

Youth Services Directory

For San Mateo County

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- Youth Development/Mentoring

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cip.plsinfo.org

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www.smchsa.org

All phone numbers are in area code 650
unless otherwise indicated.

All youth and adults who advise youth are encouraged to directly contact any of the listed agencies for further information about their programs, services, hours, eligibility requirements and fees.

24-HOUR CRISIS LINES

Emergency Calls For Fire, Police, Highway Patrol and Ambulance Services 911

Alcohol and Drug Helpline 573-3950
Information about and referral to substance abuse services.

California Poison Control System 800-876-4766
Emergency treatment recommendations and referrals for drug overdose or poisoning.

California Youth Crisis Line 800-843-5200
Information and referral, counseling, youth-to-parent message service and phone connections to service providers.

Child Protective Services (CPS) 800-632-4615
Children and Family Services
San Mateo County Human Services Agency
Accepts reports about children age 17 or under in danger due to abuse, abandonment or exploitation.

Community Overcoming Relationship Abuse (CORA) 800-300-1080
English/Spanish hotline and emergency housing for victims/survivors of domestic violence.

Crisis Intervention and Suicide Prevention Center Youth and Family Enrichment Services (YFES)
..... 579-0350
..... 800-SUICIDE
(800-784-2433)

National STD/AIDS Hotline 800-342-AIDS
(800-342-2437)
Spanish: 800-344-SIDA
(800-344-7432)
(TTY) 800-243-7889

Parent Support Line 579-0358

Psychiatric Emergency Services
San Mateo County Health Services Agency
General Emergencies 573-2662
Youth Case Management Services 573-3504

Rape Trauma Services 692-RAPE
Counseling, referral, advocacy. (692-7273)

Your House South 367-9687
Youth and Family Enrichment Services (YFES)
Hotline for youth experiencing family problems.

BASIC NEEDS

These agencies provide information on services in the community and help locate food, clothing and shelter in an emergency.

CALL - Primrose Center **342-CALL**
139 Primrose Rd., Burlingame 94010 **(342-2255)**
<http://www.burlpres.org/call.html>

Coastside Opportunity Center **726-9071**
99 Avenue Alhambra, El Granada 94018
<http://www.coastside.org>

Daly City Community Service Center **991-8007**
350 - 90th St., Daly City 94015
<http://www.ci.daly-city.ca.us/depts/srvctr.htm>

Fair Oaks Community Center..... **780-7500**
2600 Middlefield Rd., Redwood City 94063
<http://www.redwoodcity.org/parks/cc/fairoaks.html>

Family Support Center of the Mid-Peninsula
1798-B Bay Rd., East Palo Alto 94303.....**330-7432**

North Peninsula Neighborhood Services Center
600 Linden Ave. **588-8822**
South San Francisco 94080
<http://www.neighborhoodservices.org>

Pacifica Resource Center..... **738-7470**
1809 Palmetto Ave., Pacifica 94044
http://www.ci.pacifica.ca.us/cityhall/div_rc.html

Salvation Army
470 S. Spruce Ave..... **266-4591**
South San Francisco 94080
1270 Marshall St., Redwood City 94063 **368-4643**
<http://www.tsagoldenstate.org>

Samaritan House **347-3648**
401 N. Humboldt St., San Mateo 94401
<http://www.samaritanhouse.com>

South Coast Collaborative **879-1691**
620 North St., Pescadero 94060
<http://www.southcoast.net/pages/collaborative.html>

St. Vincent de Paul Society **343-4403**
50 N. B St., San Mateo 94401
<http://www.svdp.org/sanmateo>

CHILD CARE / TEENAGE PARENTING

Adolescent Family Life Program (AFLP)
Public Health Nursing Services **573-3494**
225 - 37th Ave., San Mateo 94403
<http://www.smhealth.org>
Case management provided in the home by public health nurses and community workers for pregnant and parenting teens.

Child Care Coordinating Council (4C) **655-6777**
2121 S. El Camino Real, #A-100, San Mateo 94403
<http://www.thecouncil.net>
Referrals for licensed child care, infant care, preschools, nursery schools and support groups for parents.

Family Service Agency..... **403-4300**
24 - 2nd Ave., San Mateo 94401
<http://www.familyserviceagency.org>
Offers infant and child care in several locations.

Jewish Family and Children's Services... **688-3030**
410 Sherman Ave., Palo Alto 94306
<http://www.jfcs.org>
Parents' Place offers counseling, support groups and workshops.

Prenatal to Three Initiative **888-840-0889**
150 W. 20th Ave., San Mateo 94403
<http://www.prenatalto3.org>
Offers nutrition and health education assessment and intervention to Medi-Cal recipients with children age 5 or under.

Reclaiming Fatherhood Services..... **363-7850**
Prenatal Advantage Black Infant Health Project
San Mateo County Public Health Division
San Mateo County Health Services Agency
2415 University Ave., 2nd Fl., East Palo Alto 94303
<http://www.smhealth.org>
Support services to young fathers during and after pregnancy.

Young Fathers' Support Group..... **573-2505**
Daly City Youth Health Center
2778 Junipero Serra Blvd., Daly City 94015
<http://www.dalycityyouth.org>
Provides support, parent education and fun activities for teen dads and their children.

Check listings under **FAMILY PLANNING / PREGNANCY** for additional parenting classes.

COUNSELING

Al-Anon/Ala-Teen (mid-peninsula)..... 592-7935
Al-Anon/Ala-Teen (north county)..... 873-2356
Spanish line 794-9654
Meeting Information Line 592-2364

<http://www.ncwsa.org>
 Support for anyone affected by drug or alcohol abuse in a relative or friend.

Catholic Charities CYO 295-2160

36 - 37th Ave., San Mateo 94403
<http://www.cccyo.org>
 For all persons, regardless of religion.

Children's Place Program

Legacy Foundation..... 216-7811

1155 Broadway St., #129, Redwood City 94063
<http://www.thechildrensplaceprogram.org>
 For age 13 or under, living in a substance-abusing family.

Daly City Youth Health Center 985-7000

2780 Junipero Serra Blvd., Daly City 94015
<http://www.dalycityyouth.org>
 No/low-cost counseling and support groups for teens age 13-21 and their families. Services for LGBTQ youth and teen parents.

Diversion Services

Youth and Family Enrichment Services (YFES)

<http://www.yfes.org>
 San Carlos and Belmont.....**591-9623 x130**
 Daly City and other locations **755-0890**
 Counseling as an alternative to the juvenile justice system for first-time offenders referred by law enforcement.

Family and Children Services 326-6576

375 Cambridge Ave., Palo Alto 94306
<http://www.fcservices.org>
 Counseling and services to help teens develop problem-solving skills and build healthy relationships.

Family Service Agency 403-4300

24 - 2nd Ave., San Mateo 94401
<http://www.familyserviceagency.org>
 Counseling and support groups on parenting, anger management, child abuse, domestic violence.

Free at Last 462-6999

1796 Bay Rd., East Palo Alto 94303
<http://www.freeatlast.org>
 U-Turn Intervention Program works to help youth achieve education and employment goals.

Gay Lesbian and Straight Education Network (GLSEN), Peninsula/South Bay..... 361-0292

1066 Summershore Ct.....**408-920-1735**
 San Jose 95122

<http://www.glsenpsb.org>
 Works to make schools safe for all members of the gay, straight, bisexual, transgender community and their parents, children and friends by working toward preventing anti-gay bias, harassment and violence.

Jewish Family and Children's Services... 688-3030

410 Sherman Ave., Palo Alto 94306
<http://www.jfcs.org>
 For all persons, regardless of religion.

Kara 321-5272

457 Kingsley Ave., Palo Alto 94301
<http://www.kara-grief.org>
 For any child or teen coping with life-threatening illness, death or bereavement.

Mental Health Access Team.....800-686-0101

San Mateo County

<http://www.smhealth.org>
 Call this number (Monday-Friday) in a mental health situation for consultation, assessment, authorization of services and referral to appropriate program. After hours or on weekends, call **Psychiatric Emergency Services** at **573-2662**.

North Peninsula Family Alternatives 877-8642

Peninsula Family YMCA

1486 Huntington Ave., South San Francisco 94080
<http://www.ymcasf.org/Peninsula/community.html>
 Counseling for at-risk teens; Juvenile Sexual Responsibility Program works with boys age 14-18 with a suspected or documented history of perpetrating sexual abuse.

Pacifica Youth Service Bureau 355-3900

Stonestown Family YMCA

435 Edgemar Ave., Pacifica 94044
 Counseling for at-risk teens; youth and family counseling.

Project FOCYS 349-7969

Peninsula Family YMCA

1670 S. Amphlett Blvd., #115, San Mateo 94402
<http://www.ymcasf.org/Peninsula/community.html>
 Counseling for children 5-18, including gay, lesbian, bisexual, transgender, or questioning teens. Family and group counseling.

Pyramid Alternatives 355-8787

480 Manor Plaza, Pacifica 94044
 Counseling, women's and children's support groups, and anger management classes.

Sequoia Teen Wellness Center 366-2927
200 James Ave., Redwood City 94063
<http://www.sanmateomedicalcenter.org>
Various counseling groups for youth age 12-21.
Call for details.

Youth and Family Enrichment Services (YFES)
610 Elm St., #212, San Carlos 94070 591-9623
<http://www.yfes.org>
Counseling for youth and parents. Teens can obtain support and talk live to trained teen peer mentors in a chat room at <http://www.onyourmind.net>.

DISABILITY SERVICES

Achievekids 494-1200
3860 Middlefield Rd., Palo Alto 94303
<http://www.achievekids.org>
Educational and therapeutic services for age 6-22 with emotional, behavioral and developmental difficulties.

Center for Independence of the Disabled (CID)
875 O'Neill Ave., Belmont 94002 595-0783
<http://www.cidbelmont.org>.....(TTY) 595-0743
Counseling, independent living skills training and housing accessibility modification.

CHADD of San Francisco 415-442-1944
CHADD of Silicon Valley 949-5472
<http://www.chaddnorcal.org>
Education, support and referrals for children and adults with attention deficit/hyperactivity disorder.

Family Resource Center at Community Gatepath 259-0189
1764 Marco Polo Way, Burlingame 94010
<http://www.communitygatepath.com>
Information and referral about disabilities to families, professionals, people with disabilities and other members of the community.

Golden Gate Regional Center 574-9232
3130 La Selva, #202, San Mateo 94403
<http://www.ggrc.org>
Provides diagnosis, counseling and assistance in arranging and paying for needed services for the developmentally disabled.

Parca 312-0730
1750 El Camino Real, #105, Burlingame 94010
<http://www.parca.org>
Recreational, social and support activities for developmentally disabled persons.

Schwab Learning
<http://www.schwablearning.org>
An online parent's guide to helping kids with learning disabilities.

Recreation Programs - Many city recreation programs offer activities for children and youth with special needs. See also **RECREATION/FREE-TIME ALTERNATIVES**.

See also **EDUCATION** and **EMPLOYMENT**.

DRUG and ALCOHOL ABUSE

Al-Anon /Ala-Teen (mid-peninsula)..... 592-7935
Al-Anon /Ala-Teen (north county)..... 873-2356
Spanish line 794-9654
Meeting Information Line 592-2364

<http://www.ncwsa.org>

Group support for anyone affected by alcohol abuse in a relative or friend.

Alcohol and Drug Helpline 573-3950

24-hour information about and referral to substance abuse services.

Alcoholics Anonymous 342-2615

<http://www.aa-san-mateo.org>

Peer support to stop drinking.

Adolescent Counseling Services..... 424-0852

4000 Middlefield Rd., Rm. FH, Palo Alto 94303

<http://www.acs-teens.org>

Outpatient treatment.

Archway 366-8401

Youth and Family Enrichment Services (YFES)

609 Price Ave., #201, Redwood City 94063

<http://www.yfes.org>

Counseling and support for children from chemically dependent families. First offender program for teens.

Asian-American Recovery Services 756-3230

7100 Mission St., Daly City 94014

<http://www.aars-inc.org>

Provides innovative outreach, treatment, prevention and research services for Asian and Pacific Islander communities in the San Francisco Bay Area.

Chemical Dependency Center 696-5909

Mills-Peninsula Health Services

1783 El Camino Real, Burlingame 94010

<http://www.mills-peninsula.org>

Inpatient and outpatient services including medically supervised detoxification, day treatment and intensive outpatient services for age 18 and over.

Children's Place Program 216-7811

Legacy Foundation

1155 Broadway St., #129, Redwood City 94063

<http://www.thechildrensplaceprogram.org>

For age 13 or under, living in a substance-abusing family.

Daytop Village-Adolescent Program...877-856-2995

631 Woodside Rd., Redwood City 94061.... **367-9030**

Residential treatment including specialized women's program for youth age 13-17.

El Centro de Libertad

1230-A Hopkins Ave.

Redwood City 94062 **599-9955**

210 San Mateo Rd., #204

Half Moon Bay 94019 **560-9995**

795 Willow Rd., Bldg. 323D

Menlo Park 94025 **326-6340**

<http://www.elcentrodelibertad.org>

Bilingual and bicultural outpatient program with group and individual counseling. Also offers anger management groups.

Free at Last 462-6999

1796 Bay Rd., East Palo Alto 94303

<http://www.freeatlast.org>

Prevention programs, day and residential treatment.

Insights

Youth and Family Enrichment Services (YFES)

85 Washington St., Daly City 94014..... **755-0858**

609 Price Ave., #106

Redwood City 94063 **366-8401 x316**

<http://www.yfes.org>

Offers voluntary and court-mandated drug and alcohol recovery programs for teens and their families.

Nar-Anon 321-2334

<http://www.naranoncalifornia.org>

Group support for anyone affected by a parent's or friend's drug abuse.

National Drug and Alcohol Treatment

Referral Routing Service 800-662-HELP

<http://www.drughelp.org>

(800-662-4357)

Alcohol and drug information and local treatment referral assistance.

New Perspectives - East Palo Alto..... 321-1013

1798-B Bay Rd., East Palo Alto 94303

http://www.geocities.com/newperspectives_epa

School-based prevention programs for East Palo Alto youth in grades 5-12.

Project Horizons - Proyecto Horizontes .. 879-0013

South Coast Children's Services

P.O. Box 525, Pescadero 94060

<http://www.southcoastchildren.org>

Prevention program aimed at minority teens.

Project Intermission 696-9925

Project 90

114 S. Delaware St., San Mateo 94401

<http://www.projectninetynety.org>

Mentoring program for young men age 13-18 who are using drugs or alcohol or are at-risk. Safe residence for adolescent males age 13-17.

Women's Recovery Association 348-6603

1450 Chapin Ave., 1st Fl., Burlingame 94010

<http://www.womensrecovery.org>

Prevention, early intervention, counseling for teen girls and a residential program.

EDUCATION

Adult Schools - Call for information on literacy, citizenship, English as a Second Language (ESL), GED, occupational, recreational and degree courses.

**Cabrillo Unified School District
Cabrillo Adult School** 712-7224
498 Kelly Ave., Half Moon Bay 94019
<http://www.coastside.net/cusd/ae/adulted.htm>

**Jefferson Union High School District
Adult Education Division** 550-7890
699 Serramonte Blvd., #111, Daly City 94015
<http://www.juhsd.k12.ca.us/aed>

**San Mateo Union High School District
Adult and Community Education** 558-2100
789 E. Poplar Ave., San Mateo 94401
<http://www.smcae.org>

**Sequoia Union High School District
Sequoia Adult School** 306-8866
3247 Middlefield Rd., Menlo Park 94025
<http://www.adultschool.seq.org>

**South San Francisco Unified School District
Adult Education Program** 877-8844
825 Southwood Dr., South San Francisco 94080
<http://www.smcoe.k12.ca.us/ssfusd/as>

High School District Offices - Call for information on vocational classes, GED preparation and exams, and English as a Second Language (ESL) classes.

Cabrillo Unified District
498 Kelly Ave., Half Moon Bay 94019... 712-7100
<http://www.coastside.net/cusd>
Schools: Half Moon Bay; Pilarcitos/Alternative

Jefferson Union High School District
699 Serramonte Blvd., #100, Daly City 94015
<http://www.juhsd.k12.ca.us> 550-7900
Schools: Jefferson, Oceana, Terra Nova, Westmoor; Thornton/Alternative

La Honda-Pescadero Unified District
620 North St., Pescadero 94060 879-0286
Schools: Pescadero

San Mateo Union High School District
650 N. Delaware St., San Mateo 94401
<http://www.smuhsd.k12.ca.us> 558-2299
Schools: Aragon, Burlingame, Capuchino, Hillsdale, Middle College, Mills, San Mateo; Peninsula/Continuation

Sequoia Union High School District.. 369-1411
480 James Ave., Redwood City 94062
<http://www.seq.org>
Schools: Carlmont, Menlo-Atherton, Sequoia, Woodside; Redwood/Continuation

South San Francisco Unified District
398 B St., South San Francisco 94080 . 877-8700
<http://www.ssfusd.k12.ca.us>
Schools: El Camino, South San Francisco; Baden/Continuation

San Mateo County Community College District
3401 CSM Dr., San Mateo 94402 574-6550
<http://www.smccd.net>

Canada College 306-3100
4200 Farm Hill Blvd., Redwood City 94061
<http://www.canadacollege.edu>

College of San Mateo 574-6161
1700 W. Hillsdale Blvd., San Mateo 94402
<http://www.collegeofsanmateo.edu>

Skyline College..... 738-4100
3300 College Dr., San Bruno 94066
<http://skylinecollege.edu>

San Mateo County Office of Education ... 802-5300
101 Twin Dolphin Dr., Redwood City 94065
<http://www.smcoe.k12.ca.us>

Call for information on laws regarding attendance, special education and vocational programs as well as for listings of public and private schools.

Special Education Services 802-5460
Regional Occupational Program (ROP). 802-5400
Prevention Education Services..... 802-5342

Libraries - San Mateo County public libraries, city public libraries, and community college libraries are all part of the Peninsula Library System (PLS). One library card can be used at all locations. In addition to book loans, libraries provide video, DVD, CD, and CD-ROM loans, magazines, children's story hours, reference services and more. To learn more about any library in the county, go to www.plsinfo.org.

Tutoring and literacy - Call the nearest library or Boys and Girls Club for information on local tutoring and homework assistance programs.

See also **EMPLOYMENT** for vocational education programs.

EMERGENCY HOUSING

Catholic Worker House 366-4415
545 Cassia St., Redwood City 94063
Short-term shelter for youth age 15-18.

Child Protective Services (CPS)800-632-4615
Children and Family Services
San Mateo County Human Services Agency
400 Harbor Blvd., Belmont 94002
<http://www.smchsa.org/children>
Emergency aid, shelter and counseling for children age 17 or under who may be in danger due to abuse, abandonment or exploitation.

Community Overcoming800-300-1080
Relationship Abuse (CORA) 312-8515
P.O. Box 5090, San Mateo 94402
<http://www.corasupport.org>
Housing and counseling for victims/survivors of domestic violence.

Daybreak 771-0788
Youth and Family Enrichment Services (YFES)
<http://www.yfes.org>
Shelter for homeless youth age 16-19, offering transitional housing and independent living skills training.

Your House South 367-9687
Youth and Family Enrichment Services (YFES)
394 Sequoia Ave., Redwood City 94061
<http://www.yfes.org>
24-hour emergency and temporary housing for youth age 10-17.

EMPLOYMENT

California Conservation Corps (CCC)
<http://www.ccc.ca.gov> 800-952-JOBS
(800-952-5627)
Training and employment for youth age 18-23 at locations throughout California.

California Dept. of Industrial Relations
Division of Apprenticeship Standards
100 Paseo de San Antonio, R-125.....408-277-1273
San Jose 95113
<http://www.dir.ca.gov/apprenticeship.html>
Works with schools and employers to organize and promote apprenticeship programs.

Caminar..... 578-8691
1720 S. Amphlett Blvd., #123, San Mateo 94402
<http://www.caminarclc.org>
Offers vocational assessment and job placement for persons 18 and over with serious and persistent psychiatric disabilities.

Job Corps (Daly City) 301-8462
..... (Oakland) 510-768-4475
Job training and placement in over 160 jobs at various sites. High school diploma/GED classes. For age 16-24 (waived if disabled).

Jobs for Youth 301-8492
San Mateo County Human Services Agency
271 - 92nd St., Daly City 94015
<http://www.peninsulaworks.org>
For youth age 14-21.

Opportunities Industrialization Center West (OICW)
1200 O'Brien Dr., Menlo Park 94025..... 330-6429
<http://www.oicw.org>
Job training and placement services. Day and evening ESL, GED and computer classes. After-school job skills classes and employment assistance for teens.

PeninsulaWorks
271 - 92nd St., Daly City 94015 301-8440
550 Quarry Rd., San Carlos 94070 596-1035
2500 Middlefield Rd., Redwood City 94063 .. 367-0190
1200 O'Brien Dr., Menlo Park 94025..... 330-6490
<http://www.peninsulaworks.org>
Career information, services and training.

Regional Occupational Program (ROP)
San Mateo County Office of Education
101 Twin Dolphin Dr., Redwood City 94065 . 802-5400
Hotline 802-5413
<http://www.smcoe.k12.ca.us/rop>
Technical and career education courses for age 16 or over. Job training and counseling for students and out-of-work youth and adults.

Rehabilitation Dept., State of California
801 Traeger Ave., #120
San Bruno 94066 737-2606 (Voice/TTY)
1500 Fashion Island Blvd., #104
San Mateo 94404 358-4180 (Voice/TTY)
800 Menlo Ave., #122
Menlo Park 94025 688-6380 (Voice/TTY)
<http://www.rehab.ca.gov>
Provides counseling, testing and training for physically or mentally disabled persons to become competitively employed.

Tools for Success..... 550-7892
Jefferson Union High School District, Adult Division
699 Serramonte Blvd., Daly City 94015
<http://www.juhsd.k12.ca.us/aed/toolsforsuccess/homepage.html>
School to career transition program for low income, out-of-school youth age 17 to 21 who live in north San Mateo County. Mental health counseling and youth development.

Work Transition Services 871-8888
509 San Mateo Ave., San Bruno 94066
<http://www.worktran.com>
Career development employment services for youth and adults with disabilities.

FAMILY PLANNING / PREGNANCY

Alpha Pregnancy Center 415-584-6800
 5070 Mission St., San Francisco 94112
 Information and referral, free pregnancy tests, baby clothing and furniture.

Daly City Youth Health Center 985-7000
 2778 Junipero Serra Blvd., Daly City 94015
<http://www.dalycityyouth.org>
 Physicals and pregnancy exams, STD testing and treatment, HIV/AIDS testing, contraceptives and parenting classes. For age 13-21, living in Brisbane, Colma, Daly City and Pacifica.

East Palo Alto Teen Home 324-8487
 2265 Oakwood Dr., East Palo Alto 94303
 For teen mothers age 12-17.

First Resort 595-3515
 801 Brewster St., Redwood City 94063
<http://www.firstresort.net>
 Support and assistance to women experiencing an unplanned pregnancy. Offers pregnancy testing, counseling focusing on alternatives to abortion, ultrasound and prenatal care. Also offers post-abortion counseling.

Planned Parenthood Golden Gate 800-967-7526
 2211 Palm Ave., San Mateo 94403
 1230 Hopkins Ave., Redwood City 94062
<http://www.ppgg.org>
 Abortion, birth control, emergency contraception, general check-ups, HIV/AIDS testing, pregnancy testing, sex education classes, STD testing and treatment, testicular cancer screening. Free Teen Clinics for age 12-19.

Prenatal Advantage Black Infant Health Project San Mateo County Public Health 363-7850
 2415 University Ave., 2nd Fl., East Palo Alto 94303
<http://www.smhealth.org>
 Perinatal health education and parenting classes, case management, support groups for mothers and fathers.

School-age Mothers' Programs - Educational and counseling programs are available through the high school districts. See **EDUCATION** for district offices.

Sequoia Teen Wellness Center 366-2927
 200 James Ave., Redwood City 94063
<http://www.sanmateomedicalcenter.org>
 Confidential, full medical services to uninsured youth age 12-21.

Teen Pregnancy Prevention Coalition 367-1937
 703 Woodside Rd., #7, Redwood City 94061
<http://www.teenpregnancycoalition.org>
 Provides pregnancy prevention education to youth and adults.

For additional parenting resources, see **CHILD CARE/TEEN PARENTING**.

HEALTH

Daly City Youth Health Center 985-7000
 2778 Junipero Serra Blvd., Daly City 94015
<http://www.dalycityyouth.org>
 Physical exams, treatment of minor injuries or illnesses, immunizations, pregnancy exams, STD testing and treatment, family planning. Counseling, career advice, parenting classes. For age 13-21, living in Brisbane, Colma, Daly City or Pacifica.

Planned Parenthood Golden Gate 800-967-7526
 2211 Palm Ave., San Mateo 94403
 1230 Hopkins Ave., Redwood City 94062
<http://www.ppgg.org>
 Abortion, birth control, emergency contraception, general check-ups, HIV/AIDS testing, pregnancy testing, sex education classes, STD testing and treatment, testicular cancer screening. Free Teen Clinics for age 12-19.

Ravenswood Family Health Center 330-7400
 1798-A Bay Rd., East Palo Alto 94303
<http://www.epa.net>
 Offers comprehensive primary health care services for all ages. Testing, screenings, laboratory services and subsidized prescription drugs. Tooth Mobile dental services by referral from Health Center.

San Mateo County Health Services
<http://www.smhealth.org>

Edison Clinic 573-2385
 222 - 39th Ave., San Mateo 94403
 Full-service HIV specialty clinic.

Mobile Clinic 573-2786
 Call for scheduled stops.

San Mateo Medical Center
<http://www.sanmateomedicalcenter.org>

39th Avenue Health Clinics 573-3434
 222 - 39th Ave., San Mateo 94403

Belle Haven Community Health Clinic 321-0980
 100 Terminal Ave., Menlo Park 94025

Coastside Health Center 573-3911
 225 S. Cabrillo Hwy, #200A, Half Moon Bay 94019

Daly City Clinic 301-8600
 380 - 90th St., Daly City 94015

Fair Oaks Children's Center 261-3710
 630 Laurel St., Redwood City 94062

Fair Oaks Family Health Center 364-6010
 2710 Middlefield Rd., Redwood City 94063

Sequoia Teen Wellness Center **366-2927**
200 James Ave., Redwood City 94063

South San Francisco Health Center **877-7070**
306 Spruce Ave., South San Francisco 94080

Willow Clinic **599-3890**
795 Willow Rd., Bldg. 334, Menlo Park 94025

Smokers' Helpline **800-NOBUTTS**
(800-662-8887)
<http://www.californiasmokershelpline.org>
For anyone wanting to quit smoking.

Teenage Health Resource Line **888-711-TEEN**
Lucile Salter Packard Children's Hospital
..... **(888-711-8336)**
<http://www.lpch.org/ForPatientsVisitors/PatientServices/TeenLine/teenHealthLine.html>
Registered nurses provide confidential answers to health questions.

LEGAL SERVICES / EMANCIPATION

American Civil Liberties Union (ACLU) of Northern California
North Peninsula Chapter **697-5685**
Mid-Peninsula Chapter **856-9186**
<http://www.aclunc.org>
Assists with civil liberties issues in schools.

Community Legal Services in East Palo Alto
2117-B University Ave., East Palo Alto 94303
<http://www.clsepa.org> **326-6440**
The Juvenile Justice Clinic offers free advice and counseling to families about the juvenile justice system.

Family Court Services **363-4561**
San Mateo County Superior Court
400 County Center, 6th Fl., Redwood City 94063
<http://www.sanmateocourt.org>
Can advise on under-age marriage consent, child custody issues and emancipation.

International Institute of San Francisco .. **780-7530**
2600 Middlefield Rd., Redwood City 94063
<http://www.iisf.org>
Provides immigration information and referral and completes paperwork for low-income clients.

Juvenile Branch **312-5355**
San Mateo County Superior Court
21 Tower Rd., San Mateo 94402
<http://www.sanmateocourt.org>
Handles juvenile delinquency, dependency and adoption for youth age 17 or under.

Juvenile Probation **312-8816**
San Mateo County Probation Dept.
21 Tower Rd., San Mateo 94402
<http://www.co.sanmateo.ca.us>
Information regarding the juvenile justice system.

Legal Aid Society of San Mateo County
521 E. 5th Ave., San Mateo 94402 **800-381-8898**
<http://www.legalaidsmc.org> **558-0915**
Teen Parent Project works with low-income teen parents on paternity, domestic violence issues, benefits and support.

RECREATION / FREE-TIME ALTERNATIVES

Call the following offices for information on neighborhood and community parks, recreation activities, sports programs, special needs programs, classes and other activities. Many cities have separate teen centers.

Belmont Parks and Recreation Dept.
1225 Ralston Ave. 94002 **595-7441**
<http://www.belmont.gov>

Brisbane Parks and Recreation Dept.
50 Park Pl. 94005 **415-467-6330**
<http://www.ci.brisbane.ca.us>

Burlingame Parks and Recreation Dept.
850 Burlingame Ave. 94010 **558-7300**
<http://www.burlingame.org>

Daly City Parks and Recreation Dept.
111 Lake Merced Blvd. 94015 **991-8001**
<http://www.ci.daly-city.ca.us>

East Palo Alto Community Services Dept.
550 Bell St. 94303 **853-3140**
<http://www.ci.east-palo-alto.ca.us>

Foster City Parks and Recreation Dept.
650 Shell Blvd. 94404 **286-3380**
<http://www.fostercity.org>

Half Moon Bay Parks and Recreation Dept.
535 Kelly Ave. 94019 **726-8297**
<http://www.half-moon-bay.ca.us>

Hillsborough Recreation Dept.
2600 Ralston Ave. 94010 **342-5439**
<http://www.hillsborough.net>

Menlo Park Parks and Community Services
701 Laurel St. 94025 **330-2200**
<http://www.ci.menlo-park.ca.us>

Millbrae Parks and Recreation Dept.
477 Lincoln Circle 94030 **259-2360**
<http://www.ci.millbrae.ca.us>

Pacifica Parks, Beaches and Recreation Dept.
1810 Francisco Blvd. 94044 **738-7381**
<http://www.ci.pacifica.ca.us>

Redwood City Parks, Recreation and Community Services Dept.
1400 Roosevelt Ave. 94061 **780-7250**
<http://www.ci.redwood-city.ca.us>

San Bruno Parks and Recreation Services Dept.
567 El Camino Real 94066 **616-7180**
<http://www.ci.sanbruno.ca.us>

San Carlos Parks and Recreation Dept.
600 Elm St. 94070 **802-4471**
<http://www.ci.san-carlos.ca.us>

San Mateo City Parks and Recreation Dept.
1900 O'Farrell St. 94403 **522-7400**
<http://www.ci.sanmateo.ca.us>

South San Francisco Recreation and Community Services Dept.
33 Arroyo Dr. 94080 **829-3800**
<http://www.ssf.net>

Boys and Girls Clubs of North San Mateo County
<http://www.theclubs.org>

Pacifica Club **355-1334**
955 Yosemite Dr., Pacifica 94044

Paradise Valley Club **583-2348**
291 Hillside Blvd., South San Francisco 94080

South San Francisco Club **589-7090**
201 W. Orange Ave., South San Francisco 94080

Boys and Girls Club of the Coastsides **712-9710**
P.O. Box 545, Half Moon Bay 94019
<http://www.bgc-coastside.org>

Boys and Girls Clubs of the Peninsula
<http://www.bgcp.org>
McNeil Family Clubhouse **322-6255**
401 Pierce Rd., Menlo Park 94025

Mervin G. Morris Clubhouse **364-0176**
1109 Hilton St., Redwood City 94063

Moldaw-Zaffaroni Clubhouse **330-1090**
2031 Pulgas Ave., East Palo Alto 94303

Boys and Girls Club Mid-Peninsula **347-9891**
200 N. Quebec St., San Mateo 94401
<http://www.midpenbgc.org>

Peninsula Jewish Community Center **212-PJCC**
800 Foster City Blvd., Foster City 94404 (**212-7522**)
<http://www.pjcc.org>
Recreational, social, cultural and educational activities, regardless of religion.

YMCA
East Palo Alto YMCA **328-9622**
550-B Bell St. 94303
<http://www.ymcamidpen.org>

Sequoia Branch **368-4168**
1445 Hudson St., Redwood City 94061
<http://www.ymcamidpen.org>

Peninsula Family YMCA **286-9622**
1877 S. Grant St., San Mateo 94402
<http://www.ymca.org/Peninsula>

TRANSPORTATION

**BART (Bay Area Rapid Transit) 992-BART
(992-2278)
.....(TTY) 510-839-2278**

<http://www.bart.gov>

Call Monday-Saturday, 6am-12 midnight, Sunday, 8am-12 midnight, for schedule information on BART trains. In San Mateo County, BART stations are located in Colma, Daly City, Millbrae, San Bruno, South San Francisco, and at SFO.

**CalTrain.....800-660-4287
.....(TTY) 508-6448**

<http://www.caltrain.com>

Service between San Francisco and San Jose with stops throughout the Peninsula.

**SamTrans.....800-660-4287
.....(TTY) 508-6448**

<http://www.samtrans.com>

Operates buses within San Mateo County. Some routes extend into San Francisco, Palo Alto and Hayward where they connect with other transit systems; others connect to BART in Colma and Daly City and to SFO. Call weekdays 6am-10pm and 8am-8pm on weekends for route information.

VIOLENCE / SEXUAL ABUSE PREVENTION

Barrios Unidos..... 401-3603
P.O. Box 25508, San Mateo 94402
Gang prevention programs for youth age 6-25. Program operates during the school year, September - June.

Child Abuse Prevention Center 688-1900
408 Sherman Ave., Palo Alto 94306
<http://www.childabusepreventioncenter.org>
Information and referral, education, and prevention services.

Child Abuse Treatment Services 403-4300

Family Service Agency
24 - 2nd Ave., San Mateo 94401
<http://www.familyserviceagency.org>
Support and counseling for individuals who have been abused as children and for families in which child abuse and/or domestic violence has occurred.

Community Overcoming800-300-1080

Relationship Abuse (CORA)..... 312-8515

Teen Hotline..... **259-8136**

Legal Information Line for survivors of **259-1855**

domestic violence

P.O. Box 5090, San Mateo 94402

<http://www.corasupport.org>

Counseling and support groups. Live online chat with teen counselors Monday - Wednesday, 5pm-7pm at <http://www.teenrelationships.org>.

Juvenile Sexual Responsibility Program

North Peninsula Family Alternatives 877-8642

Peninsula Family YMCA

1486 Huntington Ave., South San Francisco 94080

<http://www.ymcasf.org/Peninsula/community.html>

Works with boys age 14-18 with a suspected or documented history of perpetrating sexual abuse.

Peninsula Conflict Resolution Center 513-0330

1660 S. Amphlett Blvd., #219, San Mateo 94402

<http://www.pcrweb.org>

Parent/teen mediation services and conflict resolution training for pre-school through high school students, staff and parents.

Rape Trauma Services 692-RAPE

1860 El Camino Real, #301

(692-7273)

Burlingame 94010

<http://www.rapetraumaservices.org>

24-hour crisis counseling and survivor support groups. Offers rape and violence prevention education in schools.

YOUTH DEVELOPMENT / MENTORING

American Red Cross **259-1767**
 1710 Trousdale Dr., Burlingame 94010
<http://www.bayarea-redcross.org>
 Youth Engaged in Service volunteer program, peer education training in disaster preparedness, babysitting classes.

Big Brothers/Big Sisters **415-503-4050**
 600 Townsend St., #120E, San Francisco 94103
<http://www.sf-bbbs.org/>
 Links adults with children age 6-17 of single parents.

Boy Scouts of America..... **341-5633**
 1150 Chess Dr., Foster City 94404
<http://www.pacsky.org>
 For boys age 6-20, girls age 14-20.

Daly City Youth Health Center **985-7021**
 2778 Junipero Serra Blvd., Daly City 94015
<http://www.dalycityyouth.org>
 One-on-one mentoring program for high-risk high school students.

Explorers' Program **363-4012**
 Search-and-rescue or law enforcement training programs for youth age 14-20. Sponsored by the San Mateo County Sheriff's Office and Learning for Life.

Friends for Youth..... **482-2864**
 1741 Broadway, 1st Fl., Redwood City 94063
<http://www.friendsforyouth.org>
 One-to-one mentoring for troubled youth age 8-17.

Girl Scouts **800-447-4475**
 P.O. Box 2249, Oakland 94621
<http://www.girlscoutsbayarea.org>
 For girls age 5-17.

Hope Preservation, Inc. **591-3306**
Nia Mentoring Project
 1200 - 6th Ave., #105, Belmont 94002
 Life-skills development for African American youth age 9-18.

Junior Statesmen Foundation **800-334-5353**
 400 S. El Camino Real, #300, San Mateo 94402
<http://www.jsa.org>
 Nonpartisan political education program.

Plugged In..... **322-1134**
 2115 University Ave., East Palo Alto 94303
<http://www.pluggedin.org>
 Workshops and instruction in Web design and video production.

Prevention Education/Youth Development Services **802-5342**
San Mateo County Office of Education
 101 Twin Dolphin Dr., Redwood City 94065
<http://www.smcoe.k12.ca.us>
 Promotes asset and leadership development in schools, community organizations and youth groups by providing training, technical assistance and materials for loan.

University of California Cooperative Extension
 80 Stone Pine Rd., #100..... **726-9059**
 Half Moon Bay 94019
<http://www.ca4h.org>
 Sponsors 4-H clubs.

Volunteer Center..... **235-3550**
<http://www.thevolunteercenter.net>
 The Youth Empowerment Program is tailored to the needs of young people looking for a volunteer position.

Youth Development Initiative (YDI)....579-0361 x25
Youth and Family Enrichment Services (YFES)
 610 Elm St., #212, San Carlos 94070
<http://www.bethedifference.org>
 Promoting asset and leadership development with youth through active roles in the community.

Additional youth organizations and programs are sponsored by local police departments, religious institutions, service clubs, and civic, fraternal, and community organizations. Information may be obtained by calling those organizations.

Inclusion of an agency in this guide does not imply endorsement, nor is exclusion a reflection of the value or quality of an agency's services.