



Hagaha Ilaha Jaaliyadda

ee Carruurta iyo Qoysaska ee Degmada Dakota



Waaxda Caafimaadka Dadweynaha
ee Degmada Dakota

www.dakotacounty.us

651.554.6100

Janaayo 2024



Public Health
Prevent. Promote. Protect.
Dakota County

Waaxda Caafimaadka Dadweynaha

Adeegyada hoos ku qoran waxaa loogu talagalay dadka degan degmada Dakota. Macluumaad dheeri ah oo ku saabsan barnaamijyada iyo adeegyada Degmada Dakota tag www.dakotacounty.us oo geli erayga muhiimka ah sanduuqa raadinta.

Macluumaadka guud 651.554.6100

Lambarka fakiska: 651.554.6130

Imaylka: public.health@co.dakota.mn.us

Barnaamijka Neefta

Carruurta (da'da dhalashada 18) ee laga helay neefta. Qoysasku waxay bartaan siyaabaha ay u yareeyaan calaamadaha ilmahooda oo ay yareeyaan soo-gaadhista kiciyeyasha guriga.

Baaritaannada Ilmaha iyo Dhallinta (C&TC)

Shaqaalaha Baaritaannada Ilmaha iyo Dhallinta waxay kaa caawin karaan helida takhtar ama dhakhtarka ilkaha, ballan samaystaan, u helaan gaadiid, ama turjumaan qoysaska leh carruurta iyo da'yarta ee Gargaarka Caafimaadka laga bilaabo dhalashada ilaa da'da 21.

Booqashada Qoyska Guriga

Booqashada guriga waxay taageertaa qoysaska xilliga uurka iyo dhalimada ka dib.

La-socodka Barnaamijka

Waxay kaa caawinaysaa inaad la socoto horumarka ilmahaaga laga bilaabo dhalashada ilaa da'da 5 sano. Ogow haddii ilmahaagu ciyaarayo, hadlaya, korayo, dhaqaaqayo, oo u dhaqmayo sida carruurta kale ee ay isku da'da yihiin.

Tallaalka carruurta iyo da'weynta 952.891.7999

Tallaalka ayaa diyaar ah. Wac macluumaadka ama qabso ballan.

Tijaabada Uumiga

Ku tijaabi gurigaaga uumiga. Ka soo qaado qalabka tijaabada gudaha Dooxada Apple Valley (952.891.7500) ama West St. Paul (651.554.6100), wac helitaanka.

Baarista qaaxada (TB) iyo daawada

Baaritaannada maqaarka ee TB-da ayaa la heli karaa ballan. Dadka qaaxada qaba waxay ku heli karaan daawo lacag la'aan.

Barnaamijka Nafaqada ee WIC 952.891.7525

Haweenka, Dhallaanka, iyo Carruurta (WIC) waa barnaamij nafaqeyn oo siiya cunto nafaqo leh iyo waxbarasho nafaqo oo bilaash ah qoysaska. Haddii aad uur leedahay, dhawaan ilmo dhashay, ama aad daryeesho ilmo ka yar 5 jir, waad u qalmi kartaa. Si aad u codsato ama aad u hesho macluumaad dheeraad ah wac 952-891-7525 ama u dir "dakotawic" 85511.

Adeegyada Degmada Dakota

Macluumaadka guud 651.437.3191

Shaqada iyo Kaalmada Dhaqaale 651.554.5611
Saacadaha 8:00 a.m. – 4:30 p.m.

- CLacag caddaan ah iyo gargaar degdeg ah
- Masruufka ilmaha
- Kaalmada cuntada
- Adeegyada Awood-siinta Maaliyadda
- Kaalmada daryeelka ilmaha
- Gargaarka caafimaadka

Adeegyada Bulshada 651.554.6000

- Qaadashada Carruurta iyo Qoyska
- Qaadashada Adeegyada Da'weynta 651.554.6424

Adeegyada Nololsha Jaaliyadda 651.554.6336

- Adeegyada gabowga iyo naafada
- Khalkhalka Ootiiisamka
- Naafada korriinka
- Kaalmada daryeelka shakhsi ahaaneed

Maktabadda Degmada Dakota 651.450.2900

Darjiinada Degmada Dakota 952.891.7000

Adeegyada Halyeeyada Degmada Dakota 651.554.5601

Adeegyada Xasaradaha

Faragelinta Xiisadda Degmada Dakota 952.891.7171

www.dakotacounty.us (raadi "Mental Health")

Jawaabta 24-saac ah iyo u-diridda xiisadda caafimaadka dhimirka

Khadka Xiisada Guriyeynta 651.554.5751

Degmada Dakota

www.dakotacounty.us (raadi "housing assistance")

Hoyga deg-degga ah, caawinta ka hortagga raritaan iyo macluumaadka ku saabsan agabka guryaha iyo tixraacyada

Esperanza United 651.772.1611

www.esperanzaunited.org

Waxaa la heli karaa 24 saacadood, Khadka caawinta rabshadaha goyska labada luuqadood

Leenka Qoraalka Xasrada **Qoraalka MN ee 741741**

Adeegyada bilaashka ah ee la heli karo 24/7 ee dhibaataada caafimaadka dhimirka ama isdiilka

Lewis House

- Eagan 651.452.7288

- Leeleenka ee Weerarka Galmada 651.405.1500

www.360communities.org

Waxaa la heli karaa 24 saacadood guryaha iyo ilaalinta dadka iyo carruurta la faroxumeeyey



Leenanka Caawinta

United Way 2-1-1 (dial 211) 651.291.0211
www.211unitedway.org

Disability Hub MN 1.866.333.2466
www.disabilityhubmn.org

MinnesotaHelp.Info
www.minnesotahelp.info/index (Xogta la raadin karo)

Hay'adaha Adeegga-Badan

Hay'adahan waxaa laga yaabaa inay ka caawiyaan cuntada, guriyeynta, gaadiidka, adeegyada, iyo gargaarka degdegga ah.

360 Communities 952.985.5300
www.360communities.org

CAP Agency 651.322.3500
www.capagency.org

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org
Waxay u adeegtaa ISD 200 degane iyo aagga Hastings

Isuroon Family Center 952.595.5731
www.isuroon.org

Mission Outpost 952.898.9311
www.popmn.org/mission/mission-outpost
Prince of Peace Lutheran Church, Burnsville

Neighbors Inc. 651.455.5000
www.neighborsmn.org
Inver Grove Heights, South St. Paul, West St. Paul, Mendota Heights, Mendota, Sunfish Lake iyo Lilydale

Salvation Army 651.746.3400
<https://centralusa.salvationarmy.org/northern>

Caafimaadka Kiimikada

Hay'adahan ayaa laga yaabaa inay ka caawiyaan taageerada iyo agabka isticmaalka maandooriyaha iyo khamriga.

MN Fast Tracker
sud.fasttrackermn.org

Qalabka raadinta caafimaadka habdhaqanka firfircoon ee siinaya reer-Minnesota isticmaalka macluumaadka waqtiga dhabta ah iyo helitaanka.

Dakota County Chemical Health 651.554.6424
www.dakotacounty.us (raadi "Chemical Health")
Degmadu waxay ka caawin kartaa dadka leh qiimeynta caafimaadka kiimikada iyo daaweynta.

Abria Recovery 952.406.8105
www.abriarecovery.com
Dhaqanka xasaasiga ah iyo shakhsiyaadka gaarka ah ee caddaynta ku salaysan daaweynta.

Caafimaadka Kiimikada

Creceer Services 651.288.2824
www.creceservices.org

Waxay ku bixisaa adeegyo Ingiriisi ama Isbaanish ah oo loogu talagalay wada-dhaca isticmaalka walaxda la-talinta, ka-hortagga, iyo daaweynta.

Naloxone (NARCAN®) Finder for Minnesota
knowthedangers.com/naloxone-finder/

Quit Partner MN (Tobacco) 1.800.784.8669
www.quitpartnermn.com

South Metro Community Services 952.955.9399
smcsmn.org

Waxay isku xirtaa shakhsiyaadka qaba cilladaha isticmaalka maaddooyinka si ay u helaan ilo muhiim ah oo loogu talagalay baahiyaha gaarka ah ee qof kasta.

Substance Abuse and Mental Health (SAMHSA)
Haddii aad u maleyneyso in adiga ama qof aad taqaanid uu leeyahay balwadda opioid wac bixiyahaaga daryeelka aasaasiga ah, ama Khadka Caawinta Qaranka ee SAMHSA ee 1.800.662.4357, ama booqo www.samhsa.gov

Carruurta leh Baahiyaha Gaarka ah/Naafada

Macluumaadka Dhibaata 651.554.6336
Ciladda Khalkhalka Ootiasamka & Ilahas
www.dakotacounty.us (raadi "Autism")
<https://mn.gov/autism> (Barta Ilaaha Ootiasamka MN)

Family Voices of MN 612.440.1609
www.familyvoicesofminnesota.org

Fraser Center 612.767.7222
www.fraser.org

Adeegyada Ootiasamka, Caafimaadka Maskaxda iyo Dib-u-habeeynta

Living Well with ADHD
www.centerforlivingwellwithadhd.org

Living Well Disability Services 651.688.8808
www.livingwell.org

Minnesota Hands and Voices 651.265.2435
www.mnhandsandvoices.org/
Jaaliyadda qoysaska leh carruurta dhagoolaha iyo maqal adaga

National Alliance on Mental Illness of Minnesota 651.645.2948
(NAMI Minnesota)
www.namimn.org

PACER Center 952.838.9000
www.pacer.org

The ARC Greater Twin Cities 952.920.0855
<https://arcminnesota.org/>
U doodista waalidka si loo ballaariyo fursadaha loona kordhiyo tayada nolosha

Dharka

Hastings Family Service 651.437.7134

www.hastingsfamilyservice.org

Waxay u adeegtaa ISD 200 degane iyo aagga Hastings

Mission Outpost 952.898.9311

www.popmn.org/mission/mission-outpost

Prince of Peace Lutheran Church, Burnsville

Neighbors Inc. 651.455.5000

www.neighborsmn.org

Adeegyada Dhaqanka

Hay'adahani waxa laga yaabaa inay ka caawiyaan cuntada, taageerada qoyska, shaqada, waxbarashada, caafimaadka iyo fayoobaanta, caafimaadka dabeecadda, iyo xoojinta.

Centro Tyrone Guzman (Latino) 612.234.1412

www.centromn.org

CLUES (Latino)

- St. Paul

- Aging Well Services

www.clues.org

ECHO

www.tpt.org/echo-minnesota/

Indian Health Board 612.721.9800

www.indianhealthboard.com

Isuroon Family Center 952.595.5731

www.isuroon.org

Latino Economic Development Center 612.724.5332

www.ledcmn.org www.ledcmn.org/es/

Neighborhood House 651.789.2500

www.neighborhoodhousemn.org

Progressive Individual Resources, Inc. 612.749.3309

www.pirimn.org

Zacah 651.456.8891

www.zacah.org/contact-us

(Eeg foom online ah si aad u codsato)

Urur islaami ah oo u hiiliya muslimiinta iyo kuwa raacsan diimaha kale

SAFAARADHA DEEGAANKA IYO QUNSULIYADDA

(Waqooyiga iyo Koonfurta Ameerika)

Qunsuliyadda Kanada: : 1.844.880.6519

<https://www.canada.ca/Canada-In-Minneapolis>

Qunsuliyadda Ecuador: 612.721.6468

<https://www.facebook.com/CECUMinneapolis>

Qunsuliyadda Mexico: 651.771.5494

<https://consulmex.sre.gob.mx/saintpaul/>

Adeegyada Ilkaha

Buuxinta ilkaha, soo saarista, adeegyada kale

Buuxinta ilkaha, soo saarista, adeegyada kale Kaalmada Caafimaadka (MA)? La xidhiidh qorshahaaga caafimaadka ilkaha.

Children's Dental Services 612.746.1530

www.childrensdentalservices.org

Carruurta laga bilaabo dhalashada ilaa da 'da 26 iyo haweenka uurka leh; waxay aqbalaan MA; khidmaha U-go'an iyo daryeelka bilaashka ah.

Community University Health Care 612.301.3433

www.cuhcc.umn.edu (raadi "Dental Care")

Khidmadaha ku salaysan tirada qoyska iyo dakhliga

Dentistry for Children & Adolescents 952.435.4102

www.childrensdent.com

MA lama aqbali karo - kaliya naafonimada jirka ama maskaxda ayaa la aqbalay

Hope Dental Clinic 651.789.7605

www.hopedentalclinic.org

Indian Health Board 612.721.9800

www.indianhealthboard.com

Metropolitan State Univ. Dental Clinic 651.793.1793

<https://dental.metrostate.edu/forms/home/>

Ma jiro khidmad u-go'an ama adeegyo bilaash ah

Minnesota Community Care 651.602.7500

www.mncare.org

Dhowr goobood (La Clinica/Dhinaca Galbeedi iyo Dhanka Bari)

Minnesota Dental Association 612.767.8400

www.mndental.org

Raadinta ikhtiyaarka Find-a-Dentist ee aagga

Prince of Peace Dental Clinic 952.898.9318

<https://popmn.org/mission/dental-clinic/>

Southern Heights Dental Group 507.334.6433

www.southernheightsdental.com

True North Community Dental Clinic 952.403.5149

www.truenorthcdc.com/

University of MN Dental Clinics 612.625.2495

www.dentalclinics.umn.edu/

Nadiifinta ilkaha iyo raajooyinka

Century College 651.779.5787

**Normandale Community College
Dental Hygiene Clinic** 952.358.8608



Waxbarashada

Madax Ka-bilawga

barnaamij kor loogu qaadayo u diyaargarowga dugsiga ee dhallaanka, socod baradka, iyo carruurta da'da dugsiga ka hor

Early Head Start (Uurka ilaa da'da 3) 651.322.3500
and Head Start (Da'da 3 ilaa da'da dugsiga)

www.capagency.org

Carruurnimada Hore iyo Waxbarashada Qoyska (ECFE)

Help Me Grow 1.866.693.4769
www.helpmegrowmn.org

SSD 6 South St. Paul Public School 651.457.9418
www.tridistrictce.org

ISD 191 Burnsville/Eagan/Savage 952.707.4150
www.communityed191.org

ISD 192 Farmington ECFE 651.460.3200
<https://www.farmingtonce.com/>

ISD 194 Lakeville ECFE 952.232.2150
www.isd194.org

ISD 196 952.388.1953
Rosemount/Eagan/Apple Valley
www.district196.org

ISD 197 West St. Paul 651.403.8390
www.tridistrictce.org

ISD 199 Inver Grove Heights 651.306.7503
www.isd199.org/schools/early-learning/ecfe

ISD 200 Hastings School District 651.480.7678
www.hastingscommunityed.com

Baaritaanka Carruurnimada Hore (Dugsiga-hore)

Websaydhayada degmooyinka ayaa ku taxan qaybta sare

SSD 6 South St. Paul Public School 651.288.6897

ISD 191 Burnsville/Eagan/Savage 952.707.4100

ISD 192 Farmington 651.460.3200

ISD 194 Lakeville 952.232.3000

ISD 196 651.423.7899

Rosemount/Eagan/Apple Valley

ISD 197 West St. Paul 651.403.8363

ISD 199 Inver Grove Heights 651.306.7520

ISD 200 Hastings School District 651.480.7381

Waxbarashada

Waxbarashada Dadka Waaweyn iyo Barashada Luuqadda Ingiriisiga

Akhriska da'weynta ee bilaashka ah, xisaabta, Ingiriisiga luqad labaad ahaan, G.E.D. iyo barnaamijyada dibloomadas

Literacy Minnesota 651.645.2277
www.literacymn.org

Caawinta Dhaqaale

Employment & Economic Assistance 651.554.5611
(Kaalmada Shaqada & Dhaqaalaha)

www.dakotacounty.us (raadi "Cash Assistance")

Kaalmada degdega ah, cuntada, dhaqaalaha, daryeelka dhalmada ka hor, iyo daryeelka ilmaha

Financial Empowerment Services 651.554.5763
(Adeegyada Xoojinta Maaliyadda)

www.dakotacounty.us (raadi "Financial Counseling")

Adeegyada waxaa ka mid ah la-talinta miisaaniyadda iyo deyntac

Angel Foundation 612.627.9000
www.mnangel.org

Bukaanka kansarka

Energy Assistance (CAP Agency) 651.322.3500
www.capagency.org

Kaalmada lagu caawinayo bixinta bilasha tamarta iyo shidaalka (Oktoobar ilaa Meey)

360 Communities 952.985.5300
www.360communities.org

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org

Lutheran Social Service Financial 1.888.577.2227
Counseling
www.lssmn.org/debt

Neighbors, Inc. 651.455.5000
www.neighborsmn.org

Waxay bixisaa mid ka mid ah talooyinka, fasallada iyo socodka xarunta kombiyuutarka si looga caawiyo macaamiisha ka shaqeeya ujeedooyinka maaliyadeed.

Social Security Administration 1.800.772.1213
www.ssa.gov

Zacah 651.456.8891
www.zacah.org/contact-us

(Eeg foom online ah si aad u codsato)

Urur islaami ah oo u hiliya muslimiinta iyo kuwa raacsan diimaha kale



Jir-dhiska

- Dakota County Parks - www.dakotacounty.us/parks
- City Parks - www.dakotacounty.us (raadi "cities and townships")
- Jir-dhiska iyo Jimicsiga Degmada Dakota
www.dakotacounty.us (raadi "Healthy Living")
Soo hel ikhtiyaarrada socodka gudaha
- Buugyaraha Where Can We Go to Play (fikradaha la awoodi karo ee madadaalada qoyska ee Degmada Dakota) oo lagu heli karo Ingiriisi iyo Isbaanish www.dakotacounty.us (raadi "Healthy Living")

Cunnada

Kaniisado badan oo deegaanka ah ayaa bixiya cuntooyin bulsho bilaash ah ama deeq.

Makhayada Cuntada iyo Cunnada Bulshada ee Bilaashka ah ee Degmada Dakota si aad u hesho liisyo badan iyo cusbooneysiin:
www.dakotacounty.us (raadi "Food Shelves")

360 Communities 952.985.5300
www.360communities.org

Fare for All 763.450.3880
www.fareforall.org

Farmers Market
www.minnesotagrown.com

Hastings Family Service 651.437.7134
www.hastingsfamilyservice.org

Meals on Wheels 612.623.3363
www.meals-on-wheels.com

Minnesota Food Helpline 1.888.711.1151
Hunger Solutions MN 651.486.9860
www.hungersolutions.org (raadi shelf cunnada deegaanka)

Mission Outpost 952.898.9311
www.popmn.org/mission/mission-outpost
Prince of Peace Lutheran Church, Burnsville

Neighbors, Inc. 651.455.5000
www.neighborsmn.org

Ruby's Pantry 651.674.0009
www.rubyspantry.org

The Open Door Pantry 651.686.0787
www.theopendoorpantry.org

Dakota County Women, Infants and Children (WIC) Nutrition Program 952.891.7525
www.dakotacounty.us (raadi "WIC")

Daryeelka Caafimaadka

Rugaha Caafimaadka (qiimaha jaban)

Crown Medical Center 612.871.4354
www.crownmedicalsupportservice.com

Diamondhead Community Clinic 952.707.4171
www.isd191.org/community/diamondhead-clinic

Carruurta da'da dhalashada - Dugsiga Sare oo ku nool Dugsiga Degmada 191

Dakota Child and Family Clinic 651.209.8640
www.dakotachildandfamily.org

Minnesota Community Care 651.602.7500
www.mncare.org

Dhowr goobood (La Clinica/Dhinaca Galbeedi iyo Dhanka Bari) Aqbalaha bukaanka iyada oo aan loo eegin caymis, waxa uu leeyahay qiimo dhimis; Waxay bixisaa caafimaadka carruurta iyo haweenka, nuujinta taageerada, qorsheynta qoyska, caafimaadka dhimirka, iyo maareynta xanuunka; Waxaa laga yaabaa inay bixiso ilo lagu helo sariiraha iyo kuraasta baabuurta. Leenka daryeelka 24-saac: 952.883.7449

Minnesota Family Planning and STD (Leenka Cudurka Galmada Lakala Qaado) 1.800.783.2287
www.sexualhealthmn.org

NorthPoint Health & Wellness Center 612.543.2500
www.northpointhealth.org

Public Health Immunization Clinic 952.891.7999
www.dakotacounty.us (raadi "Immunization Clinic")

St. Mary's Clinic 651.287.7777
www.stmaryshealthclinics.org

Caymiska Caafimaadka

MNSure 1.855.366.7873
651.539.2099
Isniin - Jimce 8:00 a.m - 4:00 p.m.
www.mnsure.org

MNSure Navigators Hagayaasha MNSure waxay bixiyaan caawimo isdiiwaangelin bilaash ah iyagoo u maraaya shirar toos ah ama qof ahaan ama ballamo taleefan
www.mnsure.org/help/find-assister/find-assister.jsp

Dakota County Employment and Economic Assistance 651.554.5611
www.dakotacounty.us (raadi "Medical Assistance")

Consumer Support Line 651.297.3862
www.mn.gov/dhs
Medical Assistance iyo Minnesota Care

Portico Healthnet 651.489.2273
www.porticohealthnet.org
1.866.489.4899 / Turjubaano ayaa diyaar ah



Daryeelka Caafimaadka (Sii wad)

Daawooyinka Dhakhtarka-qoro

Farmashiyeyaasha qaar ayaa ka qaybqaata barnaamijyada dhimista daawada waxaana laga yaabaa inay bixiyaan dawooyin guud qiimo jaban.

Si badbaado leh ugu tuur daawooyinka adiga oo isticmaalaya xafiiska Sheriff-ka ee Degmada Dakota. Booqasho www.dakotacounty.us (raadi "safe disposal").

Xarunta Barnaamijka Caawinta Bukaanka 888.796.1234
www.RxOutreach.org

Ku iibso dawooyin qiimo jaban shaqsiyaadka u qalma

Barnaamijka Badbaadada Insulin-ka ee Minnesota
www.MNinsulin.org

Aragtida

La xidhiidh bixiyaha caymiska caafimaadka si aad u ogaato haddii adeegyada aragga la daboolay.

Vision Loss Resources 612.871.2222
www.visionlossresources.org

Mashruuca Aragtida Minnesota: Wac United Way 211 dhacdooyinka iyo codsiyada muraayadaha indhaha ama xidhiidhka bilaashka ah

Ilaha kale

- Rugaha baaritaanka STD - www.dakotacounty.us (raadi "STD Testing")
- Hagaha ilaha daryeelka caafimaadka - www.health.state.mn.us (raadi "Guide to health care resources")

ITallaalada Carruurta iyo Da'weynta

Caafimaadka Dadweynaha ee Degmada Dakota waxay siisaa tallaalada carruurta iyo da'weynta kuwa:

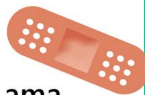
- Aan lahayn caymis caafimaad
- Leh caymis caafimaad oo aan daboolin tallaallada

IYO caruurta yaa:

- Hindi Mareekan ah ama Dhalad Alaskan ah
- Waxay ku jiraan Barnaamijka Daryeelka Caafimaadka Minnesota (MA, MnCare, ama PMAP)

Wax lacag ah lagama bixinayo tallaalka. Carruurta da'doodu ka yar tahay 18 sano waa inay la socdaan waalid ama masuul AMA ay haystaan oggolaansho qoran oo habboon. Da'weynta waa inay ahaadaan dadka deggan Degmada Dakota.

Wixii macluumaad dheeraad ah ama si aad ballan u qabsato, wac 952-891-7999 ama booqo www.DakotaCounty.us (raadi "Vaccines").



Caafimaadka Haweenka

Taageerada naasnuujinta iyo nuujinta

Other resources:

- Ilaha kale: Ka hel liiska ilaha naasnuujinta bulshada
www.dakotacounty.us (raadi "Lactation")

Dakota County Public Health

- Booqashooyinka Guriga 651.554.6115
- Women, Infant and Children (WIC) 952.891.7525

Baby Café Hastings at TLC of Hastings 651.437.4200
www.babycafeusa.org (raadi "Hastings")

Wadarta daryeelka noloshu/xarunta agabka uurka

La Leche League Locator

www.llusa.org/locator

M Health Woman's Care Service Line 651.232.3147
www.mhealthfairview.org

Health Partners & Park Nicollet Lactation 612.333.2229
www.healthpartners.com (raadi "lactation")

Regions Lactation Support Center 651.254.2380
www.regionshospital.com (raadi "lactation")

Iskaashatada Fasalka Naas-nuujinta

The Mother Baby Center and Children's Hospital St. Paul 651.241.6250
www.themotherbabycenter.org

Uurka iyo Caafimaadka Haweenka

Guiding Star Wakota 651.457.1195
www.guidingstarwakota.org

Planned Parenthood 952.890.0940
www.plannedparenthood.org

Pregnancy Choices 952.234.9850
www.mypregnancychoices.com

Pregnancy & Postpartum Support MN 612.787.7776
khadka telefoonka 1.800.944.4773
www.ppsupportmn.org

SAGE-Breast & Cervical Cancer Testing 1.888.643.2584
www.health.state.mn.us (raadi "SAGE")

Guriyeynta

Dakota County Housing Resource Line 651.554.5751
Khadka Kheyraadka Guriyeynta Degmada Dakota
www.dakotacounty.us (search "housing assistance")

Hoyga deg-degga ah, kaalmaynta ka hortagga raritaan, iyo macluumaadka ku saabsan agabka guryaha/ tixraacyada

C.O.R.E Drop In Center 612.205.7944
www.thelinkmn.org

Jaaliyadda, Wacyigelinta, Ilaha, iyo Ka-qaybgalka Dhisidda Xarunta waxaa loogu talagalay dhalinyarada khatarta ugu jirta ama hadda hoy la'aanta ah kuwaas oo heli kara caawimo baahiyaha aasaasiga ah iyo agabka

Hoyga

Aspen House 651.447.4090
<https://www.nexusfamilyhealing.org/aspen-house>

Dhallinta da'doodu u dhaxayso 12-18 oo si ku meel gaar ah ugu baahan meel ammaan ah oo ay ku noolaadaan.

Dakota Woodlands (Taageerada Qoysaska) 651.456.9110
www.dakotawoodlands.org

Guud

Dakota County Community Development Agency 651.675.4400
www.dakotacda.org

Goobe guri oo la awoodi karo
www.housinglink.org

Walaacyada Caafimaadka Deegaanka 952.891.7500
www.dakotacounty.us

Waaxda Caafimaadka Dadweynaha ee Degmada Dakota

Degaan u ah Aadanaha ee Milkiilaha-guriga & Barnaamijka Ka-hortagga La wareegida 651.207.1700
www.tchabitat.org

Tusaha Guriyeynta Ka Xorta Ah Sigaarka 651.646.3005
www.mnsmokefreehousing.org/

Xirfadaha Shaqada

MN Workforce Centers
<https://mn.gov/deed/job-seekers>

Adeegyada kaa caawin kara inaad shaqo raadsato, beddelato xirfadaha, ama abuurto ama cusboonaysiiso amba-qaad

- West St. Paul Xarunta Xooga-shaqaalaha 651.554.5955
- Burnsville Xarunta Xooga-shaqaalaha 952.703.3100
- Shakopee Xarunta Xooga-shaqaalaha 952.496.8686

MinnesotaWorks.net
www.minnesotaworks.net

Caawimaada Shaqada

Is-caawinta Qoyska ee Degmada Dakota 651.438.8080

www.dakotacounty.us (raadi "legal help")

La tashiga bilaashka ah oo 30-daqqiigo ah oo ku saabsan arrimaha maxkamadda qoyska ee dadka deggan degmada ee aan haysan Xarunta qareenka

Immigrant Law Center of MN 1.800.223.1368
www.ilcm.org

Caawimada sharciga ee muhaajiriinta iyo qaxootiga

LawHelpMN
www.lawhelpmn.org

Kaalmada Sharci ee Degmada Dakota 952.431.3200
<https://dakotalegal.org/>

Southern MN Regional Legal Services 1.877.696.6529
651.222.5863

Caawimo sharci oo bilaash ah oo loogu talagalay dadka dakhligoodu yar yahay iyo adeegyada socdaalka

Tubman Chrysalis Center 612.870.2400
www.tubman.org

Isdiiwaangeli Barnaamijka La-socda ee degmada Dakota

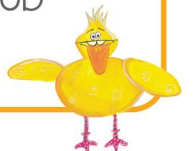
Barnaamijku wuxuu kaa caawinayaa inaad la socoto horumarka ilmahaaga laga bilaabo dhalashada ilaa da'da 5 sano.

Ogow haddii ilmahaagu ciyaarayo, hadlaya, korayo, dhaqaaqayo, oo u dhaqmayo sida carruurta kale ee ay isku da'da yihiin.



Wax badan baro oo iska diiwaan geli:
www.dakotacounty.us
(raadi "Follow Along")

Iwaa MADADAALO, FUDUD ooBILAASH ah!



Caafimaadka Maskaxda iyo Caafimaadka Dhaqanka

Wac 911 xaaladaha degdega ah ee nafta halis elinaya

Degmada Dakota

www.dakotacounty.us (raadi "Mental Health")

- Caafimaadka Maskaxda ee Da'weynta 651.554.6424
- Caafimaadka Maskaxda ee Carruurta 952.891.7459
- Cutubka Ka-jawaabida Xasrada 24 saac 952.891.7171

Cutubka Ka-jawaabida Xasrada waa 24-saac khad qalalaase waxaana diyaar u ah dhammaan dadka ku nool Degmada Dakota. Taleefannada waxaa ka jawaaba shaqaale daryeel oo loo tababaray ka soo kabashada dhibaataada iyo ilaha bulshada ee caawiya taageerada iyo ilaalinta caafimaadka dhimirka.

Waxay kaloo kaa caawin karaan waxyaabo ay ka mid yihiin:

- Taageerada taleefanka xasrada
- Waxbarashada qoyska iyo taageerada
- Tilmaanta ilaha bulshada
- Helitaanka daawaynta dhimirka ee degdega ah
- Qiimaynta dhibaatooyinka caafimaadka dhimirka

988 Suicide and Crisis Lifeline: Call or Text 988

988lifeline.org/chat

The lifeline provides 24/7, free and confidential support for people in distress, prevention and crisis resources for you or your loved ones.

Crisis Text Line: Text "MN" to 741741

The 24/7 emergency service is available for you or someone you may know who is having a psychiatric or mental health crisis.

Mental health providers and other resources

Associated Clinic of Psychology

- Apple Valley 952.432.1484
- West St. Paul 651.450.0860

www.acp-mn.com

Fast-Tracker 651.426.6347

www.Fast-TrackerMN.org

Mental Health Clinics & Substance Use Disorder Resources

Isuroon Behavioral Health Services 952.595.5731

www.isuroon.org

Mental Health Minnesota 651.493.6634

www.mentalhealthmn.org

Minnesota Mental Health Clinic 651.454.0114

www.mnmentalhealthclinics.com

Community support program funded by Dakota County Apple Valley, Eagan and Lakeville

National Alliance on Mental Illness of Minnesota (NAMI Minnesota) 651.645.2948

www.namimn.org

Walk In Counseling Center 612.870.0565

www.walkin.org

Located in Minneapolis

Taageerada Waalidka

Wacyigelinta Taageerada Waalidka ee Degmada Dakota 952.891.7459

www.dakotacounty.us (raadi "parent support")

Barnaamij loogu talagalay waalidiinta ilmo (carruurta) da'doodu tahay 10 iyo kuwa ka yar ee u baahan taageerada caqabadaha waalidnimada.

Shatiga Xannaanada Ilmaha ee Degmada Dakota 952.891.7400

www.dakotacounty.us (raadi "child care licensing")

For licensed child care homes

Caafimaadka Dadweynaha Degmada Dakota 651.554.6115

www.dakotacounty.us (raadi "home visits")

Booqashada Guriga Qoyska waxay taageertaa haweenka uurka leh iyo qoysaska leh carruur yaryar. Waxay bixiyaan macluumaad waxtar leh iyo taageerada si aad u horumariso xirfado cusub waalid ahaan.

Help Me Connect

<https://helpmeconnect.web.health.state.mn.us/HelpMeConnect/>

Kids-n-Kinship 952.892.6368

www.kidsnkinship.org

Parent Aware 1.888.291.9811

www.parentaware.org

Safe Families for Children 612.518.5986

www.safe-families.org

Together for Good 651.440.4058

www.tfgood.org

Barnaamijka Haweenka, Dhallaanka iyo Carruurta (WIC)

WIC waa barnaamij nafaqeyn oo ka caawiya qoysaska inay si wanaagsan wax u cunaan oo ay caafimaad qabaan.

WIC waxay bixisaa:

- Macluumaadka nafaqada
- Cuntooyin caafimaad qaba
- Taageerada nuujinta
- Macluumaadka caafimaadka iyo barnaamijyada jaaliyadda

Haddii aad uur leedahay, dhawaan ilmo dhashay, ama aad daryeesho ilmo ka yar 5 jir, waxa laga yaabaa inaad u qalanto WIC. Si aad u codsato ama u hesho macluumaad dheeraad ah wac 952-891-7525 ama u dir "dakotawic" 85511. Iskaan ka-bixi si aad khadka tooska ah uga codsato



Iskaan kabixi si aad uga codsato khadka tooska ah

Gaadiidka

La xiriir qorshahaaga caafimaadka gaadiidka ballanta caafimaadka haddii aad ku jirto MinnesotaCare ama Medical Assistance.

Si aad u hesho fursadaha gaadiidka ee Degmada Dakota booqo www.dakotacounty.us (raadi Getting around the County).

DARTS 651.455.1560

www.dartsconnects.org

U adeegida da'weynta gaadiidka leh.

Nidaamka Baska LOOP: Nidaam bas wareeg ah oo la awoodi karo si loogu caawiyo dadka waaweyn ee wax soo iibsanaya iyo la dhaqanka bulshada dhexdeeda. Hadda ku sugan Hastings, West St. Paul, Lakeville iyo South St. Paul. Kursiga curyaanka iyo mootada waa la heli karaa.

GAPP Services, Inc. 952.953.9299

Transportation for county residents using volunteer drivers. Must schedule at least one week in advance.

GoDakota 651.554.6956

www.dakotacounty.us (raadi "GoDakota")

Helps you find public and private transportation options and services like MetroTransit, Minnesota Valley Transit Authority and DARTS. Free travel training is available.

Just Friends Program 651.437.7134

www.hastingsfamilyservice.org

Metro Mobility 651.602.1111

www.metrotransit.org/metro-mobility TTY 651.221.9886

Metro Transit 612.373.3333

www.metrotransit.org

Barnaamijka Kaalmada Gaadiidka (TAP): www.metrotransit.org/TAP

Transit Link: www.metrotransit.org/transit-link

Minnesota Valley Transit Authority 952.882.7500

www.mvta.com

The Lift Garage 651.437.7134

www.theliftgarage.org

Wheels for Women 612.378.0177

www.newgateschool.org/our-programs/wheels-for-women

Child and Teen Checkups

Carruurta iyo dhalinta:

- Dhalashada ilaa da'da 20 iyo
- Hesho Kaalmo Caafimaad

Raadso dhakhtar iyo takhtar ilkeed oo joogto ah oo baran doona carruurtaada.

- Ballan u qabso baaritaanka.
- Wax badan ka baro horumarka iyo caafimaadka ilmahaaga.
- Wac qorshahaaga caafimaadka si aad u hesho dhakhtar, dhakhtarka ilkaha, turjumaan, ama raacitaanka ballamaha caafimaadka oo aad u hesho abaal-marinahaaga! Lambarku wuxuu ku yaal dhabarka dambe ee kaadhkaaga caymiska.

Baaritaannada Carruurta iyo Dhallinta ayaa la filayaa:

- 2 usbuuc
- 2 bilood
- 4 bilood
- 6 bilood
- 9 bilood
- 12 bilood
- 15 bilood
- 18 bilood
- 24 bilood
- 30 bilood
- Sannad kasta laga bilaabo da'da 3 ilaa 20

Baaritaanka ilkaha:

6dii biloodba mar ilaa 12 bilood jir!

WAXBADAN BARO!

Baarista Ilmaha iyo Dhallinta ee Degmada Dakota (C&TC) 952-891-7500

www.dakotacounty.us (raadi "Child and Teen Checkups")

Dakota County Public Health Department
651.554.6100

www.dakotacounty.us (search Health Services)

Hagahani waa hage guud oo ku wajahan agabka mana tilmaamayso inay taageerto Waaxda Caafimaadka Dadweynaha ee Degmada Dakota. Xogtu way isbedeli kartaa.



Public Health
Prevent. Promote. Protect.
Dakota County

