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| Kev tiv thaiv kev kub ntxhov Txhawm rau kom muaj kev nyab xeeb rau koj tus kheej thiab koj tus me nyuam, Kuv yuav ntuav qhia cov tswv yim raws li hauv qab no.   1. **Kuv yuav ua raws li kuv lub hwj chim los tiv thaiv kuv tus me nyuam kom tsis txhob muaj kev phom sij los sis kev ua phem rau lub cev.** 2. **Kuv yuav ua txhua yam uas kuv tuaj yeem ua tau txhawm rau los tiv thaiv kuv cov me nyuam los sis kuv tus kheej kom tsis txhob muaj kev phom sij. Qhov no suav nrog kev zam los ntawm kev sib tham nrog phooj ywg los sis tsev neeg uas muaj keeb kwm ntawm kev ua phem.** 3. **Kuv yuav tsis hais lus phem nrog lwm tus neeg hauv tsev neeg uas yuav ua rau muaj kev sib cav sib ceg.**   Txawm tias kuv yuav tswj tsis tau lwm tus txoj kev ua, Tab sis kuv muaj kev xaiv los teb rau lawv thiab kuv yuav ua li cas kom kuv tus kheej thiab kuv cov me nyuam muaj kev nyab xeeb.  Kos Npe Niam Txiv: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Hnub Tim: \_\_\_\_\_\_\_\_\_  Kos Npe Tus Neeg Ua Hauj Lwm: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Hnub Tim: \_\_\_\_\_\_\_\_\_ | Kev Pab Cuam Cov Peev Txheej & Zej Zog   |  |  | | --- | --- | | 211 Hom Ntaub Ntawv | 916.498.1000 | | Kev Tiv Thaiv Cov Laus | 916.874.9377 | | Kev Tiv Thaiv Cov Hluas | 916.875.5437 | | Chaw Zov Me Nyuam Qaum Teb | 916.679.3600 | | Chaw Zov Me Nyuam Qab Teb | 916.394.2000 | | Me Nyuam Qaib Thaum Kub Ntxhov | 916.441.1243 | | Kev Ua Phem Hauv Tsev Neeg (DVIC) | 916.728.7210 | | Kev Mob Hlwb | 916.732.3637 | | Home Kev Pab Cuam Niam Ntxiv | 888.281.3000 | | Koom Kas PG&E Kev Cias Siab | 916.448.5621  X30 | | Kev Tswj Hwm Kev Tsi Zoo | 800.876.4766 | | Kev Muaj Me Nyuam | 916.451.2273 | | Tsev Pab Cuam Thaum Muaj Xwm | 916.455.2160 | | Kev Pab Cuam Me Nyuam | 916.679.3604 | | SMUD | 888.456.SMUD | | St. Johns Shelter | 916.453.1482 | | Hom Kev Pab Thaum Xav Tuag | 916.368.3111 | | Warmline | 916.922.9276 | | WEAVE | 916.920.2952 | | WIND Cov Kev Pab Cuam | 916.561.4900 | | **Birth & Beyond  Family Resource Centers** **Kev Npaj Kev Ruaj Ntseg Hauv Tsev Neeg** |
| **Cov kauj ruam hauv qab no qhia txog kuv txoj kev npaj ua kom muaj kev nyab xeeb ntawm kuv thiab kuv cov me nyuam thiab npaj ua ntej ntawm txhua qhov kev phom sij.**  Lub Npe:  Hnub Tim:  Chaw Nyob:  Tsev #:  Cell #:  Tus Me Nyuam Lub Npe: Hnub Nyoog:  Tus Me Nyuam Lub Npe: Hnub Nyoog:  Tus Me Nyuam Lub Npe: Hnub Nyoog:  Tus Me Nyuam Lub Npe: Hnub Nyoog:  **Kuv Tus Lej Xov Tooj:**  **Kuv tuaj yeem hu tau rau leej twg cov phooj ywg thiab tsev neeg uas nyab xeeb.**  Lub Npe:  Lej Xov Tooj #:  Lub Npe:  Lej Xov Tooj #:  Lub Npe:  Lej Xov Tooj #:  Lub Npe:  Lej Xov Tooj #: | |  | | --- | | **Kuv Tsev Neeg Cov Peev Txheej & Kev Cai Lij Choj:**  FRC:  Lej Xov Tooj #:  Chaw Nyob:  Cov Tub Ceev Xwm Hauv Zej Zog:  Lej Xov Tooj #:  Lub Chaw Tua Hluav Taws Hauv Zej Zog:  Lej Xov Tooj #: | | **Cov Kev Txhawj Xeeb Txog Kev Nyab Xeeb** | | **Kos txhua qhov uas siv:**  ☐ Tsev Neeg Kev Sib Cav Sib Ceg  ☐ Kev Sib Cav Sib Ceg Hauv Ib Cheeb Tsam  ☐ Tau Zoo Pws Tsaug Zog  ☐ Muaj Kev Nyuaj Siab  ☐ Kev Nyab Xeeb Hauv Pas Dej / Kwj Deg  ☐ Tsev Neeg Muaj Kev Pov Hwm Me Nyuam  ☐ Tshuaj/Dej Cawv  ☐ Cov Teeb Meem Kho Mob  ☐ Kev Ua Txhaum Cai  ☐ Kev Puas Hlwb  ☐ Tsheb Rooj / Thauj Mus Los Nyab Xeeb  ☐ Muaj Kev Xav Tau Xws Lis (khoom noj, khaub ncaws, chaw nyob)  ☐ Kev Nyab Xeeb Ntawm Hluav Taws Xob  ☐ Lwm Yam | | **Tsim Kev Npaj Saib Xyuas Kev Nyab Xeeb rau txhua yam uas tau ntsuam xyuas.**  Nqe lus haiv txog kev txhawj xeeb:  A picture containing porcelain  Description automatically generated Cov neeg ua hauj lwm thiab tsev neeg yuav daws cov kev txhawj xeeb:  Piav qhia txog kev txhawj xeeb:  Cov neeg ua hauj lwm thiab tsev neeg yuav daws cov kev txhawj xeeb: |