

Youth Resources/Athletics

☺ = Spanish speaking agency

☺ **Al-Anon/Alateen:** www.ncwsa.org/d05, 575-6760

Holds regular support groups for families and friends of alcoholics.

☺ **Big Brothers/Big Sisters of Sonoma County:** www.bbbsnorthbay.org, 571-2447

Offers rewarding experiences for youth to volunteer as mentors, either one-on-one or in groups, with children in need; after-school/homework tutoring programs; call to set up application and appointment.

☺ **The Center for Social & Environmental Stewardship:** www.cfses.org, 838-6641

Resources and programs for youth provides services and training to help young people achieve goals and increase community participation; focuses on counseling, gang intervention, and workforce development.

Chops: Santa Rosa Teen Center: www.chopsonline.com, 284-2467

Classes and activities for 7th to 12th graders living in, or going to school in Santa Rosa: Art Club, recording engineering, web and graphic design, barista training, open mic nights and live music, rock climbing and recreational sports; 509 Adams St. (Railroad Square) in Santa Rosa; membership is \$10/year! Weekend activities for ages 19-20 for \$10/year.

☺ **Community Action Partnership:** www.capsonoma.org, 544-6911

Two centers for at-risk youth; after-school programs, tutorial help, games, field trips and counseling.

☺ **Drug Abuse Alternatives Center:** www.daacinfo.org, 544-3295, 877-888-DAAC(3222)

Outpatient treatment for substance abuse: school-based programs; juvenile probation programs; health services and education; counseling; detox and residential programs; payment assistance and full-scope Medi-Cal accepted; **contact residential treatment program at 284-2950.**

☺ **Elsie Allen Health Center 538-8777**

Health services for teens aged 12-19 including treatment for illness/injury, physicals, reproductive health, and vision/dental referrals. For appointments, call number listed above; walk-ins may be available; Mon/Wed/Fri from 8-3 and Tue/Thur from 8-4 at 599 Bellevue Ave G 17, Santa Rosa

☺ **Forestville Teen Clinic at CASA:** www.wchealth.org/services/teen-services/, 887-0427

Free and confidential birth control options, STD testing and treatment, Condoms, Pregnancy testing, Emergency contraception, mental health counseling and peer support offered on Monday - Thursday from 2:30 to 5:30; drop-in, no appointment needed.

☺ **Free to Be:** www.free-to-be.net, 526-3819

“Abstinence until marriage” support program for teens run by Catholic Charities.

New Directions: 585-3700 x200 <http://www.sonic.net/~newdir/>

Adolescent psychotherapeutic, educational day treatment center; targets depression, anxiety, abuse, PTSD disorders, primarily ages 13-19. Individual, group and family therapy, art therapy, organic gardening and adventure trips.

☺ **Positive Images:** www.posimages.org, 568-5830

Free counseling services for gay, lesbian, bisexual, transgender and questioning youth ages 12 to 25; drop-in Monday-Friday 1 to 5 p.m. at 312 Chinn St; confidential support groups Thursday nights at Santa Rosa High.

☺ **Santa Rosa Community Health Center Teen Clinic:** www.swhealthcenter.org/services/teen-services/ **570-1916** Drop-in, confidential, free and low-cost services on Wednesdays 2-4:30 and Saturdays 9-2:30
Located at 751 Lombardi Ct, Santa Rosa

☺ **Vista Family Health Center:** www.swhealthcenter.org/ **303-3600**
Drop-in, confidential, free and low-cost services on Tuesdays from 3-5 PM for teens 12-19 years old. Enter through back door of RED clinic (downstairs side entrance on side street of Round Barn Circle).

☺ **SAY- Social Advocates for Youth:** www.socialadvocatesforyouth.org, **544-3299**
Provides services for youth and families in the areas of counseling, drug/alcohol/violence prevention, job skills training, residential/ shelter services and teen outreach; offices located in Santa Rosa, Sonoma and Healdsburg; **Crisis Hotline 1-800-544-3299.**

☺ **SCAYD- Sonoma County Adult and Youth Development:** www.scayd.org, **793-9030**
Counseling, prevention, youth/adult employment services, parenting skills and family advocacy.

Sebastopol Center for the Arts: www.sebarts.org, **829-4797**
Classes & programs in visual, literary and performing arts for youth; prices vary; 6780 Depot Street.

Sebastopol Community Center—Youth Annex: www.seb.org, **824-1503**
Classes in music and dance, special events and other activities; located at 425 Morris in Sebastopol.

☺ **Teen Parent Connection:** www.sonoma-county.org/health/ph/homevisiting/tpc.htm, **565-4440**
Educational and support services for teen mothers, fathers and their children; promotes educational potential, healthy relationships, economic opportunities and self-sufficiency

☺ **Upward Bound at Sonoma State University:** www.sonoma.edu/precollege , **664-2428**
A free program for 9th to 12th graders (low-income and first generation) academic prep for high school students for higher education; Math/Science emphasis possible but not mandatory.

(S) VOICES: <http://www.voicesyouthcenter.org> **579-4327** A ‘One Stop Shop’ for youth between the ages of 16 and 24 (ages flexible), especially homeless/foster youth. Employment, education, clothing, food, emotional and financial support, and safe place to hang out.

Volunteer Center of Sonoma County: www.volunteernow.org, **573-3399**
Youth looking to volunteer or fulfill community service hours can find appropriate place for their skills.

West County Community Services: www.westcountyservices.org/pages/youthemployment.html, **823-1640**
Collaborative education and employment services for at-risk youth ages 14-21; including life and leadership skills development; personal goal-setting; case management support with housing, parenting skills, food assistance; referrals to other resources; program located on 477 Petaluma Ave, Sebastopol.

☺ **Youth-Build Santa Rosa:** www.capsonoma.org/vocational_youthbuild.cfm, **578-2034**
Provides mentoring, educational and vocational training and skill development to at-risk and low-income youth ages 16-24; youth learn important job skills while building affordable housing locally.



Youth Athletics

Baseball

Cloverdale Little League	(707) 894-5243
Forestville/El Molino Little League	(707) 887-2108
Healdsburg Little League	(707) 431-2600
Petaluma	
American Little League	(707) 548-2855
National Little League	(707) 763-6093
Valley Little League	(707) 762-7051
Rohnert Park	
Babe Ruth/Cal Ripkin	(707) 525-4823
Rancho Cotati Little League	(707) 795-7974
Sebastopol Little League	(707) 829-8530
Windsor Little League	(707) 573-6022

Football/Cheer

West County Football and Cheer www.westcountytigers.net (707) 823-5077

Soccer

Wesco www.wescosoccer.org (707) 823-2443

Basketball

CYO Sebastopol www.sscyoy.com (707) 322-5448