

COV KEV PAB NRHIAV TSEV NYOB

Lub Cheeb Tsam Sacramento Qhov Khoos Kas Pab Nrhiav Tsev Nyob:

Tsuas txais tau kev pab nrhiav tsev nyob los ntawm khoos kas Next Move Homeless Services' Permanent Supportive Housing thiab lwm cov khoos kas los ntawm lub cheeb tsam yog tias lub cheeb tsam xa mus thov nkaus xwb. Yuav pib tuaj mus txais kev pab no thov **hu 2-1-1** (1-800-500-4931 or 916-498-1000). Lawv yuav nug koj ib co lus txog muaj lcas rau lcas, thiab yog tias koj tsim nyog txais, lawv yuav teem ib qho nab mai rau koj rau ntawm ib qho Access Point thiaj ua tau ib qho kev ntsuam xyuas.

Sacramento Housing and Redevelopment Agency:

Yuav thov kev pab nrhiav tsev nyob los ntawm SHRA, thov mus saib www.sacwaitlist.com

Sacramento Self-Help Housing:

Xa mus thov kev pab & tau tsev uas nrog luag ua ke sib koom hu rau **916-341-0593**

Mercy Housing:

Txhua pawg Mercy Housing nyias muaj nyias hoob kas xaui thiab txheej txheem thov. Yuav nrhiav txhua hoob kas thiab tshawb tau raws nroog yog mus saib www.mercyhousing.org/find-housing

Mutual Housing:

Mutual Housing yog tswv ntawm thiab dhia 19 lub tsev pheej yig hauv Cheeb tsam Sacramento thiab Yolo County. Yuav nrhiav kom tau ib daim teev cia cov chaw muaj kev pab Mutual Housing Communities thov mus saib www.mutualhousing.com/find-housing thiab nias "List of Mutual Housing Communities."

Cov lus sau qhia ntxiv:



Daim Ntawv Qhia Chaw Nyob

Kho dua tshiab: lub Ob Hlis tim 22, 2022

IB QHO KHOOS KAS LOS NTAWM NEXT MOVE HOMELESS SERVICES

**1422 C Street
Sacramento CA 95814
(916) 443-2646
Francishouse@nextmovesacramento.org
<https://www.nextmovesacramento.org/francis-house-center/>**

Dhia Haujlwm Lub Sijhawm Twg:

Monday, Tuesday, Thursday thiab Friday – Francis House tsis qhib hnuv Wednesday. 9:00 AM – 12:00 PM thiab 1:00 PM – 3:00 PM

Cov Kev Pab Ncaj Oha:

Monday, Tuesday, Thursday thiab Friday 9:00 AM – 12:00 PM
Cov qhov rooj qhib thaum 9:00 AM kiag. Cov thov kev pab yuav tau sau tiav ib daim ntawv kuaj, thiab cov kev pab uas sim nrhiav yuav thov raws li qhov uas toob kas lawm.

Daim thov kev pab ntawm DMV rau CA-ID:

Thov nqa koj cov ntaub ntawv tuaj uas muaj koj lub npe uas pov thawj tias koj tseem tab tom txais kev pab los ntawm tseem fww (xws li daim npav EBT, daim npav MediCal, daim Notice of Action/DHA uas luam tawm, daim txais tau Social Security) thiaj tsim nyog tau txais daim txo nqi.

Daim luv nqi caij npav (bus):

Yuav muab ib daim ntawv caij npav txhua xya hnuv rau cov nab mai kho mob, hniav, lossis mus tsev hais plaub yog muaj pov thawj tias muaj nab mai. Pov thawj mas yog txhais tias muaj xov sau cia, email, lossis suab kawm qhia tias muaj nab mai teem cia.

Cov pob khoom tu cev kom du lug:

Thov tau cov khoom tu cev kom du lug thaum lub sijhawm kheev qhib dhia haujlwm.

Qhov Chaw Pub Khaub Ncaws Dawb:

Yuav tsum muaj daim ID thiaj nkag tau. Nqa tau 10 yam mus txhua zaum, tuaj tau ib zaug txhua hlis. Qhib Monday, Tuesday, Thursday thiab Friday 9:00 AM – 12:00 PM

Cov Txhawb Tshwj Xeeb (Tsis muaj thaum COVID tseem sib kis):

- Muaj Tus Txhawb Cov Tub Rog nyob no thaum hnuv Thursday 9:00 AM – 11 AM.
- Muaj tus ntaus hom thawj cov hnuv Thursday YUAV TSUM TEEM NAB MAI UA NTEJ.

Muaj cov kev pab ntawv rau ntawm Francis House Center:

Ohov Khoos Kas Pab Them Nqi Tsev: NCO NTSOOV: YUAV TISIS MUAI QHOV KHOOS KAS PAB THEM NQI TSEV MUS TXOG THAUM LUB XYA HLI XYOO 2022.

Qhov khoos kas no muab kev pab them nqi fai fab, dej pa cua, nqi xauj tsev thawj hlis lossis thaum raug muab ntiab tawm rau cov tsev neeg uas khwv tau nyiaj tsawg.

Pov Thawj Tsis Muaj Tsev Nyob thiab Pov Thawj Daim Yug Los Rau Cov Tsis Muaj Tsev Nyob Rau Cov Tab Seeb:

Tam sim no Francis House Center tsis ua pov thawj tias tsis muaj tsev nyob. Muaj cov ntawv txo nqi ua pov thawj yug los rau tus twg uas tsis muaj tsev nyob uas muaj lwm pab pawg ua tau pov thawj tias tsis muaj tsev nyob thiaj nyob tsev ib ntus.

"Ohov Muag Tshiab" Ohov Khoos Kas Tau Daim Ntawv Mus Txiav Tsom Iav:

Cov neeg uas khwv tau nyiaj tsawg thiab cov tsis muaj tsev nyob tsim nyog txais tsom iav ib xyooos ib zaug.

Koj yuav tsum nqa:

- Ib daim uas kws kho mob sau txiav tsom iav hauv 12 hlis tas los no
- Tus lej uas ntsuas tias ob lub ntsiab muag sib nrug hov deb
- Pov thawj tias khwv nyiaj los npaum licas

Thov email lossis hu tuaj thiaj teem nab mai.

Lub Hoob Pab Ntau Yam:

Hnub Tuesday thiab Thursday, 9am-12pm. Qhib lub hoob koos pis tawj rau cov neeg laus twg uas nkag tau lawm thiab muab kev txuas nkag istawnej, kev luam ntaub ntawv uas toob kas, thiab neeg ua hauj lwm pab tau teb cov lus nug yooj yim.

211 Kev Hwj Xwm Kev Tu:

Cov hnub Tuesday/Thursday 9am-12pm Kev hwj xwm uas cov qhua koj uas nrhiav kev pab. Thaum teem nab mai lossis thaum lwm lub koom haum xa tuaj nkaus xwb.

Kuaj Covid-19 dawb nrog SwiftCheck:

Hnub Tuesday 9am-12pm. Cov kev pab kuaj ceev thiab PCR pub dawb thiab tsis tas yuav teem nab mai. Tej zaum yuav tau muaj daim ID rau xeev California.

Lifeline Program cov xov tooj los ntawm SafeLink Wireless:

Txhua ob hnub Thursday, rau ntawm tshav nres tsheb FHC. Tej zaum yuav tau muaj ID rau xeev California thiab tsis tau txais xov tooj Lifeline hauv 12 hlis dhau los lawm.

COV NTAWV MUS SO TSEV PW

CalWORKS:

The CalWORKs Homeless Assistance (HA) Program yog tsim pab tej tsev neeg hauv qhov khoos kas CalWORKs nrhiav tsev nyob ib ntus thaum raug xwm tsis muaj tsev nyob yam uas kub ceev. Qhov khoos kas CalWORKs HA program pab cov tsim nyog CalWORKs lossis cov uas ntseeg tias yuav tsim nyog txais tau CalWORKs uas teem tab tom thov, uas tsis muaj tsev nyob kiag lossis yuav tsim muaj tsev nyob tsis ntev tom ntej. CalWORKs Temporary HA pab tau li nram qab no muab kev pab them chaw nyob ib ntus rau qhov ntau tshaj yog 16 hnub. Tej tsev neeg tsis muaj tsev nyob yuav tsum mus cuag DHA cov hoob kas ib lub (tshwj yog 1725 28th Street) thiaj ntsuam xyuas rau Kev Pab Tsis Muaj Tsev Nyob.

Sab Qaum Teb

- Research- 3960 Research Drive, Sacramento CA, 95838
- North Highlands- 5747 Watt Ave, North Highlands, CA 95660

Hauv Nruab Nrab

- Fulton- 2700 Fulton Ave, Sacramento, CA 95821
- Rancho Cordova- 10013 Folsom Blvd, Rancho Cordova, CA 95827

Sab Qab Teb

- Susie Gaines Mitchell- 2450 Florin Rd, Sacramento, CA 95822
- Galt- 210 North Lincoln Way, Galt, CA 95632

The Salvation Army:

916-678-4010

Muaj cov ntawv them tsev tos qhua pw ib xyooos ib zaug thiab yog muab raws li qhov uas toob kas, qhov chaw twg, khwv nyiaj npaum licas thiab tus neeg lossis tsev neeg txom nyem npaum licas. Tsis pub tuaj nkag thaum twg los tau, yuav tsum hu tuaj thiaj ua ntau ntawv thiab ntsuam xyuas seb puas tsim nyog

Kev Pab Ncig Mus Los:

916-399-9646

Muab cov ntawv pab them tsev tos qhua pw rau cov tsev neeg tsis muaj tsev nyob uas muaj menyuam yaus uas raug xwm kub ceev. Yuav tau muaj nyiaj uas niaj hlis khwv los. Pub hu xov tooj xwb, tsis pub tuaj nkag thaum twg xyeej.

COV KEV PAB RAU TSEV NEEG

Child Abuse Prevention Center (Centro de Prevención de Abuso Infantil): 916-244-1900

Safe Sleep Baby
Every Smile Counts

Sacramento Crisis Nursery:

4533 Pasadena Ave. **916-679-3600**
6699 South Land Park Drive **916-394-2000** Kev
pab 24 teev txhawb cov tsev neeg uas niam txiv koj tau lawv cov menyuam mus, rau
cov menyuam nyuam qhuav yug los txog cov hnub nyooq tsib xyooos rau kev pab tu
menyuam thaum hmo ntuj thaum ntsib kev nyuaj siab lossis xwm kub.

Sacramento Advocacy for Family Empowerment:

916-855-5427 720

HOWE AVENUE, SUITE 108
Kev pab ntawm sab siab ntsws, kev pab txhawb rau tej tsev neeg thiab cov hlus, pub
dawb. Lawv muaj ib pab pawg rau cov tub ntxhais hlus, pab pawg rau cov hlus
kawm hwj kev chim, thiab ob pawg txhawb tsev neeg (ib pawg hais lus Mev).

LGBT

**Cov chaw tuaj thaum twg toob kas
LGBTQ Drop in Centers (Neeg Laus) 916-442-0185
LGBTQ Drop In Center (Cov Hluas) 916-442-0185
Ripple 916-807-7305**
Tshawj rau sawv daws, MON-FRI 1PM-7PM/SUN 11AM-3PM

KEV TXHAWB

Parents, Family, and Friends of Lesbians and Gays 916-978-0410
www.pflagsacramento.org

Tus xovtooj pab cov Transgender uas xav dai tuag 877-565-8860
<https://www.translifeline.org>

Tsev Neeg/Cov Phooj Ywg

Up Lift Family Services 916-921-0828
<https://upliftfs.org>
Ib qho khoos kas pab rau cov hluas thiab tej tsev neeg, kev pab rau thaum nrhiav tsev nyob, kev pab hwj kev nyuaj siab, thiab cov kev pab kho ntawm sab siab ntsws yam tsis tas pw tsev kho mob .

COV TSEV NYOB IB NTUS

Cov Chaw Rau Tsev Neeg Nyob Ib Ntus Rau Thaum Kub Ceev (Next Move thiab VOA):
Yuav teem tau nab mai kom tau chaw nyob rau Next Move lossis VOA Family Shelter thov mus saib <https://dhaservices.saccounty.net/efs>.

Mather Singles Shelter:

10626 Schirra Avenue Mather, CA 95655
Tuaj tshwm rau cov hnuv Wednesdays thaum 9am txog 11am thiaj ntsuam xyuas seb puas tsim nyog. Hnuv Nyooog 18-65. Yuav tsum muaj peev xwm nce tau ob ntaiv theem. Tsis txais yuav yog tias tseem siv yeeb tshuaj & dej cawv, yuav tau caiv kiag.

Union Gospel Mission (Txiv neej NKAUS XWB):

400 Bannon St **916-447-3268**
5:30-6 P.M. SAU NPE TAU TXAJ PW TUS^{XWB} TUAJ^{THIAJ} TAU PW
Qhov Khoos Kas Rau Cov Txiv Neej Thum Yeeb Tshuaj Thiab Cawv –Qhov Khoos Kas Nyob Pw 9 Hlis Lub Sijhawm Sib Ntsib Ntsuam Xyuas: Hnuv Monday txog Thursday 10:00-11:00am thiab 1:00-2:00pm

Family Promise:

916-443-3107
Npuab siab pab tej tsev neeg khwv nyiaj tsawg nrhiav kev pab lawv tus kheej mus li. Qhov Khoos Kas 90 Hnuv (Tej Tsev Neeg Nkaus Xwb), yuav txais cov tub hnuv nyooog 14+. Yuav tsum tab ua hauj lwm los yog kam ua haujlwm, hu tuaj thiaj tau ntsuam xyuas.

First Step Communities:

916-822-4900
1400 North A Street, Sacramento, CA 95811
Yog tsis teem nab mai ces yuav tso npe rau daim ntawv tos
M-F 8A.M.-9P.M./Cov hnuv lim tiam xaus 1:30P.M.-10P.M.-kaw ib ntus.

St. John’s Program for Real Change:

Kev Pab Kawm Ua Haujlwm: chaw nyob ib ntus, AOD, & kev pab kawm rau cov pojniam tab seeb lossis pojniam muaj menyuam.
Hu tuaj mam tso koj npe rau daim tos **916-453-1482**
Qhov Khoos Kas Tau So Rau Kev Nyob Zoo Ntawm Sab Siab Ntsws: Kev so 7 hnuv rau cov pojniam tab seeb lossis cov pojniam uas muaj menyuam uas tseem tab tom raug xwm kub ceev ntawm sab siab ntsws. Hu tuaj mam tso koj npe rau daim tos **916-383-1804**

Wind Youth Services:

916-504-3313
Chaw nyob kub ceev rau cov hluas (hnuv nyooog 18-24)
Tuaj thaum twg nyeej (cov tsis muaj tsev nyob hnuv nyooog 12-24). Txhua Hnuv 7A.M.-3P.M.
Lwm yam kev pab uas muab: mus tsham tej kev nrhiav cov toob kas kev pab tej hnuv Wednesdays, kev hwj xwm kev pab, kev kho mob ntawm sab siab ntsws , cov ntawv rau CA-ID

Meadowview Women’s Shelter:

916-413-5226
Xa tus kheej tuaj ntsuam xyuas seb puas tsim nyog txais thaum hu tuaj

CHAW NYOB NRUAB HNUB / CHAW TOS QHUA

Friendship Park (Loaves and Fishes): 916-443-7378
N. C Street. : 7am-2pm
Ib lub tshav ua si tsis pub ib tsoom tuaj tsham, cov lus qhia, hoob nab, thiab ntxiv.

Maryhouse (Loaves and Fishes): 916-446-4961
1321 N. C Street. : 7am-2pm
Qhov chaw nyob nruab hnuab rau tej pojniam thiab menyuum.

Midtown HART Cov Chaw So Ib Ntus
St. Johns Lutheran Church. 1701 L Street
Qhib TXHUA HNUB TUESDAY thaum 9:30A.M. – 12:30P.M. Ib qho chaw nyob thiaj sov,
mus haus kas fes, thiab ntxiv fai fab rau xovtooj.
Trinity Cathedral 2620 Capitol Avenue
Txhua Hnuab Friday 9:30 AM-12:30 PM

COV CHAW NYOB RAU COV RAUG KEV NRUJ TSIV THIAB KEV TXHAWB

My Sisters House: (Hoob kas) 916-930-0626 Tus xovtooj hu hais ntau yam
lus 24 teev (Xwm Kub Ceev) 916-428-3271 Qhov chaw phuaj phais thiab chaw nyob
thaum nrhiav tsev rau cov Exias thiab cov Tuaj Koog Pom Txwv Pacific tuaj thiab cov
menyuam raug kev nruj tsiv thiab raug yuam muag cev; Qhov khoos kas Women to
Work Program yog rau cov dim kev nruj tsiv txawm yog haiv neeg twg los xij.

WEAVE: 1900 K St. **Tus xov tooj xwm kub**
ceev 24 teev 916-920-2952 Tuaj thawm twg xyeej mam ua kev ntsuam xyuas rau
cov pojniam & menyuum raug kev nruj tsiv. Xwm kub ceev cov kev pab ntuas, chaw
nyob phuaj phais rau tej pojniam thiab menyuum.

A Community for Peace tus xovtooj hu thaum muaj xwm kub ceev 24 teev:
916-728-7210
National Domestic Violence Hotline: 1-800-799-7233

COV KEV PAB NIAJ HNUB TOOB KAS

KHAUB NCAWS:

Union Gospel Mission (Tej Txiv Neej) 916-447-3268
400 Bannon Street Sacramento 95811
Khaub ncaws thiab chaw da dejsuag rau cov txiv neej. Hnuab Monday txog Thursday 9-11am AM, 1-2:45pm.

Union Gospel Mission (Women's) 916-447-3268
400 Bannon Street Sacramento 95811
Khaub ncaws rau cov poj niam, suav nrog rau kev kawm Vajlugkub. Hnuab Thursday, 9am-12pm.

LWM COV KEV PAB

Sacramento County Veterans Office: 916-874-6811 3970
Research Dr. Sacramento 95838
Tuaj thaum twg xyeej Mon-Thurs 8A.M.-4P.M. / Hnuab Fri 9:30A.M. – 4P.M.
Kev pab ntuas, ua plaub, kev pab txhawb, tus txheej txheem ua kom tsim nyog tau kev pab, thiab ntxiv.

Nation's Finest Sacramento: 916-393-8387
7270 E. Southgate Dr. Sacramento 95823
Kev Pab Tswv Yim Nrhiav & Kawm Haujlwm, Txhawb Nrhiav Tsev Nyob, thiab Kev
Tiv Thaiv Kom Txhob Poob Rau Qhov Tsis Muaj Tsev Nyob

Associated Prison Ministries of California: 916-581-0021
Yuav tau teem nab mai ua ntej
Kev pab nrhiav tsev rau cov nyob tsev loj kuj, cov raug kaw yav tas los, thiab tej tsev neeg.

Legal Services of Northern California: 916-551-2150
Mon-Fri 8:30A.M.-12P.M. & 1P.M.-5P.M.
Tej teeb meem nrog kev pab uas muaj rau ib tsoom neeg, tswv tsev, cov xauj; Hu tuaj
thiaj tau teem nab mai.

Senior Legal Hotline (Cheeb Tsam Sacramento Nkaus Xwb) 916-551-2140
444 N. 3rd St. suite 312
Xovtooj Hu Rau Cov Laus Zog 1-800-222-1753
Kev pab lij choj pub dawb rau cov neeg laus zog thiab cov uas khwv nyiaj tsawg los.

Womens Empowerment Program: 916-669-2307
Mon-Fri 8:30A.M.-4:30P.M.
Qhov khoos kas yim lim tiam rau cov pojniam tsis muaj tsev nyob thiaj tau kawm ua
haujlwm thiab cov txuj ci rau tus kheej.

Disability Action Advocate: 916-838-7001
(HU TUAJ THIAJ TEEM TAU NAB MAI)
Thiaj txais tau kev pab thov SSI/SSDI 1-877-322-1044

Sacramento Works Job Centers::
Yuav nrhiav chaw ze tshaj 916-263-3800

Gender Health Center: 916-455-2391
2020 29TH St. #201
genderhealthcenter.org
Cov khoos kas, kev txhawb, thiab kev pab ntuas rau cov LBGT.

CA Department of Rehabilitation:
(hu tuaj thiaj kawm seb qhov twg ncaj ke tshaj) 916-558-5300
Cov kev pab dawb rau cov uas muaj cov kev ua tsis taus thiab tau ua haujlwm thiab
nyob tus kheej tsis tas yuav tos lwm tus pab.

COV CHAW PAB NTUAS

- A Community for Peace:** 916-728-5613
Nab mai hauv Xovtooj/Zoom
Hu tuaj thiaj teem nab mai
- Harmony House Crisis Line:** 916-728-7210
- Wellspace Health Counseling:** 916-737-5555
Mon-Fri 8A.M.-5P.M.
Them nqi raws nyiaj khwv los, kev pab ntuas thaum quav yeeb tshuaj, kev pab ntuas ib pab pawg, thiab kev kuaj HIV yam uas yuav tau teem nab mai ua ntej.
- Community Against Sexual Harm (CASH):** 916-856-2900
cashesac.org
Kev pab rau cov pojniam raug yuam muag cev lossis pw. Qhov Khoos Kas Txhawb & Txo Kev Txov

Sacramento Food Bank & Family Services 916-456-1980
3333 3rd Avenue Sacramento 95817
Qhov khoos kas pab khaub ncaws thiab JobSmart tiamsis yuav tau teem nab mai ua ntej.

PLUAS MOV SOV:

Francis House Center 916-443-2646
1422 C St
Tej hnub Tuesdays/Thursdays. Pub puas mov noj thaum 10AM-
Cov xub tuaj ua ntej thiaj tau noj. Muaj kwv yees li 20 puas mov.

Loaves and Fishes: 916-446-0874
1321 N. C. St
Muab puas mov hnub Mon-Fri 11:30A.M.-1P.M., Sat & Sun 11AM.-12:30P.M.

St. Ignatius Loyola Parish: 916-482-9666
3235 Arden Way Sacramento 95825
Muab cov puas mov thaum 6 PM-10 PM thaum hnub Wednesday kawg ntawm lub hlis.

St. Vincente de Paul: 916-781-3303
105 Bonita Ave
Cov hnub Tuesday, Wednesday, Thursday 12P.M-1:30P.M.
Sunday, Saturday 2:30P.M.-4P.M.

Union Gospel Mission: 916-447-3268
400 Bannon St. (North B St. at 12th)
Tsis tas yuav ua lidas
Txhua Hnub 7:30P.M.

COV CHAW TAU THIAB FAIB KHOOM NOI

Midtown Pantry 1617 25th Street
Midtown Mini Fridge 1322 F Street Oak
Park Fridge 4200 4th Street

Sacramento Food Bank & Family Services 916-456-1980
3333 3rd Avenue Sacramento 95817
Muab faib tawm txawv raws thaj tsam Sacramento uas nyob. Mus saib:
<https://www.sacramentofoodbank.org/find-food>

DA DEJ TSUAG

Show Up Sacramento (Cov Chaw Da Dej Mus Los)
116 N. 16th Street (Pipeworks)- Wednesdays, 11am-4pm.
22nd & J Street (First United Methodist)- Tuesdays, 8am-12pm.

KEV PAB KHO MOB

KEV PAB TXHAWB KEV NYOB ZOO NTAWM LUB SIAB NTSWS

Guest House Homeless Clinic (El Hogar): 916-440-1500
600 Bercut Dr. Sacramento 95811 www.elhogarinc.org/guest-house-homelessclinic/
Tshuaj thiab kev pab txhawb kev nyob zoo ntawm sab siab ntsws rau cov laus yam
tsis tas pw tsev kho mob rau cov uas tsis muaj tsev nyob thiab ntsib tej teeb meem
ntawm sab siab ntsws.

Sacramento County Mental Health Services (yuav tsum hu tuaj ua ntej):
24HR 916-875-1000
Teeb Meem Kub Ceev 916-732-3637
Kev Pab Rau Neeg Laus 916-875-1055
Kev Pab Rau Tej Menyuum 916-875-9980

Hope Cooperative Respite Center 916-737-7483
Tus pej xeeb twg ntawm Cheeb Tsam Sacramento uas muaj qhov tsawg kawg yog 18 xyoo uas
ntsib teeb meem ntawm sab siab ntsws yam kub ceev (qhov ntev tshaj uas nyob tau yog 23 teev).
Muab kev pab thauj mus los. Ntsuam xyuas seb puas tsim nyog hauv xov tooj.

Wellness and Recovery Center (WRC) 916-394-9195
Tag nrho cov kev pab tam sim no yog muab hauv Zoom.
7171 Bowling Drive, STE 300, Sacramento
<https://www.consumersselfhelp.org/>
Tej Pab Pawg thiab Lwm Yam Kev Pab Kom Nyob Zoo MON-SAT 9AM-5PM
Cov Kev Kuaj (nrog rau kev kho ntawm sab siab ntsws) MON-FRI 9AM-5PM

Abiding Hope Respite Services 916-287-4860
<https://www.tpcp.org/programs/abiding-hope/>
Kev pab nyob so 7-14 hnuv rau cov muaj hnuv nyoog 18+ uas muaj qhov kev ua tsis
tau ntawm sab siab ntsws.

NAMI Sacramento: 4625 44th Street
<https://namisacramento.org/contact/> 916-890-5467
Kev txhawb rau cov neeg uas muaj mob ntawm sab siab ntsws thiab lawv tsev neeg.
Muab kev pab hwj xwm kub ceev, cov pab pawg sib txhawb, NAMI cov hoob kawm,
thiab ib daim teev cia kev pab ntau yam.

KEV PAB RAU HIV/AIDS

Kev Pab Txo Kev Txov: 916-456-4849
Mon-Fri 12-6P.M. (Tsis tas teem nab mai) 2800 Stockton Blvd.
Lub tsev kuaj mob feem ntau cov hnuv Saturday 12-5P.M. (tso npe thaum 12P.M.
ntawm 3647 40th St.

Golden Rule Services: 916-427-4653
4433 Florin Rd. suite 860 goldenruleservicesacramento.org
Hnuv Mon-Fri 9A.M.-5P.M. (Yuav tau teem nab mai ua ntej).
Kev kuaj HIV, STD & HEP C dawb, hloov theej koob, faib tej hnuv looj, thiab HIV cov
kev pab tiv thaiv.

One Community Care: 916-443-3299
1500 21st Street
Muab cov kev pab HIV, pab kom muaj kev pab tu cuag ncuva tom qab kuaj pom tias muaj HIV.

KEV KHO MOB LWM YAM

Wellspring Women’s Center: 916-454-9688
3414 4TH Ave. Sacramento 95817
Qhov chaw txais tos rau cov pojniam thiab cov menyuum. Plus tshais huv thiab
pluas su me ntsis cov hnuv Monday txog Friday thaum 8:30A.M. - 11:00 A.M. Tej zaum
muab tau ntaub daim pawj, Pib caij npav, khoom tu cev kom du lug thiab kev pab xa
khoom.

Willow Medical Clinic: 916-572-4502
Nab mai hauv xovtoo nkaus xwb
Hu tuaj thiaj teem nab mai
Kev pab kho mob txhua hnuv Sat 9A.M.-1P.M., rau cov tsis muaj tsev nyob & tsis muaj
isalas, cov xub tuaj thiaj txais kev pab. (Yuav tau nqa daim TB tuaj)

Sacramento LGBTQ Community Center 916-442-0185
www.saccenter.org
1927 L St., Sacramento

KEV PAB THUM TSHUAI:

Cov Chaw Thum Yeeb Tshuaj:
Yuav kawm ntxiv, thov tiv tauj cov chaw nram qab no ib lub

Cov Khoos Kas BAART:
301 Harris Ave suite A 916-649-6793
6127 Fair Oaks Blvd. 916-974-8090

MedMark Treatment Centers:
7240 East Southgate Dr. Suite G 916-391-4293