

## TEEN RESOURCES & YOUTH PROGRAMS

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<a href="#"><u>NORTH COASTAL</u></a>	<p><b>ARC</b> [Developmentally disabled services] 619-574-7575</p> <p><b>Big Brothers, Sisters</b> 858-536-490 x 213</p> <p><b>California Children's Services-CCS</b> [catastrophic children's conditions] 619-528-4000</p> <p><b>Carlsbad Teen Recovery</b> 760-634-7610</p> <p><b>CA Youth Crisis</b> 800-843-5200</p> <p><b>Children's Hospital</b> chsd.org</p> <p><b>CMH Evaluation/Meds</b> 3853 Rosecrans San Diego 619-692-8200</p> <p><b>Crisis/Access Hotline</b> 800-479-3339</p> <p><b>Diabetics</b> 760-757-4566</p> <p><b>DV, Sexual Assault Hotline-24hr</b> 888-272-1767</p> <p><b>Exceptional Family Resource</b> 800-281-8252</p> <p><b>Gay/Lesbian issues</b> 760-207-6199 760-400-0147 Michelle 619-260-6380</p> <p><b>Genetic Disability</b> 800-639-0597</p> <p><b>Howkidsdevelop.com</b></p> <p><b>Job Corps</b> 877-388-8731</p>
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<p><a href="#">NORTH CENTRAL</a></p> <p><a href="#">RETURN TO TOP</a></p>	<p><b>San Diego Youth &amp; Community Services</b> 3255 Wing Street San Diego CA 92110 (619) 221-8600 <a href="http://www.sdycs.org">www.sdycs.org</a></p>
<p><a href="#">NORTH INLAND</a></p>	<p>Genesis Housing Interfaith Community Services 550 B W. Washington Escondido, CA 760-489-6380</p> <p>New Resolve / Vietnam Veterans of San Diego Transitional Housing</p>

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	<p>St. Clair's Home 2091 E. Valley Parkway Escondido, CA 760-741-0122</p>
<p><a href="#">CENTRAL REGION</a></p>	<p><b>Big Brothers &amp; Sisters of San Diego</b> Matches children from a single parent homes with an adult for companionship and mentorship. Adults are interviewed and then matched with a child based on age, interests and personality. Once matched, the adult and child must meet tree times a month. No fee. 8515 Arjons Dr., Suite A San Diego, CA 92126 858-536-4900 <a href="http://www.sdbigs.org">www.sdbigs.org</a> Boys &amp; Girls Club of Greater San Diego Locations: Encanto 6785 Imperial Ave. San Diego, CA 92114 619-263-6407 Logan Heights 2930 Marcy Ave. San Diego, CA 92113 619-525-1739 Linda Vista 2230 East Jewett Street Linda Vista, CA 92111 858-277-6670</p> <p><b>Boy Scouts of America</b> Year round youth development program with education, recreation, and social activities. 619-298-6121 <a href="http://www.scouting.org">www.scouting.org</a></p> <p><b>California Department of Education</b> (Can search for any California school) <a href="http://www.cde.ca.gov">www.cde.ca.gov</a></p> <p><b>California Job Database</b> <a href="http://www.caljobs.ca.gov">www.caljobs.ca.gov</a></p> <p><b>California State University System Information</b> <a href="http://www.calstate.edu">www.calstate.edu</a></p> <p><b>California Youth Connection</b> <a href="http://www.calyouthconn.org">www.calyouthconn.org</a></p>

	<p><b>Childcare</b>  <a href="http://www.childcaresandiego.com">www.childcaresandiego.com</a></p>
	<p><b>Child Abuse Prevention Foundation (Scholarships)</b>  <a href="http://www.capfsd.com">www.capfsd.com</a></p>
	<p><b>City of San Diego Youth Services</b>  619-236-6042  <a href="http://www.sandiego.gov/communityservices">www.sandiego.gov/communityservices</a></p>
	<p><b>Emancipated Foster Youth Program</b>  Transitional Housing Program for former foster youth and parenting former foster youth under the age of 21.  866-ILS INFO</p>
	<p><b>Government Financial Aid Information</b>  <a href="http://www.fafsa.ed.gov">www.fafsa.ed.gov</a></p>
	<p><b>Grossmont Community College District</b>  <a href="http://grossmont.gcccd.cc.ca.us/home">http://grossmont.gcccd.cc.ca.us/home</a></p>
	<p><b>Hillcrest Youth Center</b>  Must be 24 years or younger. Provide computer access, health education, basic financial education, Youth Leadership Training, case management, HIV prevention/education, life skills training workshops, discussion groups, counseling services, and social activities.  (Affiliates of the Lesbian, Gay, Bi &amp; Transgender Community Center)  619-497-2920 Ext 113  <a href="http://www.thecentersd.org">www.thecentersd.org</a></p>
	<p><b>Hostelling International/American Youth Hostels</b>  437 J Street  San Diego, CA 92101  619-338-9981</p>
	<p><b>Jackie Robinson YMCA</b>  Provides aerobics, basketball, weight room, youth activities, and swimming pool. All Zip codes accepted.  151 YMCA Way.  San Diego, CA 92102  619-264-0144</p>
	<p><b>Junior Lifeguard Program</b>  Sign-ups are during the months of October/November for (2) 4 week sessions. Sign-up early, there may be a waiting list.  858-581-7861</p>

[www.sandiego.gov/lifeguard/junior](http://www.sandiego.gov/lifeguard/junior)

**Lifeguard Learn to swim 4 Free Program**

619-221-8899

Program held at 3 sites:

Martin Luther King Park

6401 Skyline Dr.

San Diego, CA 92114

619-262-9388

Memorial Park

2902 Marcy Ave.

San Diego, CA

619-235-1139

Colina Del Sol Park

4150 54th Place

San Diego, CA 92105

619-235-1147

**Orphan Foundation (Scholarships)**

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

**Parenting Assistance/Classes**

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

**Parenting Resource**

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

**Planned Parenthood**

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

**Police Youth Program Juvenile Administration**

1401 Broadway Ave.

San Diego, CA 92101

619-531-2270

**Regional Occupation Program (ROP)**

[www.sdcoe.k12.ca.ustrop](http://www.sdcoe.k12.ca.ustrop)

**San Diego Community College District**

(City, Miramar, and Mesa and Continuing Ed Center)

[www.sdccd.cc.ca.us](http://www.sdccd.cc.ca.us)

**San Diego Foundation (Scholarships)**

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

**San Diego Youth and Community Services**

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

**San Diego Bright Families**

To educate teens about reproductive health. Educate young men about equal responsibilities of birth control and parenting. Increases self-esteem among teens. Mentors program for teens ages 12-18.

7071 Convoy Ct. Suite 101

San Diego, CA 92111

858-514-7549

[www.bright.families.org](http://www.bright.families.org)

**San Diego Civic Dance Arts**

The basics of ballet, jazz, tap, and theatre dance techniques are stressed for all students. Additional specialty classes are available, including folklore, swing, and Hawaiian. And extensive Youth & Young adult program. Classes are offered at 25 city rec. centers, at affordable prices. Fee waivers are available in some circumstances. Serves ages 4 years and up.

2125 Park Blvd. San Diego, CA 92101

619-235-5255

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

**San Diego Youth & Community Services The Storefront**

Overnight shelter & and Day Center. Services ages 12-17 years. All sip codes accepted.

3427 Fourth Ave. San Diego, CA 92103

619-325-3527

**SAY, San Diego Claremont Family Resource Center**

4340 Genesee Ave. Suite 207

Juvenile counseling & Diversion

San Diego, CA 92117

858-974-3603

**SAY, San Diego Mid-City Family Resource Center**

Provides educational services, both individual and group tutoring to 5-18 years olds.

Languages: Spanish, Cambodian, and Laotian. Serves Paradise Hill, Central San Diego, College area, and Encanto.

5150 University Ave. San Diego, CA 92105

619-283-9624

**S.D. Youth & Community Services (SDYCS) Teen Options**

A day treatment program with an emphasis on recovery, parenting and child development for pregnant/parenting teens. Life Skills training, alcohol, tobacco, and drug education. Serves males and females 14-25 years of age.

3660 Fairmount Ave. San Diego, CA 92105

619-521-2250 Ext. 306

619-521-5944 Fax

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

**S.D. Youth & Community Services (SDYCS) NFL Youth Education Town, City Heights**

Youth treatment program for adolescents 12-17 years of age. Five-day intensive program and two-day a week prevention class. Youth activities for ages 9-17 years. (i.e mentoring, tutoring, computer lab, dance, arts and crafts, life skills and cooking).

4089 Fairmount Ave, San Diego, CA 92105

619-325-4696

619-325-4807 Fax

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

**S.T.O.P. Student Thinking Over Parenthood**

Provides realistic parenting experience with computerized dolls and equipment for youth and young adults to reduce teen pregnancy.

619-265-2803

<http://home.pacbell.net/stoppreg>

**Student Help-Line**

800-850-7323

**Take Wing**

Transitional Housing Program for former foster youth and parenting youth ages 16-14.

619-221-8610

**Transit Information & Trip Planning**

[www.sdcommute.gov](http://www.sdcommute.gov)

**Trolley Trestle**

Transitional Housing Program for former foster youth up to age 21.

619-628-2412

**Uplift-Kids at Hart**

Provides after school tutoring and homework assistance. Services Central San Diego.

2691 ½ B Street San Diego, CA 92102

619-234-4504

**YMCA Juvenile Mentor Program**

Also provides Parent/Mentor Substance Abuse (PMSA)

Must be referred by Truancy officer or case manager. Must have 1 or both parents incarcerated.

4080 Centre Street Suite 101

San Diego, CA 92103

619-543-9850

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	<p><b>Youth Actors Theatre</b>  Classes follow the East County school schedule. There (3) 10 week classes. Serves ages 6-21 years. Also, Tiny Tot &amp; Pre-Kindergarten  Youth Actors produces seven musical a year. Also is an all-inclusive studio offering tap, jazz, ballet, lyrical, modern dance, private and group voice. All zip codes accepted.  2778-D Sweetwater Springs  Spring Valley, CA 91977  619-670-1627  619-670-1427 Fax  <a href="http://www.yatsandiego.org">www.yatsandiego.org</a></p> <p><b>Young Audience of San Diego</b>  4007 Camino Del Rio S. San Diego, CA 92108  619-282-7599</p> <p><b>Young Adult Supported Housing Program (YASHI)</b>  Program for youth who are ages 18-22 who are SSI eligible and are willing to participate in Adult Mental Health Services.  619-692-8715</p> <p><b>Youth Culture Activities (Balboa Park)</b>  619-235-1105 or  619-239-0512</p> <p><b>Youth Finishing Program Chollas Lake Park</b>  6350 College Grove Way. San Diego, CA 92115  619-527-7683</p> <p><b>Youth Tennis San Diego</b>  Serves children 4 years and up. Set free. All zip codes accepted.  4490 W. Point Loma Blvd San Diego, CA 92107  619-221-9000  <a href="http://www.tennissandiego.com">www.tennissandiego.com</a></p>
<p><u><a href="#">EAST</a></u></p>	<p><b>Breaking Cycles Administrative Office</b>  7798 Starling Drive, Suite 200  San Diego, CA 92123  Phone: (858) 492-2300  Fax: (858) 492-2339</p> <p><b>Choice Program</b>  San Diego CHOICE Program ,  4283 El Cajon Blvd. , Suite 115  San Diego, CA 92105-1254 USA  619.594.2525</p>



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	<p><b>San Diego County Office of Education, Juvenile Court and Community Schools (SDCOE/JCCS)</b>  <b>Transitioning Youth N' Motion</b>  Metro Youth One Stop Center  232 West Ash Street  San Diego, CA 92101  <a href="http://www.sdcoe.net">www.sdcoe.net</a>  <i>Contact Information:</i>  Ed Rulenz - Program Coordinator  (619) 233-2814  (619) 702-5796 FAX  <a href="mailto:jobready@sdcoe.net">jobready@sdcoe.net</a></p>
	<p><b>Sherman Heights Community Center</b>  2258 Island Ave.  San Diego, CA 92102  619.232.5181  Email: <a href="mailto:Shermancenter.org">Shermancenter.org</a></p>
<p><a href="#">SOUTH</a></p>	<p><b>ACCESS, Inc.</b>  <b>YES Transition Network</b>  South County Region  Chula Vista Mall  555 Broadway, Suite 2048  Chula Vista, CA 91911</p> <p>Southeast San Diego Office  3119 Imperial Avenue  San Diego, CA 92101  <a href="http://www.access2jobs.org">www.access2jobs.org</a></p> <p><i>Contact information:</i>  <b>Nona Spooner - Director of Operations</b></p>

(858) 560-0871  
(858) 560-8135 FAX  
[nlspooner@msn.com](mailto:nlspooner@msn.com)

**San Diego County Office of Education, Juvenile  
Court and Community Schools  
Transitioning Youth N' Motion**

South County Youth One Stop Career Center  
South County Region  
800 National City Boulevard  
National City, CA 91950

[www.sdcoe.net](http://www.sdcoe.net)

*Contact Information:*

Ricardo Gonzales  
(619) 470-5218

[jobready@sdcoe.net](mailto:jobready@sdcoe.net)

**South Bay Community Services  
South Bay Transitioning Youth Project**

1124 Bay Blvd., Suite D  
Chula Vista, CA 91911

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

*Contact Information:*

Xavier Martinez - Youth Support Services Program  
Director

(619) 420-3620

(619) 420-8722 FAX

[vmartinez@csbcs.org](mailto:vmartinez@csbcs.org)

**Turning The Hearts Center  
Youth Empowered to Lead (Y.E.L.) Project**

345 5th Avenue  
Chula Vista, CA 91910

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

*Contact information:*

Doug Luffborough - Executive Director

Alejandra Aceves - Program Director

(619) 691-9643

(619) 691-9649 FAX

[doug@turningtheheartscenter.org](mailto:doug@turningtheheartscenter.org)

[aceves@hotmail.com](mailto:aceves@hotmail.com)

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