

## TWIN RIVERS COV XOVTUOJ & COV CHAW KEV PAB

**Technical support** yog cov kev pab rau cov teebmeem uas koj muaj nyob rau hauv cov khoom uas lub koog tsevkawm muab tuaj rau koj uas yog yuav pab tuaj ntawm peb pawg IT Help Desk xws li sau tuaj email tuaj rau [TechSupport@twinriversusd.org](mailto:TechSupport@twinriversusd.org) lossis hu rau (916) 566-7802, Monday - Friday, 7 a.m. - 5 p.m.

**Lub Chav Tswj Neeg Kawm Askiv Cov Kev Pabcuam tus Xovtooj Soblus** uas koj hu tuaj cuag tau yog (916) 566-1600 tus zauv txuas 33424. Koj kuj hu tuaj rau lub Department tus xovtooj soblus tau txhua lub sijhawm. Chav Tswj Neeg Kawm Askiv Cov Kev Pabcuam cov neeg ua haujlwm mam li hu rov qab tuaj rau koj nyob ntu sijhawm uas niaj zaus ua haujlwm.

Yuav kom cuag tau TRUSD **Menyuam Kawm Cov Kev Pabcuam Cov Neeg Ua Haujlwm**, thov hu TRUSD Menyuam Kawm Cov Kev Pabcuam tus Xovtooj Txhawb Nqa ntawm (916) 566-7801, Monday - Friday, 8 a.m. - 4 p.m. (closed July 3).

Lub Chav Tswj **Kev Kawmntawv Tshwjxeeb tus xovtooj kev txhawb nqa** kuj muaj xws li ntawm (916) 380-9218, Monday- Friday, 12:30-3:30 p.m. Koj kuj hu tuaj rau lub **Chav Tswj Kev Kawmntawv Tshwjxeeb Tus Zauv Xovtooj** ntawm (916) 566-1617, thiab cov neeg ua haujlwm mam li hu rov qab tuaj rau koj nyob ntu sijhawm uas niaj zaus ua haujlwm ntawm 8:00 a.m. -4:00 p.m. Yog koj hu tuaj nyob ntu tom qab lub sijhawm ua haujlwm lawm no, thov kaw ib soblus tseg thiab kev kawmntawv tshwjxeeb cov neeg ua haujlwm mam li hu tuaj rov qab rau koj.

Lub Chav Tswj **Menyuam Kev Noj Qab Nyob Haus Huv thiab Kev Tuaj Kawm Ntawv (Child Welfare and Attendance - CWA)** Cov Neeg Ua Haujlwm tau tsim cov phauntawv Cov Kev Pab lub Cuabyig ntawm no kom txuas tau cov tsevneeg hauv peb lub koog tsevkawm zej zog nrog cov chaw kev pab uas pab rau thaum muaj cov sijhawm xav tau kev pab.

- [Family Resource Guide 20-21 -English](#)
- [Family Resource Guide 20-21 -Farsi](#)
- [Cov Kev Pab lub Cuabyig 20-21 -Hmong](#)
- [Family Resource Guide 20-21 -Russian](#)
- [Family Resource Guide 20-21 -Spanish](#)

Yog koj nrhiav pom hais tias ib qho kev pabcuam twg tsis ua haujlwm lawm no, lossis tus zauv xovtooj tau hloov lawm, thov hu CWA lub chav ua haujlwm ntawm (916) 566-1615, es peb mam li nrog kho cov ntawd rau phauntawv luam tawm tom ntej. Xav paub ntxiv: <https://bit.ly/TwinRiversCWA>

Nco Ntsoov: Cov kev pab muaj nyob hauv phauntawv no yog faj mus rau xwb. Lawv tsis yog cov lus pom zoo.

**Care Solace** yog ib qho twj nyob hauv online 24/7 los pab ua kom yoojyim rau cov menyuam kawmntawv, cov tsevneeg thiab cov neeg ua haujlwm los mus nrhiav tau cov kev pab ntawm mental

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healthcare kev nyuaj siab thiab cov kooshaum uas muaj nyob hauv lawv lub zej zog. Care Solace kuj muaj cov ntaubntawv qhia txog kev pab kho therapy, online therapy, kev raug mus pw hauv tsev kho mob loj, lub cuabyig kev sib sablaj counseling, thiab lwm cov kev pabcuam. Sai sai li ob peb feeb xwb.

Care Concierge pabpawg, koj cuag tau lawv hauv xovtooj, sau email, thiab sib tham hauv koob thajj:

- Xovtooj: (888) 515-0595
- Website: [www.caresolace.com/TRUSD](http://www.caresolace.com/TRUSD)
- Email: [WeServe@CareSolace.org](mailto:WeServe@CareSolace.org)

### **Schools Meals 2 Go**

Tagnrho cov menyuam 18 xyoo thiab yau rov hauv mus muab tau ib puas tshais, ib puas su thiab ib puas hmo tau DAWB nyob txhua hnuv; tsis muaj ntaubntawv lossis daim ID los tsis ua licas. Pluas hmo yuav muab nrog txhua cov puas noj uake Monday - Friday nyob hauv ob lub sijhawm faib cov zaub mov huv tibi. Pluas tshais, Pluas su, thiab Pluas hmo rau rau hnuv Saturday & Sunday yuav muab nrog cov puas noj nyob hnuv Friday hauv tagnrho Twin Rivers cov thajchaw faib zaub mov School Meals 2 Go.

### **School Meals 2 Go Cov Sijhawm Faib Zaub Mov:**

- Pluas Tshais • Pluas Su • Pluas Hmo: 7:00a.m. - 8:00a.m.
- Pluas Tshais • Pluas Su • Pluas Hmo: 11:30a.m. - 12:30p.m.

**Mobile Meal Bus (lub Npav Faib Zaub Mov):** Breakfast • Lunch • Supper: 11:30a.m. - 1:00p.m.

- Txuas: <http://www.twinriversusd.org/nutrition>
- Txuas: <https://www.facebook.com/TRUSDNutritionServices>
- Txuas: <https://bit.ly/TRtransportation>
- Lub Npav Cov Kev Tuaj Ncig: [Cov Chaw Faib Zaub Mov](#)

***Twin Rivers Nutrition Services “School Meals 2 Go” lub program kev pab faib zaub mov yuav muaj qhov kev pab li no toj mus ntxiv tsuav kom tseem muaj kev kawm nruv deb, kawm hauv tsev nyob tas li hnuv nkaus li txhua zaus***

**Twin Rivers** tab tom muab tuaj cov kev nkag siv tau internet pub dawb (**Internet Essentials**) tuaj rau ntau tsevneeg hauv lub koog tsevkawm uas yog Twin River ua haujlwm uake nrog Comcast. Lub program kev pab ntawm no muaj tuaj rau feem ntau ntawm Twin Rivers cov menyuam kawmntawv, nrog rau qee cov hauvpaus kev txwv ntawm qhov internet uas muaj; qhov ntawm no yog qhov internet nrawm tshaj uas muaj pub dawb nyob rau lub sijhawm tam sim no.

- Xyuas kom zoo hais tias koj tsevneeg muaj cov kev tsimnyog tau Comcast cov kev pab, mus

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saib lawv daim nplooj ntawv ntawm no: <https://www.internetessentials.com/apply>

- Thaum koj xyuas meej hais tias koj muaj qhov kev tsimnyog txaus koj mam li sau email tuaj rau Twin Rivers Technology Support Line ntawm [techsupport@twinriversusd.org](mailto:techsupport@twinriversusd.org) lossis hu tuaj rau (916) 566-7802, Monday - Friday, 7 a.m. - 5 p.m. kom tau ib qho code siv los rau Comcast qhov kev rau npe siv tau dawb.
- Ua kom tiav daimntawv rau npe hauv qhov Internet Essentials daim website ntawm no: <https://www.internetessentials.com/apply>

**Thov tsis txhob ua kom tiav daimntawv rau npe ua ntej uas koj twb tau qhov code uas Tech Support muab tuaj rau koj lawm tso. Qhov code uas yog Twin Rivers muab tuaj rau koj yuav ua rau lub Koog tsevkawm them cov nqi txhua hli. Twin Rivers mam li them tagrho cov nqe; Qhov ntawm no yuav tsis muaj tus nqi txhua hli rau koj them.**

Rau cov ntaubntawv qhia ntau tshaj no ntxiv:

- [Internet Access \(Free and Low-Cost\) Resources for Families](#)
- [Recursos de Acceso a Internet para Familias \(Spanish\)](#)
- [Tau Siv Internet \(Pub Dawb lossis Tus Nqi Qes\) Cov Kev Pab rau Cov Tsevneeg- Hmong](#)

## ZEJ ZOG COV CHAW KEV PAB HAUV SACRAMENTO

**211 Sacramento** yog qhov chaw xub thawj uas muaj cov ntaubntawv qhia txog tagrho ntau hom kev pabcuam thiab muab cov kev faj mus rau cov chaw ntawd (kev sablaj counseling, kev pab nrhiav tsev nyob thaum muaj xwmtxheej ceev, cov kev pab cuam zaub mov, lossis lwm cov kev pab).

Hu 211 uas siv ib qho ntawm cov kev xaiv sau hauv qab no:

- Xovtooj: Ntaus 2-1-1 lossis 1-800-500-4931 losyog (916) 498-1000.
- Email: [info@211sacramento.org](mailto:info@211sacramento.org)
- Website: <http://www.211sacramento.org/211>

Lub nroog **City of Sacramento** twb tau tso tawm daim website **Sacramento COVID Relief** uas muaj ntau cov kev pabcuam uas yog lub nroog, lub cheeb nroog thiab zej zog cov kooshaum muaj los pab cov tibneeg thiab lagluam hauv Sacramento uas tau raug qhov xwmtxheej COVID-19 txoj kev sib kis thoob ntiaj teb. Nrhiav tau cov lus tshaj tawm thiab cov ntaubntawv tshiab hais txog COVID-19 nyob hauv Sacramento ntawm: <https://sacramentocovidrelief.org/individuals-and-families/>

## TSEVNEEG COV THAJCHAW KEV PAB HAUV SACRAMENTO

**La Familia Counseling Center, Inc.** ua haujlwm los pab txoj kev ua neej kom zoo ntxiv tuaj rau ntau cov haivneeg ntawm cov hluas thiab cov tsevneeg uas nyob rau qhov phomsij xws li muab kev sablaj counseling uas pab nrog ntau haivneeg kab li kev cai, muab cov kev pabcuam thiab cov programs kev txhawb nqa thiab kev nqua hu tuaj pab cov tsevneeg kom lawv peemtsheej ntawm cov kev nyuaj.

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Website: <https://lafcc.org> Xovtooj: (916) 452-3601  
Chaw nyob: 5523 34th Street, Sacramento, CA 95820

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**Mutual Assistance Network** ua haujlwm rau ntawm txoj kev los cuag kom tau cov kev xav tau kev pab sai sai ntawm lub zej zog. Cov kev ua muaj xws li kev saibxyuas tus neeg qhov feemxyuam (case management), tuaj saib hauv tsev, kev pab daws teebmeem thiab pab cov neeg los mus nrhiav tau cov chaw kev pab ua neej nyob taus xws li nrhiav zaub mov noj, nrhiav tsev nyob, nrhiav khaubncaws rau hnav thiab kev pab nrog kev saibxyuas mob nkeeg. Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <http://www.mutualassistance.org>

*The Firehouse Community Center* Xovtooj: (916) 567-9567  
Chaw nyob: 810 Grand Avenue, Suite, A3, Sacramento, CA 95838

*Arcade Community Center* Xovtooj: (916) 514-8096  
Chaw nyob: 2427 Marconi Avenue Suite #103, Sacramento, CA 95821

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**North Sacramento Family Resource Center** tsim tau cov tsevneeg muaj zog thiab ruaj kho los ntawm txoj kev muaj kev kawm kev paub, kev pab los cuam tshuam nrog thiab kev txhawb nqa dejsiab dejntsws nrog cov programs kev pab xws li cov kev pabcuam muab kev cuam tshuam pab nrog, kev kawm ua niam txiv zoo uas tau kev pom zoo los ntawm tsev hais plaub, tuaj saib hauv tsev, muaj kev npaj txhij rau tsevkawm, thiab lwm cov kev pabcuam.

Website: <https://www.kidshome.org> Xovtooj: (916) 679-3743  
Chaw nyob: 1217 Del Paso Blvd., Suite B, Sacramento, CA 95815

**Stanford Neighborhood Community Center** muaj ntau cov programs thiab kev pabcuam tseemceeb, rau cov neeg nyob hauv cov thajchaw xws li cov zej zog ntawm Gardenland/Northgate, North Sacramento, thiab Natomas.

Website: <https://www.stanfordsettlement.org> Xovtooj: (916) 927-1303  
Chaw nyob: 450 West El Camino Ave., Sacramento, CA 95833

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**Warmline Family Resource Center** ua haujlwm pab rau cov tsevneeg uas muaj cov menyuam hnuabnyoog 0 mus rau 26 xyoo uas muaj cov kev puas cev uas txwv ua tsis tau, kom muaj kev sib raug zoo nrog cov niam txiv los ntawm cov koomtxoos uas lawv tuaj koom, qhia rau cov niam txiv paub txog cov kev pabcuam uas lawv muaj (xam nrog nrog kev kawmntawv tshwjxeeb), kev sib pab niam txiv toj niam txiv thiab muab cov kev cobqhia rau cov niam txiv los pab lawv cov menyuam txoj kev loj hlob cov kev xav tau tshwjxeeb.

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Website: <http://www.warmlinefrc.org/> Email: [warmline@warmlinefrc.org](mailto:warmline@warmlinefrc.org)  
Xovtooj: (916) 455-9500 [Askiv] thiab (916) 922-1490 [Spanish]  
Chaw nyob: 2424 Castro Way, Sacramento, CA 95818

**WellSpace Birth & Beyond** pab nrog tsim cov tsevneeg muaj zog thiab ruaj kho, cuag tau cov kev xav tau ntawm cov menyuam tab tom muaj kev loj hlob thiab xyuas kom zoo hais tias lawv tau txais cov chaw kev pab thiab qhov kev pab uas tsimnyog (tuaj saib hauv tsev, kev npaj txhij rau tsevkawm, cov kev cobqhia ua niam txiv zoo) li lawv xav tau.

Website: <https://www.wellspacehealth.org/services/behavioral-health-prevention/birth-beyond-family-resource-center> Xovtooj: (916) 679-3925  
Chaw nyob: 6015 Watt Avenue, North Highlands, CA, 95660

### COV PROGRAMS KEV PAB NYIAJ TXIAG

Lub **Chav Tswj Kev Pab Tibneeg (Department of Human Assistance)** muaj ntau hom nom tswv cov programs kev pab ntawm tsoom fwm tebchaws, lub xeev thiab hauv zej zog uas tsim los muab kev pab rau ib ntus xws li nyiaj (cash aid), zaub mov, thiab kev tuav povhwm txoj kev noj qab nyob zoo (health insurance) rau cov tibneeg nyob hauv Sacramento County uas khwv tau nyiaj tsawg thiab muaj qhov tsimnyog tau kev pab.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <https://ha.saccounty.net/benefits/Pages/default.aspx>

Lub Xeev Khaslisfosnias tau tsim ib daim website COVID-19 ua lub hauvpaus muaj txhua yam rau cov tibneeg twg uas tau raug kev txomnyem los ntawm qhov xwmtxheej tus kab mob kis thoob ntiaj teb paub txog cov ntaubntawv qhia txog kev tuav povhwm pab thaum poob haujlwm, kev tiv thaiv thaum raug laij tawm tsev nyob, kev pab nrog nqe them tsev (mortgage relief), thiab lwm cov kev pabcuam.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <https://covid19.ca.gov/get-financial-help/>

Lub Nroog Sacramento (**City of Sacramento**) muaj pub dawb ib-toj-ib kev cobqhia tawm tswvyim saibxyuas nyiaj txiag thiab cov kev pabcuam ua lincas ntawm ntu xwmtxheej COVID-19 nyob ua lus Askiv thiab lus Mev rau cov tibneeg nyob hauv zej zog. Sau mail tuaj teem ib lub sijhawm ntawm [FEC@cityofsacramento.org](mailto:FEC@cityofsacramento.org) lossis hu (916) 808-4927.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <http://www.cityofsacramento.org/financialempowerment>

Lub Tuamtsev rau Cov Neeg Ua Haujlwm Cov Cai thiab Sacramento Pawg Hauvpaus Kev Sablaj Txog Haujlwm (**Center for Workers' Rights and the Sacramento Central Labor Council**) tau tso tawm ib tug xovtooj kev pab rau cov neeg ua haujlwm uas tau raug kev txomnyem los ntawm tus kab mob coronavirus. Tus Xovtooj Kev Pab Tiv Thaiv Haujlwm nyob ntu Coronavirus (Coronavirus Job Protection Hotline) muaj los pab cov neeg ua haujlwm uas lawv cov haujlwm muaj kev cuam tshuam los ntawm tus kab mob coronavirus, thiab muab cov ntaubntawv qhia txog kev poob haujlwm, them

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nyiaj rau tsevneeg tawm haujlwm los so thiab ntau yam ntxiv. Xovtooj: (916) 905-1625.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <https://www.rightscenter.org/coronavirus-faqs/>

### KEV PABCUAM ZAUB MOV

**Sacramento Food Bank & Family Services (SFBFS)** muaj ntau hom programs kev pab muab zaub mov (CalFresh, Food for Seniors, thiab Produce for All) nyob thoob plaws hauv lub cheeb nroog Sacramento County nrog rau cov tuamtxhab uas ua haujlwm uake muab kev pab los mus khiav cov pabcuam no tuaj rau peb lub zej zog loj.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv txog cov chaw kev pab ntawm no, thov mus saib SFBFS daim Website at <https://www.sacramentofoodbank.org/find-food> lossis hu (916) 456-1980.

- Nrhiav Chaw Zaub Mov: <https://www.sacramentofoodbank.org/find-food>
- Cov Tuamtxhab Pab Sai: <https://www.sacramentofoodbank.org/emergency-response-agencies>

Khaslisfosnias lub Chav Tswj Kev Ua Neej Cov Kev Pabcuam (**California Department of Social Services - CDSS**) tau sau txhua yam tso rau daimntawv ntawm cov kev txiajntsim thiab cov kev pabcuam txog Kev Pab Nyiaj, Zaub Mov & Yam Pab Lub Cev Loj Hlob Zoo, Menyuum & Cov Laus Cov Kev Pabcuam, thiab lwm cov chaw kev pab los txhawb nqa nws lub zej zog.  
Cov Ntaubntawv: <https://www.cdss.ca.gov/benefits-services>

**Sacramento County Women, Infants, and Children (WIC)** pab cov pojniam uas tab tom xeeb tub, cov niam tshiab, thiab cov menyuum yau tau noj zoo, nyob noj qab nyob zoo tsis muaj mob nkeeg, thiab muaj zog khiav dejnum/ua si. Cov kev pabcuam nyob lub sijhawm no ua haujlwm tham lus hauv xovtooj xwb uas yog hu rau 916-876-5000 yeebvim tus mob COVID-19. Kablus txuas: <https://dhs.saccounty.net/PRI/WIC/Pages/Women-Infants-and-Children-Home.aspx>

### KEV PABCUAM RAU KEV NOJQAB NYOBZOO & KEV KAJSIAB

**Lub Kooshaum Kev Pab Menyuum Kev Nojqab Nyobzoo thiab Tiv Thav Kev Puas Cev (Child Health and Disability Prevention (CHDP) Program)** yog ib qho kev pab uas muab tuaj cov kev ntsuam xyuas txog kev nojqab nyobzoo thiab cov kev pabcuam nyob txhua lub caij raws sijhawm tuaj rau cov menyuum thiab cov hluas uas tsevneeg tau nyiaj tsawg hauv Khaslisfosnias. CHDP muab ua haujlwm saibxyuas los pab cov tsevneeg nrog teem caijnyoog mus kuaj mob, kev xa thiab tos, thiab mus kuaj tau thiab tau kev kho mob cov kev pabcuam.

Rau cov ntaubntawv ntau tshaj no ntxiv: <https://www.dhcs.ca.gov/services/chdp>

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Lub cheeb nroog Sacramento County Kev Saibxyuas Pejxeem Kev Noj Qab Haus Huv muaj ib tug xovtooj xav paub txog tus mob COVID-19, **Sacramento County Public Health COVID-19 Hotline** hu tau rau ntawm (916) 875-2400 uas yog siv rau Sacramento County cov tibneeg.

Lub cheeb nroog Sacramento County lub Kooshaum Kev Pab Kev Txhaj Tshuaj Tiv Thaiv Kabmob (**Sacramento County Immunization Assistance Program**) nrog rau cheeb nroog Sacramento County lub Chav Tswj Kev Noj Qab Haus Huv Cov Kev Pabcuam puavleej muab cov ntaubntawv qhia thiab kev txhaj tshuaj cov kev pabcuam rau cov menyuam 0 mus txog 18 xyoo uas muaj qhov tsimnyog tau cov koob txhaj tshuaj tiv thaiv kabmob nyob tus nqi pheejyig yog lawv muaj ib nqe raws li cov cai nqe lus nram qab no:

- Tus menyuam tsis muaj kev tuav povhwm, uninsured
- Tus menyuam muaj Medi-Cal lossis muaj qhov tsimnyog tau Medi-Cal
- Tus menyuam yog haivneeg Alaskan Native lossis American Indian

Lub tsev kho mob me ntawm no tsuas yog txais raws lub sijhawm tau teem tseg xwb. Rau cov ntaubntawv qhia ntau tshaj no ntxiv thov hu (916) 875-7468 lossis mus saib:

[https://dhs.saccounty.net/PUB/Pages/Immunization-Assistance-Program/Immunization-Assistance-Program-\(IAP\).aspx](https://dhs.saccounty.net/PUB/Pages/Immunization-Assistance-Program/Immunization-Assistance-Program-(IAP).aspx)

Qhov **Healthy Partners Program** muab cov kev pabcuam saibxyuas kev noj qab nyob zoo thawj qhov (primary) thiab kev tiv thaiv ua ntej rau cov laus nyob hauv lub cheeb nroog Sacramento County uas tsis muaj ntaubntawv nyob hauv lub tebchaws thiab khwv tau nyiaj tsawg. Cov kev pabcuam ntawm no muaj nyob hauv Sacramento County Health Center thiab muaj nrog yog:

- Thawj Qhov Kev Saibxyuas Kev Noj Qab Nyob Zoo xam nrog cov kev pabcuam kev noj qab nyob zoo thiab cwjywm txoj kev noj qab nyob zoo
- Saib xyuas kev tiv thaiv ua ntej (xam nrog cov koob txhaj tshuaj tiv thaiv kabmob, cov koob txhaj tiv thaiv khaubthuas)
- Kev kho ntawm cov kev mob niaj zaus muaj
- Tuamtsev Kuaj Lab thiab thaj fais fab radiology. Kws kho mob sau tshuaj noj (nqi pheejyig)

Kev ntsuas qhov tsimnyog tau:

- Cov laus hnuvnyoog 19 xyoo lossis rov saud
- Sacramento County cov tibneeg
- Kev khwv tau nyiaj nyob lossis nqe tshaj 138% ntawm Tsoom Fwv Tebchaws Theem Ntsuas Kev Txomnyem (Federal Poverty Level)
- Medi-Cal uas tau qee yam xwb nrog qhov lolus zauv kev pab Aid Code siv nrog
- Tibneeg uas tsis muaj kev tuav povhawm saibxyuas kev noj qab nyob zoo (health insurance) lossis mus muab tsis tau health insurance

Healthy Partners yog nyob rau ntawm 4600 Broadway, Sacramento, CA 95820. Xovtooj: (916) 874-1805

Website: <https://dhs.saccounty.net/PRI/Pages/Healthy%20Partners/GI-PRI-Healthy-Partners>

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**Sacramento Covered** yog ib lub tuamtxhab zej zog tsis khiav haujlwm los khwv kom muaj nyiaj nplua nuj, lawv txuas cov tibneeg hauv Sacramento region ib cheeb zej zog mus rau cov kev pab cov pabcuam ntawm kev noj qab nyob zoo, cwj pwm kev noj qab nyob zoo, kev ua neej thiab lub zej zog cov chaw muab kev pab. Sacramento Covered txhawb nqa cov neeg hauv zog nrog lawv txoj hau kev los mus ua kom tau qhov kev pab saibxyuas lawv txoj kev noj qab nyob zoo (healthcare covered), tsim muaj ib txoj kev sib raug zoo tsis tag tsis kawg nrog cov kws kho mob, thiab saibxyuas lawv tus kheej.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <https://www.sacramentocovered.org/> lossis hu 1-866-850-4321.

**Alta California Regional Center** pab cov tibneeg uas muaj cov kev puas ntawm lub cev txoj kev loj hlob uas txwv ua tsis tau ib qho dabtsi thiab pab nrog lawv tsevneeg los mus muab tau cov kev pabcuam uas tsimnyog rau lawv kom txhua tus thiaj li ua neej tau raws li lawv qhov peevxwm ua tau tshaj plaws. Lolus “Developmental Disabilities” (Cov Kev Puas ntawm lub Cev Txoj Kev Loj Hlob uas Txwv Ua Tsis Tau) yog siv rau hauv ib pawg dav dav ntawm cov kev mob uas tejzaum ua rau kev puas ntawm lub cev, kawm ntawv qee, kawm lus qee, lossis muaj teebmeem nrog tus cwj pwm.

Rau cov ntaubntawv qhia ntau tshaj no ntxiv: <https://www.altaregional.org/> lossis hu (916) 978-6400

## COV NTAUBNTAWV QHIA TXOG TSEV & MUAJ TSEV RAU NYOB THAUM MUAJ XWMTXHEEJ CEEV

Pabpawg nom tswv hauv **Sacramento City Council** tau pom zoo ib txoj cai (an ordinance) coj los siv tsim tsa ib qho kev txwv nyob rau ib ntus tsis pub tus tswv tsev ntiab laij tus neeg xaub tsev tawm yeebvim nws tsis them tus nqi tsev vim nws muaj kev txomnyem nyiaj khwv tau los ntawm haujlwm vim qhov xwmtxheej COVID-19. Txoj cai emergency ordinance pub tsis them tus nqi tsev xaub rau cov neeg xaub tsev nyob thiab rau cov neeg lajlum xaub tsev muab khoom nyob thawj-theem hauv cov tsev ua lajlum. Rau cov ntaubntawv qhia ntau tshaj no ntxiv:

- [Kev Pab Tiv Thaiv Cov Neeg Xaub Tsev](#)
- [Sacramento CARES Kev Pab Daws Kev Tsis Haumxeeb](#)

**Legal Services of Northern California (LSNC)** muab cov kev pabcuam pub dawb ntawm kev cuam tshuam txog cai lijchoj tuaj rau txhua tus tibneeg twg uas khwv tau nyiaj tsawg uas muaj teebmeem nrog kev noj qab nyob zoo, tsev nyob, CalWORKS, CalFresh, kev tuav povhwm poob haujlwm thiab lwm yam kev pab thaujpais/kev dim tau. Nroog Sacramento cov tibneeg kuj hu tuaj tau rau Legal Services Sacramento lub chav ua haujlwm los teem ib lub sijhawm tuaj muab kev pab txog kev cai lijchoj.

LSNC npaj tau cov ntaubntawv ntawm no uas qhia txog tus neeg xaub tsev cov cai nyob ntu ntawm qhov xwmtxheej COVID-19:

- [Paub Koj Cov Cai](#)
- [AB 3088 KYR FAQ.pdf](#)

For more information visit Family and Community Engagement (FACE):

<https://bit.ly/TwinRiversUSDFACE>

*This document was updated on October 15, 2020.*





Xav tau kev pab hu: (916) 551-2150 or <https://lsnc.net/coronavirus-covid-19>

**Sacramento Self Help Housing (SSHH)** tau koomtes ua haujlwm uake nrog City of Sacramento los mus muab kev pabcuam pub dawb hauv xovtooj cov kev nrog sib sablaj, tawm tswvyim thiab sib pab daws teebmeem. Cov neeg muab tswvyim kev pab rau cov neeg xaub tsev (tenant advisors) mam li ua haujlwm nrog tus neeg hu tuaj los sibtham ib-toj-ib los daws ncainraim nrog cov kev txhawjxeeb ntawm tus tswv tsev-tus neeg xaub tsev cov kev tsis haumxeeb thiab mam los pab faj mus ntsib cov tuamtxhab uas saibxyaus cov teebmeem kev ncaincees ntawm tsev nyob. Rau cov ntaubntawv qhia hu (916) 389-7877 TTY: 800-855-7100

**Project Sentinel** muab tuaj ntau cov kev pabcuam txog tsev nyob (tawm tshaj kev raug laij tawm, tso nyob ib qho chaw, thiab kev tawm suab - admin advocacy). Rau cov ntaubntawv qhia ntau tshaj no ntxiv, koj kuj hu tau rau Ryan R. Reyes, Kws Lijchoj Tus Neeg Ua Haujlwm, ntawm (916) 513 3150 lossis [RReyes@housing.org](mailto:RReyes@housing.org). Website: [www.housing.org](http://www.housing.org).

**Family Emergency Shelters** (nrog rau Sacramento County Department of Human Assistance) los txhawb nqa pab cov tsevneeg uas tsis muaj tsevnyog los tau cov kev pabcuam muaj yam xwmtxheej ceev li no muaj tsev nyob. Cov tsevneeg kuj **rau npe tau lawv tus kheej** rau cov kev pabcuam xwmtxheej ceev rau tsevnyob los ntawm txoj kev mus saib qhov website <https://dhaservices.saccounty.net/efs> thiab los teb ob peb nqe lus nug. Daim website txoj kev rau npe kuj mus nkag siv tau hauv koj tus kheej lub cuabyeej ntaus ntawv, lossis ntawm ib lub uas muaj nyob hauv County Department of Human Assistance (DHA) cov tuamtsev muab kev pab, nyob thoob plaws hauv lub cheeb nroog County. Yuav muaj neeg hu tuaj rau koj li ntawm peb (3) hnuv kev ua lagluam.

Cov kev pabcuam siv computer hauv thajchaw thiab cov chaw kev pab los mus rau npe rau cov kev pabcuam nrhiav tsev rau nyob kuj muaj nyob hnuv Monday mus txog Friday thaum 8am mus txog 4pm nyob rau hauv DHA cov thajchaw nram qab no:

- **Central:** 2700 Fulton Avenue Sacramento, CA 95821
- **North:** 5747 Watt Avenue North Highlands, CA 95660
- **North:** 3960 Research Drive Sacramento, CA 95838
- **East:** 10013 Folsom Blvd Rancho Cordova, CA 95827
- **South:** 2450 Florin Road Sacramento, CA 95822
- **South:** 210 North Lincoln Way Galt, CA 95632

## KEV KAJSIAB & COV CHAW KEV PAB MENTAL WELLNESS

Tus xovtooj ntawm Khaslisfosnias Kev Pab Daws Teebmeem Kev Nyuajsiab (**California Crisis Mental Health Line**) txhawb nqa tagnrho txhua tus Californians uas mloog zoo li tsis muaj kev kajsiab, muaj kev nyuaj siab, tau txhawj, tu siab, tsis muaj dabtsi ua, ntxhov siab, kho siab lossis meem txom yeebvim qhov xwmtxheej ntawm tus mob COVID-19 Txoj Kev Sib Kis Thoob Zos. Yog koj muaj ib qho teebmeem txoj kev nyuaj siab, thov hu 888-881-4881 lossis 916 875-1055. Rau cov chaw kev pab ntxiv: <https://covid19.ca.gov/resources-for-emotional-support-and-well-being/>

For more information visit Family and Community Engagement (FACE):

<https://bit.ly/TwinRiversUSDFACE>

*This document was updated on October 15, 2020.*



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Tus xovtooj rau Khaslisfosnias Cov Hluas Muaj Teebmeem (**California Youth Crisis Line - CYCL**) ua haujlwm 24 xojmoos ib hnuv, xya hnuv ib limtiam tam li yog lub xeev tus txheej txheem kev khiav haujlwm nyob thoob plaws lub xeev uas teb cov xwmtxheej ceev ntawm cov hluas (hnuvnyoog 12-24) thiab cov tsevneeg uas tab tom muaj teebmeem. Koj kuj hu tau txhua zaus lossis sau ntawv hauv xovtooj tua rau California Youth Crisis Line, 24 teev ib hnuv, 7 hnuv ib limtiam ntawm: 1-800-843-5200. Website: <https://calyouth.org/cycl/>

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**Consumer-Operated Warm Line** (nrog rau Sacramento County Department of Mental Health) muab lub cibfim rau cov tibneeg tau los tham lus nrog ib tug neeg uas muaj kev paub, mloob nws, thiab muab cov kev faj mus nrhav cov kev pab rau kev nyuaj siab (mental health) thiab lwm yam ntawv. Hu (916) 366-4668 Monday-Friday, 9 am-5pm.

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**Crisis Text Line** muaj lub cibfim los txuas tham nrog ib tug counselor, tus neeg sablaj uas muaj kev xyaum paub dua uas tswj cov teebmeem pub dawb, 24/7 pab cov teebmeem los ntawm txoj kev sau ntawv xa tuaj hauv xovtooj. Sau ntawv hauv xovtooj lolus NAMI tuaj rau 741-741. Rau cov ntaubntawv qhia ntawv, mus saib National Alliance on Mental Illness (NAMI) ntawm <https://www.nami.org/> lossis lawv tus xovtooj kev pab ntawm 1-800-950-6264.

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**Mental Health Access Team** (nrog rau Sacramento County Department of Mental Health) muab cov kev pabcuam thiab muaj ib qho kev sib sablaj hauv xovtooj los ntsuam xyuas seb yam kev pabcuam rau kev nyuaj siab twg yuav yog qhov tsimnyog faj mus cuag tus kws txawj muab qhov kev pab ntawd. Qhov ntawm no muaj xws li [Mental Health Medi-Cal Service Providers and Prevention & Early Intervention and Mental Health Respite Service Providers](#).

Rau cov ntaubntawv qhia ntawv: [Mental Health Access Team Brochure](#) lossis hu (916) 875-1055 losyog tus xovtooj toll free (888) 881-4881 Monday-Friday, 8 am-5pm (24/7 rau Mental Health Crisis Calls).

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Lub tsev kho mob me **Mental Health Urgent Care Clinic** muab cov kev pabcuam raww li cov tibneeg tuaj ntsib hauv thajchaw rau cov uas muaj hnuvnyoog licias los xij uas muaj ib qho kev nyuajsiab (mental health) thiab/lossis muja cov teebmeem quabyuam siv yeeb tshuaj lossis siv tshuaj ntau dhau lawm uake. Lub tsev kho mob me Mental Health Urgent Care Clinic yog ib qho chaw uas muaj ib pawg neeg ua haujlwm uake, cov kws kho mob, thiab cov neeg ua haujlwm pab saibxyuas ntaubntawv los pab hauv hauv ib thajchaw uas tus thiab nyabxeeb uas muaj kev sib pab. Xa paub ntau tshaj no txiv hu (916) 520-2460.

Lub tsev kho mob Mental Health Urgent Care Clinic yog nyob rau ntawm 2130 Stockton Boulevard, lub Tuamtsev 300, Sacramento, CA 95817. Cov sijhawm: Monday-Friday, 10 am-10 pm & Saturday-Sunday thiab Holidays, 10 am - 6pm

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For more information visit Family and Community Engagement (FACE):

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**Ventanilla de Salud** (Health Education Council thiab the Mexican Consulate) muab cov ntaubntawv qhia txog cov ntsiab lus kev nojqab nyobzoo, kev sablaj tawm tswvyim (counseling) thiab cov kev fja mus cuag cov kev pabcuam kev nojqab nyobzoo uas muaj thiab mus siv tau nyob hauv tagnrho txhua zej zog. Rau cov ntaubntawv qhia ntxiv, hu (916) 329-3502 lossis mus rau ntawm

<https://healthcouncil.org/what-we-do/programs/access-to-hlth-srvcs/vds.html>.

## SACRAMENTO PEJXEEM LUB TSEV SAIB NTAWV

**Sacramento Public Library** muab rau nws lub cheeb nroog Sacramento County lub zej zog ntau cov chaw kev pab thiab cov kev pabcuam tuaj txhua tus muaj hnuvnyoog lics los xij, los siv tau cov phauntawv dabneeg uas yog luam tawm rau hauv ntawv thiab uas yog nyob hauv computer (digital books) thiab cov phau ntawv magazines, thiab cov kev pabcuam los txhawb nqa ib tsevneeg nyeem ntawv nram tsev. Ntawm cov kev pabcuam uas Sacramento Public Library muaj yog:

- Cov Chaw Kev Pab Kev Kawm Ntxov nroog kev kawm cov hnabev (Kev Kawm Ntxov Cov Khoom, *Leemos Juntos* (Nyeem Uake) Cov Khoom, Nyeem Uake Cov Khoom, Crocker Art Packs) uas koj qev tau tawm, lossis cov digital kev pab (Virtual Storytimes, BookFlix, Ready Rosie) los txhawb nqa koj tus menyuum nyob rau thaum yav ntxov ntawm nws hnuvnyoog. Rau cov ntaubntawv qhia ntxiv: <https://www.saclibrary.org/Education/Early-Learning>
- Cov Program Kev Pab Kawm Lus Askiv thiab Kawm Ua Xaamxaj rau Cov Neeg Tuaj Tshiab thiab Cov Neeg Tuaj Nyob Txawv Tebchaws: <https://www.saclibrary.org/Community/New-Arrivals-Immigrants>
- Cov Laus Kev Kawm cov kev pabcuam txuas cov laus kawm lus Askiv los kawm kom tiav lawv daim GED thiab kom tau daim High School Diploma, txhawb nqa haujlwm kev loj hlob, thiab ntau yam ntxiv. Rau cov ntaubntawv qhia ntxiv: <https://www.saclibrary.org/Education/Adult-Education>

**Virtual Homework Zone:** Xav tau kev pab nrog tsevkawm cov haujlwm los? Cov menyuum kawmntawv nyob qib Kindergarten txog qib 8<sup>th</sup> kuj tuaj tau rau hauv qhov chaw kev pab nyob saum huab cua Virtual Homework Zone hauv Zoom, thiab mam li tau kev pab los ntawm cov tub hluas, ntxhais lus uas muaj kev cobqhia ua ntej lawm los nrog pab ua lawv lub tsevkawm cov haujlwm, assignments.

Cia li tuaj muab kev pab nrog cov homework kuj muaj nyob txhua hnuv Wednesday thaum 3:30 mus txog 5:30 p.m. Sau ntawv xa tuaj hauv email rau [homeworkzone@saclibrary.org](mailto:homeworkzone@saclibrary.org) kom paub txog lub limtiam cov kablus txuas mus hauv zoo yog dabtsi.

**Online Tutors (Cov Neeg Pab Qhia Ntawv hauv Online):** Txuas tuaj nrog ib tug neeg qhia ntawv nyob hauv online uas nws kuj pab koj tau nrog ntau cov kev kawm xws li kev kawm zauv, kev kawm Askiv, kev kawm keebkwm thiab ntau yam ntxiv. Qhov kev pabcuam no muaj noyb lus Askiv thiab lus Mev, thaum 1:00p.m.-11:00 p.m., 7 hnuv toj ib limtiam.

For more information visit Family and Community Engagement (FACE):

<https://bit.ly/TwinRiversUSDFACE>

*This document was updated on October 15, 2020.*



Rau cov ntaubntawv qhia ntxiv: <https://www.saclibrary.org/Education/Students-Educators/Homework-Help>

Menyuam Kawm Daim Npav Vammeej (**Student Success Card**) pub Twin Rivers Unified cov menyuam kawmntawv siv tau lawv daim menyuam kawm ID tam li yog pejxeem tsev saib ntawv ib daim npav (public library card). Nrog rau daim Student Success Library Card, cov menyuam kawmntav siv tau cov twj digital tools thiab cov kev pab uas Sacramento Public Library muaj rau lawv.

Kev siv koj daim npav Student Success Library Card:

- Siv tus tsiaj ntawv (letter code) rau koj koj lub koog tsevkawm ("TR" rau Twin Rivers Unified School District, lossis "G" rau Galt Joint Union High School District) thiab koj tus zauv Student ID thaum twg uas nug txog koj daim npav Library card tus zauv.
- Pivtxwv li no, yog koj tus zauv ID yog 123456, koj yuav tsum siv SJ123456. Koj tus zauv 4 digit PIN yuav yog lub xyoo ntam koj lub hnub yug uas teev tseg rau hauv tsevkawm cov ntaubntawv. Koj kuj mus siab tau lossis hu rau lub tsev saib ntawv kom hloov tus zauv PIN.

Rau cov ntaubntawv qhia ntxiv: [www.saclibrary.org/Education/Students-Educators/Educators/Student-Success-Card](http://www.saclibrary.org/Education/Students-Educators/Educators/Student-Success-Card)

### KEV PAB TXIAV LUABYEED & KEV QUABYUAM YEEB TSHAUJ TUS XOVTOOJ

Tus xovtooj kev pab ntawm **California Smokers' Helpline** muaj cov kev pabcuam pub dawb tuaj pab cov menyuam kawmntawv thiab cov laus txiav tsum kev haus luabyeed, haus pa tshuaj (vaping) lossis zom. Kev sib sablaj tawm tswvyim hauv xovtooj nrog cov counselors uas muaj kev txawj thiab paub zoo los pab cov menyuam kawmntawv hnubnyoog li ntawm 13-18 thiab cov laus tsim ib lub tswvyim kev npaj los txiv tsum haus yeeb licas. Website: <https://www.nobutts.org/>

Cov counselors muaj nyob txhua hnub ua haujlwm, 7 a.m. to 9 p.m., thiab hnub Saturday, 9 a.m. to 5 p.m.

- Cov Neeg Haus Yeeb: 1-800-NO-BUTTS (1-800-662-8887)
- Cov Neeg Siv Vape: 1-844-8-NO-VAPE (1-844-866-8273)
- Cov Neeg Zom Luamyeeb: 1-800-844-CHEW (1-800-844-2439)
- Chinese: 1-800-838-8917
- Korean: 1-800-556-5564
- Spanish: 1-800-45-NO-FUME (1-800-456-6386)
- Vietnamese: 1-800-778-8440

Xa Ntawv hauv Xovtooj: Txais tau cov lus sau uas yog sau los pab rau ntu tseemceeb ntawm txoj kev txiav haus yeeb. Koj kuj xa cov lus nug tuaj tau txhua lub sijhawm thiab ib tug counselor mam li teb rov qab tsis pub dhau ib hnub kev ua lagluam. Tes Xovtoo: Ntaus "Quit Smoking" mus rau 66819 & Ntaus "Quit Vaping" mus rau 66819.

For more information visit Family and Community Engagement (FACE):

<https://bit.ly/TwinRiversUSDFACE>

*This document was updated on October 15, 2020.*



**SAMHSA's National Helpline** yog ib qhoa pub dawb, tsis pub neeg sabnraud paub, 24/7, 365-hnub-toj-ib-xyoos kev kho mob faj tuaj mus ntsib thiab cov ntaubntawv qhia cov kev pabcuam (nyob lus Askiv thiab Mev) rau cov tibneeg thiab cov tsevneeg uas ntsib kev nyuajsiab thiab/lossis cov kev puas, muaj mob quabyuam siv yeeb tshuaj.

SAMHSA's National Helpline- 1-800-662-HELP (4357).

### **COV PROGRAMS & KEV PAB NROG HLUAV TAWS XOB**

**SMUD** twb tau nqes tes ib qho kev ncuu tsis txiav hluav taws xob rau cov tsis them nyiaj kom txoj rau lub Ib Hlis Ntuj tim 4, 2021. Cov neeg ua haujlwm sawvcev (agents) kuj muaj nyob ntawm no los pab nrog tsim cov tswvyim kev npaj them nyiaj lidas nyob rau ntawm 1-888-742-7683. Rau cov ntaubntawv qhia ntxiv mus saib lawv daim website: <https://www.smud.org/>

**PG&E** muaj cov kev pabcuam pab nrog kev them nyiaj xws li qhov Relief for Energy Assistance uas yog muaj los ntawm Community Help (REACH) thiab Family Electric Rate Assistance (FERA) Cov Programs Kev Pab. Rau cov ntaubntawv qhia ntxiv, mus saib lawv daim website ntawm <https://www.pge.com/> thiab (877) 704-8470.

Lub nroog **City of Sacramento** twb tau ncuu tseg tso rau ib ntus zam cov kev them nyiaj lig cov kev ua txhaum rau ntawm lub Nroog cov kev pabcuam xws li (dej, khibnyiab, dej khibnyiab). Lub Department of Utilities yuav tsis kaw dej rau cov kev uas tsis them nyiaj. Rau cov ntaubntawv qhia ntxiv: <http://www.cityofsacramento.org/Utilities>

For more information visit Family and Community Engagement (FACE):

<https://bit.ly/TwinRiversUSDFACE>

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