

Barnaamijyada Maareynta Kiiska ee Ku Slaysan Awoodaha



Adeegyada Maareynta Kiiska ee Ku Slaysan Awoodaha waxay taageeraan ka-qaybqaatayaasha maaraynaya xaaladaha caafimaadka dhimirka ee joogtada ah iyagoo isku-dubbaridaya kheyraadyo si ay dadka uga caawiyaan inay gaaraan yoolalkooda soo kabashada. Adeegyada qof ahaaneed waxaa inta badan lagu dhex bixiyaa bulshada hadba meesha uu qofka doorbidayo, inkasta oo ballamaha xafiiska lagu qabto la heli karo hadba sida loogu baahdo.

Adeegyada La Bixiyo

Iyadoo ku xiran baahida, adeegyada waxaa ka mid noqon kara:

- Maareynta astaamaha
- Isuduwidda daryeelka ee taageerooyinka bulshada iyo bixiyeyaasha kale ee daryeelka caafimaadka
- Ku xiriirinta maaraynta daawada
- Tababarka xirfadaha nolosha
- Ka caawinta baahiyaha aasaasiga ah oo ay ku jiraan cuntada, dharka, hoyga, iyo daryeel caafimaad
- Qorshaynta waxbarashada iyo farsamada gacanta
- Ku xiriirinta kheyraadyada kale hadba sida loogu baahdo (ay ka mid yihiin helitaanka taageeroyinka gunnada, sharciga, madadaalada, iyo taageerada bulshada oo ay ku jiraan taageerooyinka diimeed ee bulshada ku salaysan)
- Ka caawinta guriyaynta (ay ku jiraan degitaanka iyo guryaha daryeelka iyo kuwa ku meelgaarka ah)



Yaa U Qalma?

Ka qaybqaatayaasha waa inay jiraan da'da 18+ waana inay qabaan xaalad caafimaad oo maskaxda ah oo muddo dheer soo jireen ah ama xaalada caafimaad ee isticmaalka muqaadaraadka waana inay hadda ku jiraan Nidaamka Caafimaadka Habdhaqanka ee Degmada San Diego.



Wax Badan Baro

Si aad u aragto haddii Adeegyada Maareynta Kiisaska ee Ku Salaysan Awooda ay kugu habboon yihiin adiga ama qof aad jeceshahay, la xiriir:

- Khadka **Access iyo Xiisadaha oo ah (888) 724-7240**, ama
- Si toos ah ula xiriir mid ka mid ah barnaamijyada



Si aad u hesho liiska dhamaystiran ee Barnaamijyada Maareynta Kiiska ee Ku Slaysan Awoodaha, booqo websaydkeena: bit.ly/SBcasemanagement

La cusboonaysiiyay 5/31/24

Ku Xirnow Khayraadka

Wac 888-724-7240 si aad ula xiriirto Khadka San Diego Access and Crisis Line si aad u hesho taageero bilaash ah oo qarsoodi ah iyo si lagaaga caawiyo dhexmeerida adeegyada, waxaa khadka la heli karaa 24/7 wuxuuna ku baxaa in ka badan 200 oo luqadood.

Wac 988 si aad ula xiriirto khadka Isdilka iyo Xasaradaha oo ah shabakada xarumaha wacitaanka xilliyada xasaradaha.

Aagga & Xaafadda	Barnaamijka	Cinwaanka iyo Taleefanka
North Central, Bay Park	Barnaamijka North Central SBCM U adeegaya dadka da'doodu tahay 18-59*	1250 Morena Blvd, 2nd Floor, San Diego, CA 92110 Taleefanka: (619) 692-8715
North Central, Mission Gorge/Allied Gardens	Telecare AgeWise Older Adult SBCM U adeegaya dadka da'doodu tahay 60+	6160 Mission Gorge Rd, Suite 108, San Diego, CA 92120 Taleefanka: (619) 481-5200
North Inland, Escondido	Adeegyada Caafimaadka Habdhaqanka ee TURN U adeegaya dadka da'doodu tahay 18-59*	1955 Citracado Parkway, Suite 300, Escondido, CA 92029 Taleefanka: (760) 294-1281
East, El Cajon	Barnaamijka East Region SBCM U adeegaya dadka da'doodu tahay 18-59*	1000 Broadway, Suite 100, 1st Floor, El Cajon, CA 92021 Taleefanka: (619) 401-5424
South, Nestor	Maria Sardiñas Wellness Recovery Center (Xarunta Sookabashada Badqabka ee Maria Sardiñas) U adeegaya dadka da'doodu tahay 18+	1465 30th St, Suite K, San Diego, CA 92154 Taleefanka: (619) 428-1000
South, Chula Vista	South Bay Guidance Wellness Recovery Center (Xarunta Sookabashada Badqabka ee Hagida South Bay) U adeegaya dadka da'doodu tahay 18+	1196 3rd Ave, Chula Vista, CA 91911 Taleefanka: (619) 427-4661

**Hadba sida ay caafimaad ahaan ugu habboon tahay, macaamiisha barnaamijyadani waxay u gudbi doonaan barnaamijka Telecare AgeWise markay gaaraan 60 sano jir.*

Ku Xirnow Khayraadka

Wac 888-724-7240 si aad ula xiriirto Khadka San Diego Access and Crisis Line si aad u hesho taageero bilaash ah oo qarsoodi ah iyo si lagaaga caawiyo dhexmeerida adeegyada, waxaa khadka la heli karaa 24/7 wuxuuna ku baxaa in ka badan 200 oo luqadood.

Wac 988 si aad ula xiriirto khadka Isdilka iyo Xasaradaha oo ah shabakada xarumaha wacitaanka xilliyada xasaradaha.