



# Tilmaamaha Khayraadka Bulshada

ee Carruurta iyo Qoysaska Degmada Dakota



Daryeelka Caafimaadka

Daryeelka Ilkaha

Caafimaadka Haweenka



Cuntada

Guriyaynta



Baahiyaha Gaarka ah/Naafonimada

Taageerada Qoysaska

Waaxda Caafimaadka Dadweynaha  
ee Degmada Dakota

[www.dakotacounty.us](http://www.dakotacounty.us)

952.891.7500

Janaayo 2026

**Child and Teen  
Checkups**



Dakota County  
Public Health

## Waaxda Caafimaadka Dadweynaha

Adeegyada ku qoran bogga 2-aad waa kuwa loogu talagalay dadka ku nool Degmada Dakota. Wixii macluumaad dheeraad ah oo ku saabsan barnaamijyada iyo adeegyada, booqo [www.dakotacounty.us](http://www.dakotacounty.us).

**Xogta guud** 952.891.7500

Lambarka fakiska: 651.554.6130

limeylka: [public.health@co.dakota.mn.us](mailto:public.health@co.dakota.mn.us)

### Barnaamijka Neefta

Carruurta (dhalashada ilaa da'da 17) ee laga helay xiiqda. Qoysasku waxay bartaan siyaabaha ay u yareyn karaan astaamaha cudurka ilmahooda iyo yareynta la kulanka waxyaabaha keena astaamaha cudurka guriga gudihiisa.

### Hubinta Caafimaadka Carruurta iyo Dhallinyarada (Child and Teen Checkups, C&TC)

Shaqaalaha Hubinta Caafimaadka Carruurta iyo Dhallinyarada waxay ka caawin karaan helidda dhakhtar ama dhakhtar ilko, samaynta ballan, helidda gaadiid, ama tarjubaan qoysaska leh carruurta iyo dhallinyarada qaata Caawinta Caafimaadka laga bilaabo dhalashada ilaa da'da 21.

### Booqashada Guriga Qoyska

Booqashooyinka guriga ayaa taageera qoysaska inta lagu jiro uurka iyo ka dib dhalmada.

### Barnaamijka Raacitaanka

Waxay kaa caawisaa inaad la socoto horumarka ilmahaaga laga bilaabo dhalashada ilaa da'da 5 sano. Ogow haddii ilmahaagu ciyaarayo, hadlayo, koro, dhaqaaqayo, oo u dhaqmo sida carruurta kale ee isla da'da ah.

### Tallaalka carruurta iyo dadka waaweyn 952.891.7999

Tallaalada waa la heli karaa. Wac si aad u hesho macluumaad ama u sameysato ballan.

### Tijaabinta Radon

Ka tijaabi gurigaaga radon. Soo qaado qalabka tijaabada ee yaalla Apple Valley ama West St. Paul, wac 952.891.7500 si aad u ogaato helitaanka.

### Tijaabinta iyo daaweynta Qaaxada (Tuberculosis, TB)

Tijaabooyinka maqaarka TB waa la heli karaa iyadoo ballan la sameysto. Dadka qaba qaaxada waxay heli karaan daawo bilaash ah.

### Barnaamijka Nafaqada Haweenka, 952.891.7525 Dhallaanka, iyo Carruurta (Women, Infants, Children - WIC)

Haweenka, Dhallaanka, iyo Carruurta (WIC) waa barnaamij nafaqo oo bixiya cuntooyin nafaqo leh oo bilaash ah iyo waxbarashada nafaqada ee qoysaska. Haddii aad uur leedahay, dhawaan dhashay, ama aad daryeesho ilmo ka yar 5 sano, waad u qalmi kartaa. Si aad u codsato ama macluumaad dheeraad ah u hesho, wac 952-891-7525 ama u qor 'dakotawic' lambarka 85511.

### Hooyooyinka iyo Dhallaanka

Barnaamijka yareynta walbahaarka ee dadka uurka leh ama qoysaska leh carruurta ilaa hal sano jir.

## Adeegyada Degmada Dakota

**Xogta guud** 651.437.3191

**Caawinta Shaqada iyo Dhaqaalaha** 651.554.5611

**Saacadaha 8:00 subaxnimo – 4:30 galabnimo**

- Caawinta lacageed iyo taakulaynta degdegga ah
- Taageerada Carruurta - Caawinta Daryeelka Carruurta
- Caawinta cuntada - Caawinta Caafimaadka

**Adeegyada Bulshada** 651.554.6000

- Diiwaangelinta Carruurta iyo Qoyska
- Diiwaangelinta Adeegyada Dadka Waaweyn 651.554.6424

**Adeegyada Nololsha Bulshada** 651.554.6336

- Adeegyada Dadka Waayeelka ah iyo Naafada
- Xanuunka Dhimirka Ee Daawada Kala Duwan
- Horumarinta Naafonimada
- Caawinta Daryeelka Shakhshi ahaaneed

**Maktabadda Degmada Dakota** 651.450.2900

**Beerta Degmada Dakota** 952.891.7000

**Adeegyada Halyeeyada Degmada Dakota** 651.554.5601

## Adeegyada Xaaladaha Degdegga ah

**Faragelinta Xaaladaha Degdegga ah ee Degmada Dakota** 952.891.7171

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Mental Health") Jawaab 24-saac ah iyo gudbin xaaladaha degdegga ah ee caafimaadka maskaxda.

**Khadka Khayraadka Hoyga ee Degmada Dakota** 651.554.5751

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "housing assistance")

Hoy degdeg ah, caawinta ka hortagga ka saarista guriga, iyo macluumaadka ku saabsan khayraadka hoyga iyo gudbinta

**Ismiidaaminta 988 iyo Xaaladaha Degdegga ah ee Khadka Nololsha: Wac ama Fariin u dir 988** 988

<https://988lifeline.org/>

**Laynka Fariin Qoraalka Masiibada Fariin ugu dir erayga MN lambarka 741741**

**Laymanka Gurmada Dhibaata ee Isuroon** 1.833.437.3463

[www.isuroon.org](http://www.isuroon.org)

**Esperanza United** 651.772.1611

[www.esperanzaunited.org](http://www.esperanzaunited.org)

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

**Lewis House - Eagan** 651.452.7288

**- Khadka Tooska ah ee Xadgudubka Galmada** 651.405.1500

[www.360communities.org](http://www.360communities.org)

Waxaa la heli karaa 24 saac maalin kasta si hooy iyo difaac loo siiyo dhibaneyaasha xadgudubka qoyska iyo rabshada galmada iyo carruurtooda.



## Khadka Caawinta

**United Way 2-1-1 (Garaac 211)** 651.291.0211  
[www.211unitedway.org](http://www.211unitedway.org)  
Xogta macluumaadka ee la raadin karo

**Disability Hub MN** 1.866.333.2466  
[www.disabilityhubmn.org](http://www.disabilityhubmn.org)

**MinnesotaHelp.Info** Xogta macluumaadka ee la raadin karo  
<https://mn.gov/adresources>

**Community Resource Connect** Findhelp oo ay bixiso Fairview  
<https://communityresourceconnect.org>

## Wakaaladaha Adeegyada Badan

Wakaaladahani waxay ka caawin karaan cunto, hoy, gaadiid, adeegyada, iyo caawinta degdegga ah.

**360 Communities** 952.985.5300  
[www.360communities.org](http://www.360communities.org)

Waxay kaa caawin karaan cuntada, khayraadka guryaha, guusha dugsiya iyo adeegyada xadgudubka qoyska/rabshada galmada.

**CAP Agency** 651.322.3500  
[www.capagency.org](http://www.capagency.org)

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

Waxay u adeegtaa degmooyinka ISD 200 iyo aagga Hastings

**Isuroon Family Center** 952.595.5731  
[www.isuroon.org](http://www.isuroon.org)

24/7 laynka masiibada 1.833.437.3463

**Mission Outpost** 952.898.9311  
[www.popmn.org/mission/mission-outpost](http://www.popmn.org/mission/mission-outpost)

Prince of Peace Lutheran Church, Burnsville

**Neighbors Inc.** 651.455.5000  
[www.neighborsmn.org](http://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/>

## Isticmaalka Maandooriyaha (Caafimaadka Kiimikada)

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

**MN Fast Tracker**  
<https://fasttrackermn.org>

Qalabka raadinta caafimaadka dhaqanka ee firfircoon ee siinaya dadka Minnesota macluumaad waqtiga dhabta ah iyo helitaanka.

**Creceer Services** 651.288.2824  
[www.creceservices.org](http://www.creceservices.org)

Waxay bixisaa adeegyo Ingiriis iyo Isbaanish ah oo loogu talagalay latalinta, ka hortagga, iyo daaweynta isticmaalka maandooriyaha ee isku mar ah.

## Isticmaalka Maandooriyaha (Caafimaadka Kiimikada)

**Dakota County Chemical Health** 651.554.6424  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Chemical Health")

Degmadu waxay caawin kartaa dadka qiimeynta caafimaadka kiimikada iyo daaweynta

**Qariirada Raadiyaha Daawayn ee Degmada Dakota**  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Treatment Finder")

Hel bixiyaasha caafimaadka isticmaalka maandooriyaha, naloxone bilaash ah iyo khayraad kale

**Naloxone (NARCAN®) Meelo ka hel Minnesota**  
[knowthedangers.com/naloxone-finder/](http://knowthedangers.com/naloxone-finder/)

**South Metro Community Services** 952.955.9399  
<https://smcsmn.org>

Waxay isku xireysaa shakhsiyadka leh cudurrada isticmaalka maandooriyaha khayraadka muhiimka ah ee loo habeeyey baahiyaha gaarka ah ee qof kasta.

**Substance Abuse and Mental Health (SAMHSA)**

Haddii aad u maleyneyso inaad adigu ama qof aad taqaan in uu leeyahay dhibaato ku saabsan isticmaalka opioid-ka, wac bixiyahaaga daryeelka caafimaadka, ama Khadka Caawinta Qaranka ee SAMHSA ee 1.800.662.4357, ama booqo [www.samhsa.gov](http://www.samhsa.gov)

## Carruurta leh Baahiyaha Gaarka ah/Naafonimada

**Macluumaadka Dhibaata** 651.554.6336

**Ciladda Khalkhalka Ootiasamka & Ilahas**

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Autism")  
<https://mn.gov/autism> (Mareegta Khayraadka Autism-ka ee MN)

**Family Voices of MN** 612.440.1609  
[www.familyvoicesofminnesota.org](http://www.familyvoicesofminnesota.org)

LA XARIIRIYAY Shabakadda iyo Taageerada Waalid-ka-Waalid

**Fraser Center** 612.767.7222  
[www.fraser.org](http://www.fraser.org)

Adeegyada autism-ka, caafimaadka maskaxda, iyo baxnaanin

**Living Well with ADHD**  
[www.centerforlivingwellwithadhd.org](http://www.centerforlivingwellwithadhd.org)

**Living Well Disability Services** 651.688.8808  
[www.livingwell.org](http://www.livingwell.org)

**Minnesota Hands and Voices** 651.642.5990  
[www.mnhandsandvoices.org/](http://www.mnhandsandvoices.org/)

Bulshada qoysaska leh carruurta dhagoolka ah iyo kuwa dhagaha culus

**National Alliance on Mental Illness of Minnesota** (NAMI Minnesota) 651.645.2948  
[www.namimn.org](http://www.namimn.org)

[www.namimn.org](http://www.namimn.org)

**PACER Center** 952.838.9000  
[www.pacer.org](http://www.pacer.org)

**The ARC Greater Twin Cities** 952.920.0855  
[www.arcminnesota.org](http://www.arcminnesota.org)

U doodista waalidiinta si loo ballaariyo fursadaha loona horumariyo tayada nolosha

## Dharka

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)  
Waxay u adeegtaa degmooyinka ISD 200 iyo aagga Hastings

**Mission Outpost** 952.898.9311  
[www.popmn.org/mission/mission-outpost](http://www.popmn.org/mission/mission-outpost)  
Prince of Peace Lutheran Church, Burnsville

**Neighbors Inc.** 651.455.5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

## Adeegyada Dhaqanka

Wakaaladahan waxay kaa caawin karaan cuntada, taageerada qoyska, shaqada, waxbarashada, caafimaadka iyo faydaqabka, caafimaadka habdhaqanka, iyo awood-siinta.

**Centro Tyrone Guzman (Latino)** 612.874.1412  
[www.centromn.org](http://www.centromn.org)

**CLUES (Latino)**  
- St. Paul 651.379.4200  
- Aging Well Services 612.299.2310  
[www.clues.org](http://www.clues.org)

**ECHO**  
[www.tpt.org/echo-minnesota/](http://www.tpt.org/echo-minnesota/)

**Isuroon Family Center** 952.595.5731  
[www.isuroon.org](http://www.isuroon.org)  
24/7 laynka masiibada 1.833.437.3463

**Latino Economic Development Center** 612.724.5332  
[www.ledcmn.org](http://www.ledcmn.org) [www.ledcmn.org/es/](http://www.ledcmn.org/es/)

**Neighborhood House** 651.789.2500  
[www.neighborhoodhousemn.org](http://www.neighborhoodhousemn.org)

**Progressive Individual Resources, Inc.** 612.749.3309  
[www.pirimn.org](http://www.pirimn.org)

**Restoration for All (Muhaajiriinta Afrikaanka)** 651.493.6646  
[www.restoreall.org](http://www.restoreall.org)

**Zacah** 651.456.8891  
[www.zacah.org/contact-us](http://www.zacah.org/contact-us)

(Eeg foom online ah si aad u codsato) Urur Islaami ah oo taageeraya Muslimiinta iyo dadka haysta diimaha kale

### SAFARADAHA IYO QUNSULIYADAHA MAXALLIGA AH

(Ameerikada Waqooyi iyo Koonfur)

**Qunsuliyadda Kanada:** 1.844.880.6519  
<https://www.canada.ca/Canada-In-Minneapolis>

**Qunsuliyadda Ekuwadoor:** 612.721.6468  
<https://www.facebook.com/CECUMinneapolis>

**Qunsuliyadda Meksiko:** 651.771.5494  
<https://consulmex.sre.gob.mx/saintpaul/>

## Adeegyada Daryeelka Ilkaha

*Buuxinta ilkaha, ka saaritaanka, iyo adeegyo kale*

Ma haysataa Caawinta Caafimaadka (Medical Assistance, MA)? La xirii qorshahaaga caafimaadka si aad u hesho daryeelka ilkaha.

**Children's Dental Services** 612.746.1530  
[www.childrensdentalservices.org](http://www.childrensdentalservices.org)

Waxay u adeegtaa dadka da' kasta leh (ilmaha ilaa dadka waaweyn) iyo haweenka uurka leh iyadoon loo eegin dakhliga. Waxay aqbashaa caymiska gaarka ah, caawinta caafimaadka, waxayna bixisaa qiimo dhimis qoysaska aan u qalmin caawinta caafimaadka.

**Community University Health Care** 612.301.3433  
[www.cuhcc.umn.edu](http://www.cuhcc.umn.edu) (raadi "Dental Care")

Lacagaha waxay ku salaysan yihiin tirada qoyska iyo dakhliga

**Indian Health Board** 612.721.9800  
[www.indianhealthboard.com](http://www.indianhealthboard.com)

**Minnesota Community Care** 651.602.7500  
[www.mncare.org](http://www.mncare.org)

Dhowr rugo caafimaad (La Clinica/Dhinaca Galbeed iyo Dhinaca Bari)

**Minnesota Dental Association** 612.767.8400  
[www.mndental.org](http://www.mndental.org)

Raadi ikhtiyaarka Find-a-Dentist oo ku salaysan aagga

**Minnesota Oral Health Directory**  
[www.findadentistmn.org](http://www.findadentistmn.org)

Raadiye rugta ilkaha ee loogu talagalay dadka aan caymiska haysan

**Prince of Peace Dental Clinic** 952.898.9318  
<https://popmn.org/mission/dental-clinic/>

**Southern Heights Dental Group** 507.334.6433  
[www.southernheightsdental.com](http://www.southernheightsdental.com)

**True North Community Dental Clinic** 952.403.5149  
[www.truenorthcdc.com/](http://www.truenorthcdc.com/)

**University of MN Dental Clinics** 612.625.2495  
[www.dentalclinics.umn.edu/](http://www.dentalclinics.umn.edu/)

### Nadiifinta ilkaha iyo raajooyinka

**Century College** 651.444.3080

**Normandale Community College  
Dental Hygiene Clinic** 952.358.8608



Si aad bogga ugu beddesho luqadda Af-Soomaaliga, fadlan isticmaal astaanta turjumaadda ee ku taala qaybta saree e barta ciwaanka, ama guji dhinaca midig ee bogga, kadibna dooro: "U turjun Af-Soomaali".

# Waxbarasho

## Madax Ka-bilawga

Barnaamijka lagu horumarinayo diyaarinta iskuulka ee dhallaanka, carruurta socod baradka ah, iyo kuwa da'da

**Exannaanada Early Head Start (Uurka ilaa 3 sano) iyo Head Start (Da'da 3 ilaa da'da iskuulka)**

[www.capagency.org](http://www.capagency.org) 651.322.3500

## Waxbarashada Carruurnimada Hore iyo Qoyska (Early Childhood and Family Education, ECFE)

**Help Me Grow** 1.866.693.4769  
[www.helpmegrowmn.org](http://www.helpmegrowmn.org)

**SSD 6 South St. Paul Public School** 651.457.9418  
[www.tridistrictce.org](http://www.tridistrictce.org)

**ISD 191 Burnsville/Eagan/Savage** 952.707.4150  
<https://communityed.isd191.org>

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

**ISD 194 Lakeville ECFE** 952.232.2150  
[www.isd194.org](http://www.isd194.org)

**ISD 196 Rosemount/Eagan/Apple Valley** 952.388.1953  
[www.district196.org/academics/early-childhood](http://www.district196.org/academics/early-childhood)

**ISD 197 West St. Paul** 651.403.8390  
[www.tridistrictce.org](http://www.tridistrictce.org)

**ISD 199 Inver Grove Heights** 651.306.7503  
[www.isd199.org/schools/early-learning/ecfe](http://www.isd199.org/schools/early-learning/ecfe)

**ISD 200 Hastings School District** 651.480.7678  
[www.hastingscommunityed.com](http://www.hastingscommunityed.com)

## Soo Baarista Carruurnimada Hore (ka hor xannaanada)

Mareegaha degmooyinka waxaa lagu taxay qaybta kore

**SSD 6 South St. Paul Public School** 651.306.3641

**ISD 191 Burnsville/Eagan/Savage** 952.707.4105

**ISD 192 Farmington** 651.460.3200

**ISD 194 Lakeville** 952.232.3000

**ISD 196 Rosemount/Eagan/Apple Valley** 651.423.7899

**ISD 197 West St. Paul** 651.403.8363

**ISD 199 Inver Grove Heights** 651.306.7503

**ISD 200 Hastings School District** 651.480.7670

# Waxbarasho (sii socota)

## Waxbarashada Dadka Waaweyn iyo Barashada Luqadda Ingiriisiga

Barnaamijyo bilaash ah oo loogu talagalay dadka waaweyn oo ay ku jiraan akhriska, xisaabta, Ingiriisiga luqad labaad ahaan, G.E.D., iyo shahaadooyinka.

**Literacy Minnesota** 651.645.2277  
[www.literacymn.org](http://www.literacymn.org)

La xiriir si aad u hesho fasallo maxalli ah

## Caawinta Maaliyadeed

**Employment & Economic Assistance (Shaqo iyo Caawinta Dhaqaalaha)** 651.554.5611

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Cash Assistance")

Caawin loogu talagalay xaaladaha degdegga ah, cunto, dhaqaale, daryeelka uurka, iyo daryeelka carruurta

**Angel Foundation** 612.627.9000  
[www.mnangel.org](http://www.mnangel.org)

Loogu talagalay bukaannada kansarka qaba

**Energy Assistance (CAP Agency)** 651.322.3500  
[www.capagency.org](http://www.capagency.org)

Caawinta bixinta kharashka adeegyada korontada iyo shidaalka (Oktoobar ilaa Maajo)

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

**Lutheran Social Service Financial Counseling** 1.888.577.2227  
[www.lssmn.org/debt](http://www.lssmn.org/debt)

**Neighbors, Inc.** 651.455.5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

Waxay bixisaa la-talinta shaqsi ahaaneed, fasallo, iyo xarun kumbiyuutar oo qof walba ku soo geli karo si loogu caawiyo macaamiisha ka shaqeynaya yoolalka maaliyadeed

**Social Security Administration** 1.800.772.1213  
[www.ssa.gov](http://www.ssa.gov)

**Zacah** 651.456.8891  
[www.zacah.org/contact-us](http://www.zacah.org/contact-us)

(Eeg foom online ah si aad u codsato)

Urur Islaami ah oo taageeraya Muslimiinta iyo dadka haysta diimaha kale

## Jirdhis

- Degmada Dakota Parks - [www.dakotacounty.us/parks](http://www.dakotacounty.us/parks)
- Beerta Magaalada - [www.dakotacounty.us](http://www.dakotacounty.us)  
(raadi "cities and townships")
- Jirdhiska iyo Jimicsiga ee Degmada Dakota [www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Healthy Living")  
Raadi xulashooyinka socodka gudaha
- **Buugga Halkeen Ku Ciyaari Karnaa** (fikrado raqiis ah oo loogu talagalay madadaalada qoyska ee Degmada Dakota) oo ku heli karta Ingiriis iyo Isbaanish [www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Healthy Living")

## Cuntada

Kaniisadaha maxalliga ah ee badan ayaa bixiya cuntooyin bulshada oo lacag la'aan ah ama ku deeq ah.

**Khaanadaha Cuntada iyo Cuntooyinka Bilaashka ah ee Bulshada ee Degmada Dakota si aad u hesho liisyo dheeri ah iyo warbixinno cusub:**  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Food Shelves")

**360 Communities** 952.985.5300  
[www.360communities.org](http://www.360communities.org)

**Fare for All** 763.450.3860  
[www.fareforall.org](http://www.fareforall.org)

**Farmers Market**  
[www.minnesotagrown.com](http://www.minnesotagrown.com)

**Hastings Family Service** 651.437.7134  
[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

**Meals on Wheels** 612.623.3363  
[www.meals-on-wheels.com](http://www.meals-on-wheels.com)

**Minnesota Food Helpline  
Hunger Solutions MN** 1.888.711.1151  
651.486.9860  
[www.hungersolutions.org](http://www.hungersolutions.org) (Raadi khaanad cunto oo maxalli ah)

**Mission Outpost** 952.898.9311  
[www.popmn.org/mission/mission-outpost](http://www.popmn.org/mission/mission-outpost)  
Prince of Peace Lutheran Church, Burnsville

**Neighbors, Inc.** 651.455.5000  
[www.neighborsmn.org](http://www.neighborsmn.org)

**Ruby's Pantry** 651.674.0009  
[www.rubyspantry.org](http://www.rubyspantry.org)

**The Open Door Pantry** 651.686.0787  
[www.theopendoorpantry.org](http://www.theopendoorpantry.org)

**Dakota County Women, Infants  
and Children (WIC) Nutrition Program** 952.891.7525  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "WIC")

## Daryeelka Caafimaadka

### Rugaha Caafimaadka (qiimaha jaban)

**Crown Medical Center** 612.871.4354  
[www.crownmedicalsupportservice.com](http://www.crownmedicalsupportservice.com)

**Diamondhead Community Clinic** 952.707.4171  
[www.isd191.org/community/diamondhead-clinic](http://www.isd191.org/community/diamondhead-clinic)

Carruurta da'da dhallaanka ilaa dugsiga sare oo ku nool degmada iskuulka 191

**Dakota County Public Health** 952.891.7999  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "vaccines")

**Face to Face** 651.772.5555  
[www.face2face.org](http://www.face2face.org)

Waxay u adeegtaa dhallinyarada da'doodu tahay 11-24; Adeegyada caafimaadka iyo caafimaadka maskaxda

**Rugaha Caafimaadka ee U Qalma Adeegga Federaalka [Federally Qualified Health Clinics (FQHC)]**  
<https://www.fuhn.org/member-clinics>

Adeegyada caafimaadka, daryeelka ilkaha, iyo caafimaadka dhimirk/ isticmaalka maandooriyaha ee dhammaan da'aha iyo asallada, ayadoo aan loo eegayn awooda bixinta qarashka.

**Minnesota Community Care** 651.602.7500

[www.mncare.org](http://www.mncare.org) Goobaha kala duwan (La Clinica/Dhinaca Galbeed iyo Dhinaca Bari) Caafimaadka carruurta iyo haweenka, taageerada naasnuujinta, qorsheynta qoyska, iyo caafimaadka maskaxda. Waxay aqbashaa bukaannada iyadoon loo eegin caymiska, waxayna bixisaa qiimo dhimis ku saleysan dakhliga. Khadka daryeelka 24-saac: 952.883.7449

**Minnesota Family Planning and STD (Leenka Cudurka Galmada Lakala Qaado)** 1.800.783.2287  
[www.sexualhealthmn.org](http://www.sexualhealthmn.org)

**NorthPoint Health & Wellness Center** 612.543.2500  
[www.northpointhealth.org](http://www.northpointhealth.org)

**St. Mary's Clinic** 651.287.7777  
[www.stmaryshealthclinics.org](http://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](http://www.mnsure.org)

**MNSure Navigators** waxay bixiyaan caawinaada isdiiwaangelin oo bilaash ah iyada oo loo marayo kulammo maqal iyo muuqaal ah ama kuwa fool ka fool ah ama ballamaha telefoonka.  
[www.mnsure.org/help/find-assister/find-assister.jsp](http://www.mnsure.org/help/find-assister/find-assister.jsp)

**Dakota County Employment and Economic Assistance** 651.554.5611  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Medical Assistance")

**Consumer Support Line** 651.297.3862  
[www.mn.gov/dhs](http://www.mn.gov/dhs) Caawinta Caafimaadka iyo Minnesota Care

**Portico Healthnet** 651.489.2273  
[www.porticohealthnet.org](http://www.porticohealthnet.org)  
1.866.489.4899 / Turjumaanno ayaa la heli karaa



# Daryeelka Caafimaadka (Sii wad)

## Daawooyinka La Qoro

Dawooyinka qaarkood ee farmashiyaha ayaa ka qaybqaata barnaamijyada qiimo dhimis daawo, waxayna bixiyaan dawooyin guud oo qiimo jaban ah. Ku tuur daawooyinka si ammaan ah iyada oo loo marayo xafiiska sheriff-ka ee Degmada Dakota. Booqo [www.dakotacounty.us](http://www.dakotacounty.us) iyo raadi "safe disposal" si aad u heshid meelaha lagu tuuro sanduuqa.

**Xarunta Barnaamijka Caawinta Bukaanka 888.796.1234**  
[www.RxOutreach.org](http://www.RxOutreach.org)

libsashada daawooyinka qiimo jaban ah ee dadka u qalma

**Barnaamijka Badbaadada Insulin-ka ee Minnesota**  
[www.MNinsulin.org](http://www.MNinsulin.org)

Barnaamijka Shabakadda Badbaadinta Insulin ee Minnesota

## Aragga

La xiriir bixiyaha caymiskaaga caafimaadka si aad u ogaato haddii adeegyada aragga ay ku jiraan caymiska.

**Vision Loss Resources 612.871.2222**  
[www.visionlossresources.org](http://www.visionlossresources.org)

**Mashruuca Aragga ee Minnesota:** Wac United Way 211 si aad u hesho dhacdooyin iyo codsiyo muraayadaha bilaashka ah ama xiriir

## Kheyraadka Kale ee Caafimaadka

- Rugaha Imtixaanka STD- [www.dakotacounty.us](http://www.dakotacounty.us) (raadi "STD Testing")
- Hage Kheyraadka Caafimaadka - [www.health.state.mn.us](http://www.health.state.mn.us) (raadi "Guide to health care resources")

# Caafimaadka Haweenka

## Naas-nuujinta iyo Taageerada Naas-nuujinta

### 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](http://www.babycafeusa.org) (raadi "Hastings")

Xarunta Kheyraadka Daryeelka Noloshaha Guud/Kheyraadka Uurka

### La Leche League Locator

[www.llusa.org/locator](http://www.llusa.org/locator)

**Health Partners & Park Nicollet Lactation 612.333.2229**  
[www.healthpartners.com](http://www.healthpartners.com) (raadi "lactation")

**Regions Lactation Support Center 651.254.2380**  
[www.regionshospital.com](http://www.regionshospital.com) (raadi "lactation")

Fasalka Wada-hawlgalayaasha Naas-nuujinta

**The Mother Baby Center and Children's Hospital St. Paul 651.241.6250**  
[www.themotherbabycenter.org](http://www.themotherbabycenter.org)

### Kheyraadka Kale:

Raadi liiska kheyraadka naas-nuujinta bulshada ee (naas-nuujinta)  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Lactation")

## Uurka iyo Caafimaadka Haweenka

**Guiding Star Wakota 651.457.1195**  
[www.guidingstarwakota.org](http://www.guidingstarwakota.org)

**Planned Parenthood 651.698.2406**  
[www.plannedparenthood.org](http://www.plannedparenthood.org)

**Pregnancy Choices 952.234.9850**  
[www.mypregnancychoices.com](http://www.mypregnancychoices.com)

**Pregnancy & Postpartum Support MN Hotline 1.800.944.4773**  
[www.ppsupportmn.org](http://www.ppsupportmn.org)

**SAGE-Breast & Cervical Cancer Testing 1.888.643.2584**  
[www.health.state.mn.us](http://www.health.state.mn.us) (raadi "SAGE")

## Tallaalada Carruurta iyo Dadka Waaweyn

Tallaalo qiimo jaban loogu talagalay carruurta iyo dadka waaweyn kuwaas oo:

- Aan haysan caymis caafimaad
- Haysta caymis caafimaad oo aan daboolin tallaalada OO bilaash u ah carruurta:
- Hindida Maraykanka ama Dhashay Alaska
- Ku jira Barnaamijka Daryeelka Caafimaadka ee Minnesota (MA, MnCare, ama PMAP)

Haddii aad bixiso qarashka qaybta caymiska ama lacagta caymisku jarto, uma qalmin tallaalada barnaamijkan. Carruurta ka yar 18 sano waa IN ay la socdaan waalid ama qof masuul ka ah AMA ay haystaan ogolaansho qoraal ah oo sax ah. Dadka waaweyn waa inay deggan yihiin Degmada Dakota.

Si aad ballan u qabsato, wac 952-891-7999. Wixii macluumaad dheeraad ah, booqo [www.dakotacounty.us](http://www.dakotacounty.us) raddi "vaccines" (tallaalada).



## Guriyaynta

**Dakota County Housing Resource Line** 651.554.5751  
**Khadka Kheyraadka Guryaha ee Degmada Dakota**  
[www.dakotacounty.us](http://www.dakotacounty.us) (search "housing assistance")  
Hoyga degdegga ah, caawinta looga hortago in laga saaro guryaha, iyo macluumaad ku saabsan kheyraadka guryaha/lagu wareejiyo

**C.O.R.E Drop In Center** 612.205.7944  
[www.thelinkmn.org](http://www.thelinkmn.org)  
Bulshada, Gaarsiinta, Kheyraadka, iyo Ka Qaybgalka Xarunta La Iska Yimaado waa meel loogu talagalay dhallinyarada khatarta ugu jira ama hadda ah kuwa aan hoy lahayn, halkaas oo ay ka helayaan caawimaad ku saabsan baahiyaha aasaasiga ah iyo kheyraadka

## Hoyga

**Aspen House** 651.447.4090  
[www.nexusfamilyhealing.org/aspen-house](http://www.nexusfamilyhealing.org/aspen-house)  
Dhallinyarada da'doodu tahay 11-18 sano oo u baahan meel ammaan ah oo ku meel gaar ah si ay ugu noolaadaan.

**Dakota Woodlands** (Loogu talagalay qoysaska) 651.456.9110  
[www.dakotawoodlands.org](http://www.dakotawoodlands.org)

## Guud ahaan

**Dakota County Community Development Agency** 651.675.4400  
[www.dakotacda.org](http://www.dakotacda.org) Guryo raqiis ah

**Goobe guri oo la awoodi karo**  
[www.housinglink.org](http://www.housinglink.org)

**Walaacyada Caafimaadka Deegaanka** 952.891.7500  
[www.dakotacounty.us](http://www.dakotacounty.us)  
Walaacyada Caafimaadka Deegaanka

**Barnaamijka Milkiilaha Guryaha ee Habitat for Humanity iyo Ka Hortagga Guryaha La Xannibo** 651.207.1700  
[www.tchabitat.org](http://www.tchabitat.org)

**Tilmaamaha Guriyeynta Ka Xorta Ah Sigaarka** 651.646.3005  
[www.mnsmokefreehousing.org/](http://www.mnsmokefreehousing.org/)

## Xirfadaha Shaqo

**MN Workforce Centers**  
<https://mn.gov/deed/job-seekers>  
Adeegyada kaa caawin kara raadinta shaqo, beddelidda xirfadaha, ama sameynta ama cusbooneysiinta CV-gaaga

- West St. Paul Xarunta Xooga-shaqaalaha 651.554.5955
- Burnsville Xarunta Xooga-shaqaalaha 952.703.3100
- Shakopee Xarunta Xooga-shaqaalaha 952.496.8310

**MinnesotaWorks.net**  
[www.minnesotaworks.net](http://www.minnesotaworks.net)

## Caawinta Sharciga

**Xarunta Caawinta Iskudubaridka Maxkamadda Qoyska ee Degmada Dakota** 651.438.8080  
[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "legal help")  
La-talin bilaash ah oo 30 daqiiqo ah oo ku saabsan arrimaha maxkamadda qoyska ee deganayaasha degmada kuwaas oo aan lahayn qareen

**Immigrant Law Center of MN** 1.800.223.1368  
[www.ilcm.org](http://www.ilcm.org)  
Caawinta Sharciga ee Muhaajiriinta iyo Qaxootiga

**LawHelpMN**  
[www.lawhelpmn.org](http://www.lawhelpmn.org)

**Kaalmada Sharci ee Degmada Dakota** 952.431.3200  
[www.dakotalegal.org](http://www.dakotalegal.org)

**Southern MN Regional Legal Services** 1.877.696.6529  
[www.smrls.org](http://www.smrls.org) 651.222.5863  
Caawinta sharciga ee bilaashka ah ee dadka dakhligoodu hooseeyo iyo adeegyada socdaalka

**Tubman Chrysalis Center** 612.870.2400  
[www.tubman.org](http://www.tubman.org)

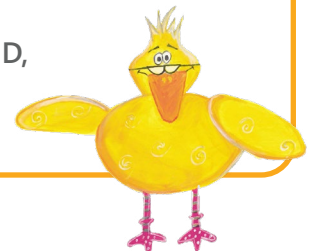
## Isdiwaangeli Barnaamijka Raacitaanka ee Degmada Dakota

Barnaamijkan wuxuu kaa caawinayaa inaad la socoto horumarka ilmahaaga laga bilaabo dhalashada ilaa 5 sano jir. Ogow haddii ilmahaagu uu ciyaarayo, hadlayo, korayo, dhaqaaqayo, iyo u dhaqmayo sida carruurta kale ee isla da'da ah.



Ka oggaw wax badan. Oo iska diiwaangeli halkan: [www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Follow Along")

Waa MADADAALO, FUDUD, oo BILAASH!



# Caafimaadka Maskaxda iyo Caafimaadka Dhaqanka

*\*Wac 911 xaaladaha degdegga ah ee halista nolosha\**

## Degmada Dakota

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Mental Health")

- Caafimaadka Maskaxda ee Dadka Waaweyn 651.554.6424

- Caafimaadka Maskaxda ee Carruurta 952.891.7459

- Unugga Jawaabta Xaaladaha Degdegga ah 24-saac 952.891.7171

Unugga Jawaabta Xaaladaha Degdegga ah waa khad degdeg ah oo 24-saac ah waxaana loo heli karaa dhammaan dadka ku nool Degmada Dakota. Telefoonada waxaa ka jawaabaya shaqaale daryeel oo tababar u leh soo kabashada xaaladaha degdegga ah iyo kheyraadka bulshada ee ka caawinaya taageeridda iyo ilaalinta caafimaadka maskaxda. Waxay sidoo kale ka caawin karaan arrimo sida:

- Taageerada telefoonka ee xaaladaha degdegga ah
- Waxbarashada iyo taageerada qoyska
- Talooyin loogu gudbiyo kheyraadka bulshada
- Helitaanka dhakhtar maskaxeed ee degdeg ah iyo daawayn
- Qiimeynta xaaladaha degdegga ah ee caafimaadka maskaxda
- Adeegyada xasilinta xaaladaha degdegga ah

- Xarunta Masiibada iyo Soo kabashada 952.891.7171

Meel aad Aadayso (Bilaa balan la imaado) ayaa shaqaale joogaan Isniinta-Jimcada, 2-10 habaynimo. Wac si loo go'aansho goobta qiimeynta ee sida ugu haboon u daboolaysa baahiyahaaga.

## Khadka Noolasha Xaaladda Degdegga ah iyo Ismiidaaminta 988: Wac ama fariin u dir 988

<https://988lifeline.org/>

Khadkan wuxuu bixiya taageero bilaash ah, qarsoodi ah, oo 24/7 ah oo loogu talagalay dadka dhibaataysan, iyo kheyraadka ka hortagga iyo xaaladaha degdegga ah ee adiga ama qoyskaaga.

## Khadka Qoraalka Xaaladaha Degdegga ah:

Fariin u dir "MN" 741741 Adeegga degdegga ah ee 24/7

## Khayraadka Caafimaadka Dhimirka

Ka hel khayraad dheeraad ah [www.dakotacounty.us](http://www.dakotacounty.us) (raadi mental health)

## CredibleMind

<https://dakotacounty.crediblemind.com>

Waxaad ka helayaa xogta caafimaadka Dhimirka, ayna ku jiraan muuqaallada, warbaahinnada, maqaallada iyo waxyaabo kale. Bilaash ayay ku helayaan dadka dagan Degmada Dakota.

## Fast-Tracker

<https://fasttrackermn.org>

Rugaha Caafimaadka Maskaxda iyo Kheyraadka Xanuunka Isticmaalka Maandooriyaha

Isuroon Behavioral Health Services 952.595.5731

[www.isuroon.org](http://www.isuroon.org)

## Mental Health Minnesota

[www.mentalhealthmn.org](http://www.mentalhealthmn.org)

## National Alliance on Mental

Illness of Minnesota (NAMI Minnesota)

[www.namimn.org](http://www.namimn.org)



# Taageerada Waalidka

Degmada Dakota Taageerada

952.891.7459

Waalidiinta ee Gaarsiinta

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "parent support")

Barnaamij loogu talagalay waalidiinta carruurta da'doodu tahay 10 sano iyo ka yar kuwaas oo u baahan taageero si ay uga gudbaan caqabadaha waalidnimada.

Shatiga Daryeelka Carruurta ee

952.891.7400

Degmada Dakota

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "child care licensing")

Guryaha Daryeelka Carruurta ee Shatiga Leh

Caafimaadka Dadweynaha

952.891.7500

Degmada Dakota

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "home visits")

Booqashada Guryaha Qoyska waxay taageertaa haweenka uurka leh iyo qoysaska leh carruurta yaryar. Waxay bixiyaan macluumaad iyo taageero waxtar leh si aad u horumariso xirfado cusub sida waalid ahaan.

## Help Me Connect

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

Kids-n-Kinship

952.892.6368

[www.kidsnkinship.org](http://www.kidsnkinship.org)

Parent Aware

1.888.291.9811

[www.parentaware.org](http://www.parentaware.org)

Together for Good

651.440.4058

[www.tfgood.org](http://www.tfgood.org)

## Barnaamijka Haweenka, Dhallaanka iyo Carruurta (WIC)

WIC waa barnaamij nafaqo oo ka caawinaya qoysaska inay si wanaagsan u cunaan oo ay caafimaad qabaan.

WIC waxay bixisaa:

- Macluumaadka nafaqada
- Cuntooyin caafimaad leh
- Taageerada naas-nuujinta
- Macluumaadka ku saabsan caafimaadka iyo barnaamijyada bulshada

Haddii aad uur leedahay, dhawaan ilmuhu kuu dhashay, ama aad daryeesho ilmo ka yar 5 sano, waxaa laga yaabaa inaad u qalanto WIC. Si aad u codsato ama wixii macluumaad dheeraad ah, wac 952-891-7525 ama fariin u dir "dakotawic" lambarka 85511.



Sawir ka qaad si aad uga codsato khadka tooska ah.



## Gaadiidka

La xiriir qorshahaaga caafimaadka si aad u hesho gaadiid ballanta caafimaadka haddii aad ku jirto MinnesotaCare ama Caawinta Caafimaadka.

**DARTS** 651.455.1560

<https://dartsconnects.org>

Adeegga dadka waaweyn ee gaadiidka.

*Nidaamka Basaska LOOP:* Nidaamka basaska wareegga ah ee la awoodi karo si uu uga caawiyo dadka waayeelka ah dukaamaysiga iyo ka qaybgalka bulshada. Hadda wuxuu ka shaqeeyaa Hastings, West St. Paul, Lakeville, iyo South St. Paul. Wuxuu u furan yahay kursiga curyaanka iyo scooter-ka.

**GAPP Services, Inc.** 952.953.9299

Gaadiid loogu talagalay dadka deegaanka oo adeegsanaya darawallo iskaa wax u qabso ah. Waa in la balansadaa ugu yaraan hal toddobaad ka hor.

**GoDakota** 651.554.6956

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "GoDakota")

Wuxuu kaa caawinayaa helitaanka ikhtiyaarada gaadiidka dadweynaha iyo kuwa gaarka ah iyo adeegyada sida Metro Transit, Minnesota Valley Transit Authority, iyo DARTS. Tababar safar oo bilaash ah ayaa la heli karaa.

**Just Friends Program** 651.437.7134

[www.hastingsfamilyservice.org](http://www.hastingsfamilyservice.org)

**Metro Mobility** 651.602.1111

[www.metrotransit.org/metro-mobility](http://www.metrotransit.org/metro-mobility) TTY 651.221.9886

**Metro Transit** 612.373.3333

[www.metrotransit.org](http://www.metrotransit.org)

Barnaamijka Taageerada Gaadiidka (TAP):

[www.metrotransit.org/TAP](http://www.metrotransit.org/TAP)

Transit Link: [www.metrotransit.org/transit-link](http://www.metrotransit.org/transit-link)

**Minnesota Valley Transit Authority** 952.882.7500

[www.mvta.com](http://www.mvta.com)

**The Lift Garage** 651.437.7134

[www.theliftgarage.org](http://www.theliftgarage.org)

**Wheels for Women** 612.378.0177

[www.newgateschool.org/our-programs/wheels-for-women](http://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:

6-dii bilood kasta!

### Waxbadan baro!

Baarista Ilmaha iyo Dhallinta ee Degmada

Dakota (C&TC) 952-891-7500

[www.dakotacounty.us](http://www.dakotacounty.us) (raadi "Child and Teen Checkups")

Dakota County Public Health Department

952.891.7500

[www.dakotacounty.us](http://www.dakotacounty.us) (search Health Services)

*Buuggan tusaha waa hage guud oo ku saabsan kheyraadka wuxuuna ka dhigan yahay taageero guud, balse ma tilmaamayo in Waaxda Caafimaadka Dadweynaha ee Degmada Dakota ay si gaar ah u ansixisay. Macluumaadkan waa mid isbedbeddeli kara.*

Child and Teen Checkups 

  
Dakota County  
Public Health