

ALAMEDA COUNTY RESOURCES FOR TEENS & YOUNG ADULTS



PRESENTED BY PEERS TYA PROGRAM



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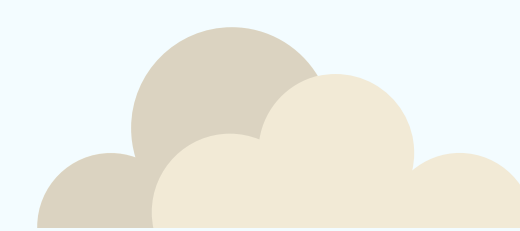
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INTRODUCTION

PEERS Teens And Young Adults (TYA) is a youth-driven and peer-centered program serving Alameda County Youth ages 16-24. Our mission is to support and provide opportunities for teens and young adults to strengthen their personal and professional skills while developing leadership experience that can enhance their transition into adulthood.

Within our program, we have our Youth Collective, Circle Up, and our appointment services, all which promote education and support around Mental Health & Wellness, Education/Career Exploration, Housing, Community Resources, and Financial Literacy.

This resource packet is helpful for youth, service providers, and anyone seeking community support. The resources in this packet have been distributed by Alameda county TAY* specific services and programs, community resources that are free/no cost that are not TAY specific, online resources, and hotlines.

Through this packet we hope to promote our PEERS values of Hope, Collaboration, Strengths-based, Cultural Responsiveness, Peer support, Social Inclusion, and Empowerment.

If you are interested In finding out more about PEERS programs and services, you can find out here:

<https://www.peersnet.org/programs.html>

**TAY stands for transitional age youth. The term refers to all young people who are between the ages 16-24*



ALAMEDA COUNTY TAY SERVICES & PROGRAMS

Dream Catcher Youth Clinic (Oakland)

583 5th Street. Oakland, CA 94607 Phone (510) 839-0929 Instagram: @dreamyouthclinic

Dream Youth Clinic offers medical and health services for youth ages 12-24. The clinic hold events for youth including a Young Moms Rising Virtual Group, youth community workshops, and health education sessions.

The Unity Council (Oakland)

1900 Fruitvale Avenue. Suite 2A. Oakland, CA 94601 Phone: (510) 535-6900
Email: admin@unitycouncil.org Website: <https://unitycouncil.org/>

The Unity Council's programs aim to provide the community with the tools, knowledge, and resources to transform their lives and ultimately achieve their long-term educational, career, and financial goals. The Unity Council offers youth empowerment and achievement services including access to jobs and internships, programs for OUSD youth, and summer jobs.

Reach Ashland Youth Center (Oakland)

16335 E 14th st, Ashland, CA 94578 Phone: (510) 481-4551
Website: <https://reachashland.org/join/> Instagram: @reachayc

REACH Ashland Youth Center brings no-cost Recreation, Education, Arts, Career, and Health programs to empower youth ages 11 to 24 and no-cost child-care and food distribution services to support the community.



ALAMEDA COUNTY TAY SERVICES & PROGRAMS

Youth Uprising (Oakland)



Phone: (510) 777-9909

Email: info@youthuprising.org

Instagram: @youthuprising

Website: <https://www.youthuprising.org/programs/health-wellness>

Located in East Oakland, Youth Uprising is a neighborhood hub offering young people services and programs to increase physical and mental wellbeing, community connection, educational attainment, and career achievement among youth members.

East Oakland Youth Development Center (Oakland)

8200 International BLVD, Oakland, CA. 94621

Phone: (510) 569-8088

Instagram: @eoydc

Email: infoplease@eoydc.org

Website: <https://eoydc.org>

EOYDC offers a range of health and wellness activities designed to support holistic health and development through: 1) increased activity levels through movement and athletics; 2) access to healthy food and nutrition education; 3) practices and skill-building that support mental and emotional well-being.

Restorative Justice for Oakland Youth (Oakland)

173 Filbert St, Oakland, California

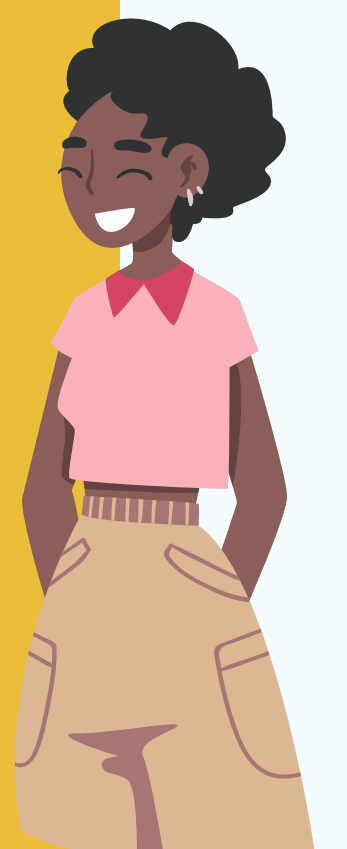
Phone: (510) 931-rjoy

Email: rjoy@rjoyoakland.org

Website: <https://rjoyoakland.org/>

Instagram: @rjoyoakland

RJOY, interrupts cycles of violence and incarceration by promoting Restorative Justice practices and policies in schools, communities, and the juvenile justice system. RJOY is piloting a youth-centered restorative re-entry program that is empowering formerly incarcerated youth to turn their lives around and also holds the RJOY teen circle every Friday 4:30pm-6:30pm designed to support Black and Brown youth, ages 15-20 who may have been exposed to gang violence, childhood trauma, and/or any form of abuse that young teens may experience during their adolescent years.



ALAMEDA COUNTY TAY SERVICES & PROGRAMS

La Clinica De La Raza Adolescent/Youth Services (Multiple Locations Across Alameda County)

Phone 510-535-4000.

Website: <https://laclinica.org/service/adolescent-youth-services/>

La Clinica provides accessible and affordable health care to teens from low-income communities of the East Bay. Services include Immunizations, Physical Exams, Lab Tests, Services for Chronic Illnesses, and Pregnancy Testing.

Bay Area Legal Aid (Multiple Offices across the Bay Area)

1735 Telegraph Ave, Oakland, CA 94612 Phone: (510) 663-4744 Instagram: @baylegaljustice
Youth Justice Referral Form: <https://baylegal.org/youth-justice-online-referral-form/>

BayLegal's Youth Justice team provides free civil legal services to young people 13-26 to prevent justice system entry/reentry. BayLegal's Youth Justice team might be able to help in areas including foster care, education, public benefits/SSI, guardianships, immigration, and family law.

Fly Program (Multiple Offices Across the Bay Area)

Alameda County Office, 333 Hegenberger Road, Suite 350, Oakland, CA 94621

Phone: (408) 263-2630

Website: <https://flyprogram.org/>

Instagram: @flyprogram

FLY serves youth ages 11 to 25 who are impacted by the juvenile justice system. Services include The STAY FLY Program, a reentry program that develops social emotional learning (SEL) skills and knowledge of the law in transition aged youth (TAY), The Career Pathways Navigators (CPNs) partner with Case Managers to support youth in pursuing their academic and career development goals, the Leadership Training Program targets youth who are at moderate to high risk for justice system involvement and supports them in building the skills needed to live a crime-free, self-sufficient life.



ALAMEDA COUNTY TAY SERVICES & PROGRAMS

East Bay Community Law Center (Berkeley)

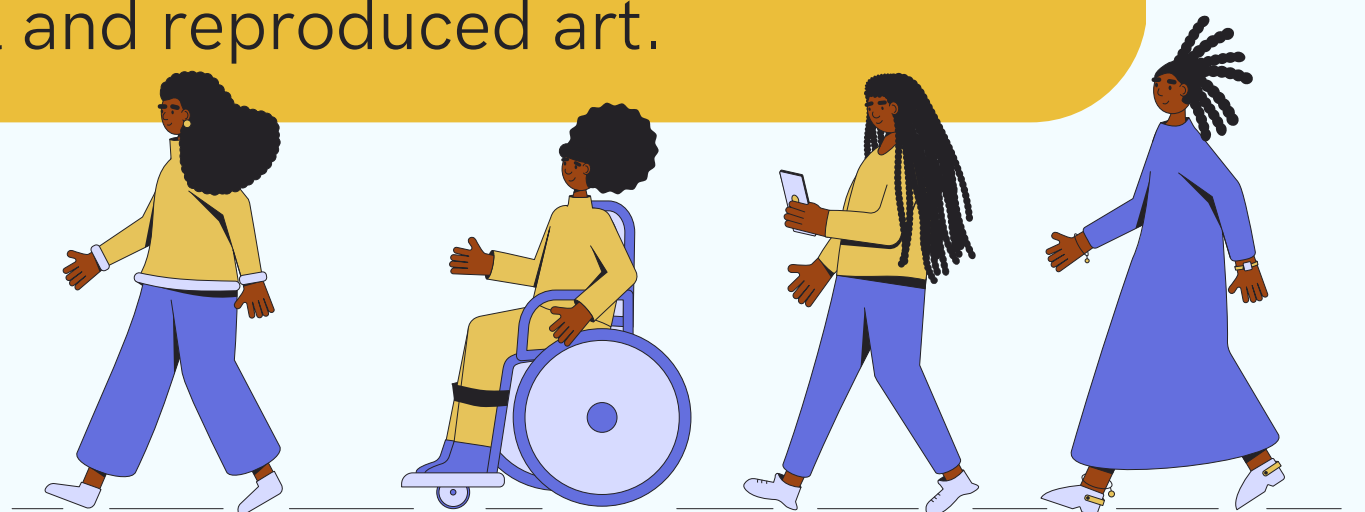
1950 University Ave Ste 200, Berkeley CA 94704 Phone: (510) 548-4040
Email: info@ebclc.org Website: <https://ebclc.org/>

EBCLC's Education, Defense & Justice for Youth (EDJY) program represents young people caught at the intersection of the juvenile justice and education systems. Attorneys and advocates can provide the following types of assistance in juvenile delinquency, school discipline, special education, and juvenile record sealing cases: Representation in juvenile delinquency court, at school expulsion proceedings (DHP), and an Individualized Education Program (IEP) meetings, consultation and advice on a variety of youth law issues, connecting clients to other legal services EBCLC provides, such as housing, immigration, and public benefits, and providing clients access to social work services at EBCLC.

Youth Spirit Artworks (Berkeley)

1740 Alcatraz Avenue, near Adeline, Berkeley, CA 94703 Phone: (510) 282-0396
Website: <https://youthspiritartworks.org/> Instagram: @youthspiritartworks

Youth Spirit Artworks (YSA) is an interfaith art jobs and job training program located in Berkeley, California which is committed to empowering homeless and low-income San Francisco Bay Area young people, ages 16-25. YSA offers the Fine Art Program which involves youth in creating original artwork made of traditional, recycled, and reused materials, Community Art Program that engages young people as leaders in neighborhood revitalization through creation of murals, tile projects, and other public art, and the Art Entrepreneurship and Sales that helps youth participate in the marketing and sales of original and reproduced art.



ALAMEDA COUNTY TAY SERVICES & PROGRAMS

Pacific Center (Berkeley)

2712 Telegraph Avenue Berkeley, CA 94705 Phone: 510-548-8283

Instagram: @pacificcenterberkeley Email: info@pacificcenter.org

Website: <https://www.pacificcenter.org/>

Pacific Center provides direct services for Alameda County and the greater Bay Area LGBTQIA+ communities. Their mission is to enhance the mental health and overall well-being of the LGBTQIA+ and QTBIPOC communities by providing culturally responsive therapy, peer to peer support groups, community outreach services, and facilitated workshops. Youth programs at Pacific Center support young people in feeling connected, supported, and uplifted by offering a welcoming, affirming space to explore identity -- especially sexuality and gender -- and mental health.

Civicorps (Oakland)

101 Myrtle St. Oakland, CA 94607

Phone: (510) 992-7800

Email: info@cvcorps.org

Instagram: @civicorps

Website: <https://cvcorps.org/>

Civicorps' mission is to re-engage young adults, age 18-26, to earn their high school diplomas, gain job skills, pursue college, and embark on family sustaining careers. Civicorps also provides support services, mentorship, and a family-like environment so you can take care of yourself while taking care of your community and environment.



COMMUNITY RESOURCES (NOT TAY SPECIFIC)

Family Paths (Oakland and Hayward)

1727 Martin Luther King, Jr. Way, Suite #109, Oakland, CA 94612

Phone (510) 893-9230

Email: info@familypaths.org

Instagram: @familypaths

Website: <https://familypaths.org/who-are-we/services-programs/>

Family Paths offers a wide variety of individual and family mental health and supportive services for families throughout Alameda County. Most services are offered in English and Spanish.

Axis Mundi (Oakland)

516 Oakland Ave, Suite 203 Phone: (510) 463-4123 Email: execdirect@axismunditherapy.org

Website: <https://www.axismundicenter.org/services>

Axis Mundi Center for Mental Health is a not-for-profit charitable endeavor that provides affordable therapy and counseling services while seeking to address the growing and dire need for multi-culturally competent clinicians. Axis Mundi offers affordable, flat-rate and sliding scale therapy and counseling that's reflective of a clinician's expertise and experience.

Bay Area Community Services (Oakland)

390 40th Street, Oakland, CA 94609 Phone: (510) 613-0330. Email: bacs@bayareacs.org

Website: <https://www.bayareacs.org/intentional-care/> Instagram: @bayareacs

Bay Area Community Services provide 24/7 care for people in need. Their programs are transforming the state of homelessness, mental health crisis treatment, and decreasing reliance on policing. BACS is helping people experiencing mental health needs or housing crises, while balancing other complications like health needs, substance use, generational trauma, incarceration, poverty, and more.



COMMUNITY RESOURCES (NOT TAY SPECIFIC)



East Bay Meditation Center (Oakland)

285 17th Street, Oakland, CA 94612

Website: <https://eastbaymeditation.org/>

Instagram: @ebmc_oakland

East Bay Meditation Center offers meditation training and spiritual teachings from Buddhist and other wisdom traditions, with attention to social action, multiculturalism, and the diverse populations of the East Bay and beyond. Their programs include meditation classes, daylong retreats, sitting groups, workshops, and classes.

Freedom Community Clinic (Oakland)

3217 Telegraph Ave #101 Oakland, CA 94609

Email: info@freedomcommunityclinic.org

Website: <https://www.freedomcommunityclinic.org/home> Instagram: @freedomcommunityclinic

Freedom Community Clinic offers healing services that address health issues that arise from structural and systemic poverty, racism, and inequality. Their services are free and combine the strengths of Western medicine and the strengths of ancestral, Indigenous, and traditional healing. Freedom Community Clinic is dedicated to meeting the community in places and spaces where they trust, gather, and celebrate to minimize stigma/barriers and expand access to care, including neighborhoods, street corners, protests, youth centers, schools, etc.

The East Oakland Collective (Oakland)

7800 MacArthur Blvd, Oakland, CA 94605 Phone: (510) 990-0775

Instagram: @eastoaklandcollective Email: info@eastoaklandcollective.com

Website: <https://www.eastoaklandcollective.com/calendar.html>

The East Oakland Collective supports residents of East Oakland, prioritizing Black residents, to navigate challenges and barriers to inequities through resource distribution and advocacy. They work towards racial and economic justice and equitable access and their work includes homeless services and solutions, economic empowerment, and community action.



COMMUNITY RESOURCES (NOT TAY SPECIFIC)

Homies Empowerment (Locations Across Oakland)

FREEdom Store Center: 7631 MacArthur Blvd. Oakland CA, 94605

Learning Center: 2635 Seminary Ave Oakland CA, 94605

Care Center: 7645 MacArthur Blvd. Oakland CA, 94605

The FREEdom Farm: 10451 MacArthur Blvd, Oakland, CA 94605

Phone: (510) 485-2224 Instagram: @homiesempowerment

Emails: Homiesempowerment@gmail.com

Volunteerathomies@gmail.com

Hechos@nacainspireschoolsnetwork.org

Careteam.homies@gmail.com

Website: <http://www.homiesempowerment.com>

Homies Empowerment is an independent, grassroots community-based organization out of East Oakland. The Homies Empowerment Community Care team is dedicated to providing physical, emotional, and tangible support in the areas of food insecurity, mental health, housing, and wellness. Their programs include the FREEdom Store: a free store in East Oakland to distribute food and household necessities, Fishes and Loaves: a program where staff and volunteers serve the people where they are at and build community at the encampments of our unhoused and houseless relatives, Love Packages: a program dedicated to taking packages to those who cannot leave their homes, and a Free Breakfast Program.



ONLINE RESOURCES

Psychology Today

Therapy Center Website: <https://www.psychologytoday.com/us/basics/therapy>

Psychology Today's Therapy Center offers helpful explanatory information in a lot of topics around mental health and wellness, their Find a Therapist feature allows you to find a therapist near you at no cost, there are also self mental health assessments, and blog posts to hear about others experiences and testimonies.

Active Minds

Website: <https://www.activeminds.org/>

Active Minds offers vast education around mental health and self care resources. With a presence at more than 800 campuses, schools, communities, and workplaces each year, they are reducing the stigma surrounding mental health and creating communities of support.

IDONTMIND

Website: <https://idontmind.com/>

IDONTMIND is a mental health campaign with a mission to inspire open conversations about mental health and to provide resources, education, and encouragement for anyone who needs it. Their Ask A Therapist series is a collection of mental health questions answered by real therapists. It's an opportunity to better understand yourself and your mental health and to get on a path of healing. The IDONTMIND Writing Workshop is a free online course where you can develop your writing skills and find powerful ways of healing through storytelling.



ONLINE RESOURCES

Mental Health America

Website: <https://www.mhanational.org/>

MHA helps Americans of all ages better understand prevention, early identification and intervention through a variety of information, education, online tools and events including mental health screening and worksheets.

Black Emotional and Mental Health Collective (BEAM)

Website: <https://beam.community/>

BEAM's mission is to remove the barriers that Black people experience getting access to or staying connected with emotional health care and healing through education, training, advocacy, and the creative arts. Their Get Help Now feature connects you to hotlines, mobile crisis units, and resources for your mental health journey. Their programs include Black Healing Remixed—an interactive community program that creates conversations and events that provide mental health education while centering Black folks' unique healing practices and approaches, Black Masculinity (re)imagined—a community and skills building program that trains and supports Black men and masculine folks with addressing mental health and community violence, Heart Space—A monthly, online support group and emotional skills building space for Black folks looking to learn, support and grow in their own healing, North Star—A monthly, online nurture and peer support space for Black mental health and healing professionals, and Blake's Space—A bimonthly, online peer support space for Black trans masculine, genderqueer, and intersex masculine folks to connect, share, and build community. BEAM also offers a wide range of wellness tools to support your mental health and healing journey.



HOTLINES

988 Suicide & Crisis Lifeline

Website: <https://988lifeline.org/>

Call or text 988 or chat 988lifeline.org. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.

Disaster Distress Helpline

Website: disasterdistress.samhsa.gov

The national Disaster Distress Helpline is available for anyone experiencing emotional #distress related to natural or human-caused disasters. Call or text 1-800-985-5990 to be connected to a trained, caring counselor, 24/7/365.

CRISIS TEXT LINE

Website: <https://www.crisistextline.org/>

Text HOME to 741741 to connect with a Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.

The Trevor Project

Website: <https://www.thetrevorproject.org/get-help/>

Call 1-866-488-7386 or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.



HOTLINES

Trans Lifeline

Website: <https://translifeline.org/hotline/>

Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support, full anonymity & confidential phone service run by trans people for our trans and questioning peers.

Oprime 2 para hablar con un operador en español.

NAMI HelpLine

Website: <https://www.nami.org/help>

Text "HelpLine" to 62640 or call 800-950-NAMI (6264). The NAMI HelpLine is a free, nationwide peer-support service providing information, resource referrals and support to people living with a mental health condition, their family members and caregivers, mental health providers and the public.

National Domestic Violence Hotline

Website: thehotline.org

For any victims and survivors who need support, call 1-800-799-7233 or 1-800-799-7233 for TTY, or if you're unable to speak safely, you can log onto thehotline.org or text START to 88788.

StrongHearts Native Helpline

Website: <https://strongheartshelpline.org/get-help>

StrongHearts Native Helpline 1-844-7NATIVE (762-8483) is a safe, anonymous, and confidential domestic violence and dating violence helpline for Native Americans and Alaska Natives, offering culturally-appropriate support and advocacy.



HOTLINES

Dial 2-1-1

Website: <https://www.211.org/>

If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit 211.org or dial 211 to speak to someone who can help.

