Tshooj 23-24
Cov kev cob qhia	Tshooj 24-25
Kev Pabcuam Kev Ua Haujlwm thiab Kev cob qhia	Tshooj 25-26
chaw nyob thiab chaw ua si	Tshooj 26
chaw saib ntawv	Tshooj 26-27

Ber xov tooj hu txhwm xeej ceev

tub ceev xwm, tub ceev xwm hauv nroog, hluas taws kub, tsheb thauj neeg mob	911
Kab Nres Kev Tuag Ntawm Tus Kheej thiab Kev nyuaj siab – Hu los sis sau ntawv	988, 24 xuab moos
kev pab cuam tiv thaiv cov neeg laus	(916) 874-9377
ber xov tooj teeb meem ntawv cov tub ntxhais hluas hauv California	(800) 843-5200, 24 xuab moos
Ber xov tooj nrhiav me nyuam	(800) I – AM – LOST, (800–426–5678)
kev pab cuam tiv thaiv me nyuam yaus	(916) 875-KIDS (5437)
chaw saib xyuas me nyuam yaus- Tsev saib me nyuam yaus Sacramento	sab qaum teb - (916) 679-3600, 24 xuab moos
	sab qab teb - (916) 394-2000, 24 xuab moos
ber xov tooj (kev pab cuam hais txog kev xav)	741741
ber xov tooj kev saib xyua txog kev xav nyob rau hauv nroog	(916) 875-1055, 24 xuab moos
kev saib xyuas txog tshuaj muaj kuab txhaum	(800) 222-1222, 24 xuab moos
Ber xov tooj kev muaj me nyuam	Hu rau (916) 541-2273 or Text (916) 538-1097
kev pab cuam txog kev sib txua lus los ntawm cov neeg dig muag lag ntseg	711
Tub ceev xwm hauv Twin Rivers USD	(916) 566-2777
xov tooj WEAVE (kev siv dag zog rau hauv tsev neeg)	(916) 920-2952, 24 xuab moos
xov tooj chaw so muaj xwm ceev rau cov tub txhais hluas Wind (Hnub nyoog 12-17 xyoo)	(916) 628-1492, 24 xuab moos

tsis yog xwm txheej ceev hauv

Infoline Sacramento	211 losis (916) 498-1000
Neeg quav cawv	(916) 454-1100, 24 xuab moos
Sacramento Al-Anon	(916) 334-2970
pab pawg hais txog kev kho neeg muaj kev xav ntawm cov me yuam yas thiab neeg laus	(916) 875-1055
Tshuaj muaj yees	(800) 600-4673
tub ceev xwm hauv nroog	(916) 874-5115
kev pab cuam rau cov neeg mob	(916) 874-5701
WEAVE (kev siv dag zog rau hauv tsev)	(916) 448-2321
kev pab cuam pab pawg tub ntxhais WIND	(916) 504-3313

khoom noj haus

Cal Fresh: thaj chaw kev pab cuam tib neeg Calfresh	(800) 560-0976	kev pab cuam txhua hli rau cov neeg ua muaj nyiaj tsawg thiab cov tsis muaj nyiab tsis hais nws ib leeg los yog tsev neeg kom tau yuav zaub mov noj kom txaus
Tsev Church Calvary 2667 Del Paso Blvd. Sacramento 95815	(916) 929-5725	Faib khoom noj Hnub ob sij hawm 11:00 teev sawv ntxov.
chaw cia khoom noj Carmichael 5645 Marconi Ave. Carmichael 95608	(916) 483-9232 thov hu nug yog xav paub ntau tshaj no.	Qhib hnub M/T/TH 1:30pm-2:00pm, and TH 6:00pm-7:00pm. saib raw cov duab
Carmichael Seventh-Day Adventist Church- 7694 Pasadena Ave. Sacramento 95841	(916) 487-8684 thov hu nug yog xav paub ntau tshaj no.	Faib khoom noj rau hnub Wednesdays sij hawm 9:00am-11:30am.
Pub Vaj tswv Cov Me Nyuam 5808 Watt Ave. North Highlands 95660	(916) 803-5233 thov hu nug yog xav paub ntau tshaj no.	Hu hnub Friday sij hawm yog 7:00am-8:00am mus thov ib pob khoom noj. Mus nqa hnub Saturdays 8:15am and 8:30am.
Joey's Food Locker 3301 Fong Ranch Road Sacramento 95834	(916) 870-1659 thov hu nug yog xav paub ntau tshaj no.	kev pab cuam khoom noj rau Thursdays 4:00pm-5:30pm.
ncuav thiab ntse 1351 N. C Street Sacramento 95811	(916) 446-4961	pab zaub mov sov thaum nruab hnub rau cov neeg tsis muaj vaj-tsev nyob noj rau hnub Monday-Friday 11:30am-1:00pm, Sat-Sun 11:00am-12:30pm.
Manna Food Bank 4840 Marysville Blvd. Sacramento 95838	(916) 922-6442	faib khoom noj rau hnub Thursdays 4:00pm-7:00pm thiab Fridays 9:00am-12:00pm.
Mary tsev 1321 N C Street Sacramento 95811	(916) 446-4961	pab zaub mov tshais yog 8:00 am-8:45am rau cov poj niam, tsev neeg, thiab cov txiv neej nrog rau niam txiv.
Pilgrimage Sacramento-pab txhawb siab rau cov neeg tsis muaj tsev nyob firstumcsac.org/events	thov mus saib lub Website kom paub ntau tshaj no.	noj zaub mov hauv laj mej pej xeeb thiab so ncig ua si hauv thaj tsam Sacramento

Potters Tsev 2994 Del Paso Blvd. Sacramento 95815	(916) 905-6268	faib khoom noj sij hawm yog 10:00am-11:30am.
lub hom phiaj thiab txoj cais 5314 Walnut Ave. Sacramento 95841	(916) 200-3989	faib khoom noj rau hnuv M/W/F 11:00am-1:pm.
River City Food Bank 1800 28 th St. Sacramento 95816 2300 Edison Ave. Sacramento 95821 rivercityfoodbank.org	(916) 446-2627	faib khoom noj rau hnuv T/TH 10:30am-1:30pm faib khoom noj rau hnuv W/F 10:30am-1:30pm
kev pab cuam hauv tsev neeg thiab chaw faib khoom noj hauv Sacramento Sacramentofoodbank.org	(916) 456-1980	hu thiab mus tshawb hauv website hais txog kev faib khoom noj ze thaj tsam ua koj nyob.
Salvation Army 3213 Orange Grove Ave. North Highlands 95660 2500 Alhambra Blvd. Sacramento 95817	(916) 678-4010	faib khoom noj hnuv T/W/TH 9:00am-1:00pm. khoom noj rau cov neeg laus 60 xyoo thiab siab tshaj 4 th Monday thiab Thursday 9:00am- 1:00pm. faib khoom noj ua zaum kawg yog hunb Wednedday ntawm txhua2 lub hli. txhua qhov chaw yuav tsum nqa I.D thiab pov thawj ntawm chaw nyob ntawm lub nroog Sacramento.
Twin Rivers USD-Family and Community Engagement https://www.trusd.net/StudentsFamilies/Family-and-Community-Engagement-FACE/Community-Resources/	(916) 566-1788	Kev faib khoom noj rau cov neeg hauv zej zog uas muaj nyiaj tsawg, muaj kev txhawb nqa los ntawm Sacramento Food Bank & Family Services.

khoom haum Union Gospel Mission 400 Bannon Street Sacramento 95811	(916) 447-3268	Hu lub sij hawm 11:00 am hub Tuesdays thiab hnuv Thursday mus sau npe, mus nqa yog lub sij hawm 1:00 pm - 3:00 pm nyob rau hnuv ntawv.
WIC dhs.saccounty.gov/pub/wic/Pages/ Women-Infant-and-Children-Home.aspx	(916) 876-5000	Cov poj niam, cov me nyuam mos thiab me nyuam txoj kev pab cuam uas muab zaub mov rau cov poj niam cev xeeb tub thiab cov niam laus, thiab cov me nyuam mos thiab cov me nyuam hnuv nyoog qis dua 5 xyoos.

CLOTHING RESOURCES

Common Ground Covenant Church 8355 Arroyo Vista Dr. Sacramento 95823	(916) 689-3010	faib khoom noj yog hub Saturdays sij hawm 9:00am-12:00pm
Dress The Part, Inc.	(916) 293-7377 info@dressthepart.org	Muab cov khaub ncaws zoo li cas rau cov tub txhais hluas thiab cov hluas (hnuv nyoog 14-21).
First Baptist Church of North Sacramento 2601 Del Paso Blvd.	(916) 922-9365	thaj chaw nqa khaub ncaw yuav qhib rau niam txiv pej xeeb rau txhua2 hnuv Friday 9:30 am-12:00pm muab hnab ev nrog rau khoom siv kawm ntawv, tsho tiv no thiab khaub so yog lub hawm caij ntu no.
Francis House Center – tom ntej no yog kev pab cuam rau cov neeg tsis muaj tsev nyob 1422 C Street Sacramento 95814	(916) 443-2646	faib khoom noj yog hnuv M/T/TH/F 9:00am-12:00pm thiab 1:00pm-3:00pm.
God’s Little Lambs Free Store-New Beginnings Fellowship Church 7008 10 th Street Rio Linda 95673	(916) 799-2099	txhua2 hom puas leej yog muab dawb xwb khaub ncaw thiab lwm hom Txhua hnuv Tuesday 6:00pm-7:00pm thiab thawj hnuv Saturday ntawm txhua lub hli yog sij hawm 9:00am-1:00pm.
Love I.N.C.	(916) 383-3232 loveinc-sacramento.com/request-help/#	muab khawb ncaw thiab cov khoom ua me nyuam yaus xav tau Hu los sis mus tshawb hauv Website mus thov kev pab.
Shores of Hope – Outreach Center 110 6 th Street West Sacramento 95605	(916) 372-0200	cov khaub ncaw tuajt shiab hnuv M-TH sij hawm 9:00am-3:00pm.
Sisters In Christ - LifePointe Church 7200 Rio Linda Blvd. Rio Linda 95673	(916) 991-4624	Khoom pub dawb nrog rau khaub ncaw thiab lwm yam, qhib rau hub Tuesdays thiab Thursdays 9:00am-12:00am

St. Anne's Catholic Church 7724 24 th Street Sacramento 95832	(916) 422-8380	Khawb ncaw thiab khau yuav muaj muab rau thawj hnuv Thursday ib lub hlis sij hawm yog 9:00am-10:00am, hnuv ntuj los nag los muab thiab.
khoom haum Union Gospel Mission 400 Bannon Street Sacramento 95811	(916) 447-3268	khoom poj niam thiab me nyuam yaus yog hnuv Tuesday thiab hnuv Thursday sij hawm yog 9:00am-12:00pm khoom txij neej yog hnuv M-TH sij hawm yog 9:00am-12:00pm, yuav tsum tuaj kom txog 9:30am tsis pub tuaj lig.

THRIFT STORES

Deseret Industries 3000 Auburn Blvd. Sacramento 95821	(916) 482-1480 qhib hnuv Monday -Saturday 9:00am-6:00pm
Dollar Thrift 5338 Auburn Blvd. Sacramento 95841	(916) 333-8788 qhib hnuv Monday -Saturday 10:00am-6:00pm
koom haum Goodwill Industries 5400 Date Ave., E Sacramento 95841 4401 Elkhorn Blvd. Sacramento 95842 2502 Watt Ave. Sacramento 95821 2040 Alta Arden Expwy Sacramento 95825	(916) 678-5700 (916) 332-2294 (916) 480-9002 (916) 779-7468
khw muag khoom Pacific 6101 Watt Ave. North Highlands 95660	(916) 514-0154

KEV PAB CUAM COV NEEG MUAJ NYIAJ TSAWG THIAB CHAW NYOB
Hu rau 211 kom paub txog cov ntsiab lug

Angelic Housing Resources Foundation Inc. angelichousing.org	(916) 432-8055	thov kev pab kom tau rau cov neeg laus hauv nroog Sacramental tias leej twg xav tau tsev nyob thiab xav nyob ib leeg ywj pheej kom hloov pauv mus ua ke kom tus nqis pheej yig.
CHOC - Community Housing Opportunities chochousing.org	(707) 759-6043	mus tshawb hauv website mus tshawb cov khoom ua muaj koj yuav tsum thov rau tshawb cov khoom ua tsis zoo ib yam.
Hope Cooperative-Permanent Supportive Housing https://hopecoop.org/housing-programs/	211	chaw nyob rau cov laus thiab tsev neeg ua rau kev txom nyem ua muab mob hauv lub cev pab tus kheej tsis tau yuav tau kev pab saib xyua chaw nyob rau nws yog tias muaj.
HUD Affordable Housing Locator https://resources.hud.gov/#		kev tshawb nrhiav yog thaj tsam tus nqis pheej yig thiab cov ntaub ntawv.
Mercy Housing mercyhousing.org/find-housing/	(916) 414-4400	mus tshawb hauv website mus tshawb cov khoom ua muaj koj yuav tsum thov rau tshawb cov khoom ua tsis zoo ib yam.
Mutual Housing mutualhousing.com/searchlisting	(916) 453-8400	tsim kho thiab, ua hauj lwm kom pheej yig nyob ua ke nrog zej zog kom ruaj ntseg mus tshawb hauv website mus tshawb cov khoom ua muaj koj yuav tsum thov rau tshawb cov khoom ua tsis zoo ib yam.
Salvation Army	(916) 678-4010 Prompt #2	Pab them tsev xauj, pab thaum tsiv mus, thiab pab tiv thaiv kev ntiab tawm (yog muaj nyiaj pab).
SHRA shra.org/other-affordable-housing-options/	(916) 440-1390	npe tsev xauj pheej yig thaib qhia kev mus yog nyob rau hauv website. kev pab nyiaj vaj tsev kuj muaj nyob rau lub koom haum no thiab.
YWCA https://www.ywcaccc.org/residential-housing-for-women	(916) 800-9773	khoom haum rau cov poj niam ua muaj nyiaj tsawg xauj hoob pw, tsis muaj me nyuam thiab tau tos daim ntawv teev npe.

CHAW NYOB XWM TXHEEJ/CHAW THAWJ NAM THIAB LWM YAM.

Hu rau 211 nug kom paub ntau tshaj no.

Academy Stay – chaw nyob rau cov hluas https://www.academystay.org/	(916) 548-7961	vaj tsev nyob rau lub sij hawm luv luv rau cov 18-24 xyoo uas tau siv qee yam ntawm lawv cov me nyuam yaus hauv kev tu menyuum.
American Red Cross – kev pab cuam kev puas tsuaj	(916) 993-7070 thov hu nug yog xav paub ntau tshaj no.	kev pab kev puas tsuaj lub caij luv rau cov neeg nyob ib ntus los sis nkaum ib pliag.
kev cog lus ntawm niam txiv rau hauv tsoom fwm Sacramento familypromisesacramentoca.org	(916) 443-3107	kev pab cuam rau tsev neeg ua muaj nyiaj tsawg thiab nws muaj peev xwm pab nws tus kheej thaum tsis muaj chaw nyob thiab rov qab los muaj vaj tsev nyob ntxiv. los nyob ib ntus tsis pub dhau 90 hnuv. yuav tsum muaj me nyuam yaus hnuv nyoog tsis dhau 18 xyoo.
thawj khaub ruam hauv zej zog https://www.firststepcommunities.org/	211	chaw nyob ib ntu ce hu rau 211 yuav tau ntsuam xyua qhov chaw nyob
kev pab cuam hauv zej zog Lutheran ntawm qaum teb ntawm California – kev pab cuam sib txhua lus lssnorcal.org/what_we_do/concord_redding_stockton_sacramento/connections.html	211	Pab vaj tse thiab kev pabcuam kom cov neeg tsis muaj tsev nyob tsis rov qab tsis muaj tsev nyob dua. Hnuv yug yog 18-24 xyoo
My Sister's House -chaw nyob muaj kev ruaj ntseg kev pab cuam www.my-sisters-house.org	(916) 428-3271 24 xuab moo hu tau hauv line Ntau hom lus	Muaj ntau yam kev pab txhawb nqa, suav nrog chaw nyob thaum muaj xwm txheej ceev rau cov neeg muaj sia nyob ntawm kev tsim txom hauv tsev, kev ua phem rau kev sib deev, thiab kev lag luam tib neeg.
Txhua ntxiv yog mus rau kev pab cuam rau cov neeg tsis muaj vaj tsev nyob	211	chaw nyob muaj xwm txheej rau tsev neeg thiab chaw nyob muaj xwm txheej rau cov tsis muaj txij nkawm.
khoom haum Overcomers Program	(916) 924-3113 (916) 920-3082	koom haum rau poj niam koom haum rau txiv neej
kev txom nyem chaw nyob ntawm Sacramento	211	Txuas cov tsev neeg nrog kev pab rau vaj tse, chaw nkaum, thiab lwm yam kev pab cuam.
koom haum Sac Veterans Resource Center https://nationsfinest.org/	(916) 393-8387 7270 East Southgate Dr. Sacramento, CA 95823	muaj kev pab cuam chaw nyob thiab kev hloov pauv txog chaw nyob yuav tsum yog qub tub rog Mon.-Fri. 8:00am-5:00pm

Salvation Army – Center of Hope Emergency Shelter https://sacramento.salvationarmy.org/sacramento_metro/center-of-hope-shelter	211; (916) 442-0331 thov hu nug yog xav paub ntau tshaj no.	cov neeg laus ua tab tom nriav chaw nyob, hu rau 211 kom tau muaj kev ntsuam xyuas txog chaw nyob.
ST. koom haum john kev pab cuam rau kev hloov pauv tiag https://saintjohnsprogram.org/program/get-help/	(916) 453-1482	nthuav kev dav rau cov poj niam thiab lawv cov me nyuam muaj kev pab cuam rau nyob txog 12 lub hli
khaub ruam thib ob	211	koom haum kev pab cuam chaw pw hauv nroog rau tsev neeg thiab me nyuam yaus. yuav tsum muaj ib qhov pov thawj los ntawm 211.
Kev pab rau cov neeg ntoj ncig	(916) 399-9646	tus nqis pheej yig motel rau tsev neeg ua tsis muaj chaw nyob raws li qhov muaj
koom haum Waking the Village- kev pab cuam chaw nyob kev tiv thaiv thiab kev cuam tshuam admin@wakingthevillage.org	hu los sis sau ntawv (916) 525-5965 (916) 601-2979 PO Box 160085 Sacramento 95816	Muab vaj tse thiab kev txhawb nqa rau cov neeg tsis muaj tsev nyob lossis muaj kev pheej hmoo. Muab kev tiv thaiv, kev cuam tshuam, thiab kev kho kom haum xeeb rau cov hnuv nyoog 12-24.
WEAVE – tsev nyob muaj kev ruaj ntseg weaveinc.org/safe-shelter	(916) 928-2952 txhawb nqa thiab txhu lus tau 24 xuab moos	kev pab cuam safehouse rau cov dim ntawm kev tsim txom hauv tsev, kev tsim txom sib deev thiab lawv cov me nyuam
Wind Youth Services – Ado Youth Shelter Common Ground https://www.windyouthservices.org/emergency-shelter	(916) 628-1492 thov hu nug yog xav paub ntau tshaj no. 211	Muab cov kev pabcuam thaum muaj xwm txheej ceev rau cov menyuam yaus (12-17) uas ntsib kev tsis muaj tsev nyob. Kev pabcuam tsev nyob thaum muaj xwm txheej thiab yooj yim nkag tau rau cov hluas hnuv nyoog 18-24.
Union Gospel Mission Sacramento https://ugmsac.com/ koom haum Men's New Life Program	(916) 447-3268 thov hu nug yog xav paub ntau tshaj no.	sau npe rau txiv neej nyob ib hmo raw lii sij hawm 5:30 leej twg tuaj ua ntej leej twg tau Ib qhov kev pab cuam nyob rau cov txiv neej. los tom qhov chaw sau npe hnuv Monday-Thursday qhib thaum 9:00am thiab thov rau npe. <i>Union Gospel yuav tsum muaj daim ID uas siv tau thiab qhov kuaj mob TB tam sim no tsis zoo rau ob qho tib si.</i>

DROP-IN CENTERS, RESPITE ETC.
Hu rau 211 nug kom paub ntau tshaj no.

Capital Compassion -Homeless Respite Center https://www.capitalonline.cc/homeless-initiatives	(916) 856-5683 10173 Crayton Way, 4A Sacramento 95827	Da dej muaj nyob rau ntawm lub sij hawm teem tseg nkaus xwb. muaj kev pab ntiv thov hu rau
kev pab cuam me nyuam yaus thaum muaj xwm txheej https://www.kidshome.org/what-we-do/crisis-nursery-program/	(916) 679-3600/4533 Pasadena Ave., Sacramento 95821 (916) 394-2000/ 6699 South Land Park Dr., Sacramento 95831	cov niam thiab txiv coj me nyuam li ntawm 0-5 xyoo mus tau rau ib ntawm ob lub chaw zov me nyuam hauv Sacramento thaum muaj xwm txheej rau cov me nyuam yaus los sis mus pw thaum lub sij hawm ntsib kev nyuaj siab.
lub koom haum Friendship Park – Loaves & Fishes https://sacloaves.org/programs-services/	(916) 443-7378	thaj chaw ua sis ntiag tug pub cuam rau kev tau so.
Maryhouse – Loaves & Fishes https://www.hartstogether.org/north-sacramento	(916) 446-4961	thaj chaw pab cuam rau cov neeg tsis muaj tsev nyob rau poj niam thiab tsev neeg ua qhib rau yav nruab hnub yam tsis muaj dab tsi los cuam tshuam.
Sab qaum teb Sacramento HART https://www.hartstogether.org/north-sacramento	Mount Calvary Baptist Church 3407 Altos Ave Sacramento 95838	kev pab cuam so rau hnub Wednesdays 9:00am – 12:00pm
koom haum Pilgrimage Sacramento firstumcsac.org/events	thov mus saib lub Website kom paub ntau tshaj no.	kev pab cuam kev so nyob rau txhua qhov chawm hauv Sacramento
Koom haum Sacramento LGBT Community Center – Q Spot https://saccenter.org/youth	(916) 442-0185	Chaw nyob rau cov tub ntxais LGBTQ+hnub nyoo 13-24 xyoo.
sab qab teb ntawm Sacramento HART https://southsachart.org/get-involved	Florin Road Methodist Church 7560 Florin Road Sacramento 95828	Respite services every hnub tim 2 nd Saturday 9:00am – 12:00pm
koom haum Wind Youth Drop-In Center https://www.windyouthservices.org/drop-in-center	(916) 504-3313	Cov tub ntxhais hluas tsis muaj tsev nyob thiab khiav tawm hnub nyoo 18-24 xyoo.

Chaw kho mob Clinics Serving the Twin Rivers USD Area

Hloov Kho Lub Rau Hli 2025 - nco ntsoov hu rau cov chaw kho mob rau cov ntaub ntawv tam sim no feem ntau.

Qhov chaw pabcuam tseem ceeb thiab zoo tshaj plaws rau kev txhaj tshuaj tiv thaiv menyua yaus thiab txhua yam kev saib xyuas kev noj qab haus huv yog koj tus kws kho mob saib xyuas thawj zaug (PCP). Yog koj xav txhaj tshuaj tiv thaiv tam sim ntawd kom tau npe kawm ntawv, hu rau koj tus kws kho mob (PCP) thov teem caij tib hnub lossis mus teem caij “drop-in”. yog koj tsis muaj kw kho mob ce mus saib cov ntaub ntawv hauv qab no thov txhob xav li cas kav tsi nug hauv tsev kawm yog koj xav tau kev pab.

puas xav tau ntawv pom hwm kev noj qab hau huv? Hu rau Sacramento Covered – yog ib qho chaw pab qhia thiab txuas cov neeg hauv cheeb tsam Sacramento kom tau txais kev kho mob/kev kho hniav thiab kev pov hwm uas lawv xav tau. Hu rau (916) 414-8333 los sis (866) 850-4321.

Elica Health Centers www.elicahealth.org (855) 354-2242 (txhua lub tsev kho mob) 4815 Watt Ave, North Highlands, CA 95660 3234 Marysville Blvd, Sacramento, CA 95815 3701 J Street #201, Sacramento, CA 95816	- Txais kev tuav pov hwm ntiag tug, Medi-Cal, cov nyiaj tau lwm qhov los (tsis muaj pov hwm). kaiser, ntiag tug los Mdei-cal mam tsis txais - teem caij nkaus xwb - sij hawm qhib chaw kho mob Mon – Fri 8:00 am – 3:30 pm (kaw sij hawm soj su 12 pm – 1 pm)
koom haum Peach Tree Health www.pickpeach.org 3810 Rosin Ct. Suite 100, Sacramento, CA 95834 (916) 779-7656	- Txais kev tuav pov hwm ntiag tug, Medi-Cal, cov nyiaj tau lwm qhov los (tsis muaj pov hwm). - teem caij nkaus xwb, tsis muaj kev pab cuam tuaj yam tsis qhia - sij hawm chaw kho mob qhib yog Mon-Fri 8:00 am - 5:00 pm (kaw noj su yog 12-1)
koom haum Planned Parenthood www.plannedparenthood.org (877) 855-7526 (main) 5700 Watt Ave., North Highlands, CA 95660 201 29th St. Suite B, Sacramento, CA 95816	- Txais kev tuav pov hwm ntiag tug, Medi-Cal, kev pab cuam tshwj xeeb rau cov tsis muaj kev pov hwm- ua raw li kev pab cuam. - teem caij ua ntej - sij hawm qhib 8:00 am – 4:30 pm (sij hawm yuav muaj qhov txawv txav. hu mus teem tseg)
Sacramento Community Clinic www.halocares.org 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 642-1867 (includes dental, 2138 Del Paso Blvd) 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 642-1867 (includes dental, Suite 106))	- Txais Medi-Cal - teem caij ua ntej - yog koj cia li tuaj xwb tej zaum yuav tsis ntsib - chaw kho mob qhib hnub Mon – Fri 8:00 am – 5:00 pm (kaw noj su yog 12 pm – 1:30 pm)
koom haum chaw txhaj tshuaj tiv thaiv kab mob hauv nroog Sacramento 4600 Broadway Suite 1300, Sacramento, CA 95820 (916) 875-7468	- txais Medi-Cal thiab tsis muaj kev pov hwm - teem caij nkaus xwb cia li tuaj tsis txais - teem caij tau txhua hnub Friday - sij hawm qhib chaw kho mob yog hnub Mon – Fri 8:00 am – 4:30 pm
Chaw kho mob haiv neeg meka hauv Sacramento (SNAHC) www.SNAHC.org 2020 J street, Sacramento, CA 95811 (916) 341-0575	- saib raw li nyiaj hli tus ua tsis muaj kev pov tswj - teem caij nkaus xwb - tsis muaj kev kho mob ceev - M-F 7:30 am – 5:00 pm (so noj su yog 12-1 moo)
San Lucas Pediatric Clinic www.sanlucaspeds.com 4100 E. Commerce Way Suite 100, Sacramento, CA 95834 (916) 575-9090	- txais Medi-Cal, ntiag tug li kev pov tswj - teem caij nkaus xwb - Mon.-Fri. 8:30 am – 5:30 pm.
WellSpace Health www.wellspacehealth.org (916) 737- 5555 (txhua lub chaw kho mob) 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 3946 Norwood Ave, Sacramento, CA 95838	- Txais Medi-Cal thiab cov tsis muaj pov hwm (them raws li nyiaj tau los). - yuav tsum teem caij ua ntej. - cia li tuaj los tau - sij hawm qhib chaw kho mob Mon. – Fri. 8:00 am – 5:00 pm (so noj su 12-1) - hu rau hauv xum lub sij hawm so noj su.
khw muag tshuaj xw li Rite Aid, Walmart, CVS...etc.	Nqi txawv raws li ib hom tshuaj tiv thaiv. hu rau khw muag tshuaj yog xav paub ntxiv

CHAW KHO MOB

chaw kho mob ceev/sai – plawv nroog Sacramento https://www.dignityhealth.org/dhmf/locations/chaw-kho-mob-ceev/sai-Sacramento	(916) 733-3377 3000 Q St. Sacramento 95816	yog xav paub ntau tshaj no hu los sis mus saib hauv website
Chaw kho mob Mercy Clinic – Loaves & Fishes http://www.sacloaves.org/programs-services	(916) 874-2811 1321 C St. Sacramento 95811	khw muag tshuaj thiab chaw kho mob ceev/sai
chaw kho mob One Community Health – Arden Arcade https://onecommunityhealth.com/locations/arden-arcade-campus/	(916) 443-3299 1442 Ethan Way, Suite 100 Sacramento 95825	Chaw no muaj kev kho mob kuaj ua ntej thiab kev kho mob tshwj xeeb.
Chaw kho mob rau poj niam Sac Valley https://svwhealth.com/services/	(916) 451-2273 los sis (916) 451-4357	Kev pab ceev ntiag tug ntau hom los pab txog kev yug me nyuam. hu nug ntxiv tau
chaw kho mob The Willow Clinic https://www.willowclinic.org/services/medical	916-572-4502 1400 North A St. Sacramento 95811	qhib rau hnuv Saturdays 9:00am – 11:30am, leej twg tuaj ua ntej kho tus ntawv ua ntej cia li tuaj xwb
Chaw kho mob VA qaum teb ntawm California https://www.va.gov/northern-california-health-care/	(800) 382-8387	Chaw kho mob rau qub tub rog

xwm txheej ntawm MEDI-CAL

Koj los sis koj tus me nyuam yuav tau txais Medi-Cal yog tus me nyuam hnuv nyoog tsawg dua 19 xyoo, los sis puas yog koj tab tom cev xeeb tub? nakg mus saib: <https://apply.coveredca.com/lw-shopandcompare/#incomeGuidelines> yog xav paub txiv.

Medi-Cal www.benefitscal.com	(800) 560-0976
Medi-Cal kho hniav	kev pab cuam rau cov tswv cuab (800) 322-6384
Nrhiav Tus Kws Kho Mob uas txais Medi-Cal	https://www.healthcareoptions.dhcs.ca.gov/en/find-provider
nroog Sacramento - chaw kho mob puas hlwb	

NTAUB NTAUV KEV PAB CUAM NIAM TXIV
(dawb los sis tau nyiaj tsawg)

Cheeb Tsam Alta California https://www.altaregional.org/	(916) 978-6400	Pab cov neeg uas muaj teeb meem kev loj hlob lub siab thiab lawv tsev neeg, los ntawm kev pab kom lawv siv tau cov kev pabcuam tseem ceeb ntawm tsoom fwv thiab ntiag tug kom tau raw li lawv lub siab nyiam.
Khoom hau Area 4 Agency on Aging https://www.agencyonaging4.org/	(916) 486-1876	sawv cev thiab tsim kho kev pab cuam rau cov neeg laus.
Chaw Pabcuam Tsev Neeg Birth & Beyond – Koom Haum Pab Ib Leeg – Robertson Community Center https://www.mutualassistance.org/	(916) 696-6689 3525 Norwood Ave. Sacramento 95838	Ua hauj lwm sib koom dav hauv ntau txoj kev pab cuam, muab kev txhawb nqa uas muaj txiaj ntsig raws li kev nkag siab txog zej zog.
khoom haum Birth & Beyond – North Sacramento Family Resource Center North.Sac@KidsHome.org	(916) 679-3743 1565 River Park Drive Sacramento 95815	Ua hauj lwm sib koom dav hauv ntau txoj kev pab cuam, muab kev txhawb nqa uas muaj txiaj ntsig raws li kev nkag siab txog zej zog.
Chaw Pabcuam Tsev Neeg Birth & Beyond – Chaw Kho Mob Hauv Zej Zog North Highlands WellSpace Health nhbbFRC@WellSpaceHealth.org	(916) 679-3925 6015 Watt Ave. North Highlands 95660	Ua hauj lwm sib koom dav hauv ntau txoj kev pab cuam, muab kev txhawb nqa uas muaj txiaj ntsig raws li kev nkag siab txog zej zog.
Lub Koom Haum Black Child Legacy – Lub Tsev Ntseeg Liberty Towers www.libertytowers.org	(916) 900-6708 5229 Elkhorn Blvd. Sacramento 95842	Txhawb nqa zej zog nrog cov cuab yeej thiab kev pabcuam kom daws tau kev tsis vaj huam sib luag, kom txhua tus muaj lub sij hawm loj hlob thiab vam meej. Tub txhais hluas
lub koom haum Black Child Legacy – Robertson Family Development Center http://www.robertsfdc.com/	(916) 646-6631 ext.103 3725 Marysville Blvd. Sacramento 95838	Muaj ntau hom kev pabcuam xws li kev pab poj niam cev xeeb tub thiab me nyuam yau, faib phuum, kev txhawb tsev neeg, pab pawg kev txhawb nqa, kev tshwm sim hauv zej zog, kev nce qib kev cai lij choj, thiab kev txuas nrog lwm lub koom haum.
koom haum rau cov txiv tsev thiab hauv tsev neeg https://www.cffsacramento.org/cms	(916) 568-3237 920 Del Paso Blvd Sacramento 95815	Pab cov txiv neej thiab lawv tsev neeg los ntawm cov koom haum thiab kev pabcuam uas ua rau lawv loj hlob, muaj kev txawj ntse, thiab muaj peev xwm. Tswj kev npau tawm/siab luv Muab cov kev pabcuam xws li Co-Parenting, Kev Saib Xyuas Me nyuam Yooj Yim, Pab Pawg Txhawb Cov Txiv Neej, thiab kev tshwm sim hauv zej zog.
nia rau qhov phom sij https://chicksin crisis.org/	(916) 896-0031 9455 E. Stockton Blvd. Elk Grove, CA 95624	pab cov me nyuam ntxhais cev xeeb tub thiab cov niam txiv tseem me yuav tsum tau kawm ntawv Pab txog kev saib xyuas poj niam cev xeeb tub, kev pab niam txiv, khaub ncaws, khoom siv me nyuam, cov khoom tseem ceeb, kev ntsuam xyuas sib ntsib raws cai, thiab lwm yam.

koom haum Help Me Grow Sacramento https://www.helpmegrowsac.org/	(916) 822-8744	tshuaj xyuas kev loj hlob dawb thiab lwm yam kev pabcuam los ntsuam xyuas menyuum, txij thaum yug los txog hnuv nyoog 5 xyoos.
Koom haum Homework Help – chaw qiv ntawv Sacramento https://www.saclibrary.org/Education/Students-Educators/Homework-Help		Muab ntau yam cuab yeej thiab kev pab cuam hauv online los pab cov tub ntxhais kawm nrog lawv cov homework thiab txhawb kev kawm.
koom haum Liberty Towers Youth Center https://www.libertytowers.org/ koom haum Impact Sac – Liberty Towers www.impactsc.org , Instagram: @impactsc	(916) 807-4903 5229 Elkhorn Blvd. Sacramento 95842 (916) 900-6707	Chaw tshwj xeeb rau cov tub ntxais hluas hnuv nyoog 11-24. Cov kev pab cuam suav nrog Kev Txhawb Siab Ntsej Muag thiab Kev Paub txog Kev Ua Plam Siab, Kev Tiv Thaiv Kev Siv Khoom Siv Ntxeev. kev tiv thaiv kev ua phem thiab kev tswj ua thawj coj 5 lub hnuv qub sij hawm qhib kev pab cuam hauv Drop-in muaj kev pab cuam tau lub athiv no. Txhawb nqa cov hluas qhia lawv tus kheej thiab ua raws lawv lub hom
ber hu xov tooj ceev kev kub ntxov hauv teb chaw https://www.thehotline.org/	(800) 799-SAFE (7233) pib hu los sau ntawv rau 8878	Pab cov neeg raug kev tsim txom hauv kev sib raug zoo, 24/7, ceev ntiag tug.
Chaw Hu Pab Rau Niam Txiv thiab Cov Hluas thoob teb chaw https://nationalparentyouthhelpline.org/	(855) 427-2736	hu, sau ntawv rau cov neeg ua xav tau kev pab cuam thiab qhia kev tawm.
kev noj qab haus huv hauv zej zog https://neighborhoodwellness.org/		Cov program thiab kev pabcuam pab daws kev tsis sib luag hauv zej zog, nyiaj txiag, kev kawm, thiab kev noj qab haus huv kom txo kev nyuaj siab thiab kev cuam tshuam tsis zoo.
Lub Chaw Hauj lwm Pab Cuam Tib Neeg hauv Nroog Sacramento https://ha.saccounty.gov/Pages/About-DHA.aspx	(916) 874-3100	muab kev pab cuam txog kev ua haujlwm, tsev nyob, kev kho mob, kev thauj mus los, kev kawm, thiab kev saib xyuas me nyuam.
Lub Tsev Khoom Noj thiab Kev Pab Tsev Neeg hauv nroog Sacramento https://www.sacramentofoodbank.org/diapers https://www.sacramentofoodbank.org/immigration	(916) 456-1980	phuum pub dawb

Lub tsev neeg hauv Stanford Settlement https://www.stanfordsettlement.org/	(916) 927-1303 450W. El Camino Ave. Sacramento 95833	<u>kev pab cuam rau me nyuam yaus:</u> rau tub/ntxais kawm nyob rau qib-6 th Qib kawm, pab pawg tom tsev kawm ntawv tom qab kawm, thiab kev kawm caij ntuj sov nrog kev txhawb kev xav thiab kev sib raug zoo. suav nrog rau cov pab txhawb nqa kev pab cuam mus rau cov tuaj koom thiab lawv tsev neeg <u>koom haum tub ntxhais hluas:</u> rau cov hluas 7 th -12 th qib kawm, qis tshaj 18 xyoo. koom haum Drop-in Cov kev ua si hauv pab pawg thiab kev pabcuam txhawb nqa los pab cov hluas txuas ntxiv kawm ntawv thiab tsis raug kev nyuaj siab lossis kev ua txhaum cai. <u>koom haum neeg laus:</u> Rau cov laus hnuv nyoog 50+ xyoo, muab kev thauj mus los, kev noj zaub mov, thiab kev ua si txhawb kev noj qab haus huv kom cov laus nyob zoo thiab muaj kev ywj pheej.
Cov Koom Haum Pab Cov Neeg Raug Kev Ua Txhaum Cai – Chaw Hauj lwm Tus Txheej Txheem Ua Raws Cai hauv Nroog Sacramento https://www.sacda.org/victim-services/victim-witness-assistance-program/	(916) 874-6218	Muab kev sawv cev thiab kev pab txhawb nqa rau cov neeg raug kev ua txhaum cai hauv zej zog.

KEV SIB SAB LAJ, KEV PAB TXHAWB NQA, KEV KHO MOB, THIAB LWM YAM.

Kev Pab Cuam Zej Zog Capitol Start kev sib sab laj, kev txhawb nqa, thiab pab pawg kev koom tes (CSET) Pab cov menyuam thiab hluas raug kev tsim txom kev sib deev (CSEC) https://www.starsinc.com/sacramento-county/	hauv plawav nroog/Arden Sacramento chaw Arcade (916) 584-7800 Chaw North Sacramento (916) 344-0249 (916) 844-2426 shine@starsinc.com	Kev sab laj ib leeg thiab kev sab laj tsev neeg, kev pab thaum muaj xwm txheej ceev, kev txhawb nqa los ntawm phooj ywg, pab pawg tom tsev kawm ntawv thiab kev ua si tom qab kawm. Cov kev pa bcuam ntawm CSET suav nrog kev ntsuam xyuas kev xav tau, kev pab thaum xwm txheej ceev, txo kev phem, kev qhia ntawv, thiab kev txuas nrog cov kev pa bcuam thiab cuab yeej uas tsim nyog.
koom haum Chaw Pab Kev Noj Qab Haus Huv Siab Ntsej Muag www.caresolace.com/site/trusd		Txuas cov tub ntxhais kawm nrog cov kws kho mob uas kho kev puas siab puas ntsws thiab kev siv yeeb tshuaj.
Xov Tooj Pabcuam Zej Zog – Chaw Hu Pab Thaum Xwm Txheej Ceeb thiab Kev Txhawb Nqa https://chelpine.org/	(877) 541-2525	Ib qho teeb meem tsis pub lwm tus paub, xa mus, thiab txhawb nqa xov tooj ceev. qhib txhua hnuv 8:00am – 8:00pm.

kev pab cuam rov tsim kho lub dag zog hauv zej zog Madison- kev pab cuam hauv zej zog Turning Point kev pab cuam rov tsim kho lub dag zog hauv zej zog Rosin - kev pab cuam hauv zej zog Turning Point https://www.tpcp.org/program/core/	(916) 388-3231 3628 Madison Ave, #6, #7, and #10 North Highlands 95660 (916) 567-4222 3810 Rosin Court, #170 Sacramento 95834	Kev pab kho kev ua haujlwm siab/kev xav sab nraud rau cov neeg laus uas muaj kab mob los sis teeb meem kev xav uas tsim nyog kho. M-F 8:00am – 4:30pm puas muaj cov neeg lau ua kuaj mob, yuav siv kev soj ntsuam rau kev txhawb nqa kev kho mob: Hnub Wednesday thiab Thursdays 1:00pm – 4:00pm
kev pab kho lub yeeb yam ntxwm Elica https://www.elicahealth.org/behavioral-health/	(916) 454-2345 4815 Watt Ave. North Highlands 95660	kev pab cuam txog kev kho tus yeeb yam ntxwm ua tau thov txog.
koom haum Genesis Mental Health – Loaves & Fishes https://sacloaves.org/programs-services/	(916) 699-1540	Muab kev pab kho kev xav rau cov neeg laus uas tsis muaj tsev nyob yam tsis muaj kev thaiv, tsis hais txog lawv puas muaj kev pom hwm.
koom haum Heartland me nyuam yaus thiab kev pab cuam hauv tsev neeg https://doingwhateverittakes.org/	(916) 922-9868 811 Grand Ave. Sacramento 95838 (916) 418-0828 2829 Watt Ave., #200 Sacramento 95821	Kev pab kho kev xav thiab kev sab laj rau cov hluas hnub nyoo 0-21 xyoo.
Chaw Sab Laj Tsev Neeg La Familia https://lafcc.org/	(916) 452-3601 3301 37th Ave. Sacramento 95824	Kev sab laj thiab kev pabcuam txhawb nqa rau cov hluas (txij thaum yug los txog 21 xyoos) thiab lawv tsev neeg.
pawg kev sab laj Life Practice https://www.lifepractice.org/contact	(916) 300-6576	Muab cov kev pab sab laj raws li cov nyiaj tau los ntawm txhua hli.
MAS-koom haum kev pab cuam zej zog https://mas-ssf.org/	(916) 486-8626 3820 Auburn Blvd., #83 Sacramento 95821	Pab tsev neeg loj thiab zej zog Muslim tshwj xeeb nrog lawv cov kev xav tau kev pabcuam hauv zej zog.
koom haum River Oak rau me nyuam yaus https://www.riveroak.org/programs/	(916) 609-5100 info@riveroak.org	kev pab cuam kho cwj pwm rau me nyuam yaus thiab cov hluas.
NAMI Sacramento – Lub Koom Haum Thoob Teb Chaws Pab Kev Kho Kev Xav https://namisacramento.org/	(916) 890-5467	Kev pab kho kev xav dawb, pawg hauv online los sis ntsib tus kheej, cov cuab yeej pab, thiab kev qhia ntawv.

koom haum nroog Sacramento - kev pab cuam kev kho txog kev xav (ACCESS) https://mentalhealthservicerequest.saccounty.net/	(916) 875-1055	Hu mus rau thov kev pab txog kev kho kev xav thiab cwj pwm.
chaw kho mob ceev hais txog kev xav thiab tus cwj pwm Sacramento - kev pab cuam zej zog Turnig Point. https://www.tpcp.org/program/urgent-care/	(916) 520-2460 2130 Stockton Blvd., #300 Sacramento 95817 qhib 24 xuas moo/1 hnuv, 7 hnuv/ 1 week	Chaw kho mob uas tuaj ncaj qha tau rau tus neeg uas tab tom muaj mob txog kev xav, tsis hais lawv puas muaj peev nyiaj tsis muaj nyiaj them los tos txais.
chaw kev muaj vaj huam sib luag hauv tsev neeg thaj tsam ntawm Sacramento kev sab laj https://www.sacramentofjc.org/	(916) 875 4673	Kev sab laj ib leeg uas tsim nyog raws kev nkag siab txog kev raug kev tsim txom thiab tsom rau tus raug kev tsim txom, nrog kev xa mus rau pawg kev sab laj rau txhua tus neeg.
pab pawg kev muaj mob txog kev xav Sierra	(916) 783-5207 406 Sunrise Ave., #300 Roseville 95661	kev pab cuam kho kev xav tag nrog
koom haum pab tub/ntxhais hluas https://starsyouth.net/about-us/	Hu (833) 333-2946 Mon.-Fri. 9:00am-7:00pm sau ntawv (916) 860-8619 Mon.-Fri. 9:00am-7:00pm	sib koom siab nrog cov hluas hais txog kev pab kho kev xav, kev pab thaum xwm txheej ceev, kev pab tsev nyob, thiab lwm yam kev pab.
koom haum WEAVE https://www.weaveinc.org/get-help	(916) 920-2952	Kev sab laj ib leeg thiab hauv pawg rau cov neeg raug kev tsim txom hauv tsev thiab kev tsim txom ua phem ntawm kev sib deev.
WellQor https://wellqor.com/online-therapy/	(646) 687-4646	sib sab laj thiab kev kho mob hauv Online txhais yuav luag yog cov muaj pom hwm.

Kev Pab Cuam Txog Cai / Chaw Khoom Kev Cai

kev pab cuam txog cais tsis kim	(916) 971-3055 Hu los sis sau ntawv (916) 508-6772	Muab cov peev txheej raug nqi qis thiab kev pab cuam nrog kev ua ntaub ntawv foob lossis kev sib nrauj.
Lub Chaw Haujlwm txog Cai Nyab Xeeb California – Kev Pab Thaum Raug Kev Tsim Txom https://calcivilrights.ca.gov/complaintprocess/	(800) 884-1684	Pab tiv thaiv cov neeg los ntawm kev tsim txom tsis ncaj hauv kev ua haujlwm, tsev nyob, lag luam, thiab cov program nyiaj hauv lub nroog pab tuaj.

CRLA – Lub Koom Haum Pab Txog Cai Hauv Cheeb Tsam Qaum Teb California https://www.crlaf.org/get-help	(916) 446-7904 2210 K Street Sacramento +5816 nkag mus saib hauv website yog xav paub ntau tshaj no.	Pub dawb rau cov neeg tau nyiaj tsawg tsis hais txog kev nkag teb chaws. tsis pab cov neeg txhaum cais
Capitol Pro Bono – Kev Pab Txog Cai Dawb https://capitalprobono.org/our-services/	(916) 551-2102 (888) 551-21062	Muab kev pab dawb nrog rau teeb meem kev cai lij choj pej xeeb rau cov neeg muaj nyiaj tsawg uas nyob hauv cheeb tsam Sacramento.
chaw pab tus kheej- kev cais lij choj hauv tsev neeg https://www.saccourt.ca.gov/family/self-help-center.aspx	(916) 875-3400 3341 Power Inn Road, Hoob 113 Sacramento 95826	Muab kev pab dawb rau cov tibneeg uas tsis muaj kws lij choj sawv cev. Muab cov ntau ntawv pab kom sau form kom tiav, pab ua txheej txheem ntawv, thiab pab nkag siab txog kev cai lij choj hauv tsev hais plaub. tsis pub kev pab sab laj txog kev cais lij choj.
kev pab cuam txog kev cai lij choj kev tsiv teb rawm chaw - ntsia raw txoj hmoo https://openingdoorsinc.org/programs/defending-immigrants/	(916) 492-2591 1111 Howe Ave., #125 Sacramento 95825	Kev pab kws lij choj dawb rau cov neeg nyob hauv Sacramento, pab nrog ntawv pej xeeb, DACA, thiab ntawv ntsuab (green card).
Kev Pab Cuam Txog Cai Kev Nkag Tebchaws – World Relief Sacramento https://worldrelief.org/sacramento/our-work/ils/	(916) 978-2658	Muab kev pabcuam cai kev nkag teb chaws los ntawm kev txhawb nqa thiab kev qhia uas lawv xav tau, pab kom lawv thiab lawv tsev neeg tau txoj cai nyob hauv tebchaws meskas.
pab kev cai nyob tom hauj lwm https://legallaidatwork.org/clinics/	cov cai hauj lwm(916) 905-5857 Cov cai hais lus (800) 864-1664 chaw hauj lwm thiab tsev neeg (800) 880-8047 Project Survive (Pab cov neeg dim kev tsim txom hauv tsev, kev tsim txom kev sib deev, thiab kev raug caum raws) (888)864-8335	Kev pab cai lij choj dawb thiab pab cuam xov tooj. pab cuam kiag rau nws, thaib pab ib kiag rau ib tug. Yuav tsum tsim nyog raws li kev cai thov kev pab.
koom haum txoj cai hauv tsev neeg thaj tsam Sacramento https://www.sacramentofjc.org/	916) 875-4673 (HOPE) 3341 Power Inn Road, hoob 112 Sacramento 95826	Pab khiav cov ntawv thov txwv kev tsim txom hauv tsev thiab kev tsim txom cov neeg laus.

kev thauj neeg rau laj mej pej xeeb

AMTRAK https://www.amtrak.com/stations/sac	(800) 872-7245 nkag mus saib hauv website yog xav paub ntau tshaj no.	401 I Street, Sacramento 95814
txoj kev lub tsheb me Greyhound https://www.greyhound.com/	(800) 231-2222 nkag mus saib hauv website yog xav paub ntau tshaj no.	420 Richards Blvd., Sacramento 95811 201 Pacific Street, Roseville 95678
Lyft https://www.lyft.com/	nkag mus saib hauv website yog xav paub ntau tshaj no.	
Paratransit (Kev thauj pejxeem tshwj xeeb rau cov neeg uas muaj teeb meem kev taug kev) https://paratransit.org/	(916) 429-2009 nkag mus saib hauv website yog xav paub ntau tshaj no.	2501 Florin Rd., Sacramento 95822
kev hloob tsheb thaj tsam Sacramento https://www.sacrt.com/	(916) 321-2877 nkag mus saib hauv website yog xav paub ntau tshaj no.	1225 R Street Sacramento 95811
Uber https://www.uber.com/global/en/r/cities/sacramento-ca-us/	nkag mus saib hauv website yog xav paub ntau tshaj no.	
tsheb daj https://www.yellowcabsacramento.com/	(916) 444-4222	

**Cov programs Pab Them Cov Kev Pab Cuam
Hluav Taws Xob, Dej, Thiab Roj**

CARE thiab FERA – Pab txo nqi hluav taws xob rau tsev neeg muaj nyiaj tsawg, PG&E https://www.pge.com/en/account/billing-and-assistance/financial-assistance/california-alternate-rates-for-energy-program.htm	(866) 743-2273
CRP – HEAP: Pab nyiaj txiag thiab them nqi hluav taws xob/roj rau tsev neeg muaj nyiaj tsawg https://www.communityresourceproject.org/Services/Utility-Assistance	(916) 567-5200
EAPR – SMUD: Pab nyiaj txiag thaum xwm txheej ceev rau hluav taws xob thiab roj hauv Sacramento https://www.smud.org/Rate-Information/Low-income-and-nonprofits	(888) 742 - 7683
Salvation Army – Pab Them Hluav Taws Xob, Dej, Thiab Roj	(916) 678-4010 prompt #2

CHEEB TSAM TSEV KAWM NTAWV

Tsev kawmTwin Rivers Unified School District	(916) 566-1600 www.trusd.net	5115 Dudley Blvd McClellan, Ca 95652
Cheeb tsam tsev kawm ntawv Center Unified	(916) 338-6400 www.centerusd.org	8408 Watt Ave. Antelope, Ca 95843
Cheeb Tsam Tsev Kawm Ntawv Qib Qis Elverta Joint	(916) 991-2244 www.ejesd.net	7900 Eloise St. Elverta, Ca 95626
Tsev kawm ntawv Natomas Unified	(916) 567-5400 www.natomasunified.org	1901 Arena Blvd. Sacramento, Ca 95834
Tsev kawm ntawv Robla	(916) 649-5248 www.robla.k12.ca.us	5248 Rose St. Sacramento, Ca 95838
Tsev kawm ntawv Sacramento City Unified	(916) 643-7400 www.scusd.edu	5735 47 th Ave. Sacramento, Ca 95864
Tsev kawm ntawv San Juan Unified	(916) 971-7700 www.sanjuan.edu	3738 Walnut Ave. Carmichael. Ca 95608

Tsev Kawm Menyuum thiab Chaw zov Menyuum

koom haum pab cuam me nyuam BEANSTALK https://www.beanstalk.ws/ Chaw zov me nyuam li phiaj xwm: (916) 344-6259 Tsev kawm me nyuam yaus	(916) 566-1820 (916) 566-1660 (916) 566-1950	- Tsev Kawm Ntawv Qib Qis Dry Creek 1230 G St. Rio Linda 95673 - Tsev kawm qib qis Regency park 5901 Bridgecross Dr. Sacramento 95835 - Tsev kawm qib qis Ridgepoint 4680 Monument Dr. Sacramento 95842
KOOM HAUM PAB ME NYUAM YAUS (HEAD START (SETA))	(916) 563-5125 (916) 563-5390 (916) 563-5360 (916) 563-5350	- 6015 Watt Ave., #5 North Highlands 95660 - 3829 Stephen Drive North Highlands 95660 - 5665 Hillsdale Blvd., #4 Sacramento 95842 - 5249 Elkhorn Blvd. Sacramento 95842

Tsev kawm me nyuam yau TRUSD A.M. los sis P.M.	(916) 566-3420 (916) 566-3425 (916) 566-3475 (916) 566-1880 (916) 566-1850 (916) 566-2700	- Tsev law qib qis Castrori 1801 South Ave. Sacramento 95838 - Tsev kawm qib qis Del Paso 590 Morey Ave. Sacramento 95838 - Tsev kawm qib qis Hagginsood 1418 Palo Verde Ave. Sacramento 95815 - Tsev kawm qib qis F.C Joyce 6050 Watt Ave. North Highlands 95660 - Tsev kawm qib qis Kohler 4004 Bruce Way North Highlands 95660 - Tsev kawm qib qis Las Palmas 477 Las Palmas Ave. Sacramento 95815
Tsev kawm me nyuam yaus TRUSD State A.M. los sis P.M. (916) 566-1616	(916) 566-2705 (916) 566-1930 (916) 566-2740 (916) 566-2745 (916) 566-2755 (916) 566-1670	- Tsev kawm qib qis Northwood 2630 Taft St. Sacramento 95815 - Tsev kawm Orchard 1040 Q St. Rio Linda 95673 - Tsev kawm qib qis Smythe 2781 Northgate Blvd. Sacramento 95833 - Tsev kawm qib qis Strauch 3141 Northstead Dr. Sacramento 95833 - Tsev kawm qib qis Woodlake 700 Southgate Rd. Sacramento 95815 - Tsev kawm qib qis Woodridge 5761 Brett Dr. Sacramento 95842
Tsev kawm me nyuam yaus tag hnuv TRUSD (916) 566-1616	(916) 566-3415 (916) 566-1850 ((916) 566-1900 (916) 566-2700 (91) 566-2705	- Tsev kawm qib qis Babcock 2400 Cormorant Way Sacramento 95815 - Tsev kawm qib qis Kohler 4004 Bruce Way North Highlands 95660 - Tsev kawm qib qis Madison 5241 Harrison St. North Highlands 95660 - Tsev kawm qib qis Las Palmas 477 Las Palmas Ave. Sacramento 95815 - Tsev kawm qib qis Northwood 2630 Taft St. Sacramento 95815

	(916) 566-2745 (916) 566-1980 9916) 566-1670	- Tsev kawm qib qis Strauch 3141 Northstead Dr. Sacramento 95833 - Tsev kawm me nyuam yaus Vineland 6450 20th St. Rio Linda 95673 - Tsev kawm qib qis Woodridge 5761 Brett Dr, Sacramento 95842
Tsev kawm me nyuam yaus TRUSD pacific	(916) 566-2715	- Tsev kawm qib siab Pacific 6560 Melrose Dr. North Highlands 95660
TRUSD Head Start / Early Head Start – Pab Me nyuam Ua Ntej thiab Menyuum Me	(916) 566-3485 (916) 566-3485 (916) 566-1910	- txoj kev Morey 155 Morey Ave. Sacramento 95838 - Tsev kawm me nyuam yaus Rio Linda 631 L Street Rio Linda 95673 - Tsev kawm qib qis Oakale 3708 Myrtle Ave. North Highlands 95660
kev pab me nyuam https://wp.childaction.org/	(916) 369-0191	Cov ntaub ntawv dawb txog kev saib xyuas me nyuam thiab kev qhia txog cov chaw saib xyuas me nyuam, xws li chaw saib xyuas me nyuam, tsev kawm hnuv yug tsev neeg, thiab lwm yam.
TrustLine – Kev txheeb xyuas thiab kos npe rau cov neeg saib xyuas me nyuam kom ntseeg tau.	(800) 822-8490	Kev tshuaj xyuas keeb kwm yav dhau los hauv California rau cov neeg saib xyuas me nyuam hauv tsev

KEV PAB CUAM TUTORING

kev pab kawm me nyuam yaus rau cov laus - chaw qis ntawv Sacramento https://www.saclibrary.org/Education/Adult-Education/Adult-Literacy kev pab cuam GED - chaw qiv ntawv Sacramento https://www.saclibrary.org/Education/Adult-Education/GED-High-School Koom haum Homework Help – chaw qiv ntawv Sacramento https://www.saclibrary.org/education/students-educators/homework-help	(916) 264-5032 828 I Street Sacramento 95814 nkag los saib hauv website es thov koom	Kev pab kawm ib leeg dawb rau cov laus uas xav txhim kho lawv li kev nyeem ntawv, kev sau ntawv thiab xam lej. Muab kev npaj dawb rau kev kuaj GED thiab kev pab kawm mus saib website yog xav paub phiaj xwm ntiv
chaw kawm hauv California https://www.californialearningcenter.com/	(916) 486-2646 3400 Cottage Way Sacramento 95825	thov nkag mus siab hauv website yog xav paub phiaj xwm ntiv.

kev pab kawm ntawv - SF Johnson Family & Community Service https://www.sjfamilyservices.com/member-programs	(916) 710-4146 thov koom hauv website	Kev qhia ntawv online rau cov me nyuam kawm ntawv qib 2 txog qib 12. Tus nqi yuav raug xam raws li tsev neeg cov nyiaj tau los.
Kev pab kawm dawb, ib leeg-ib leeg, hauv online – kawm mus ua. https://www.learntobe.org/	(714) 926-0395	Kev pab kawm online dawb rau qib K-9. pab txawg rau kev nyiam thiab xam lej.
Homework Club – Life Matters, Inc. https://www.lifemattersinc.org/	(916) 304-3564	Muab kev pab dawb rau cov me nyuam kawm ntawv nrog lawv cov homework thiab cov hauj lwm kawm ntawv.
kev pab qhia ntawv https://www.trusd.net/StudentsFamilies/Student-Services/Paper-Tutoring-Service/index.html		Kev pab kawm online, hu tau txhua lub sijhawm, uas muab kev txhawb nqa kev kawm 24/7 tsis muaj kev txwv rau cov tub ntxhais kawm.
pab dawb https://www.sproutvolunteertutoring.org/	mus saib hauv website thov teem sij hawm.	Muab kev pab kawm ntawv dawb rau cov me nyuam kawm ntawv qib K-12 thiab lawv cov nus muag uas tau plam sijhawm kawm hauv chav kawm vim raug pw hauv tsev kho mob lossis mus ntsib kws kho mob ntau zaus.
chaw qhia ntawv Totoring - qhia ib leeg https://cognitutor.com/get-a-tutor/	mus saib website yog xav paub phiaj xwm ntxiv	txo tug nqis Pab cov tub ntxhais kawm txij qib K mus txog qib kawm ntawv qib siab.

kev pab cuam kawm txuj ci

koom haum AgingUP- pab cuam kev kawm txij ci rau cov hluas https://agingup.org/		Ib txoj kev pab qhia ntawv uas txhawb cov hluas nrog kev nkag siab txog tu me nyuam.
4th Cov Kev Pab Cuam Angel Kev Kawm - Cleveland Clinic Cancer Center https://4thangel.ccf.org/	(866) 520-3197	kev pab txhawb nqa dawb txog kev sab laj ib leeg toj ib leeg zoo ib yam li cov neeg laus ua tau txais kev soj tsuamm tias puas yog mob mab lees los yog tus neeg saib xyua lawv nrog cov neeg pab dawb uas tau kawm tshwj xeeb.
Tij laug hlob muam hlob https://www.bbbs-sac.org/	(916) 646-9300 1750 Howe Ave., #240 Sacramento 95825	Pab ua phooj ywg thiab coj qhia ib-leeg-rau-ib rau cov me nyuam tub ntxhais hnuv nyoog 7 txog 18 xyoos. hu nug yog xav paub ntau tshaj no
koom haum Hope Mentor-MISS Foundation https://www.missfoundation.org/grieving/	(602) 279-6477 mus thov koom hauv website	Cov neeg pab dawb ua tus coj qhia rau cov niam txiv, yawg pog, thiab cov nus muag uas poob ib tug neeg uas lawv hluab. tsis tau them nyiaj
koom haum Mentoring – Strive For College https://www.ustrive.com/	nkag mus saib website yog xav paub ntxiv.	Lub platform pab dawb online uas txuas cov tub ntxhais kawm qib siab nrog kev pab los coj qhia lawv txoj kev thov kawm hauv college

koom haum Mobile Mentoring – teach On to Lead One https://t1l1.org/mobile-mentor-registration/	nkag mus saib website yog xav paub ntxiv.	Kev txhawb nqa dawb los ntawm cov hluas rau cov hluas thiab kev pab qhia tswv yim.
koom haum Pro cov hluas thiab tsev neeg https://proyouthandfamilies.org/youth-development-programs/	(916) 576-3300 3780 Rosin Court, #120 Sacramento 95834	Muab ntau yam kev pab ncav qha, suav nrog kev pab koj qhia cov tub ntxhais hluas
Koom haum Roberts Family Development Center https://robertsfdc.org/	(916) 646-6631	kev pab cuam sib sab laj rau cov tub ntxais kawm ua meej kev phom sij siab kom tau txais kev txhawb nqa ib leeg toj ib leeg los sis ib pab ua ke.
koom haum tub ntxhais hluas Sacramento https://www.sacyouthcenter.org/programs	(916) 248-1081	Cov kev pab qhia yog ib pab neeg kom mus cuag tau rau cov hluas.
Koom haum kev pab cuam qhia tub ntxhais hluas – Tuesday’s Children https://www.tuesdayschildren.org/our-programs/youth-mentoring/	nkag mus saib website yog xav paub ntxiv.	koom dawb hauv online kev qhia ntawv muab txheeb cov neeg laus txhawb nqa nrog cov me nyuam hnuv nyoog 6–18 xyoo uas tau poob ib tug neeg uas lawv hluab uas tau ua haujlwm hauv tub rog Meskas tom qab 9/11.

KEV PAB UA HAUJ LWM THIAB KEV KAWM

Koom haum Adult Employment Program – Asian Resources, Inc. https://asianresources.org/programs/	(916) 454-1892	Kev npaj ua haujlwm, kev pab nrhiav hauj lwm, cov hauj lwm qhia kev ua hauj lwm thiab kev qhia ua hauj lwm.
kev pab cuam cov neeg laus li hauj lwm - Greater Sacramento Urban League https://www.gsul.org/employment/	(916) 614-9001	Kev txhim kho kev ua hauj lwm, kev cob qhia ua hauj lwm, kev tso chaw ua hauj lwm, thiab kev txawj ntse kom rov nkag mus rau cov neeg ua hauj lwm.
koom haum kev pab cuam kev ua hauj lwm - Southside Unlimited https://southsideunlimited.com/	(916) 387-8080	Kev cob qhia txuj ci ua haujlwm rau cov neeg laus uas muaj kev loj hlob tsis taus.
Kev Kawm Ua Haujlwm - Sacramento Regional Conservation Corps https://www.saccorps.org/our-services	(916) 386-8394	Kev cob qhia ua haujlwm thiab kev kawm rau cov tub ntxhais hluas hnuv nyoog 18-26.
koom huam Pride Industries	(844) 426-2253	Muab cov kev pab cuam rau kev ua hauj lwm rau cov neeg tsis taus. Kev cob qhia ua haujlwm, kev tso chaw ua haujlwm, ntawm kev cob qhia txoj haujlwm thiab kev txhim kho kev txawj ntse rau kev ua neej nyob ywj pheej.

Kev Pabcuam Kev Pabcuam Rau Cov Neeg tawg rog rau kev ua hauj lwm – kev tsim kho zej tsoom haiv neeg nplog, Inc. https://lfcd.org/our_service/employment-programs/	(916) 359-2788	Kev ua hauj lwm thiab kev cob qhia rau cov neeg tawg rog tshiab tuaj, neeg nkaum teb chaws, thiab cov tib neeg uas muaj Daim Ntawv Thov Kev Nkag Tebchaws Tshwj Xeeb uas tau nyob hauv Asmeskas tsawg dua 5 xyoos.
koom haum SETA – Sacramento Works https://sacworks.seta.net/job-centers/	Thov mus saib lub vev xaib rau Chaw Hauj lwm thiab cov xov tooj hu.	Muaj ntau yam kev pab cuam kev ua hauj lwm thiab kev cob qhia.
Tsev kawm Twin Rivers Adult School https://www.tras.edu/	(916) 566-2785	Muaj cib fim kom ua tiav cov hom phiaj ntawm tus kheej, kev kawm thiab kev ua hauj lwm.
Poj Niam Txoj Kev Muaj Peev Xwm https://womens-empowerment.org/job-readiness-empowerment/	(916) 669-2307	Kev npaj ua hauj lwm & kev txhawb zog rau cov poj niam uas muaj los yog muaj kev pheej hmoo ntawm kev tsis muaj tsev nyob.

CHAW UA SI THIAB KEV UA SI

koom haum Arcade Creek Recreation & Park District https://www.arcadecreekcpd.gov/	(916) 482-8377 4855 Hamilton St. Sacramento 95841
Chaw ua si thiab kev ua si ntawm lub nroog Sacramento https://www.cityofsacramento.gov/ypce/parks	(916) 808-5200 915 I St. Sacramento 95814
Chaw ua si Gibson Ranch https://regionalparks.saccounty.gov/Parks/RegionalParksDetails/Pages/GibsonRanch.aspx	(916) 875-7275 8556 Gibson Ranch Rd. Elverta 95626
Koom haum North Highlands Recreation & Park District https://www.nhrpd.org/	(916) 332-7440 6040 Watt Ave. North Highlands 95660
Koom haum Rio Linda/Elverta Recreation & Park District https://www.rleparks.com/	(916) 991-5929 810 Oak Ln. Rio Linda 95673

CHAW SAIB NTAWV

Chaw saib ntawv nroog Sacramento	(916) 264-2920	https://www.saclibrary.org/locations
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Chaw saib ntawv Arcade	2443 Marconi Ave. Sacramento 95821
Chaw saib ntawv Carmichael	5605 Marconi Ave. Carmichael 95608
Del Paso Heights	920 Grand Ave. Sacramento 95838
Chaw saib ntawv North Highlands-Antelope	4235 Antelope Rd. Antelope 95843
Chaw saib ntawv North Sacramento – Hagginwood Library	2109 Del Paso Blvd. Sacramento 95815
chaw saib ntawv Rio Linda Neighborhood Library	6724 6 th St. Rio Linda 95673