

2011–2012
Cov Kev Pab Lub Cuab Yig



Teeb los ntawm:

**Twin Rivers Unified School District
Special Education, Student Services &
Early Childhood Education Division**

Phau ntawv qhia txog kev pab lub cuab yig yog tab los pab cov cuab yig hauv peb cov tsev kawm ntawv ib cheeb tsam thaum lawv xav tau kev pab. Phau ntawv no yog ua tau los ntawm lub Twin Rivers Unified School District . Muaj ntau yam kev pab cuam nyob thoob plaws nroog Sacramento thiab ib cheeb tsam uas cov neeg nyob ze ho xav tau kev pab. Thov hu rau *InfoLine Sacramento* ntawm **498-1000** yog xav paub ntxiv.

Ua ntej koj yuav hu xov tooj tuaj nrhiav kev pab, koj yuav tsum sau:

- **Leej twg** yog tus neeg uas koj xav tham nrog?
- Koj xav paub txog **dab tsi**, los sis
- **Yog** vim li cas koj thiaj xav tau qhov kev pab no
- **Nco ntsoov** yog tsis muaj yam kev pab no, lawv puas paub qhia koj mus ntsib lwm tus uas yuav pab tau koj?

Ib txhia cov programs hauv phau ntawv no tej zaum yuav tsis muaj pab zoo li yav tag los lawm vim lawv tsis muaj nyiaj.

Yog koj pom hais tias lawv tsis muaj qhov kev pab no lawm, los sis tus xov tooj tau hloov lawm, thov hu mus rau lub Student Services Department ntawm 566-1615, es yu-av muab kho kom thiaj siv tau nyob rau phau tshiab .

Nco cia: *Cov kev pab cuam nyob hauv phau ntawv no tsuas yog kev pab xwb.*

Lawv tsis yog ib qho chaw uas peb pom zoo.

Cov Chaw & cov Xov Tooj uas siv ntau dua

Npe

Zauv Xov Tooj

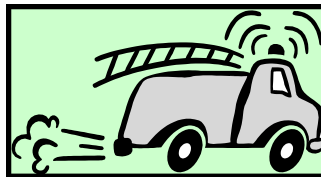
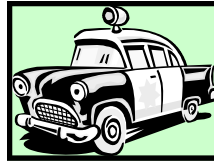
Cov Lus

| | |
|--|------------------|
| Cov Zauv Xov Tooj Thaum Muaj Xwm Txheej Ceev | Nplooj 4 |
| Cov Zauv Xov Tooj Thaum Tsis-Muaj Xwm Txheej Ceev | Nplooj 4 |
| Chaw Faib Khooj Noj | Nplooj 5, 6 |
| Chaw Faib Ris Tsho | Nplooj 7 |
| Lab (Thrift Shops) | Nplooj 7 |
| Tsev Them Pheej Yig | Nplooj 8 |
| Tsev Nyob Thaum Muaj Xwm Txheej Ceev | Nplooj 9, 10 |
| Chaw Kuaj Mob | Nplooj 11,12 |
| Chaw Pab Medi-Cal, Ntxiv Mus | Nplooj 13 |
| Ntaub Ntawv Ntxiv Hais Txog Medi-Cal | Nplooj 14 |
| Hoob Rau Cov Niam Cov Txiv | Nplooj 15 |
| Pab Ntuas / Pab Kho / Pab Daws Teeb Meem | Nplooj 16, 17 |
| Chaw Pab Hais Plaub / Tsev Kuaj Mob | Nplooj 18 |
| Tsheb Loom (Public Transportation) | Nplooj 19 |
| Pab Them Nqi Hluav Taws Xob Thaum Muaj Xwm Txheej Ceev | Nplooj 19 |
| Txhua Koog Tsev Kawm Ntawv (School Districts) | Nplooj 20 |
| Them Nqi Zov Me Nyuam Tsawg / Preschools | Nplooj 20, 21 |
| Pab Nrhiav Chaw Zov Me Nyuam | Nplooj 22 |
| Programs Pab Qhia Ntawv | Nplooj 22 |
| Programs Qhia Kom Coj Tus Qauv Zoo | Nplooj 22 |
| Pab Nrhiav Hauj Lwm thiab Kev Cob Qhia Ua Hauj Lwm | Nplooj 23 |
| Chaw Ua Si thiab Tshav Ua Si (Parks) | Nplooj 24 |
| Chaw Saib Ntawv (Libraries) | Nplooj 24 |

Tag nrho cov zauv hauv no tus area code yog (916)

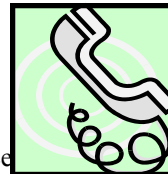
Zauv Xov Tooj Thaum Muaj Xwm Txheej Ceev

| | |
|--|------------------------|
| <u>TUB CEEV XWM, TUB TUA HLUAV TAWS, TSHEB THAUJ MOB</u> | <u>911</u> |
| <u>TWIN RIVERS USD COV TUB CEEV XWM</u> | <u>286-4971</u> |
| <u>Chaw pab tiv thaiv cov neeg laus</u> | <u>874-9377</u> |
| <u>Chaw pab cov me nyuam raug ntaus</u> | <u>874-5191</u> |
| <u>Xov tooj nrhiav me nyuam</u> | <u>1-800-426-5678</u> |
| <u>Chaw pab tiv thaiv cov me nyuam (CPS)</u> | <u>875-KIDS (5437)</u> |
| <u>County Mental Health tus xov tooj (24 Teev)</u> | <u>732-3637</u> |
| <u>Crisis Nursery (Pab niamtxiv/cuab yig thaum muaj teeb meem)</u> | <u>394-2000</u> |
| <u>Tus Xov Tooj rau Diogenes Youth (rau cov hluas)</u> | <u>363-0063</u> |
| <u>Neeg khiav ua loj leeb hauv teb chaws no</u> | <u>1-800-786-2929</u> |
| <u>Xov tooj pab niam txiv</u> | <u>1-888-281-3000</u> |
| <u>Chaw saib xyuas tshuaj lom neeg</u> | <u>1-800-222-1222</u> |
| <u>Xov tooj rau cov cev xeeb me nyuam</u> | <u>451-2273</u> |
| <u>Speech to Speech (Pab kev sib txuas lus)</u> | <u>711</u> |
| <u>Xov tooj pab txwv kom nws txhob tua nws tus kheej</u> | <u>368-3111</u> |
| <u>Xov tooj pab cov neeg hluas thaum muaj teeb meem loj</u> | <u>1-800-843-5200</u> |
| <u>WEAVE tus xov tooj (kev sib ntaus hauv lub cuab yig)</u> | <u>920-2952</u> |



Zauv Xov Tooj Thaum Tsis-Muaj Xwm Txheej Ceev

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|---|-----------------------|
| <u>SACRAMENTO COV XOV TOOJ YOG MUAJ LUS NUG</u> | <u>498-1000</u> |
| Hais txog: tsev them pheej yig, programs khoom noj, programs rau cov laus (senior) | |
| Kev pab cov me nyuam, kev noj qab haus huv, pab nyiaj txiag, kawm ntawv, nrhiav hauj lwm & cob qhia ua hauj lwm. | |
| <u>Hu mus qhia txog kev haus cawv nej tsis qhia nej lub npe los tau</u> | <u>454-1100</u> |
| <u>Alanon / Alateen (Cuab yig/phooj ywg ntawm tus neeg quav caw) xov tooj pab cuam</u> | <u>334-2970</u> |
| <u>Chaw pab txwv kom txhob ntaus tus me nyuam</u> | <u>244-1900</u> |
| <u>Tus xov tooj rau Diogenes Youth Services</u> | <u>369-5447</u> |
| <u>District One Northwest Division (thaum tsis- muaj xwm txheej ce</u> | <u>332-7794</u> |
| (Ib cheeb tsam nrog saib, nrog txheeb, ceev faj txog yeeb, me nyuam, vaj tse) | |
| <u>Nar-Anon (Cuab yig/phooj ywg ntawm tus neeg quav tshuaj) Xov tooj pab cuam</u> | <u>646-6534</u> |
| <u>Hu mus qhia txog kev haus yeeb nej tsis qhia nej lub npe los tau</u> | <u>1-800-600-4673</u> |
| <u>California Smokers' Helpline Puas xav tsum txoj kev haus luam yeeb?</u> | <u>1-800-662-8887</u> |
| Kev pab dawb: ntaub ntawv qhia pab koj tus kheej, qhia txog lwm lub programs, thiab kev pab daws txoj kev haus luam yeeb hauv xov tooj. | |
| <u>Tub Ceev Xwm (sheriff) Thaum Tsis -Muaj Xwm Txheej Ceev</u> | <u>874-5115</u> |
| <u>Tub Ceev Xwm (sheriff) Chaw Pab Ib Cheeb Tsam</u> | <u>332-7794</u> |
| <u>Chaw ntawm tus neeg raug tsim txom (Victim) / tus neeg ua pov thawj (Witness)</u> | <u>874-5701</u> |
| <u>WEAVE (kev sib ntaus hauv lub cuab yig)</u> | <u>448-2321</u> |



Chaw Faib Khoom Noj



Pab nyiaj muag noj.

Dept. of Human Assistance
1725 28th St
Sacramento

874-2072

Cov cuab yig tau nyiaj tsawg, feem coob lwm yam lus , CALWORKS, kev pab lwm yam, thiab pab nyiaj lwm yam uas tsis yog nyiaj muag noj.



Friendship Park

1300 North C Street
Sacramento

443-7378

Muaj tshais noj dawb rau cov poj niam thiab cov me nyuam thaum 8 sawv ntxov hnuv Monday-Friday.

HillHaven Community Outreach Ministries

5811 Westfield Ct
Carmichael 95608

338-5946

Monday—Friday 9 teev sawv ntxov txog 12 teev tav su rau cov zip codes 95608, 95610, 95660, 95841. Hu mus nug sij hawm thiab cov kev pab.

Liberty Towers

The Way Ministries
5132 Elkhorn Blvd.
Sacramento

838-2080

Food give away.
Tuesdays 11:00 am to 12:00 pm
Sundays 12:00 pm to 1:00pm
No income requirement or address verification needed.

Loaves & Fishes

Dinning Room
1321 North C Street
Sacramento

446-0874

Su noj dawb nej mus nqa tau daim pib noj su pem lub Service Center hauv Friendship Park. Noj su nyob rau 7 hnuv li ib lub lim tiam, 11:30 sawv ntxov- 12:30 tav su

Sacramento Food Bank & Family Services

3333 Third Avenue
Sacramento 95817

456-1980

Muaj li 3 hnuv mus txog 5 hnuv nqa khoom noj los tsev. Yuav tsum muaj daim duab ID.
Zip codes: 95815, 95817, 95818, 95820, 95833, 95834, 95835, 95836, 95837, 95838.

North Highlands Food Ministry

First Baptist Church
6125 Watt Avenue
North Highlands

331-1510

Pub khoom noj nyob rau hnuv Mon., Tues. & Wed.
Thaum 9:30 sawv ntxov—tav su. Ib tawb khoom nyob li ib lub hli. Yuav tsum muaj daim ntawv chawv nyob ua pov thawj (nqi hluav taws xob los sis nqi xov tooj) yuav tsum muaj nrog nej thaum twg nej tuaj. Pab cov nyob rau tus zip codes: 95660, 95842, 95843




Our Lady of Lourdes

1951 North Ave.
Sacramento 95838

925-5313

Koj yuav tau rau npe hnuv Tuesday thaum 10:30 sawv ntxov tuaj nqa khoom nyob rau thaum 11 teev & 12 teev tav su. Yuav tsum muaj chaw nyob & ID ua pov thawj . Pab cov nyob rau tus zip codes 95673, 95626, 95838.

Chaw Faib Khoom Noj Ntxiv Mus...

- | | | |
|--|---|---|
| <p>Rio Linda/Elverta Food Closet 6800 Sixth St. Rio Linda 95673</p> | <p>NA</p> | <p>Ib tawb khoom noj nyob li ib lub hli. Yu-av tsum muaj daim ID & qhov chaw nyob ua pov thawj. Thursday 10 teev—12 teev tav su</p> |
| <p>River City Food Bank 1319 27th St.—until October 2011 Sacramento</p> <p>1800 28th St - As of October 2011 Sacramento</p> | <p>446-2627</p> | <p>Muaj khoom noj txog li peb-hnub thaum muaj xwm txheej ceev, muaj ib zaug ib lub hli. Muaj xws li khoom noj rau me nyuam mos ab, thiab kua mis (formula), yog nej xav tau. Sij hawm 11:30 sawv ntxov - 3 tsaus ntuj M-F</p> |
| <p>Salvation Army 1200 North B St. Sacramento 95814</p> | <p>678-4010</p> | <p>Ib tawb khoom noj nyob li ib lub hli. Yu-av tsum muaj daim ID & chaw nyob ua pov thawj. (nqi hluav taws xob los sis nqi roj a) T/W/Th 9 teev sawv ntxov—11:30 sawv ntxov & 1 teev—3 teev tsaus ntuj (kaw thaum noj su).</p> |
| <p>Saint Lawrence Church 4325 Don Julio Blvd. North Highlands</p> | <p>332-4777</p> | <p>Thursday tsaus ntuj muaj noj hmo dawb. Qhov rooj qhib thaum 5 teev tsaus ntuj. Qhib rau txhua leej txhua tus. Tsis nug nej txog nyiaj xtiag, chaw nyob, los sis hnub nyoog.</p> |
| <p>WIC 5655 Hillsdale Blvd. North Highlands</p> |  | <p>326-5830</p> <p>Poj niam, me nyuam mos, thiab cov me nyuam lub Program muaj khoom noj rau cov poj niam cev xeeb tub thiab cov muaj me nyuam mos. Cov me nyuam mos ab thiab cov me nyuam hnub nyoog qis tshaj 5 xyoo yuav tsum tau teem caij xwb. M—F 8 teev sawv ntxov—4:30 tsaus ntuj.</p> |
| <p>Carmichael Food Closet 5645 Marconi Ave Carmichael, CA 95608</p> | <p>483-9232</p> | <p>Qib Monday txog Friday. Hu tuaj yuav khoom noj nyob rau thaum 10:00 teev sawv ntxov thiab 12:00 tav su. Tuaj nqa khoom noj thaum 2:00 thiab 3:30 tsaus ntuj. Pab rau cov zip codes—95608, 95610, 95621, 95660, 95825, 95841, 95842, 95843</p> |

Khaw nyob rau hnub so (Holidays)



Chaw Faib Ris Tsho

| | | |
|---|------------------------|--|
| <p>First Baptist Church 2601 Del Paso Blvd. Sacramento 95815</p> | <p>922-9365</p> | <p>Muaj ris tsho rau tib neeg yog leej twg xav tau. M/W 9 teev—11:30 sawv ntxov</p> |
| <p>New Testament Baptist Church 6746 34th Street North Highlands 95660</p> | <p>344-0440</p> | <p>Chaw faib ris tsho; hu tuaj yog xav paub ntau tshj no. 9 am every 2nd Saturday</p> |
| <p>Sacramento Clothes Closet 3333 Third Avenue, Sacramento</p> | <p>456-1980</p> | <p>M/T/Th/F - 10 teev sawv ntxov txog 1:30 tav su Wed.—4 teev txog 7 teev tsaus ntuj Pub ib zaug, ib lub hlis. Dawb.</p> |



Lab (THRIFT SHOPS)

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|---|---|
| <p>Deseret Industries 3000 Auburn Blvd. Sacramento</p> | <p>482-1480</p> |
| <p>Goodwill Industries 5705 Hillsdale Blvd & 2502 Watt Ave @ El Camino</p> | <p>339-2137 480-9002</p> |
| <p>8031 Watt Ave., Antelope</p> | <p>723-0137</p> |
| <p>Salvation Army Thrift 6510 Antelope Road</p> | <p>729-8399</p> |



Tsev Rau Cov Tau
Nyiaj Tsawg

CHOC (Community Housing Opportunities Corporation)
Danbury Park Apartments **725-7385**
7840 Walerga Road
Antelope 95843

Cov tau nyiaj tsawg, muaj tsev Apartments them pheej yig los ntawm CHOC.. Cov cuab yig yuav tau hu rau Arlington Creek Apartments yog xav paub ntau tshaj no.

Mercy Housing of Sacramento **414-4400**
www.mercyhousing.org

Hu seb khoom rau lub sij hawm twg thiab hais txog lub program.

Sacramento Self Help Housing **341-0593**
www.sacselfhelp.org

Hu tuaj ua ntaub ntawv kom tiav. Muaj cov neeg pab tswv yim thiab nrhiav vaj tse rau cov neeg tsis muaj chaw nyob. Tsis tau them. Sij Hawm 9 teev sawv ntxov - 5 teev tsaus ntuj

Sacramento Mutual Housing Association **453-8400**
8001 Fruitridge Rd.
Sacramento 95820

Pab nrhiav tsev pheej yig los sis kom tau raws li nej thooj nyiaj.

Salvation Army **678-4050**
Rental Assistance Program

Must have 3 day pay or quit notice and be on the rental agreement

Shelter Plus Care **874-4304**

Muab xa mus ntsib cov programs pab nrhiav tsev rau cov tsis muaj chaw nyob thiab cov neeg puas cev thiab cov cuab yig hauv nroog Sacramento County.

SHRA **440-1317**
(Sacramento Housing & Redevelopment)
www.shra.org

Daim ntawv xaiv tsev nyob hu ua Housing Choice Vouchers (uas yav dhau los yog Section 8). Hu tuaj yog xav paub ntau tshaj no.

YWCA **264-8066**
1122 17th Street
Sacramento 95811

Lub Low-income women's residency program. Muaj hoob them (rent) nyob. Tsis pub muaj me nyuam. Cia li tuaj los tau. Tej zaum nej yuav tau tos hauv daim waiting list.



Tsev Nyob /
Thaum Muaj Xwm Txheej Ceev

Diogenes Youth Services
9719 Lincoln Village Dr. Ste 110
Sacramento 95827

**Chaw ua hauj
lwm: 369-5447**
**Xov Tooj: 1-800-
339-7177**
(24 Teev)

Tsev nyob thaum muaj xwm txheej ceev pub nyob txog 30 hnuv rau cov hluas hnuv nyoog yog 12 txog 17 cov uas khiav tawm, raug ntiab tawm hauv tsev, los sis xav tau chaw so hnuv puav kom siab kaj. Muaj Program nrhiav chaw nyob rau cov 16 mus txog 18 xyoo.

Francis House
1422 C Street
Sacramento 95814

443-2646

Kev pab tswv yim, xa mus, nqi caij tsheb npav, kev pab nrhiav hauj lwm, tej no.
M/T/W 9:30 sawv ntxov—11:30 tsaus ntuj &
1:00 teev tav su—3:00 teev tav su
Th/F 1:00 teev —3:00 teev tav su

Friendship Park
1321 North C Street
Sacramento

443-7378

Tshais noj, kev kawm lwm yam, xov tooj, chaw saib ntawv, chaw da dej, ntxhua khaub hlab, thiab ntau tshaj no.

SACRAMENTO COV XOV TOOJ YOG
MUAJ LUS NUG

498-1000

Pab xa mus cuag lub programs nrhiav tsev hauv nroog Sacramento ib cheeb tsam.

Loaves & Fishes
1321 North C Street
Sacramento

446-0874

Pab cov neeg tsis muaj chaw nyob kom nrhiav tau tsev, khoom noj thiab kev noj qab haus hu. Cia li tuaj los tau. Nyob ze chaw tsheb npav, tsheb ciav hlau; muaj chaw nres tsheb.
Sij Hawm: 7 teev sawv ntxov -2:30 tav su

Lutheran Social Services
3734 Broadway Ave
Sacramento 95817

453-2900

Tsev & tus neeg tuav cov ntau ntawv no rau cov cuab yig tsis muaj vaj tse, programs nrhiav chaw nyob, los sis pab nrhiav tsev rau cov neeg hluas.

Maryhouse
1321 North C Street
Sacramento

446-4961

Ib qho chaw rau cov poj niam uas tsis muaj chaw nyob thiab cov me nyuam xwb. Muaj tshais noj.

Sacramento Area Housing

455-2160
Tsev Rau Cuab Yig

Tsev nyob ntu puav. Tsev uas txais tau 2 yig, txiv & tub cov uas tshaj 14 xyoo. Xam phaj hauv xov tooj xwb. Tej zaum tseem yuav tau tos.

Sacramento Area Housing

455-0415
*Tsev Rau Cov Poj
Niam*

Tsev nyob ntu puav, mov noj thiab tsheb thauj cov poj niam tsis muaj txiv txog 30 hnuv. Xam phaj hauv xov tooj xwb. Tej zaum tseem yuav tau tos.

Tsev Nyob Thaum Muaj Xwm Txheej Ceev
(Ntxiv Mus)



Salvation Army Shelter

1200 B Street
Sacramento 95814
www.salvationarmysacramento.org

442-0331
(Xov Tooj
24-teev)

Kev pab xws li tsev, khoom noj thiab lwm yam rau cov neeg nyob tsis muaj chaw (18 xyoo rov sauv). Hu tuaj los sis cia li tuaj.

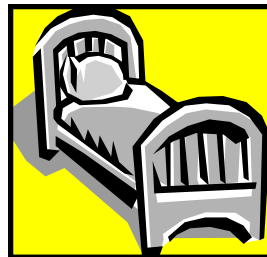
St. John's Shelter

4410 Power Inn Rd.
Sacramento
www.stjohnsshelter.org

453-1482
24 teev/ib
hnuv
7 hnuv/ ib lub
lim tiam

Tsev rau cov poj niam thiab cov me nyuam uas tsis muaj chaw nyob; cov me nyuam tub muaj 14 xyoos. Hu tuaj los sis cia li tuaj txhua hnuv. Qhib thaum 3 teev tav su.

Travelers Aid



399-9646

Muaj sij hawm nruab hnuv thiab tom qab los pab yog muaj xwm txheej ceev rau cov cuab yig nyob tsis muaj chaw xws li hauv tsev tos qhua thiab ntawv thov khoom noj, thiab cov neeg pab tuav lawv cov ntaub ntawv. Hu tuaj xam phaj, tsis yuav ntaub ntawv xa los ntsib. 9am—5 pm Mon. thru Fri.

WEAVE

Services for men,
Women, teens and
Children.

www.weaveinc.org

920-2952
(xov tooj 24
teev)

Tsev nyob ntu puav rau cov cuab yig uas raug ntaus thiab lawv cov me nyuam. Muaj chaw nyob kom nyab xeeb, muaj khooj noj, ris tsho, tsheb thauj, thiab kev pab cuam mus ntsib social service. Hu tus xov tooj 24-teev yog koj xav tau kev pab.

Wind Youth Center

701 Dixieanne Ave
Sacramento, CA 95815

561-4900

628-1492
Muaj xwm
txheej ceev
tom qab
lawb#

Pab cov neeg nyob tsis muaj chaw thiab cov neeg hluas uas tau khiav tawm mus nyob rau tom kev. Tsev pw thaum tsaus ntuj, mov noj, chaw da dej, chaw ntxhua khaub ncaws, ris tsho, thiab ntawv xa. Cov neeg tuav ntaub ntawv nyob hauv; kev tshuaj ntsuam; pab tswv yim, thiab xa mus kuaj mob thiab mus rho hniav. Mon—Fri thaum 8:30 sawv ntxov txog 4:30 ntsaus ntuj (cov hnuv nyoog li 11 –22)

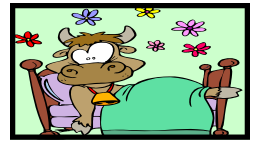
YWCA


1122 17th Street
Sacramento

264-8066

Program pab cov poj niam uas tau nyiaj tsawg. Muaj hoob ntiav nyob. Cia li tuaj tsis pub coj me nyuam tuaj. Yuav tau tos.

Chaw Kuaj Mob



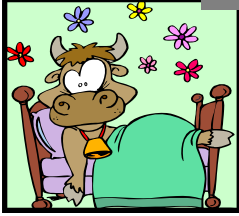
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| Child & Family Institute | 736-1720 | Muaj kev pab (counseling) rau cov me nyuam uas tau pom los yog raug lwm tus thab nws, ua rau nws ntshai, raug mob, los sis raug quab yuam, raug nws tsev neeg ua phem, vim teeb meem ntawm dej cawv/yeeb tshuaj ua rau nws ntshai. |
| CHDP | 875-7151 | Kuaj hniav thiab kuaj ib ce dawb rau cov me nyuam uas tau nyiaj tsawg tsis muaj Medi-Cal. |
| Del Paso Health Center (Sacramento County) | 648-0970 | 3950 Research Drive, Sacramento Sij Hawm: Tuesday 8 teev sawv ntxov-5 tsaus ntuj (kaw thaum noj su 12 teev—1 teev) |
| Medi-Cal | 874-2215 | Hu tuaj yog xav paub ntxiv thiab seb yuav ua cas thiaj tau. |
| Mercy Clinic (Healthcare for the Homeless Program) | 446-3345 | 1321 North C Street, Sacramento Cia li tuaj rau cov chaw pab kho mob rau cov neeg tsis muaj tsev nyob. Sij Hawm: 7:30 sawv ntxov - 2:20 tsaus ntuj |
| MercyClinic North Highlands *Free Family Clinic | 349-1568 Must have an appointment | 6060 Watt Ave. (FC Joyce Elementary School) North Highlands, CA 95660 MercyClinic pab cov uas xav tau kev kho mob, cov tsis muaj npav kuaj mob (health insurance), thiab cov uas tau nyiaj tsawg thiab nyob rau sab North Highlands thiab ib cheeb tsam ntawd. |
| Planned Parenthood | 332-5715 | 5700 Watt Ave., North Highlands qhib Mon—Th 8 sawv ntxov-6 tsaus ntuj; Fri. 8:15 teev sawv ntxov—4:30 teev tsaus ntuj Sat. 8:15 teev sawv ntxov—12:30 teev tsaus ntuj |
|  | 446-6921 | 201 29th St., Ste. B, Sacramento 95816 Mon—Th 7 sawv ntxov - 6:30 tsaus ntuj Fri 7 sawv ntxov—4:30 tsaus ntuj Sat 8 sawv ntxov—1 tsaus ntuj |
| Primary Care Center (Sacramento County) | 874-9670 | 4600 Broadway Ste. 1100 Sacramento 95820 Sij Hawm: M-F 8 teev sawv ntxov—5 teev tsaus ntuj |
| Sacramento Family Medical Clinic Inc. | 339-2229 | 5735 Watt Ave., North Highlands Sij Hawm: 8 teev sawv ntxov—5:30 teev tsaus ntuj |
| Watt Ave Med Clinic | 344-8866 | 5710 Watt Ave., North Highlands Sij Hawm Mon—Thurs 9 teev sawv ntxov -4 tsaus ntuj / Friday 9 teev sawv ntxov-2 tav su |

PAB COV ME NYUAM

SACRAMENTO CHILDREN'S HEALTH INITIATIVE

CTK ntseeg tias txhua tus me nyuam tsim nyog tau txais kev kuaj mob kom pheej yig. **Hu dawb rau 1-866-850-4321**

Chaw Kuaj Mob



Las Palmas Clinic
577 Las Palmas Ave.
Sacramento, CA 95815

924-6703 Muaj kev kuaj mob rau txhua tus

Mercy Del Paso Clinic
3911 Norwood Ave.
Sacramento CA 95838

929-8575

Molina Medical Center
4215 Norwood Ave.

564-0521

&

3234 Marysville Blvd
Sacramento, CA 95838

646-1200

Sacramento Family Medical Clinic

563-7200

3441 Marysville Blvd.
Sacramento, CA 95838

Sacramento Community Clinic

924-7092

2200 Del Paso Blvd.
Sacramento, CA 95815

Dental Clinic

874-8300

4600 Broadway, Ste. 210
Sacramento, CA 95814

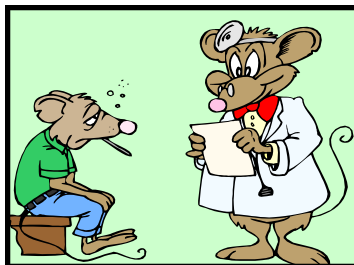
Dr. Karrin Vallin

349-2006 5732 Watt Avenue, North Highlands

Optometrist

Txais Medi-Cal

Se Habla Español



THE HEALTHY FAMILIES PROGRAM / MEDI-CAL RAU COV ME NYUAM

Pab kuaj mob rau cov Me Nyuam. California muaj kev pov hwm kuaj mob rau tag nrho koj cov me nyuam thiab cov hluas (Thaum yug los txog 18 xyoo) uas koj yuav them tau.

Hu dawb rau 1-888-747-1222

Chaw Pab MEDI-CAL

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

| | |
|--|----------------|
| Sacramento Co. Dept. of Health & Human Services/CHDP | 916-875-7151 |
| Medi-Cal (hu tuaj yog xav paub thiab xav paub tias puas tau) | |
| 916-874-2215 | |
| Medi-Cal/Healthy Families | 1-888-747-1222 |

Lwm lub chaw pab MEDI-CAL:

Health Clinics:

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

Chaw pab daws teeb meem-Counseling:

| | |
|---|--------------|
| ACCESS Team-Children | 916-875-9980 |
| ACCESS Team-Adults | 916-875-1055 |
| (ntaub ntawv & xa mus mental health service. Yuav tsum tau Medi-Cal.) | |

| | |
|---|--------------|
| Child & Family Institute | 916-736-0828 |
| (chaw pab cov me nyuam uas raug ntaus los ntawm nws tsev neeg.) | |

Cov chaw pab daws teeb meem-Counseling uas txais Medi-Cal los ntawm ACCESS referral:

| | |
|---|--------------|
| Adult Outpatient Clinic | 916-875-0599 |
| The Effort | 916-368-3080 |
| Catholic Social Services of Sacramento - New Pathways | 916-452-7481 |

Chaw kuaj hniav:

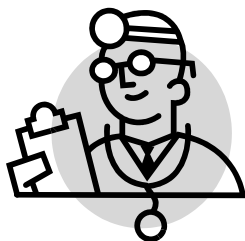
| | |
|--|----------------|
| Denti-Cal (chaw kuaj hniav cov uas txais Medi-Cal) | 1-800-423-0507 |
|--|----------------|

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

THE HEALTHY FAMILIES PROGRAM / MEDI-CAL RAU ME NYUAM

Pab kuaj mob rau cov Me Nyuam. California muaj kev pov hwm kuaj mob rau tag nrho koj cov me nyuam thiab cov hluas (Thaum yug los txog 18 xyoo) uas koj yuav them tau.

Hu dawb rau 1-888-747-1222



Nov yog cov lus zoo...

Coob tus me nyuam tsim nyog tau Txais kev kuaj mob dawb

Koj puas paub tias koj los sis koj tus me nyuam tej zaum yuav tau Medi-Cal yog nws tsis tau muaj 19 xyoo los sis koj yog ib leej niam uas tseem yuav muaj me nyuam? Tam sim no, coob tus me nyuam uas nws tsev neeg tau nyiaj ntau twb tsim nyog tau Medi-Cal. Cov me nyuam uas muaj ib leeg los sis ob leej cov niam cov txiv ua hauj lwm tej zaum kuj yuav tau thiab.

Medi-Cal muaj ntau yam kev kho mob zoo:

- Tsis tau them nqi kuaj mob, kho hniav, thiab kuaj qhov muag rau cov me nyuam.
- Txhua lub hli yuav tsis tsub ntxiv.
- Tsis tau them co-payment thaum mus kuaj mob.
- Muaj ntau lub chaw kho mob yeej txais.
- Tsev neeg tej khoom (xws li tsheb los sis nyiaj tseg cia) yuav tsis xam hais txog seb puas tau (eligible).

Yooj yim xa ntawv (application) tuaj xwb.

Cov ntaub ntawv xav tau thaum nej tuaj thov:

- Ntaub ntawv qhia txog nyiaj (tw tshev nyiaj, ntawv qhia txog nyiaj pem chaw ua hauj lwm, los sis ib daim qauv ntawm cov nyiaj se nej tau los (copy of income tax return).
- Me nyuam daim ntawv hnuv yug (birth certificate) los sis seb yug nyob rau qhov twg (immigration status) (yog tus me nyuam tsis tau yug, tej no yuav tsis siv).

Ntawv qhia hais tias nws yeej nyob rau xeev California.

Mus ntsib koj lub tsev kawm ntawv tus neeg kuaj mob (nurse); lawv yuav muaj daim ntawv applications thiab ntaub ntawv hais txog seb puas tau los sis tsis tau (eligibility). Koj hu tau rau Twin Rivers Unified School District, Student Services office ntawm 916-566-1617 yog xav paub ntau tshaj no ntxiv.

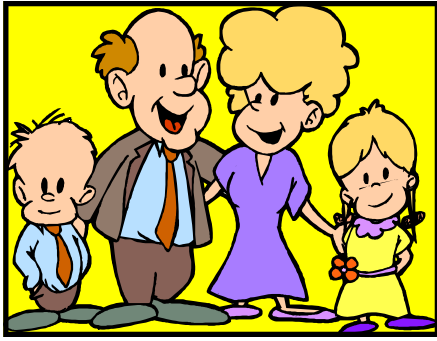
Cia peb cov me nyuam noj qab nyob zoo thiab tuaj kawm ntawv!!! Hu rau peb, peb yuav pab tau.



Hoob Rau Cov Niam Cov Txiv / Txhawb Nqa
(Dawb los sis them tus nqi tsawg)



| | |
|---|--|
| The Effort/Family Services Agency 8912 Volunteer Lane, #100 Sacto 95826 | 368-3080 |
| The Effort/Birth & Beyond 6015 Watt Ave., Suite 2, N.H. 95660 | 679-3925 |
| North Sacramento Family Resource Center 1217 Del Paso Blvd., Suite B, Sacto 95815 | 679-3743 |
| Child Action (Xam kom niam txiv mus kawm hoob) | 369-0191 |
| Changing Courses 3355 Myrtle Ave., #265, N.H. 95660 | 332-5056 |
| Child Protective Services Parenting Classes | 875-6140 |
| Area 4 Agency on Aging Muaj kev pab txhawb nqa los ntawm pab neeg pog yawg. | 486-1876 www.a4aa.com |
| Sacramento Crisis Nursery Pab daws teeb meem thiab pab cuam 24-teev ib hnuv. | 394-2000 or 679-3600 |
| Mutual Assistance Network Firehouse Community Center 810 Grand Ave., Sacto 95838 Rau cov niam txiv muaj cov me nyuam pre-school thiab tseem kawm qib elementary | 567-9567 927-7694—main office |
| Fathers Resource Center Resources and Support for Fathers Pab cov txiv tsev kom lawv ua tau ib leej txiv zoo rau lawv cov me nyuam. | 739-0894 |
| People Reaching Out Cov niam cov txiv uas txhawj xeeb txog me nyuam kev coj cwj pwm, hais txog kev siv yeeb thiab dej caw. Muaj tshuaj ntsuam dawb thiab xa mus nrhiav kev pab. | 576-3300 |



Pab Ntuas, Pab Kho, Pab Daws Teeb Meem.

ACCESS Team-Cov me nyuam

875-9980 Ntaub ntauv thiab kev pab cuam xa mus rau mental health. Yuav tsum tau

ACCESS Team-Cov laus

875-1055 Medi-Cal .

Adult Outpatient Clinic
Sacramento County

875-0599 Pab daws teeb meem rau cov neeg tau Medi-Cal .

TUS XOV TOOJ:
732-3637

Stanford Settlement
450 W. El Camino Ave.
Sacramento, CA 95833

927-1303 Pab cov me nyuam nyob qib K-6 xws li kev sib tham thiab kev kawm lwm yam.
Sliding scale fee
Teen Center—pab cov tsis mloog lus thiab pab thaum nws tseem loj hlob.
Cov hluas Qib 7th—12th .

Catholic Social Service of Sacramento

452-7481 Muaj pab rau cov nws ib leeg, ib pawg, ib khub niam txiv, lub cuab yig & pab daws teeb meem rau cov me nyuam, hais ua lus Mev (Spanish).

Child and Family Institute

736-0828 Pab daws teeb meem rau cov me nyuam uas raug ntaus los ntawm nws tsev neeg.

Diogenes Youth Services

369-5447 Daws teeb meem rau cov nws ib leeg, ib pawg, thiab lub cuab yig pab daws teeb meem rau cov hluas muaj 12-17.

TUS XOV TOOJ :
1-800-339-7177

The Effort
6015 Watt Avenue, Ste 2
North Highlands

679-3925 Kho me ntsis rau lub cuab yig, cov me nyuam, thiab ib khub niam txiv thiab cov uas nws ib leeg.

368-3080

8233 E. Stockton Blvd., Ste. D
Sacramento

Pab Ntuas, Pab Kho, Pab Daws Teeb Meem,
(Ntxiv Mus)

| | | |
|---|-----------------------|--|
| Family Study Center | 452-3008 | Ua si nrog cov me nyuam; siv duab kho, cob qhia niam txiv, cob qhia txog kev sib txuas lus, pab daws teeb meem rau cov uas nws nyob ib leeg, cov niam cov txiv, thiab cov cuab yig. Muaj kev pab tus nqi them tsawg, nyob ntawm seb nej tau nyiaj tau los sis tsawg. |
| La Familia Counseling Center | 452-3601 | Muaj pab ib toj ib, daws tej teeb meem loj, thiab pab cov neeg hluas (Thaum yug los mus txog 21 xyoo) thiab lawv tsev neeg. Tsis muaj nqi. |
| Parent Support Line | 1-888-281-3000 | 24-teev xov tooj pab cuam thaum muaj kev tu siab, pab nrog hais lus los sis lwm yam. |
| People Reaching Out | 576-3300 | Tham txog teeb meem ntawm cov hluas kev haus cawv thiab kev siv yeeb thiab ua phem. Pab saib xyuas thiab pab tiv thaiv. Tsis muaj nqi. |
| Speech-to-Speech Pab cuam txog kev sib txuas lus Hu tau txhua hnub txhua hmo 24/7 | 711 | Muaj pab dawb hauv xov tooj rau cov neeg hais tsis tau lus zoo (speech disabilities). |
| Stanford Settlement Neighborhood Center 450 West El Camino Ave. Sacramento Ca 95833 | 927-1303 | Programs rau cov laus, pab thaum muaj xwm txheej ceev, pab daws teeb meem, tej hauj lwm hauv zos, khoom rau sawv daws thaum txog Christmas, pab npaj ntaub ntawv ua se (income tax preparation). |
| Stanford Settlement Neighborhood Center—Children and Youth Program 450 West El Camino Ave. Sacramento Ca 95833 | 927-1303 | Ib pawg neeg nrhiav tswv yim los txhawb kev sib tham, nws tus kheej, kev tuaj kawm ntawv, thiab pab kom mloog lus. Pab cuam cov cuab yig thiab cov tsev kawm ntawv. |



Chaw Pab Hais Plaub/Kuaj Mob



- Better Business Bureau** 443-6843 Muaj ntaub ntawv qhia txog kev ua lag luam, muaj kev pab cuam hais txog kev tsis txaus siab ntawm cov tub lag luam thiab cov sab nrauv kev pab daws qhov teeb meem no. Tsis muaj nqi.
- Family Law / Self Help Center** 875-3400 Pab hais plaub dawb rau cov tau nyiaj tsawg uas xav tau kev pab cuam raws li no: sib nrauj, them los sis yug cov me nyuam (child support), kev thaj tsoob tus me nyuam (child custody), tuaj xyuas tus me nyuam, kuaj ntshav. Hoob cob qhia thiab tsev kuaj mob muaj nyob rau tej thaj chaw uas hais txog plaub ntug ntawm lub cuab yig thiab tsev hais plaub.
- Pacific McGeorge School of Law** 340-6080 Pab hais plaub rau cov tau nyiaj tsawg. Pab cov cuab yig, kev sib ntaus, hais txog teeb meem ntawm tus tswv tsev thiab tus neeg them tsev, kev tsis muaj nyiaj them (bankruptcy), kev cai lij choj hauv lub cuab yig, tsis muaj ntaub ntawv (immigration), thiab teeb meem ntawm cov neeg laus. Hu xov tooj tuaj.
- Senior Legal Hotline** 551-2140 Cov neeg laus uas muaj 60+ xyoo. Pab sab laj dawb, xws li: Social Security / SSI, Medi-cal / Medicare, daim ntawv teev tseg tias yus lub *Or* 1(800) 222-1753 neej yuav muab tso rau leej twg tom qab yus tuag lawm thiab tsev hais plaub, kev li choj hauv lub cuab yig, kws lij choj, vaj tse, kev ntaus cov laus thiab cov poj yawg txoj cai.
- State Bar Association** (415) 538-2219 Yog xav paub ntau tshaj no ntxiv hais txog nqi them tsawg rau tus kws lij choj los sis rau cov kws lij choj uas tau pab.
- Superior California Legal Clinics** 972-1188 Pab hais plaub txog kev sib nrauj, sib faib, kev thaj tsoob tus me nyuam, kev tsis muaj nyiaj them (bankruptcy), daim ntawv teev tseg tias yus lub neej yuav muab tso rau leej twg tom qab yus tuag lawm, daim ntawv txwv tsis pub lwm tus tuaj ze yus thiab teeb meem ntawm lub cuab yig. Sliding scale fees.
- Victim-Witness Assistance Program** 874-5701 Pab ua ntaub ntawv, pab daws teeb meem loj, thiab pab cov neeg uas raug ua phem rau kom lawv kaj siab, noj qab nyob zoo, thiab nrhiav tau nyiaj. Tsis tau them rau covkev pab no.

Txhua Koog Tsev Kawm Ntawv



| | | |
|--|-------------------------|-----------------|
| TWIN RIVERS UNIFIED SCHOOL DISTRICT 5115 Dudley Blvd., McClellan | <i>District Office:</i> | 566-1600 |
| CENTER UNIFIED SCHOOL DISTRICT 8408 Watt Ave., Antelope | <i>District Office</i> | 338-6330 |
| ELVERTA JOINT SCHOOL DISTRICT 8920 Elwyn Ave., Elverta CA | <i>District Office</i> | 991-4726 |
| NATOMAS UNIFIED SCHOOL DISTRICT 1901 Arena Blvd., Sacramento 95834 | <i>District Office</i> | 567-5400 |
| ROBLA SCHOOL DISTRICT 5248 Rose Street, Sacramento CA 95838 | <i>District Office</i> | 991-1728 |
| SAN JUAN UNIFIED SCHOOL DISTRICT 3738 Walnut Ave., Carmichael | <i>District Office</i> | 971-7700 |
| SACRAMENTO CITY UNIFIED SCHOOL DISTRICT 5735 47th Ave., Sacramento | <i>District Office</i> | 643-7400 |

Them Nqi Zov Me Nyuam Tsawg/ PRESCHOOLS

| | | |
|---|-----------------|--|
| BEANSTALK 344-6259 (For Information) | 566-1820 | Dry Creek Elem. 1230 G St., Rio Linda CA 95673 |
| CHILD CARE CENTERS | 566-1930 | Orchard Elem. 1040 Q St., Rio Linda CA 95673 |
| | 566-1660 | Regency Park Elem. 5901 Bridgecross Dr. Sacramento, CA 95835 |
| | 566-1950 | Ridgepoint Elem. 4680 Monument Dr. Sacramento, CA 95842 |
| HEAD START (SETA) | 274-6196 | 6015 Watt Ave. # 5, North Highlands |
| | 263-5333 | 3829 Stephen Dr., North Highlands |
| | 263-1031 | 5665 Hillsdale Blvd. # 4, Sacramento |
| | 263-0266 | Vineland Elem 6450 20th St., Rio Linda CA 95673 |
| STATE & FIRST 5 SACRAMENTO PRE- SCHOOL a.m. or p.m. 566-1600 | 566-3415 | Babcock Elem. 2400 Cormorant Way, Sacto CA 95815 |
| | 566-3420 | Castori Elem. 1801 South Ave., Sacto CA 95839 |
| | 566-3425 | Del Paso Elem 590 Morey Ave., Sacto CA 95838 |
| | 566-1840 | Frontier Elem 6691 Silverthorne Cr., Sacto 95842 |
| | 566-3475 | Hagginwood Elem. 1418 Palo Verde Ave., Sacto CA 95815 |
| | 566-1880 | F.C. Joyce Elem. 6050 Watt Ave., N.H. CA 95660 |

Them Nqi Zov Me Nyuam Tsawg/ PRESCHOOLS

| | | |
|---------------------------|-----------------|---|
| STATE PRESCHOOL | 566-3435 | Fairbanks Elem. 227 Fairbanks Ave., Sacto CA 95838 |
| | 566-3460 | Garden Valley Elem. 3601 Larchwood Dr., Sacto CA 95834 |
| | 566-1850 | Kohler Elem. 4004 Bruce Way, N.H. CA 95660 |
| | 566-3485 | Morey Ave. Elem. 155 Morey Ave., Sacto CA 95838 |
| | 566-2700 | Noralto Elem. 477 Las Palmas Ave., Sacto CA 95815 |
| | 566-2705 | Northwood Elem. 2630 Taft. St., Sacto CA 95815 |
| | 566-1910 | Oakdale Elem. 3708 Myrtle Ave., N.H. CA 95660 |
| | 566-1960 | Sierra View Elem. 3638 Bainbridge Dr., N.H. CA 95660 |
| | 566-2740 | Smythe Elem. 2781 Northgate Blvd., Sacto CA 95833 |
| | 566-2745 | Strauch Elem. 3141 Northstead Dr., Sacto CA 95833 |
| | 566-2755 | Woodlake Elem. 700 Southgate, Sacto CA 95815 |
| | 566-1670 | Woodridge Elem. 5761 Brett Dr., Sacto CA 95842 |
| | | |
| FULL-DAY PRESCHOOL | 566-1900 | Madison Elem. 5241 Harrison St., N.H. CA 95660 |
| 566-1600 | 566-2700 | Noralto Elem. 477 Las Palmas Ave., Sacto CA 95815 |
| | 566-2705 | Northwood Elem. 2630 Taft. St., Sacto CA 95815 |
| | | |
| TRUSD HEADSTART | 566-3485 | Morey Ave. Elem. 155 Morey Ave., Sacto 95838 |
| | 566-1850 | Kohler Elem. 4004 Bruce Way, N.H. CA 95660 |
| | 566-1670 | Woodridge Elem 5761 Brett Dr., Sacto CA 95842 |

Pab Nrhiav Chaw Zov Me Nyuam

CHILD ACTION

369-0191 Qhia txog zov me nyuam dawb thiab xa mus rau cov chaw zov me nyuam xws li: child care centers, family day care homes, nursery schools, thiab before and after-school programs.

FAMILY CHILD CARE PROVIDERS, INC.

362-4453 Xa dawb mus rau loom (Public) hais txog daim licensed zov me nyuam.

SACRAMENTO COV XOV TOOJ YOG MUAJ LUS NUG

498-1000 Pre-School / Chaw Zov Me Nyuam Ntaub Ntawv.



Huntington Learning Center

728-2981 8091 Greenback Lane, Citrus Heights

Kev pab Qhia Ntawv

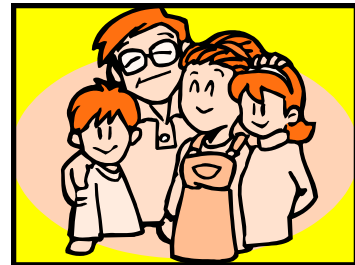
Kumon Math and Reading Center

574-9810 4321 Truxel Rd., Ste F3, Sacramento

Greater Sacramento Urban League

286-8600 3725 Marysville Blvd., Sac CA 95838

Programs Qhia Kom Coj Tus Qauv Zoo



Big Brothers/Big Sisters

646-9300 Kev pab rau cov me nyuam uas muaj txiv los sis muaj niam xwb, los nrog ib tug neeg coj tus qauv zoo cog kev phooj ywg, kom tsim txiaj, txais kev cob qhia los ntawm tus neeg laus no.


People Reaching Out

576-3300 Nrhiav ib tug neeg muaj tus qauv zoo hauv tsev ua lag luam thiab hauv koom haum nyob ib cheeb tsam los nrog cov tub ntxhais uas kawm tsis tau ntawv kom lawv rau siab kawm, pab lawv tus kheej, thiab pab lawv lub neej.


Pab Nrhiav Hauj Lwm thiab Kev Cob Qhia Ua Hauj Lwm

| | | |
|---|------------------------|---|
| <p>Center for Employment Training 6853 65th Street Sacramento</p> | <p>393-7401</p> | <p>Cob qhia ua hauj lwm thiab kom txawj (xws li kawm daim GED) rau cov tau nyiaj tsawg es xav nrhiav hauj lwm ua.</p> |
| <p>Greater Sacramento Urban League 3725 Marysville Blvd., Sacramento</p> | <p>286-8600</p> | <p>Cob qhia ua hauj lwm siv computer, thiab kawm daim GED.</p> |
| <p>Mutual Assistance Network of Del Paso Heights 811 Grand Ave., Suite A-3 Sacramento CA 95838</p> | <p>927-7694</p> | <p>Pab nrhiav hauj lwm, pab tsa nws lub neej thiab pab cob qhia txog hauj lwm.</p> |
| <p>Pride Industries 3608 Madison Ave., Ste. 43 North Highlands, 95660</p> | <p>334-5415</p> | <p>Qhia thiab kev pab nrhiav hauj lwm.</p> |
| <p>Sacramento Works One-Stop Career Center 5655 Hillsdale Blvd., Ste. 8 Sacramento, 95842</p> | <p>263-4100</p> | <p>Nyiaj poob hauj lwm; pab cob qhia ua hauj lwm, pab nrhiav hauj lwm; CAL-JOBS</p> |
| <p>Twin Rivers Adult School 3222 Winona Way North Highlands, CA 95660</p> | <p>566-2785</p> | <p>Them tsawg los sis tsis tau them hoob hauv Adult Basic Education, npaj daim GED thiab xeeb, li no.</p> |
| <p>Winterstein Adult Center 900 Morse Ave Sacramento, CA 95864</p> | <p>971-7414</p> | <p>Adult Basic Ed., hoob ESL, npaj daim GED, kev cob qhia ua hauj lwm & qhia siv computer.</p> |

Chaw Ua Si thiab Tshav Ua Si (Parks)

| | | |
|---|-----------------|--|
| Arcade Creek Recreation & Park Dist 4855 Hamilton Street Sacramento, CA | 482-8377 | <i>Nyob ze:</i> Madison thiab Oakdale elementary tsev kawm ntawv. |
| Gibson Ranch 8552 Gibson Ranch Road, Elverta, CA | 991-7592 | Ib thaj chaw dav heev nyob rau County park. Me nyuam yuav pom nees, os, tshis, thiab lwm yam tsiaj. |
|  No. Highlands Recreation & Park Dist 6040 Watt Avenue North Highlands, CA | 332-7440 | <i>Nyob ze:</i> Allison, Hillsdale, Joyce, Kohler, Larchmont, Ridgepoint, Sierra View, thiab Village elementary tsev kawm ntawv. |
| Rio Linda Elverta Recreation & Park Dist 810 Oak Lane Rio Linda, CA | 991-5929 | <i>Nyob ze:</i> Dry Creek, Orchard, Vineland thiab Westside elementary tsev kawm ntawv. |
| City of Sacramento Park & Recreation 915 I Street., 5th Floor, Sacramento CA | 808-5200 | Muaj qhia ntau hoob, ntau lub rooj cob qhia thiab programs pem tsev kawm ntawv thoob plaws lub nroog. |
| Sunrise Recreation & Park Dist 7801 Auburn Blvd. Citrus Heights, CA | 725-1585 | <i>Nyob ze:</i> Foothill Oaks, Frontier, Pioneer thiab Woodridge elementary tsev kawm ntawv. |

Chaw Saib Ntawv (Libraries)

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| Del Paso Hieghts 920 Grand Ave. Sacramento, CA | 264-2700 | Hu tuaj seb qhib lub sij hawm twg |
| No. Highlands-Antelope Library 4235 Antelope Road Antelope, CA | 264-2700 | Hu tuaj seb qhib lub sij hawm twg |
|  No. Sacramento Hagginwood Library 2109 Del Paso Blvd., Sacramento CA | 264-2700 | Hu tuaj seb qhib lub sij hawm twg |
| Rio Linda Neighborhood Library (M & 10th Streets) 902 Oak Lane Rio Linda, CA | 264-2700 | Hu tuaj seb qhib lub sij hawm twg |
| Books-by-Mail | 575-3450 | Rau cov nyob hauv tsev, phau ntawv hauv chav saib ntawv yuav muab xa tuaj (mailed). |
| Dial-A-Story | (Askiv) 441-1234 (Mev) 264-2987 | Kaw cov dab neeg luv luv rau cov me nyuam hnuv nyoog li 3-6. Saib tau 24-teev. |
| Dial-A-Book | 264-2726 | Kaw cov dab neeg luv luv rau cov me nyuam hnuv nyoog li 7 txog 12. Saib tau 24-teev. |