

2026-2027

phau ntawv kev pab cuam hauv tsev neeg



Teeb tsa los ntawm:

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 sijhawm 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 Cheeb Tsam Nroog Sacramento thiab cov cheeb tsam nyob ib ncig uas cov pej xeeb yuav xav mus nrhiav kev pab.

Thov hu rau Infoline Sacramento ntawm 211 los sis (916) 498-1000, los sis mus saib 211sacramento.org/211/ kom paub ntau ntxiv.

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 Naj Npawb 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 /Chaw Nkaum Thaum Muaj Xwm Txheej Ceev	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 14
Cov Kev Pab Rau Niam Txiv	Tshooj 14-17
Kev Pab Tswv Yim / Kev Txhawb Nqa / Kev Kho Mob	Tshooj 17-19
Kev Pab Los Ntawv Kev Cais Lij Choj / Kev Kho Mob	Tshooj 20-21
kev thauj neeg mus los rau niam txiv pej xeeb	Tshooj 21
Kev Pab Txog Nqi Dej Hluav Taws Xob	Tshooj 22
Koog Tsev kawm School	Tshooj 22
Tsev Kawm Me Nyuam Yaus thiab Tsev Kawm Saib Xyua Me Nyuam	Tshooj 23-25
Cov Kev Pab Qhia Ntawv	Tshooj 25-26
Cov Kev Pab Taug Qab Xyuas	Tshooj 26-27
Kev Pab Txog Kev Hauj Lwm thiab Kev Cob Qhia	Tshooj 27
chaw nyob thiab chaw ua si	Tshooj 28
Cov Tsev Qiv Ntawv	Tshooj 28

NAJ NPAWB XOV TOOJ HU TXHAUM MUAJ XWM TXHEEJ 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
Naj Npawb Xov Tooj Teeb Meem Ntawv Cov Tub Ntxhais Hluas Hauv California	(800) 843-5200, 24 xuab moos
Naj Npawb Xov Tooj Nrhiav Me Nyuam	(800) - THE - 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
Naj Npawb Xov Tooj (Kev Pab Cuam Hais Txog Kev Xav)	741741
Naj Npawb Xov Tooj Kev Saib Xyua Txog Kev Xav Nyob Rau Hauv Cheeb Tsam Nroog	(916) 875-1055, 24 xuab moos
Kev Saib Xyuas Txog Tshuaj Muaj Kuab Txhaum	(800) 222-1222, 24 xuab moos
Naj Npawb Xov Tooj Kev Muaj Me Nyuam	Hu rau (916) 451-2273 los yog xa ntawv rau (916) 538-1097
Kev Pab Cuam Txog Kev Sib Txua Lus Los Ntawm Cov Neeg Dig Muag Lag Ntseg	711
Xov Tooj WEAVE (Kev Siv Dag Zog Rau Hauv Tsev Neeg)	(916) 920-2952, 24 xuab moos
Xov Tooj Chaw So Muaj Xwm Txheej Ceev Rau Cov Tub Txhais Hluas Wind (Hnub nyoo 12-17 xyoo)	(916) 628-1492, 24 xuas moos

NAJ NPAWB XOV TOOJ TSIS YOG XWM TXHEEJ CEEV HAUV

Infoline Sacramento	211 losis (916) 498-1000
Neeg Quav Cawv	(916) 454-1100 24 xuas moos
Tshuaj Muaj Yees	(800) 600-4673
Pab Pawg Hais Txog Kev Kho Neeg Muaj Kev Xav Ntawm Cov Me Yuam Yas Thiab Neeg Laus	(916) 875-1055
Sacramento Al-Anon	(916) 334-2970
Tus Tub Ceev Xwm Hauv Cheeb Tsam Nroog Sacramento (Tsis Yog Xwm Txheej Ceev)	(916) 874-5115
Tub Ceev Xwm Hauv Nroog Sacramento (Tsis yog xwm txheej ceev)	(916) 808-5471
Tub Ceev Xwm Hauv Twin Rivers USD	(916) 566-2777
Kev Pab Cuam Rau Cov Neeg Mob	(916) 874-5701
WEAVE (Kev Ua Phem Hauv Tsev Neeg)	(916) 448-2321
Kev Pab Cuam Pab Pawg Tub Ntxhais WIND	(916) 504-3313

KEV PAB KHOOM NOJ HAUS

Cal Fresh: Thaj Chaw Kev Pab Cuam Tib Neeg (Department of Human Assistance) 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
Calvary Christian Church 2667 Del Paso Blvd. Sacramento 95815	(916) 929-5725	Faib khoom noj-Hnub Tuesdays 11:00 teev sawv ntxov.
Carmichael Food Closet 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. Yuav tsum muaj lub tswv yim rau cov duab.
Carmichael Seventh-Day Adventist Church- 4694 Pasadena Ave. Sacramento 95841	(916) 487-8684 Thov hu nug yog xav paub ntau tshaj no.	Kev faib khoom noj muaj rau hnub Wednesday 9:00 teev sawv ntxov-10:45 teev sawv ntxov.
Common Ground Covenant Church 8355 Arroyo Vista Dr. Sacramento 95823	(916) 689-3010	Kev faib khoom noj muaj rau hnub Saturday thaum 8:30 teev sawv ntxov - 11:30 teev sawv ntxov
Feeding God's Children 5808 Watt Ave. North Highlands 95660	(916) 803-5233 Thov hu nug yog xav paub ntau tshaj no.	Hu hnub Friday sij hawm yog 7:00teev sawv ntxov-8:00 teev sawv ntxov mus thov ib pob khoom noj. Mus nqa hnub Saturdays 8:15am and 8:30am.
Francis House Center – Tom Ntej No Yog Kev Pab Cuam Rau Cov Neeg Tsis Muaj Tsev Nyob (Next Move Homeless Services) 1422 C Street Sacramento 95814		Faib khoom noj yog muaj rau hnub M/T/TH/F 9:00 teev sawv ntxov - 12:00 teev tav su thiab 1:00 teev teev su-3:00 teev yuav tsaus ntuj.
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 muaj rauhnbu Thursdays 4:00 teev yuav tsaus ntuj -5:30 teev tsaus ntuj.
Loaves & Fishes 1351 N. C Street Sacramento 95811	(916) 446-4961 (916) 637-2450	Pab zaub mov sov thaum nruab hnub rau cov neeg tsis muaj vaj-tsev nyob noj muaj rau hnub Monday-Friday 11:30 teev sawv ntxov -1:00 teev tav su, hnub Sat-Sun 11:00 teev sawv ntxov -12:30 teev tav su.
Manna Food Bank 4840 Marysville Blvd. Sacramento 95838	(916) 922-6442	Kev faib khoom noj muaj rau hnub Friday thaum 9:00 teev sawv ntxov - 12:00 teev tav su.

Maryhouse 1321 N C Street Sacramento 95811	(916) 446-4961	Pab zaub mov tshais yog 8:00 teev sawv ntxov- 8:45 teev sawv ntxov rau cov poj niam uas tsis tau yuav txiv, tsev neeg thiab cov txiv neej uas tsis tau yuav poj niam uas muaj me nyuam tuaj koom
Pilgrimage Sacramento-Pab Txhawb Siab Rau Cov Neeg Tsis Muaj Tsev Nyob (Lifting Spirits Higher Unhoused Pop Up) 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
Potter House 2994 Del Paso Blvd. Sacramento, Ca 95815	(916) 905-6268	Kev faib khoom noj muaj rau hnuv Thursday 9:30 teev sawv ntxov - 12:00 teev tav su
Purpose & Legacy 5314 Walnut Ave. Sacramento 95841	(916) 200-3989	Kev faib khoom noj muaj rau hnuv Monday/Wednesday/Friday 11:00 teev sawv ntxov - 1:00 teev tav su.
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
Sacramento Food Bank & Family Services Sacramentofoodbank.org	(916) 456-1980	Hu thiab mus tshawb hauv vev xaib hais txog kev faib khoom noj ze thaj tsam ua koj nyob.
Salvation Army 3213 Orange Grove Ave. North Highlands 95660 10370 Old Placerville Rd. Ste 107 Rancho Cordova	(916) 678-4010	faib khoom noj hnuv T/W/TH 9:00am-1:00pm. Khoom noj rau cov neeg laus hnuv nyoog 60 xyoo thiab tshaj saud muaj rau hnuv Monday thiab Thursday lub lim tiam thib 4 9:00 teev sawv ntxov-1:00 teev tsaus ntuj. Kev faib khoom noj muaj rau hnuv Wednesday thawj zaug ntawm txhua lub hlis txij 10:00 teev sawv ntxov - 2:00 teev tav su, Txhua Qhov Chaw Yuav Tsum Nqa I.D thiab Pov Thawj Ntawm Chaw Nyob Ntawm Lub Nroog Sacramento.
Travelers Aid taaaa.org	(916) 399-9646	Tiv tauj rau chaw hauj lwmm kom nug txog qhov kev pab cuam khoom noj haus.
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.

Union Gospel Mission 400 Bannon Street Sacramento 95811	(916) 447-3268	Hu rau Hnub Monday txog Hnub Thursday 8:00 teev sawv ntxov-4:00 teev tsaus ntuj (kaw thaum 12:00 teev tav su-1:00 teev tav su). Hnub Friday 9:00 teev sawv ntxov - 12:00 teev tav su. Hu rau thaum 11:30 teev sawv ntxov kom tuaj tos nyob rau tib hnub rau hnub Tuesday thiab Thursday.
WIC dhs.saccounty.gov/pub/wic/Pages/ Cov Poj Niam-Me Nyuam Mos-thiab-Me Nyuam-Tsev.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 hnub nyoog qis dua 5 xyoos.

COV KHOOM SIV KHOOM SIV

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 (hnub 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 hnub Friday 9:30 teev sawv ntxov-12:00 teev sawv ntxov. muab hnab ev nrog rau khoom siv kawm ntawv, tsho tiv no thiab khau so yog lub hawm caij ntu no.
Francis House Center – Next Move Homeless Services 1422 C Street Sacramento 95814	(916) 443-2646	Tub Rau Khaub Ncaws, nqa daim npav ID siv tau Hnub Monday txog Friday 9:00 teev sawv ntxov - 12:00 teev tav su.
God’s Little Lambs Free Store-New Beginnings Fellowship Church 7008 10 th Street Rio Linda 95673	(916) 799-2099	Txhua hom puag leej yog muab dawb xwb. khaub ncaws thiab lwm hom. Txhua hnub Tuesday 6:00 teev sawv ntxov-7:00 teev sawv ntxov thiab thawj hnub Saturday ntawm txhua lub hli yog sij hawm 9:00 teev sawv ntxov-1:00 teev tav su.
Love I.N.C.	(916) 383-3232 loveincsacramento.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 6th Street West Sacramento 95605	(916) 372-0200	Cov khaub ncaw tuaj tshiab hnub M-TH sij hawm 9:00am-3:00pm.
Sisters In Christ - LifePointe Church 7200 Rio Linda Blvd. Rio Linda 95673	(916) 991-4624	Muaj khw muag khaub ncaws thiab ntau yam ntxiv pub dawb, qhib hnub Tuesday thiab Thursday 10:00 teev sawv ntxov - 1:00 teev tav su
St. Anne’s Catholic Church 7724 24th Street Sacramento 95832	(916) 422-8380	Khawb ncaw thiab khau yuav muaj muab rau thawj hnub Thursday ib lub hlis sij hawm yog 9:00 teev sawv ntxov-10:00 teev sawv ntxov, hnub ntuj los nag los muab thiab.

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 9:00 teev sawv ntov-12:00 teev tav su khoom txij neej yog hnuv M-TH sij hawm yog 9:00 teev sawv ntov -12:00 teev tav su, yuav tsum tuaj kom txog 9:30 teev sawv ntov tsis pub tuaj lig.
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KHOM MUAG KHOOM SIV NYIAJ

Assistance League of Sacramento 2751 Fulton Avenue Sacramento 95821	(916) 488-0828 Qhib hnuv Tuesday, Wednesday, Thursday, Saturday 10:00 teev sawv ntov - 4:00 teev yuav tsaus ntuj thiab hnuv Friday 10:00 teev sawv ntov - 6:00 teev tsaus ntuj
Deseret Industries 3000 Auburn Blvd. Sacramento 95821	(916) 482-1480 qhib hnuv Monday -Saturday 9:00am-6:00pm
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
Pacific Thrift Store 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 vev xaib 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 vev xaib 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 vev xaib mus tshawb cov khoom ua muaj Koj yuav tsum thov rau tshawb cov khoom ua tsis zoo ib yam
Salvation Army	(916) 678-4010 Cov Lus Qhia #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	Koom 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 (Foster Youth Housing) https://www.academystay.org/	(916) 248-7961	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 me nyuam.
American Red Cross – Kev Pab Cuam Kev Puas Tsuj (Disaster Services)	(916) 993-7070 Thov hu nug yog xav paub ntau tshaj no.	kev pab kev puas tsuj lub caij luv rau cov neeg nyob ib ntus los sis nkaum ib pliag.
Family Promise of Sacramento familypromisesacramento.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 hnub. Yuav tsum muaj me nyuam yaus hnub nyoog tsis dhau 18 xyoo.
First Step Communities https://www.firststepcommunities.org/	211	Chaw nyob ib ntu ce hu rau 211 yuav tau ntsuam xyua qhov chaw nyob
Lutheran Social Services of Northern California – kev pab cuam sib txhua lus (Connections Program) 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. Hnub nyoog yog 18-24 xyoo
My Sister's House -kev pab chchaw nyob muaj kev ruaj ntseg (Safe Haven Shelter Program) 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.
Next Move Homeless Services	211	Chaw nyob muaj xwm txheej rau tsev neeg thiab chaw nyob muaj xwm txheej rau cov tsis muaj txij nkawm
Overcomers Program	(916) 924-3113 (916) 920-3082	Koom haum rau poj niam Koom haum rau txiv neej
Sacramento Housing Crisis Line	211	Txuas cov tsev neeg nrog kev pab rau vaj tse, chaw nkaum, thiab lwm yam kev pab cuam.

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 (St. John’s Program for Real Change) https://saintjohnsprogram.org/program/get-help/	(916) 453-1482	Nthuav kev dav rau cov poj niam thiab lawv cov me nyuam mauj kev pab cuam rau nyob txog 12 lub hli
Step Up on Second	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.
Travelers Aid Taeaa.org	(916) 399-9646	Tus nqis pheej yig motel rau tsev neeg ua tsis muaj chaw nyob raws li qhov muaj
Waking the Village- kev pab cuam chaw nyob Kev tiv thaiv thiab kev cuam tshuam (Housing Program Prevention and Intervention) 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 los sis muaj kev pheej hmoo. Muab kev tiv thaiv, kev cuam tshuam, thiab kev kho kom haum xeeb rau cov hnub nyoog 12-24.
WEAVE – Tsev Nyob Muaj Kev Ruaj Ntseg (Safe House) weaveinc.org/safe-shelter	(916) 920-2952 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
Wing Youth Services - Chaw Nkaum Rau Cov Hluas (Adolescent 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 pab cuam thaum muaj xwm txheej ceev rau cov me nyuam yaus (12-17) uas ntsib kev tsis muaj tsev nyob. Kev pab cuam tsev nyob thaum muaj xwm txheej thiab yooj yim nkag tau rau cov hluas hnub nyoog 18-24.
Union Gospel Mission Sacramento https://ugmsac.com/ Men's New Life Program	(916) 447-3268 Thov hu nug yog xav paub ntau tshaj no. 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.	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 hnub Monday-Thursday qhib thaum 9:00am thiab thov rau npe.

CHAW MUAB CHAW NYOB, CHAW SO THIAB LWM YAM.

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 ntxiv thov hu rau
Muaj kev pab cuam me nyuam yaus thaum muaj xwm txheej (Crisis Nursery Program) 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 txiv tuaj yeem coj lawv cov me nyuam hnuv nyoog 0-5 xyos mus rau ib qho ntawm ob lub tsev zov me nyuam hauv Sacramento rau txais kev pab cuam saib xyuas me nyuam thaum muaj xwm txheej ceev los sis kev saib xyuas thaum hmo ntuj thaum muaj teeb meem.
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 hnuv yam tsis muaj dab tsi los cuam tshuam.
North Sacramento HART https://www.hartstogether.org/north-sacramento	Mount Calvary Baptist Church 3407 Altos Ave Sacramento 95838	Kev Pab Cuam So rau hnuv Wednesdays 9:00 teev sawv ntxov – 12:00 teev tav su
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
Sacramento LGBT Community Center – Q Spot https://saccenter.org/youth	(916) 442-0185	Chaw nyob rau cov tub ntxais LGBTQ+hnuv nyoog 13-24 xyoo. Mon-Fri 11:00 teev sawv ntxov- 5:00 teev tsaus ntuj, Sat 10:00 teev sawv ntxov-4:00teev yuav tsaus ntuj
South Sacramento HART https://southsachart.org/get-involved	Florin Road Methodist Church 7560 Florin Road Sacramento 95828	Respite cov kev pab cuam so txhua hnuv Saturday thib ² thaum 9:00 teev sawv ntxov - 12:00 teev tav su
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 hnuv nyoog 18-24 xyoo. M/W/Th/F/S/Sun 8:30am-4:00pm, Tue 8:30am-2:30pm



Clinics Serving the Twin Rivers USD Area

Hloov Kho Lub Rau Hli Ntuj 2026 - nco ntsoov hu rau cov chaw kho mob rau cov ntaub ntawv tam sim no feem ntau.

Qhov chaw pab cuam tseem ceeb thiab zoo tshaj plaws rau kev txhaj tshuaj tiv thaiv menyuum 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 los sis mus teem caij “drop-in”. Yog koj tsis muaj kw kho mob PCP, 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 (916) 454-2345 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 Kho Mob Hnub Monday - Hnub Friday 8:00 teev sawv ntov - 6 teev tsaus ntuj (kaw thaum noj su 12 teev tav su - 1 teev tav su) * Mochaw kho mob lub tsibv thiab qhov chaw Marysville kaw thaum 4 teev yuav tsaus ntuj.
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 kev tuav pov hwm). - Tsuas yog teem caij nkaus xwb, muaj kev pab cuam taug kev mus cuag kiag ntawm chaw - Sij Hawm Kho Mob Hnub Monday - Hnub Friday 8:00 teev sawv ntov - 4:30 teev tsaus ntuj (kaw thaum noj su 12 teev tav su - 1 teev tav su)
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 tuav pov hwm- ua raw li kev pab cuam. - Teem caij ua ntej - Sij hawm qhib 8:00 teev sawv ntov – 4:30 teev yuav tsaus ntuj (sij hawm yuav muaj qhov txawv txav. Hu mus lees paub)
Sacramento Community Clinic www.halocares.org 2200 Del Paso Blvd., Sacramento, CA 95815 (916) 642-1867 (xws li kho hniav, 2138 Del Paso Blvd) 7275 E. Southgate Dr. Suite 204 Sacramento, CA 95823 (916) 642-1867 (suav nrog kev kho hniav, Suite 106))	- Txais Medi-Cal - Teem caij ua ntej - Cov neeg taug kev mus teem caij yuav tsis tau txais kev kuaj - Chaw kho mob qhib hnub Mon – Fri 8:00 teev sawv ntov – 5:00 teev tsaus ntuj (kaw noj su yog 12 teev tav su – 1:30 teev tav su)
Sacramento County Immunization Clinic 4600 Broadway Suite 1300, Sacramento, CA 95820 (916) 875-7468	- Txais Medi-Cal thiab tsis muaj kev tuav 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 teev sawv ntov – 4:30 teev yuav tsaus ntuj
Sacramento Native American Health Center (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 tuav pov hwm - Teem caij nkaus xwb - Hnub Monday txog Hnub Friday 8:30 teev sawv ntov – 5:30 teev tsaus ntuj (kaw thaum lub sij hawm noj su 12:30 teev tav su – 1:30 teev tav su)

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. - Sij hawm qhib chaw kho mob Mon. – Fri. 8:00 teev sawv ntxov – 5:00 teev tsaus ntuj (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

Dignity Health Urgent Care – Midtown 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
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
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.
Sac Valley Women’s Health 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.
UC Davis Health/La Famalia Counseling Center Pediatric Specialty Clinics 3301 37 th Ave. Sacramento 95824	La Familia Lub Tuam Tsev Hauj Lwm Saib Xyuas Kev Noj Qab Haus Huv thiab Kev Noj Qab Nyob Zoo (916) 452-3601	Kev sab laj kho mob rau cov kev txhawj xeeb ntsig txog kev loj hlob, tus cwj pwm los sis tus mob hawb pob ntawm tus me nyuam. Tsuas yog teem caij nkaus xwb.
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.
VA Northern California Health Care System https://www.va.gov/northern-california-health-care/	(916) 843-7000 (833) 983-0487 VA Kev Noj Qab Haus Huv (800) 382-8387 Kev Noj Qab Haus Huv ntawm Lub Hlwb	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 hnub nyoog tsawg dua 19 xyoo los sis puas yog koj tab tom cev xeeb tub? Nkag 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 (Dental)	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
Sacramento County - Chaw Kho Mob Puas Hlwb (Mental Health)	(916) 875-1055 los sis (888) 881-4881

NTAUB NTAUV KEV PAB CUAM NIAM TXIV (Dawb los sis Tau Nyiaj Tsawg)

Alta California Regional 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.
Area 4 Agency on Aging https://www.agencyonaging4.org/	(916) 486-1876	Sawv cev thiab tsim kho kev pab cuam rau cov neeg laus.
Birth & Beyond Family Resource Center – Koom Haum Pab Ib Leeg (Mutual Assistance Network) – 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.
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.
Birth & Beyond Family Resource Center –WellSpace Health North Highlands Community Health Center 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.
Black Child Legacy –Liberty Towers Church www.libertytowers.org	(916) 900-6708 5132 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
Black Child Legacy - Roberts Family Development Center	(916) 646-6631 txuas ntxiv 103 770 Darina Ave. Sacramento 95815	Muaj ntau hom kev pab cuam 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.
Center For Fathers and Families 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 pab cuam xws li Co-Parenting, Kev Saib Xyuas Me nyuam Yooj Yim, Pab Pawg Txhawb Cov Txiv Neej thiab kev tshwm sim hauv zej zog.
Chicks in Crisis https://chicksincrisis.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.
Greater Sacramento Urban League https://www.gsul.org/	(916) 286-8600 3725 Marysville Blvd Sacramento 95838	Muab kev txhim kho cov neeg ua hauj Lwm, kev qhia txog vaj tse uas tau ntawv pov thawj los ntawm HUD, thiab kev cob qhia rau cov tub ntxhais hluas. Cov neeg tawm tswv yim rau kev ncaj ncees ntawm haiv neeg, txoj cai pov npav thiab cov cai hauv zej zog muaj vaj huam sib luag.
Help Me Grow Sacramento https://www.helpmegrowsac.org/ (916) 822-8744 Tshuaj xyuas kev loj hlob dawb thiab lwm yam kev pab cuam los ntsuam xyuas me nyuam, txij thaum yug los txog hnuv nyoog 5 xyoos.		
Homework Help – Sacramento Public Library 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.
Liberty Towers Youth Center https://www.libertytowers.org/ Impact Sac – Liberty Towers www.impactsc.org , Instagram: @impactsc	(916) 807-4903 5132 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 phiaj.
Mercer Veterinary Clinic – Pab Cuam Hauv Sacramento https://www.mercerclinic.com/locations-appointments	1351 N C Street Sacramento 95811 Thov saib lub vev xaib kom paub meej ntxiv	Kev pab kho tsiaj pub dawb rau cov tib neeg uas tsis muaj chaw nyob thiab tsis muaj kev ruaj ntseg hauv tsev. Hnuv Saturday thib 2 ntawm txhua lub hlis. Kev txheeb npe tuaj txog pib thaum 7:00 teev

		sawv ntxov. Yuav tsum sau daim ntawv thov teem caij ua ntej.
National Domestic Violence Hotline https://www.thehotline.org/	(800) 799-SAFE (7233) Xa ntawv START mus rau 8878	Pab cov neeg raug kev tsim txom hauv kev sib raug zoo, 24/7, ceev ntiag tug.
National Parent & Youth Helpline https://nationalparentyouthhelpline.org/	(855) 427-2736	Hu, sau ntawv rau cov neeg ua xav tau kev pab cuam thiab qhia kev tawm.
Neighborhood Wellness https://neighborhoodwellness.org/	3805 Clay Street Sacramento 95838	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.
Sacramento County Department of Human Services https://ha.saccounty.gov/Pages/About-DHA.aspx	(800) 855-7100	Muab kev pab cuam txog kev ua hauj lwm, tsev nyob, kev kho mob, kev thauj mus los, kev kawm thiab kev saib xyuas me nyuam.
Sacramento Food Bank & Family Services https://www.sacramentofoodbank.org/diapers https://www.sacramentofoodbank.org/immigration	(916) 456-1980	Phuam pub dawb
SNAHC – Sacramento Native American Health Center https://snahc.org/	(916) 341-0575 Hu rau los sis mus saib lub vev xaib kom paub ntau ntxiv 2020 J Street Sacramento 95811 Mon-Fri 8:00 teev sawv ntxov-5:00 teev tsaus ntuj 3800 Florin Rd. Sacramento 958223 Mon-Fri 8:00 teev sawv ntxov-5:00 teev tsaus ntuj	Cov Kev Pab Cuam: Kev Kho Mob, Kev Kho Hniav, Kev Pom Kev, Kev Noj Qab Haus Huv Tus Cwj Pwm, Kev Noj Qab Haus Huv Hauv Zej Zog, Kev Kho Mob-Kev Noj Qab Haus Huv Ib Txwm Muaj, Chaw Kho Mob Hauv Tsev Kawm Ntawv, Kev Saib Xyuas Tshwj Xeeb thiab Kev Tswj Xyuas Kev Saib Xyuas Zoo Dua.
Stanford Settlement Neighborhood Center https://www.stanfordsettlement.org/	(916) 927-1303 450 W. El Camino Ave. Sacramento 95833	Kev pab cuam rau me nyuam yaus: 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.
Victim Witness Assistance Program – Sacramento County District Attorney’s Office https://www.sacda.org/victim-services/victim-witness-assistance-program/	(916) 874-5701	Muab kev pab tswv yim thiab kev txhawb nqa rau cov neeg raug tsim txom hauv peb lub zej zog.
Vynca - ECM (Kev Tswj Xyuas Kev Kho Mob Zoo Dua) https://www.vyncacare.com/enhanced-care-management	(888) 242-1588	Txhawb cov tswv cuab Medi-Cal uas muaj kev xav tau kev kho mob thiab kev sib raug zoo nyuaj heev. Cov thawj coj saib xyuas kev saib xyuas pab taug kev hauv lub cev kho mob thiab kov yeej cov teeb meem xws li kev tsis ruaj khov ntawm vaj tse thiab tsis muaj kev thauj mus los.

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

Capitol Start Community Services Consultation, Support, and Engagement Team (CSET) For Commercially Sexually Exploited Children and Youth (CSEC) https://www.starsinc.com/sacramento-county/	Hauv Plawav Nroog/Arden Sacramento chaw Arcade (916) 584-7800 North Sacramento Center (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 pab cuam 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 pab cuam thiab cuab yeej uas tsim nyog.
Care Solace www.caresolace.com/site/trusd	(888) 515-0595	Txuas cov tub ntxhais kawm nrog cov kws kho mob uas kho kev puas siab puas ntsws thiab kev siv yeeb tshuaj.
Community Helpline – A Crisis & Support Hotline https://chelpline.org/	(877) 541-2525	Ib qho teeb meem tsis pub lwm tus paub, xa mus, thiab txhawb nqa xov tooj ceev. Qhib txhua hnub 8:00am – 8:00pm.

Community Outreach Recovery Empowerment (CORE) Madison – Turning Point Community Programs Community Outreach Recovery Empowerment (CORE) Rosin – Turning Point Community Programs https://www.tpcp.org/program/core/	(916) 388-3231 3628 Madison Ave, #6, #7, thiab #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
Community Wellness Response Team (CWRT)	988 Hu Xov Tooj Los Yog Xa Ntawv	Kev pab dawb, kev pab dawb txog kev noj qab haus huv ntawm lub hlwb thiab kev siv tshuaj yeeb rau cov neeg hauv Sacramento County.
Elica Behavioral Health 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. Mon-Sat 8:00am -6:00pm
Genesis Mental Health – Loaves & Fishes https://sacloaves.org/programs-services/	(916) 669-1536	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.
HeartInad Child & Family Services 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.
HOPE Cooperative - Chaw Pab Thaum Muaj Kev Kub Ntxhov (Crisis Respite Center) https://hopecoop.org/services/	(916) 737-7483	Muaj neeg ua hauj lwm 24/7, pab cuam cov tib neeg hauv Sac. Lub cheeb tsam nroog uas muaj teeb meem kev noj qab haus huv ntawm lub hlwb, tab sis tsis muaj kev phom sij rau tus kheej los sis lwm tus. Tsim nyog nyob txog li 23 teev. Tsis tas yuav muaj kev tuav pov hwm, daim ID thiab kev kuaj mob TB.
La Familia Counseling Center 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 xyoo) thiab lawv tsev neeg.

Life Practice Counseling Group https://www.lifepractice.org/contact	(916) 300-6576 3820 Auburn Blvd., #83 Sacramento 95821	Muab cov kev pab sab laj raws li cov nyiaj tau los ntawm txhua hli.
MAS-Social Services Foundation 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.
National Alliance on Mental Illness (NAMI) Sacramento 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.
River Oak Center for Children https://www.riveroak.org/programs/	(916) 609-5100 info@riveroak.org	Kev pab cuam kho cwj pwm rau me nyuam yaus thiab cov hluas.
Sacramento County – Mental Health Services (ACCESS) https://mentalhealthservicerequest.saccounty.net/	(916) 875-1055	Hu mus rau thov kev pab txog kev kho kev xav thiab cwj pwm.
Sacramento Mental Health Urgent Care Clinic (MHUCC)-Turning Point Community Programs https://www.tpcp.org/program/urgent-care/	(916) 520-2460 2130 Stockton Blvd., #300 Sacramento 95817 Hnub Monday txog Hnub Friday 8:00 teev sawv ntxov-lb tag hmo Hnub Saturday & Hnub Sunday 8:00 teev sawv ntxov - 8:00 teev tsaus ntuj	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.
Sacramento Regional Family Justice Center – SRFJC Counseling https://www.sacramentofjc.org/	(916) 875 4673 3701 Power Inn Rd., #3100 Sacramento 95826	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.
Sierra Mental Wellness Group https://sierramentallowellness.org	(916) 783-5207 406 Sunrise Ave., #300 Roseville 95661	kev pab cuam kho kev xav tag nrog
Youth Help Network 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. Muaj hnub nyoog 16-25

WEAVE https://www.weaveinc.org/get-help	(916) 920-2952 24 teev, 7 hnuv hauv ib lub lim tiam	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 (Affordable Legal Assistance)	(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.
California Civil Rights Department – Discrimination Assistance https://calcivilrights.ca.gov/complaintprocess/	(800) 884-1684	Pab tiv thaiv cov neeg los ntawm kev tsim txom tsis ncaj hauv kev ua hauj lwv, tsev nyob, lag luam, thiab cov program nyiaj hauv lub nroog pab tuaj.
California Rural Legal Assistance, INC. (CRLA) https://www.crlaf.org/get-help	(916) 446-7904 2210 K Street, Ste. 201 Sacramento 95816 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 https://capitalprobono.org/our-services/	(916) 551-2102	Muab kev pab dawb nrog rau teeb meem kev cai lij choj pej xeem rau cov neeg muaj nyiaj tsawg uas nyob hauv cheeb tsam Sacramento.
Family Law – Self-Help Center William R. Ridgeway Family Relations Courthouse 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 ntaub 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.
Immigration Legal Services – Opening Doors 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 xeem, DACA, thiab ntawv ntsuab (green card).

Immigration Legal Services – World Relief Sacramento https://worldrelief.org/sacramento/our-work/ils/	(916) 978-2650 2233-Watt Ave., Ste 110 Sacramento 95825	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.
Legal Aid at Work https://legalaidatwork.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.
Sacramento Regional Family Justice Center https://www.sacramentofjc.org/	916) 875-4673 (HOPE) 3701 Power Inn Road, Ste 3100 Sacramento 95821	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 XEEM

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
Greyhound Bus Lines 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
Sacramento Regional Transit 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.	

Yellow Cab https://www.yellowcabsacramento.com/	(916) 444-2222	
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CHEEB TSAM TSEV KAWM NTAWV

CARE and FERA programs– 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 Utility Assistance Program – Pab Them Hluav Taws Xob, Dej, Thiab Roj	(916) 678-4010 prompt #2
Travelers Aid - Kev Pab Cuam Txog Kev Siv Hluav Taws Xob (Utility Assistance Program taea.org	(916) 399-9646

COV PROGRAMS PAB THEM COV KEV PAB CUAM HLUAV TAWS XOB, DEJ, THIAB ROJ

Center Unified School District	(916) 338-6400 www.centerusd.org	8408 Watt Ave. Antelope, Ca 95843
Elk Grove Unified School District	(916) 686-5085 https://www.egusd.net/	9510 Elk Grove Florin Rd. Elk Grove 95624
Elverta Joint Elementary School District	(916) 991-2244 www.ejesd.net	7900 Eloise Ave. Elverta, Ca 95626
Natomas Unified School District	(916) 567-5400 www.natomasunified.org	1901 Arena Blvd. Sacramento, Ca 95834
Robla School District	(916) 649-5248 www.robla.k12.ca.us	5248 Rose St. Sacramento, Ca 95838
Sacramento City Unified School District	(916) 643-7400 www.scusd.edu	5735 47 th Ave. Sacramento, Ca 95824
San Juan Unified School District	(916) 971-7700 www.sanjuan.edu	3738 Walnut Ave. Carmichael. Ca 95608
Twin Rivers Unified School District	(916) 566-1600 www.trusd.net	5115 Dudley Blvd McClellan, Ca 95652

Washington Unified School District	(916) 375-7600 https://www.wusd.k12.ca.us/	930 Westacre Rd. West Sacramento 95691
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TSEV KAWM MENYUAM THIAB CHAW ZOV MENYUAM

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	- Dry Creek Elementary 1230 G St. Rio Linda 95673 - Regency Park Elementary 5901 Bridgecross Dr. Sacramento 95835 - Ridgepoint Elementary 4680 Monument Dr. Sacramento 95842
KOOM HAUM PAB ME NYUAM YAUS (HEAD START (SETA))	(916) 563-5024 (916) 563-5390 (916) 563-5361 (916) 563-5353	- 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) 566-1850 (916) 566-2700	- Castori Elementary 1801 South Ave. Sacramento 95838 - Del Paso Elementary 590 Morey Ave. Sacramento 95838 - Kohler Elementary 4004 Bruce Way North Highlands 95660 - Las Palmas Elementary 477 Las Palmas Ave. Sacramento 95815
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Tsev kawm me nyuam yaus TRUSD State A.M. los sis P.M. (916) 566-1616	(916) 566-1930 (916) 566 1960 (916) 566-2745 (916) 566-2755 (916) 566-1650	- Orchard Elementary 1040 Q St. Rio Linda 95673 - Sierra View Elementary 3638 Bainbridge Dr. North Highlands 95660 - Strauch Elementary 3141 Northstead Dr. Sacramento 95833 - Woodlake Elementary 700 Southgate Rd. Sacramento 95815 - Woodridge Elementary 5761 Brett Dr. Sacramento 95842
Tsev kawm me nyuam yaus tag hnuv TRUSD (916) 566-1616	(916) 566-1850 (916) 566-1900 (916) 566-2700 (91) 566-2705	- Kohler Elementary 4004 Bruce Way North Highlands 95660 - Madison Elementary 5241 Harrison St. North Highlands 95660 - Las Palmas Elementary 477 Las Palmas Ave. Sacramento 95815 - Northwood Elementary 2630 Taft St. Sacramento 95815
	(916) 566-2745 (916) 566-1980 9916) 566-1650	- Strauch Elementary 3141 Northstead Dr. Sacramento 95833 - Vineland Preschool 6450 20th St. Rio Linda 95673 - Woodridge Elementary 5761 Brett Dr, Sacramento 95842
Tsev kawm me nyuam yaus TRUSD pacific	(916) 566-2715	- Pacific High 6560 Melrose Dr. North Highlands 95660

TRUSD Head Start / Early Head Start – Pab Me nyuam Ua Ntej thiab Menyuam Me	(916) 566-3485 (916) 566-1910 (916) 566-1970	- Morey Avenue 155 Morey Ave. Sacramento 95838 - Oakdale Elementary 3708 Myrtle Ave. North Highlands 95660 - Village Elementary 6845 Larchmont Dr. North Highlands 95660
Child Action 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. https://www.trustline.org	(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

Adult Literacy Services – Sacramento Public Library https://www.saclibrary.org/Education/Adult-Education/Adult-Literacy GED Services – Sacramento Public Library https://www.saclibrary.org/Education/Adult-Education/GED-High-School Homework Help – Sacramento Public Library https://www.saclibrary.org/education/students-educators/homework-help	(916) 264-2920 828 I Street Sacramento 95814 nkg 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 pab cuam GED thiab kev qhia dawb mus saib website yog xav paub phiaj xwm ntiv
California Learning Center https://www.californialearningcenter.com/	(916) 486-2646 3400 Cottage Way Sacramento 95825	thov nkg mus siab hauv website yog xav paub phiaj xwm ntiv.
Educational Services – SF Johnson Family & Community Services 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 (Learn To Be). https://www.learntobe.org/	(323) 208-9997	Kev qhia ntawv dawb hauv oos lais 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 kawm ntawv hauv tsev thiab kev kawm rau cov me nyuam hnuv nyoog kawm ntawv yam tsis xam nqi.
Paper Tutoring Services https://www.trusd.net/StudentsFamilies/Student-Services/Paper-Tutoring-Service/index.html		Kev pab qhia ntawv hauv oos lais, raws li qhov xav tau uas muab kev txhawb nqa kev kawm

		24/7 rau cov tub ntxhais kawm tsis muaj kev txwv.
Sprout Tutoring https://www.sproutvolunteertutoring.org/ sprouttutoring.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.
Kev Qhia Ntawv - CogniTutor 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

AgingUP- pab cuam kev kawm txij ci rau cov hluas (Youth Mentoring Program) https://agingup.org/	(916) 265-4032	Ib txoj kev pab qhia ntawv uas txhawb cov hluas nrog kev nkag siab txog tu me nyuam.
4th Angel Mentoring Program - 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.
Big Brothers Big Sisters https://www.bbbs-sac.org/	(916) 646-9300 1750 Howe Ave., #240 Sacramento 95825	Pab ua phooj ywg thiab koj qhia ib-leeg-rau-ib rau cov me nyuam tub ntxhais hnub nyoo 7 txog 18 xyoos. hu nug yog xav paub ntau tshaj no
Hope Mentor-MISS Foundation https://www.missfoundation.org/grieving/	(602) 279-6477 mus thov koom hauv website	Cov neeg pab dawb ua tus koj qhia rau cov niam txiv, yawg pog, thiab cov nus muag uas poob ib tug neeg uas lawv hlub. 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 koj qhia lawv txoj kev thov kawm hauv college
koom haum Mobile Mentoring – teach On to Lead One https://t1l1.org/mobile-mentor-registration/	(770) 529-7700 Thov mus saib lub vev xaib los sis hu xov tooj kom paub ntxiv.	Kev txhawb nqa dawb los ntawm cov hluas rau cov hluas thiab kev pab qhia tswv yim.
Neighborhood Wellness – Pacers Take Space https://pacerstakespace.com/	(916) 282-7020	Kev cob qhia thiab kev txhawb nqa kev sib raug zoo thiab kev xav los txhim kho kev koom tes hauv kev kawm rau cov tub ntxhais kawm Grant High, uas cov neeg ua hauj lwm thiab cov thawj koj tau txheeb xyuas.
Pro Youth & Families https://proyouthandfamilies.org/youth-development-programs/	(916) 576-3300 3841 N. Freeway Blvd., #210 Sacramento 95834	Muab ntau yam kev pab ncaj qha, suav nrog kev pab koj qhia cov tub ntxhais hluas

Roberts Family Development Center https://robertsfdc.org/	(916) 646-6631 766 Darina Ave. Sacramento 95815	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.
Sacramento Youth Center https://www.sacyouthcenter.org/programs	(916) 248-1081 1901 Del Paso Blvd. Sacramento 95815	Cov kev pab qhia yog ib pab neeg kom mus cuag tau rau cov hluas.
Koom haum kev pab cuam qhia tub ntxhais hluas (Youth Mentoring Program) – Tuesday’s Children https://www.tuesdayschildren.org/our- programs/youth-mentoring/	(516) 532-9000 Thov mus saib lub vev xaib los sis hu xov tooj kom 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 hlub uas tau ua haujlwm hauv tub rog Meskas tom qab 9/11.

KEV PAB UA HAUJ LWM THIAB KEV KAWM

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 (Adult Employment Program) - Greater Sacramento Urban League https://www.gsul.org/employment/	(916) 286-8600 3725 Marysville Blvd. Sacramento 95838	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 (Employment Services) - 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 (On-the-Job Training) - Sacramento Regional Conservation Corps https://www.saccorps.org/our-services	(916) 386-8394	Kev cob qhia ua hauj lwm thiab kev kawm rau cov tub ntxhais hluas hnuv nyoog 18-26.
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 (Refugee Supportive Services Program for Employment) – Lao Family Community Development, Inc. https://lfcd.org/our_service/employment- programs/	(510) 533-8850	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.

SETA – Sacramento Works https://sacworks.seta.net/job-centers/	(916) 263-3800 Thov mus saib nplooj vev xaib los sis hu xov tooj kom paub ntxiv.	Muaj ntau yam kev pab cuam kev ua hauj lwm thiab kev cob qhia.
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.
Women’s Empowerment 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

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

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Sacramento County Libraries https://www.saclibrary.org/locations	(916) 264-2920
Arcade Library	2443 Marconi Ave. Sacramento 95821
Carmichael Library	5605 Marconi Ave. Carmichael 95608

Del Paso Heights	920 Grand Ave. Sacramento 95838
North Highlands-Antelope Library	4235 Antelope Rd. Antelope 95843
North Sacramento – Hagginwood Library	2109 Del Paso Blvd. Sacramento 95815
Rio Linda Neighborhood Library	6724 6 th St. Rio Linda 95673