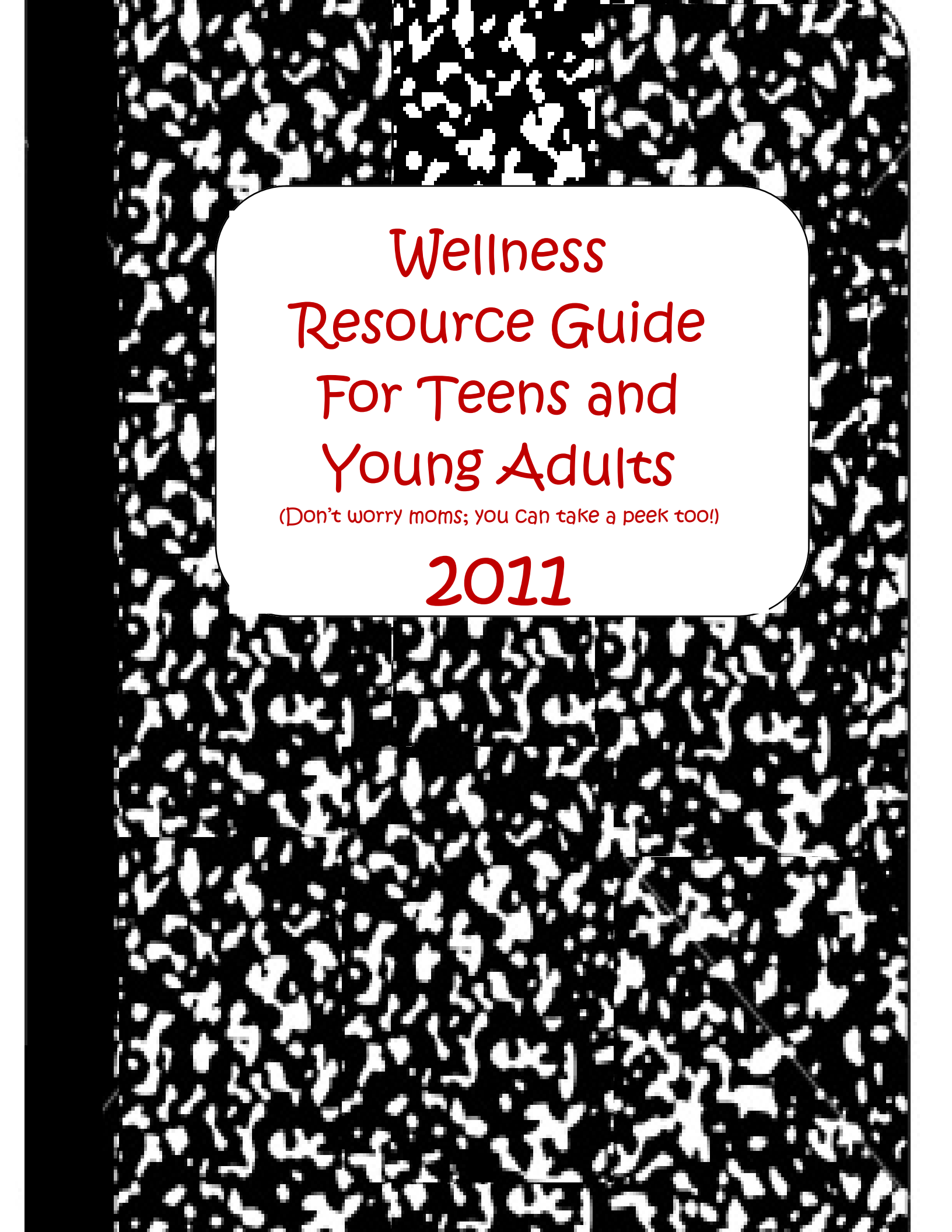




Wellness Resource Guide For Teens and Young Adults

(Don't worry moms; you can take a peek too!)

2011

Emergency Services and Hotlines

ACCESS-County Child/ Adult Crisis Services

Auburn: (888)886-5401

Roseville: (916)787-8860

Crisis Resolution Center (916)652-2749

Hospitals

Kaiser Roseville (916)784-4000

Sutter Auburn Faith (530)888-4500

Sutter Roseville (916)781-1000

Tahoe Forest (530)587-6011

Poison Control (800)876-4766

Police Departments and Sheriff

Placer County Sheriff's Office (530)889-7800

Auburn Police Department (530)823-4237

Lincoln Police Department (916)645-4040

Rocklin Police Department (916)632-4093

Roseville Police Department (916)774-5000

Hotlines

AIDS (800)342-2437

Al-Anon-Alateen (800)356-9996

California Missing Children Hotline (800)222-3463

Child Abuse (800)540-4000

Child Help USA Information Center (800)4-1-2443

Children of the Night (800)551-1300

Crisis Resolution Center (866)251-7584

Drug Information Help (800)729-6686

Family's Anonymous (800)736-9805

Gay and Lesbian Services (888)843-4564

National Center for Missing and
Exploited Children California (800)222-3463

National Herpes (919)361-8488

National Runaway (800)786-2929

RAIN(Rape, Abuse, Incest, National Network) (800)656-4673

Suicide Prevention (800)DONT CUT

Auburn (530)885-2300

Table of Contents

Health and Wellbeing

Nutrition Resources	<u>3</u>
Sports and Fitness	<u>4</u>
Stress Reduction	<u>8</u>
Medical Services	<u>10</u>
Social and Cultural Wellness	<u>12</u>
Depression & Cutting	<u>13</u>
Eating Disorders	<u>13</u>
Substance Abuse	<u>13</u>

Education

High School Contact Information	<u>16</u>
Learning Disabilities and Tutoring	<u>17</u>
College Resources and Financial Aid	<u>18</u>

Enrichment

After School Programs	<u>20</u>
Art, Music & Writing Programs	<u>21</u>
Leadership and Community Service	<u>24</u>
Churches and Spiritual Groups	<u>26</u>

Living and Transitions

Independent/Homeless Resources	<u>27</u>
Employment Assistance	<u>28</u>
Housing Assistance	<u>33</u>
Utilities	<u>34</u>
Meals and Food Distribution	<u>35</u>
Transportation	<u>36</u>

Family

Resources and Counseling	<u>37</u>
Legal Services and Advocacy	<u>39</u>
Teen Pregnancy, Parenting and Childcare	<u>39</u>



Dear Friends,

You are our future! We want you to have what you need to move forward, learn and grow as individuals. This wellness resource guide is a gift as well as an invitation, an invitation to live life to the fullest, to explore and to share what you learn along the way. Our mission is to connect you to resources and opportunities available in our community. We know that when youth connect to their community magical things happen☺ Many hours were spent digging up and updating old resource guides, brainstorming with both youth and professionals and seeking out new and unique resources. This is by no means done, definitely a work in progress! We encourage you all to seek out more resources and opportunities! If you feel like an important resource is missing from this guide please send an email to: wellnessresouceguide@gmail.com with the name of the resource, contact information and some highlights of the resource and they will be considered for next year's updated version of this resource guide! This guide will also be available online at <http://ucanr.org/pcyc>.

Peace & Blessings!

Natalie Pohley

*Auburn Hip Hop Congress
Community and Youth Organizer
(530)368-4455*

Health and Wellbeing

Healthy Places to Shop & Eat

Confluence Kitchen and Market
 13471 Bowman Rd.
 Auburn, CA 95603
 (530)885-3886
www.confluencekitchenandmarket.com

- Natural Meats
- Organic Vegetables
- Vegetarian, Gluten Free, Dairy Free, Vegan Options
- Organic Espresso Bar
- Healthy Pre-Home Made Meals to Go

Foothill Organic Growers
 8060 Ridge Rd.
 Newcastle, CA 95658

www.foothillorganicgrowers.org

Contact:

Jack Hertle
 Farmer in Chief
 (916)663-2146
organicjack@sbcglobal.net

- Diet and Nutrition Advice
- Fresh Organic Produce Packaged and Delivered
- Wheatgrass Education
- Community Supported Agriculture

Ikeda's
 13500 Lincoln Way
 Auburn, CA 95603
 (530)885-4243
www.ikedas.com

- Gourmet Cuisine
- Certified Organic Produce
- Fruit Grown on Local Orchard

Machado Orchard's
 100 Apple Lane
 Auburn, CA 95603
 (530)823-1393

- Agro Art Play Garden
- Family Fruit Orchard
- Fresh Fruit Pies

PlacerGROWN
 11477 E Ave, Auburn, CA 95603
 (530)889-7398
placergrown@gmail.com
www.placergrown.org

- Information on local farms and farmers markets
- Events Calendar
- Recipes

PachaMama's Organic Café
 Gold Country Mall
 884 Lincoln Way
 Auburn, CA 95603
 (530)823-0909

- Vegetarian with Vegan Options
- Local and Organic
- So much love!

Health and Wellbeing

Frontside Café 660 Auburn Folsom Rd. #105 Auburn, CA 95603 (530)745-0262 www.frontsidecafe.com	• Healthy Alternatives • Includes Vegetarian Cuisine and Gluten Free Options • Fresh ingredients and Homemade Food • Organic meat • Community and family friendly
Fitness and Sports	
Anytime Fitness 12130 New Airport Rd. Auburn CA 95603 (530)887-1265 www.anytimefitness.com	• Open 24 Hours • Weight Training
Auburn Racquet and Fitness Club 1255 Racquet Club Dr. Auburn, CA 95603 (530)885-1602 www.ar-fc.com	• Youth Fitness Education Program • 2 Pools and Spa • Classes • Weights Gym • Smoothie Bar
Auburn Recreation District 123 Recreation Dr., Auburn, CA (530)885-8461 www.auburnrec.com	• Sports, Pool and Recreation • Classes and Camps • Community Events • Youth Assistance Fund Available for low income
Auburn Martial Arts Center 536 Grass Valley Highway Auburn, CA 95603 (530)887-0215 www.auburnmartialartscenter.com	• Taekwondo • Mixed Martial Arts • Kickboxing • Tai Chi
Courthouse Athletic Club 11558 F Ave, Auburn, CA 95603 (530)885-1964 www.cacfit.com	• Weight Training • Fitness Classes • Aquatics • Jr. Racquetball

Health and Wellbeing

Curves 1472 Grass Valley Highway Auburn, CA 95603 (530)887-9300 www.curves.com	• 30 minute Curves Circuit with Zumba Fitness • Strength Training • Facility Especially Designed for Women
Lord's Gym 702 Atlantic Street Roseville, CA 95678 (916)773-5673 www.lordsgym.org	• Weight Training and Classes • Youth and Outreach Programs • Hip Hop Dance Team
Miyagi's Gymnastics Academy 3116 Olympic Way Auburn, CA 95603 (530)888-6569 www.miyagigym.com	• Recreational Classes • Birthday Parties • Open Gym • Cheer and Tumble • Summer and Winter Camps
Pacific Fitness 11800 Enterprise Drive Auburn, CA 95603 (530)823-7458 www.pacfit.com	• Weight Training • Classes • Pacific Zen Zone free to members, \$7 non-members
Total Fitness 210 Palm Ave, Auburn, CA 95603 (530)888-0835 www.totalfitnessauburn.com	• Weight and Strength Training • Cardio Classes • Free Wi-Fi
Titan's Dungeon 12856 Earhart Dr. Auburn, CA 95602 (530)885-2600 www.titansdungeon.com	• Weightlifting • Martial Arts • Boxing • XTREME Boot Camps • Sports Training
Academy Snowboards P.O. Box 4628, Auburn, CA 95604 (619)243-1455 info@academysnowboards.com www.academysnowboards.com	• Snowboards and Gear • Pro Team • Scholarship Program • Snow Camps

Health and Wellbeing

Auburn Running Company 833 Lincoln Way Auburn, CA 95603 (530)823-2002 info@auburnrunningcompany.com www.auburnrunningcompany.com	• Blog on Group Runs and Events
"C" Horse Ranch 11685 Lorensen Rd. Auburn, CA 95602 (530)888-7766	• Riding Lessons • Cancer Survivors Group • Organic Garden • Birthday Parties • Family Fun Days • Summer Camps
Canyon Keepers (530)885-5648 asrak@psyber.com www.members.psyber.com/asra	• Organized Hikes • Junior Rangers • Volunteer Opportunities
Capital Thunder Youth Hockey Club 5098 Foothills Blvd. Roseville, CA 95747 (916)704-8911 www.capitalthunder.org	• Youth Hockey Team • Ages 6-18
Capitol Roots 2534 Industrial Blvd. Suite 150 West Sacramento, CA 95691 (916)712-7777 www.capitolroots.com	• Hip Hop, Popping, Locking, Breaking, Krumping, Turfing and Martial Arts Tricking Classes.
Come Dance with Me 123 Recreation Dr., Auburn, CA (530)885-8461 www.auburnrec.com	• Theater and Dance Classes and Camps
Epic Indoor Skatepark 1104 Tinker Road Rocklin, CA 95657 (916)408-4200 www.epiindoorskate.com	• Summer Camp • Skate Lessons • Skate Shop • Park Rentals

Health and Wellbeing

FREE Tai Chi in The Park Craig Rowland 530-308-8672	• Open to Everyone • Taco Tree Park
Gold Step Studios 617 Main Street Placerville, CA 95667 (530)622-GOLD www.goldstepstudios.com	• Performing Arts • Dance • Healing • Classes • Events/Venue
In Sync www.insyncdanceofauburn.com	
Moman Skateboarding 470 A Main St. Newcastle, CA 95658 (916)663-9230 www.sk8moman.com	• In Store Half Pipe • Skate Team • Events
Pamelot Dance 540 Wall Street Auburn, CA 95603 (530)888-6206 www.pamalotdance.com	• Variety of Dance, Theater and Voice Lessons
Sierra Foothills Cycling Club P.O. Box 3124 Auburn, Ca 95604 president@sfcyclists.org www.sfcyclists.com	• Group Rides and Events
Sierra Foothills Rugby 3211 Boulder Creek Place Penryn, CA (530)262-9809 www.SierraFoothillsRugby.com	• Learn how to play at FREE Clinics • Scholarships Available
Sierra Outdoor Center 440 Lincoln Way Auburn, CA 95603 (530)885-1844 www.sierraoutdoorcenter.com	• Outdoor Equipment Rental and Sales • Kayak Lessons • Consignment • Boat Repair
The Ridge Golf Course and Event Center 2020 Golf Course Rd. Auburn, CA 95602 (530)888-7888 www.ridgeec.com	• Junior Programs • Scholarship Opportunity • Golf Lessons

Health and Wellbeing

SkimX Concept Park Parkside Industrial Center 10632 Industrial Ave Ste.100 (916)781-7569 www.skimx.com	• New action sport, Extreme Skim • Park Opens Oct. 2011
Tube Nation nate@tubenation.net	• Water Tubing
Zumba FX Auburn, CA (530)403-6553 www.zumbafx.net	• Whole Body Workout • Fun Fitness Dance Program For everyone
Skatetown 1009 Orlando Ave Roseville, CA 95661 (916)783-8550 www.SKATETOWN.biz	• Ice Skating Facility • Youth and Adult Lessons
Sac City Rollers Foothill Skate Inn 4700 Auburn Blvd. Sacramento, CA juniorderby@saccityrollers.com www.saccityrollers.com	• Skating Lessons • Junior Roller Derby • For Girls ages 10-17 • Volunteer Opportunities
Sacramento State Aquatic Center 1901 Hazel Ave. Gold River, CA 95670 (916)278-2842 www.sacstateaquaticcenter.com	• Youth Camps • Team Building • Sailing, Windsurfing, Canoeing, Kayaking, Water Skiing, Rowing Wakeboarding, Jet Skiing
Stress Reduction	
Auburn Yoga & Fitness 1175 Grass Valley Hwy Auburn, CA 95603 (530) 889-2920	• Zumba • Pilates • Hot yoga • Yoga in the Park
Canyon Spirit Yoga Center 538 Auburn Ravine Road Auburn, CA 95603 www.canyonspityoga.com	• Yoga • Meditation • Discount classes for youth under 21

Health and Wellbeing

East Wind Yoga 922 Lincoln Way Auburn, CA 95603 (530) 889-5657 www.eastwindyoga.com	• New student discounts • Hot, Flow and Yin Yoga
Grace Yoga AHmbiance 884 Lincoln Way Auburn, CA 95603 (530)637-5088 www.graceyoga.com	• Yoga • Pilates • Modern Dance • Ballet • Tribal Improvisational Dance
Mama's Alchlemy 882 Lincoln Way Auburn, CA 95603 (530)889-9494	• Serving Auburn 11 years • Classes and Workshops • Healing Environment • Study Groups
Mountain Stream Meditation Center P.O. Box 1644 Grass Valley, Ca 95945 (530)887-9400 www.mtstream.org	• Meditation Classes and Speakers held at Canyon Spirit Yoga Center
Placer Buddhist Church 3192 Boyington Rd. Penryn, CA 95663 (916)652-6139 www.placerbuddhistchurch.org	• Tai Chi- Stress Relief, Deep Breathing and Balance-T. Masuda (916)652-6190 • Dance Exercise • Calligraphy • Flower Arrangements • Sutra Chanting • Haiku Poetry • Bereavement Counseling • Sierra Bonsai Club • Annual Food Bazaar • Japanese Drumming
Red Lantern Foot Reflexology 811 Lincoln Way Auburn, CA 95603 (530)888-8610	• \$20 Massages • Reflexology
Teens Matter Life Skills 991 Lincoln Way Auburn, CA 95603 (530)889-2300 soul2soulart@yahoo.com www.teens-matter.com	• Life Skills and Challenges Group Program for Teens • Ages 12-20 • Scholarships Available

Health and Wellbeing

Tre Bella Salon and Spa 1237 High Street Auburn, CA 95603 (530)885-6969 www.trebellaspa.com	• Massage • Rain Drop Therapy • Facials/Pedicures • Bio Feedback
Medical Services and Resources	
California Children's Services (530) 886-3630 www.dhcs.ca.gov	• Doctor visits and care • Hospital stays, and surgery • Physical and Occupational therapy. • Tests and x-rays.
Chapa De Indian Health Program 1160 Atwood Rd. Auburn, CA 95603 (530) 887-2800 www.chapa-de.org	• Prenatal care referral, vision and hearing screening, TB tests • Women's health exams • Optometry, Dental • Behavioral Health: addiction recovery, anger control and treatment, etc.
Child Health and Disability Prevention (CHDP) 11484 B Ave. Auburn, CA 95603 (530) 886-3620	• Free health check-ups. • Dental referrals, specialist referrals, and mental health referrals. • Transportation assistance.
Healthy Families and Kids 365 Nevada Street Auburn , CA 95603 (530)745-1380 www.healthy-families.us	• Low Cost Health Insurance for children, teens and pregnant mothers
Placer County Clinic, Auburn 11583 C Ave. Dewitt Center Auburn, CA 95603 (530) 889-7215 www.placer.ca.gov	• Family planning • Sexually transmitted disease testing and treatment. • Pregnancy testing and counseling. • Physical exams for infants, children, and teens.
Roseville 1130 Conroy Ln. Suite 402 Roseville, CA 95661-4153 (916) 784-6444	

Health and Wellbeing

Placer County Community Health 11484 B Ave. Auburn, CA 95603 www.placer.ca.gov	• .Provides WIC • Manages the Teen Pregnancy and Parenting Program, to promote healthy births and successful
Placer County MediCal:Auburn 11552 B Ave. Auburn, CA 95603 (530) 889-7610 www.placer.ca.gov	• Pregnancy services • Confidential medical services for children ages 6-19.
UCDMC Child Protection Center 2516 Stockton Blvd. Sacramento, CA 95817 (916) 734-5177 www.ucdmc.ucdavis.edu	• Pediatric cardiology, critical care. • Developmental-behavioral pediatrics. • Child protection, etc.
Kaiser Permanente 1600 Eureka Rd. Roseville, CA 95661-3027 www.kaiserpermanente.org	• Health Services
American Diabetes Association (916)924-3232 www.diabetes.org	• Walks for Diabetes Research • Volunteer Opportunities
American Cancer Society (800)227-2345 www.cancer.org	• Relay for Life • Cancer Research and Resources • Volunteer Opportunities
Leukemia & Lymphoma Society (916)929-4720 www.LLS.org/sac	• Marathons, Triathlons, Bike Rides and Hiking Adventures to support Leukemia & Lymphoma Society Research • Volunteer Opportunities
March of Dimes (415)788-2202 www.marchofdimes.com	• Improve health issues in infants such as birth defects, premature birth and infant mortality through research, community service, education and advocacy.
Make A Wish Foundation (916)437-0206 www.sacnortheast.wish.org www.wish.org	• Grants wishes to children with life threatening medical conditions. • Volunteer Opportunities

Health and Wellbeing

Social and Cultural Wellness and Healthy Relationships	There weren't a lot of in person resources for this very important topic so we have included some helpful web resources☺
Above the Influence www.abovetheinfluence.com	• Advice on helping friends with substance abuse issues and dealing with peer pressure
California Friday Night Live Partnership Amber Royer Regional Liason (530)742-5483 www.fridaynightlive.org	• Chapters encourage youth adult partnerships and produce positive drug-free events for teens
Gay Straight Alliance Kristy Dyer Club Advisor Placer High School www.gsanetwrok.org	• Bully Prevention • Events, Club Meetings • Activism
Latino Leadership Council 2945 Bell Rd. #274 Auburn, CA 95603 (530)333-9230 www.latinoleadershipcouncil.org	• Substance abuse prevention • Parent Project • Gang Prevention • Teen Pregnancy Prevention • Youth activities • Peace2thaStreets • Latino Health Fair
LoveWorks! P.O. Box 434 Meadow Vista, CA 95722 (530)878-3893 www.lovethefamily.com	• FREE Downloads, Articles, Links and Videos on how to have better relationships. • Workshops Available
PEACE for Families www.peaceforfamilies.org	• Workshops promoting Healthy Relationships and addressing Teen Domestic Violence and Sexual Abuse
Contact: Sara Hernandez Teen Educator (530)823-6223 shernandez@peaceforfamilies.org	• Teen Groups • Teen Educator on Staff to assist with any teen specific issues

Health and Wellbeing

Placer County Children's System of Care~Diversion Program (WATAH) 11716 Enterprise Drive Auburn, CA 95603 (530)886-5483	• Team Building Projects • Community Service Activities • Skill Building • Goal Setting • Learn How to Resist Peer Pressure
Sierra Native Alliance (530)745-1250 www.sierranativealliance.org	• Youth Programs/Camps • Family Resources • Cultural Resource Center • Support for Cultural Preservation Activities and Community Events
Teaching Tolerance www.tolerance.org "A place to find thought provoking news, conversation and support for those who care about diversity, equal opportunity and respect for differences in schools."	• Teaching Tolerance Magazine • FREE Tolerance Curriculum for Classrooms and Group • Mix it Up at Lunch Day- FREE materials and support for Organizers
Depression, Suicide and Cutting To Write Love on Her Arms P.O. Box 206 Cocoa, FL 32923 info@twloha.com www.twloha.com	• Help and Hope for people struggling with depression, addiction, self injury or suicide. • Helpful Website full of resources • Find or Start a Local Chapter
Eating Disorders www.nationaleatingdisorders.org (800)931-2237	• Tool Kit for Parent and Educators • Information and Resources • Help Hotline
Substance Abuse Prevention AL-ANON 5429 Palm Ave Suite A Sacramento, CA 95841 (916)334-2970 www.al-anon.alateen.org	• Open and closed meetings for anyone whose life has been affected by a problem drinker

Health and Wellbeing

Alcoholics Anonymous 9960 Business Park Dr. Ste 110 Sacramento, CA (530)887-2655 www.aasacramento.org	• Groups and Sponsor Program for people of all ages with alcohol problems
Coalition for Placer Youth 11484 B Ave Auburn, CA 95603 (530)889-7238 scrow@placer.ca.gov www.coalitionforplaceryouth.org	• Rx Take Back • Placer County Youth Commission • Latino Outreach • Teens participate in a grassroots community coalition working to prevent under-age drinking and abuse of prescription drugs • Teens may be sent to regional or even National trainings to learn or be presenters
Community Recovery Resources (CoRR) (530)273-9541 www.corr.us	• Adolescent Treatment • Life Skills Services • HIV Services • Tobacco Cessation Services
Full Circle Treatment Center 730 Sunrise Ave #250 Rosevill, CA 95611 (916)787-4357 www.fullcircuitreatmentcenter.com	• Adolescent Drug and Alcohol Treatment • Parent Project • Teen Classes
Narcotic Anonymous American River Canyon Overlook Park 855 Pacific Ave (916)645-1635 www.sfana.org www.NA.org	• Groups and Sponsor Program for people of all ages with drug problems

Health and Wellbeing

National Institute on Drug Abuse www.Teens.drugabuse.gov	• Education resources & materials on drugs of abuse, chat day, games and more
Pathway to Prevention 1820 J Street Sacramento, CA 95811 www.pathwaytoprevention.org	• Prevention and Early Intervention of Teenage Drug and Alcohol Addiction • Community Outreach • Treatment for Teens • Parent Support
Placer County Substance Abuse Prevention 11484 B Ave Auburn, CA 95603 (530)889-7238 scrow@placer.ca.gov www.placer.ca.gov/Departments/hhs/community_health/Strengths%20and%Assets.aspx	• Works to prevent substance abuse before it starts by creating positive change in the community • Links community to resources
Salvation Army Adult Recovery Center 1615 D Street Sacramento, CA 95814 (916)441-5267	• FREE Faith Based Recovery Program • 6 month or longer • Work within organization to fund stay • FREE food, shelter and clothing
Sierra Council on Alcoholism and Drug Dependence 11960 Heritage Oaks Place Auburn, CA 95603 (530)885-1961 www.sierracouncil.org	• FREE Programs • Out-Client Program Services • Residential Treatment Services • Drinking and Driving Programs
The Partnership for a Drug Free America www.drugfree.org	• Prevent • Intervene • Get Treatment • Recover

Education

Schools	
Placer Union High School District (530) 886-4400 1300 New Airport Rd. Auburn, CA 95603	Colfax High School (530) 346-2284 Chana High School (530)885-8401 Del Oro High School (916) 652-7243 Foresthill High School (530)367-5244 Maidu High School Independent Study (530)885-8401 Placer High School (530) 885-4581 Placer School for Adults Offers Enrichment, ESL, Computer& GED classes (530) 885-8585
Rocklin Unified School District (916) 624-2428 2615 Sierra Meadows Drive Rocklin, CA 95677	Rocklin High School (916) 632-1600 Whitney High School (916) 632-6500 Rocklin Alternative Education Center (916)632-3195 Roseville Adult Education (916)782-3952
Placer County Office of Education (530) 889-8020 360 Nevada St, Auburn, CA Auburn, CA 95603	49er R.O.P. Career Prep/Training (530) 889- 8020 360 Nevada St. Auburn, CA 95603

Education

Learning Disabilities and Tutoring	
Alta California Regional Center 2241 Harvard Street, Suite 100 Sacramento, CA 95815 (916)978-6400 www.altaregional.org	• Early intervention services provided through Early Start program • Services and support provided to families with generally no charge
Learning Opportunity Center (916) 660-7222 5000 Rocklin, CA 95677 LRC RM 444 www.sierracollege.edu	• Drop in tutoring • One on One tutoring 1hr/wk for every class enrolled • FREE for Sierra College Students
Learning Disabilities Assoc of CA PO Box 5513 Berkley, CA 94705 (510) 433-7934 info@nclda.org www.ldaca.org	• Resources and events for learning disabilities
Placer Adult Literacy Services 350 Nevada Street, Auburn, CA 95603 (530)886-4530 Palsplacrlibrary.org www.placer.ca.gov	• One on one tutoring in reading, writing and spelling • Program is free and confidential • Volunteer opportunities
Roseville Adult School 200 Bransletter Street Roseville, CA 95678-1875 ras@rjuhsd.us www.rjuhsd.k12.ca/us/rosevilleadult	• Project Read for the non reader, struggling or dyslexic reader • Community Based English Tutoring (CBET)

Education

Warmline Resource Center 2025 Hurley Way, Suite 100 Sacramento, CA 95825 cid@warmlinefrc.org www.warmlinefrc.org	• Special Education training for parents, IEP and IDEA laws for special education
College Resources	
California Chafee Grant Program California Student Aid Commission Special Programs Operations Branch Attn: California Chafee Grant Program P.O. Box 4199029 Rancho Cordova, CA 95741 (888)224-7268 www.csac.ca.gov	• Money for Foster Youth for career, technical training or college courses
California Community Colleges www.icanaffordcollege.com	• Walks students through the steps to apply for financial aid
Chegg www.chegg.com	• Rent or buy textbooks online, save\$!
Connections 671 Newcastle Rd. Newcastle, CA 95603 Contact: Karen Green (916)663-4556 ext. 2# karengreen@peercourt.com	• College Prep Counseling • Assistance with Applications, Financial Aid and Scholarship forms • Interest and Career Inventories • Help with Career Planning and Educational Options
Free Application for Federal Student Aid (FAFSA) www.fafsa.ed.gov	• Cal Grant • Pell Grant • Federal Student Education Opportunity Grant

Education

CollegeDirectory.Net www.college-directory.net	• Listing of Higher Education Institutions located in the U.S. including trade schools, community colleges, universities and state colleges • Links to college websites
Sierra College (916)624-3333 5000 Rocklin Rd., Rocklin, CA 95677 www.sierracollege.edu Sierra College (530)274-5300 250 Sierra College Drive Grass Valley, CA 95945 www.sierracollege.edu	• Trio Student Support Services Assistance Reaching Educational Goals (916)660-7376 • Extended Opportunity Programs & Services Assistance Purchasing Text Books (916)660-7366 • Sierra College Career Connections Job Search and Internship Programs (916)660-7481 • Financial Aid Services Money for School! (916)660-7310 • College Transition Support Team Help for Foster Youth (916)660-7020
California State University, Sacramento 6000 J Street Sacramento, CA 95819 (916)278-6011 www.csus.edu	
Alliance for California Traditional Arts The Presidio P.O. Box 29096 San Francisco, CA 94129 (415)346-3800 www.actaonline.org	• Promotes and supports ways for cultural traditions to thrive now and into the future by providing advocacy, resources and connections for folk and traditional artists and their communities.

Enrichment

After School Clubs and Summer Programs	
Auburn Hip Hop Congress 808 Lincoln Way, Auburn, CA 95603 www.auburnhiphopcongress.com Contact: Natalie Pohley Community and Youth Organizer (530)368-4455 nataliepohley@gmail.com	• Ages 14-24 • Artist Development Program • Positive All Age Events. Concerts and Open Mics for everyone • Arts and Music Workshops • Youth Ambassador Programs and Leadership Trainings • Community Service Opportunities • Cultural Exchange Program • Scholarships available for all programs
Boy's and Girls Club Teen Center 679 Lincoln Way, Auburn, CA 95603 www.bgc-auburn.org Contact: Jabari Wimbs Teen Program Specialist (530)889-2273 jwimbs@bgc-auburn.org	• Open for ages 13-18 • homework assistance • sports and tournaments • art, dance, film, photo • leadership and community • job training career programs & computer skills • nutrition classes and cooking • safety and prevention programs • games rooms with pool tables • volunteer opportunities
NEO Coalition for a Drug Free Nevada County 745 Maltman Drive www.ncneo.com Contact: Lynn Struckrud NEO Coordinator (530)263-7742 jwimbs@bgc-auburn.org	• Provides fun alternatives to doing drugs • Provide opportunities for youth to perform and take on leadership roles within the community • Support local artists (bands, musicians, artists, DJ's, dancers) by helping with flyers, events, and promotion through the websites • Works to change the community's perception about the youth

Enrichment

Placer County 4H 11477 E Ave, Auburn, CA 95603 (530)889-7386 www.ucanr.org/sites/placercounty4h.org	• Club Programs • Summer Camp • Embryology • Youth Commission • Y.E.S. (Youth Experiences in Science) in After School- Teens as Teachers Opportunity- Community Service Hours Available
Placer County Library Auburn Branch 350 Nevada Street Auburn, CA 95603 www.placer.ca.gov/library Contact: Sophie Bruno (530)886-4520 sbruno@placerlibrary.org	• Teen Advisory Board- Food and drinks provided! Open to all teens ages 12-17. • Writing and Reciting Program with the Auburn Hip Hop Congress • Teen Gaming Coming this Fall! Details TBA • Free Computer Access
Art, Music, Theater , Film and Writing Programs	
Auburn Placer Performing Arts Center 985 Lincoln Way Auburn, CA 96603 (530)885-0156 www.livefromauburn.com	• Theater volunteer opportunities: technical, sound, lighting • Live Concerts • Movies
Encore Music Center 725 High Street Auburn, CA 95603 (530)889-0514 www.encoremusiccenter.com	• Guitar, bass, drum, brass, piano and singing lessons • Community Friendly

Enrichment

Music&More Arts Academy 11596 D Ave Auburn, CA 95603 (530)885-0594 www.musicandmore.net	• Theater, Dance, Instrument and vocal lessons • Events
On Native Ground www.facebook.com/onnativeground	• At Risk Native Youth Media Literacy Training
PlacerArts 808 Lincoln Way (530)885-5670 www.placerarts.org	• Auburn Art Walk • Poetry Outloud • ArtSpace for Teaching and Learning • Auburn Hip Hop Congress Youth Services • 'Spit Fresh Poetry' Open Mics
Sol Collective 2574 21 st Street Sacramento, CA 95818 (916)585-3136 www.solcollective.org	• Arts, Culture, Activism, Workshops, Events, Music, Gardening and Technology
Southside Art Center 669 Lincoln Way Suite 100 Auburn, CA 95603 (530)823-7363 www.southsideartcenter	• Art Program for Adults 18 + with Developmental Disabilities • Instruction in studios on ceramics, drawing, knitting, painting and more!

Enrichment

Take Note Troupe (916)652-8888 TNTshows@gmail.com takenote.producers@gmail.com www.takenotetroupe.org	• Improv Drama Group • Workshops: Acting, Communication, Team Building, Life Skills • Auditions 14-18 • Volunteer Opportunities
Urban Arts 2 nd Tuesday's Sept.-Dec. 2011 3:30pm-5:30pm Auburn Recreation Park, Teen Center 123 Recreation Dr., Auburn, CA 95603	• Visual Art Workshops • DJ Demo and Workshops • Beatboxing Workshops • Dance Workshops • Open Mics • Scholarships Available
Contact: Natalie Pohley Program Coordinator (530)368-4455 nataliepohley@gmail.com	
Writing and Reciting~ Healing Through Written & Spoken Word Thursdays, Sept.-Dec. 2011 4:00pm-6:00pm Auburn Library	• FREE Writing Class for Teens and Young Adults • Monthly Open Mics
Contact: Natalie Pohley Program Coordinator (530)368-4455 nataliepohley@gmail.com	

Enrichment

Leadership and Community Service

Teen Advisory Board

Placer County Library
Auburn Branch
350 Nevada Street
Auburn, CA 95603
www.placer.ca.gov/library

Contact:

Sophie Bruno
(530)886-4520
sbruno@placerlibrary.org

- An opportunity to have real input on the kinds of events they want to have in our community – gaming, poetry night, crafts, pizza tasting contest, photography, writing workshops and more!
- Every teen program we have has been dreamed up by members of our T.A.B.
- A chance to see your ideas turn into an event that all teens can participate in
- Volunteer credit too!

Placer County Youth Commission

www.ucanr.org/sites/pcyc
[placeryouthcommission@
gmail.com](mailto:placeryouthcommission@gmail.com)

Contact:

Kara Sutter
Placer County HHS
(530)889-7179

Kerri Fulton
Placer County Office of
Education
(530)559-3858

- Integrates Youth Voice into local policymaking
 - Engages the community to create positive change
 - Youth Commissioner and Ambassador positions
 - Youth run the meetings, set the priority areas, & decide on action plans
 - Youth Participate in Planning, Organizing and Participating in Community Service Efforts and Events
-

Enrichment

Youth Ambassador Program Auburn Hip Hop Congress 808 Lincoln Way Auburn, CA 95603 nataliepohley@gmail.com (530)368-4455	Once a year, two day leadership and public speaking training conference to learn about and become a representative of the Auburn Hip Hop Congress Community Service and Outreach Team
Preserve American River Canyon PARC Eric Peach 530-885-8878 www.parc-auburn.org	• Outings and adventures • Service & river clean-ups • Rafting, kayaking, river boarding education • Art inspired by the river
High School Service Clubs Key Club Leo Lions Club Rotary Club Soroptimists	www.keyclub.org www.lionsclub.org www.auburncarotay.org www.soropauburn.com
Grant and Funding Opportunities for Youth Projects	
Do Something 24-32 Union Square East 4 th Floor New York, NY 10003 (212)254-2390 www.dosomething.org	• Start a Club • Grants available
GABY Grants and Advisory Board www.placercf.org/grantmaking/youth-grantmaking	• Check Placer Community Foundation website frequently for local funding opportunities
Make a Difference Day www.usaweekend.com/section/MD-DAY/Make-A-Difference-Day	• Annual National Day of Service the last Saturday in October sponsored by USA Weekend • Tool kits and ideas available online
Youth Service America 1101 15 th Street NW Ste.200 Washington, DC 20005 (202)296-2992 www.ysa.org	• Funding youth community service projects • Global Youth Service Day, April 20-22, 2012

Enrichment

Churches and Spiritual Groups	
Listing of Churches in Placer County www.aboutplacercounty.com/churches	In case we missed some churches, this website has a more complete listing.
Abundant Life 706 Atlantic Roseville, CA 95678 (916) 783-1989 www.alfchurch.org	Adventure Church (916) 771-5683 www.adventurechurch.org
Bayside 450 Nevada Street Auburn, CA 95603 (530) 885-9400 www.baysideauburn.org	Bethlehem Lutheran 1279 High Street Auburn, CA 95603 (530) 885-4515 www.bethelhamlutheranauburn.org
Calvary Chapel 1101 Auburn Ravine Rd. Auburn, CA 95603 (530) 885-6332 www.calvaryauburn.com	Celebration 381-B Nevada Street Auburn, CA 95603 (530) 878-1365 www.ccfellowship.com
First Congregational 710 Auburn Ravine Rd. Auburn, CA 95603 (530) 885-9087 www.1congregationalchurchauburn.org	Christian Science Church 994 Lincoln Way Auburn, CA 95603 (530) 885-4811 www.csauburn.com/index.asp
Parkside Nazarene 3885 Richardson Dr Auburn, CA 95603 (530) 823-9911 www.parksidenaz.org	Placer Buddhist Church 3192 Boyington Rd. Penryn, CA 95663 (916) 652-6139 www.placerbuddhistchurch.org
S. F. Unitarian Universalists 190 Finley St. Auburn, CA 95603 (530) 823-0953 www.mysfuu.org	Sierra Grace Fellowship 1260 Wesley Lane Auburn, CA 95603 (530) 889-9089 www.sierragrace.org
St. Joseph Parish 1162 Licoln Way Auburn, CA 95603 (530) 885-2956 www.st.joseph.auburncatholic.com	Latter Day Saints 1255 Bell Road Auburn, CA 95603 (530) 888-0979 www.lds.org
Unity of Auburn 1212 High Street Auburn, CA 95603 (530) 888-6489 www.unityofauburn.com	Young Life 13380 Lake Valley Auburn, CA 95602 (530) 392-0015 www.younglife.org

Living and Transitions

Independent Living Resources

Placer Independent Resource Service

11768 Atwood Rd. #29
Auburn, CA 95603
(530) 885-6100
www.pirs.org

- Assertive technology services.
- Peer support
- Housing resource advocacy.
- Independent living skills training.
- Community outreach.

Whole Person Learning

11816 Kemper Rd.
Auburn, CA 95603
(530) 823-2499
wplcep@pachell.net

- H-Housing
- O-Opportunity
- P-Providing
- E-Experience

Youth Empowerment Support Program

1176 Enterprise Dr.
Auburn, CA 95603
(530) 886-2867
TCherry@placer.ca.gov
www.youthempowermentsupport.com

- Support with accomplishing goals.
- System (probation, child welfare, mental health) transformation opportunities.
- Groups
- Trainings
- Resource/Personal Referrals.

Salvation Army, Auburn

286 Sutter St.
Auburn, CA 95603
(530) 889-3990
www.salvationarmyusa.org

- Housing assistance in Auburn by agency referral only.
- Food closet.
- Clothing.
- PG &E assistance.
- Rent assistance.
- Gas Vouchers.

Salvation Army, Roseville

100 Lincoln Ct.
Roseville, CA 95678
(916) 784-3233
www.salvationarmyusa.org

Living and Transitions

The Gathering Inn 201 Berkley Ave. Roseville, CA 95678 (916) 791-9355 www.thegatheringinn.com	• Housing shelter. • A case manager to get clients into housing. • Drug and Alcohol clinic 3 days a week. • Gateway providing computer classes. • Food stamps, WIC, etc.
The Lazarus Project (916) 772-6833 www.lazarusprojectinc.org	• Covenant House
The Salt Mines- Family Outreach Center 590 G. St., Lincoln, CA 95603 (916) 645-3778 www.thesaltminelincoln.com	• Provides food • Clothing/house hold items. • Gas for Dr. or job interviews
Welcome Center 11522 B Ave Auburn, CA 95603 (530)889-7200	• Coffee, Snacks, Computers and Resources Available to 18+
Wind Youth Services 701 Dixieanne Ave Sacramento, Ca (916)561-2424 www.windyouth.org	• Homeless center and shelter for youth ages 12-18 • Meals, Showers, Laundry, emergency shelter • Classes, workshops and skill building
Employment Assistance	•
49 er ROP 360 Nevada St. Auburn, CA 95603 (530) 889-8020 www.placercoe.k12.ca.us 49errop@placercoe.k12.ca.us	• Arts, media, and entertainment. • Building trades and construction. • Education, child development • Fashion Design

Living and Transitions

Alta California Regional 560 Wall St # B Auburn, CA 95603-3996 (530) 885-8447 www.altaregional.org	• Self advocacy • Employment training • Community integration • Educational opportunities, etc.
Roseville 1620 Santa Clara Dr # 100 Roseville, CA 95661-3559 (916) 786-8110	
AmeriCorps 1201 New York Ave Washington, DC 20525 (202)606-5000 www.americorps.org	• Opportunity to Provide Service to Communities all over the U.S. • Participants may earn college scholarships and income opportunities
California Conservation Corps 3710 Christian Valley Rd. Auburn, CA 95603 (530) 823-4900 www.ccc.ca.gov	• Back country trails program. • International exchanges. • AmeriCorps program. • State wide trails program, etc.
CalWorks 11552 B Ave. Welfare Department Auburn, CA 95603 (530) 889-7610 www.placer.ca.gov	• Job club services • Employment counseling and case management • CalJobs- computers on site.
Auburn Connections 1919 Grass Valley Hwy. Ste. 100 Auburn, CA 95603 (530) 823-4631 www.connectioncenters.com	• Self-directed job search • Career info. • Community resource referrals. • Training services.
Roseville Connections 115 Ascot Dr. Ste. 108 Roseville, CA 95661 (916) 865-2440	

Living and Transitions

**Department of Rehabilitation,
Auburn**

11641 Locker Dr. Ste. 125
Auburn, CA 95603
(530) 823-4040
www.rehab.cawet.org

- Job services for the disabled.

**Department of Rehabilitation,
Roseville**

151 North Sunrise Ste. 601
Roseville, CA 95661
(916) 774-4400
www.rehab.cahwet.org

**EDD: Employment Development
Program**

1919 Grass Valley Hwy. Ste. 100
Auburn, CA 95603
(530) 823-4631
www.edd.ca.gov

- Job seeking skills.
- Unemployment insurance questions.
- Disability insurance questions.
- Labor Market info.
- Training possibility programs

**Golden Sierra Job Training
Agency: Auburn**

1919 Grass Valley Hwy. Ste. 100
Auburn, CA 95603
(530) 823-4631
www.goldensierrawib.com

- WIA youth program
- Training
- Employment opportunities for low-income youth ages 16-21.

**Golden Sierra Job Training
Agency: Roseville**

115 Ascot Dr. Ste. 108
Roseville, CA 95661
(916) 865-2440
www.goldensierrawib.com

Living and Transitions

Peace Corps Paul D. Coverdell Peace Corps 111 20 th Street, NW Washington, D.C. 20526 (800)424-8580 www.peacecorps.gov	• Volunteers assists in global aid, environmental preservation and cultural awareness • Funds of \$7,425 after 27 months of service • Free Travel to and from country of service • Living allowance-Monthly Stipend to cover living and housing expenses • Full Medical and Dental while serving
PRIDE Industries: Youth Services Dept. 10030 Foothills Blvd. Roseville, CA 95747 (916)788-2149 Mindy.tunro@prideindustries.com www.prideindustries.com	• For at risk youth ages 15-21. • Job placement assistance. • Educational assistance. • Pre-employment preparation. • Interview/work clothing. • Assistance acquiring vital documents. • Counseling.
Professional Education Program 11990 Heritage Oak Place Auburn, CA 95603 (530)889-8737 www.pep4cpr.com	• CPR and First Aid Training • Super Sitters Program
Sacramento Job Corps 3100 Meadowview Rd. Auburn, CA 95603 (916) 394-0770 www.sacramento.jobcorps.gov	• Pay and allowances. • Housing • Meals. • Wellness center. • Graduate benefits.

Living and Transitions

Business Resources	
Non Profit Resource Center 1331 Garden Highway Sacramento, CA 95833 (916)285-1840 Info@nprcenter.org www.nprcenter.org	Workshops, tools and resources designed to help non profits grow and succeed
SCORE 4990 Stockton Blvd Sacramento, CA 95820 (916)635-9085 www.sacramento.score.org	Non Profit Organization that offers FREE business counseling, workshops and events educating entrepreneurs and helping small businesses start, grow, and succeed nationwide
The Barter Club (530)885-SAVE	www.thebarterclub.com
U.S. Armed Forces	
Air Force (800) 423-USAF www.airforce.com	Education, Salary, Healthcare, Retirement, Food and housing.
Army (800) USA-ARMY www.goarmy.org	Salary, Allowances. Bonuses, Education, Partnership for Youth Success.
California National Guard (800) 332-0031 www.nationalguard.com	Salary, Education, Bonuses Additional Benefits
Coast Guard Services www.gocoastguard.com	Salary, Education, Medical
Marine Corps www.marines.com	Salary, Education, Additional Benefits
Navy www.navy.com (800)USA-NAVY	Salary, Education, Additional Benefits

Living and Transitions

Housing	
Habitat for Humanity 8280 Industrial Ave Roseville, CA 95678 (916) 781-9601 ffothillshabitat@surewest.net www.foothillshabitat.org	• Builds Houses for Low Income • Restore: Home Improvement Store, discount prices, benefits Habitat for Humanity • Brush with Kindness- Helps Low Income with interior needs such as painting and landscaping • Volunteer Opportunities
Housing and Urban Development (HUD) www.hud.gov	• Federal Program • Rental Assistance • Help with Foreclosures • Grants
Roseville Housing Authority 311 Vernon St. Roseville, CA 95678-2649 (916) 774-5270 www.roseville.ca.us/housing	• Waiting list for section 8. • 30% of income housing.
Section 8 Housing www.section8programs.com	• Discounts portion of Housing costs for Low Income • Grants Program
Auburn Apartments Parkview (530) 823-6570 Persimmon Terrace (530) 823-9217 Snow Cap View (530) 885-3281 St. Kathryn (530) 885-6187 Terracina Oaks (530) 888-0321 Valley Oaks (530) 889-2551	Lincoln Apartments Golden Village (916) 645-1589 Lincoln Terrance (916) 645-8911 Parkview (916) 645-1727 The Oaks at Junior Ranch (916) 645-9322 Valley Vista (916) 645-1589 The Village Art Parkway (916) 645-9800

Living and Transitions

Rocklin Apartments College Manor (916) 624-2501 Granite Oaks (916) 624-0071 Hidden Grove (916) 624-4382 Shannon Bay (916) 624-2600 Springview Village (916) 782-2081 Sunset (916) 624-0123 The Oaks at Sunset (916) 435-4813 Sunset Summit (916) 624-9044	Roseville Apartments Autumn Oaks (916) 784-9200 Colonial Village (916) 786-2770 Cirby Oaks (916) 783- 1940 Foothills Tennis Village (916) 783-7368 Heritage Park (916) 771-1405 Highland Creek (916) 784-0404 Olympus Park (916) 781-6877 Park Place (916) 783- 9958 Pinnacle at Galeria (916) 788-4141 Vineyard Gate (916) 782-7800
Utilities	
Home Energy Assistance Program (HEAP) (866)675-6623	Assists low income household with energy bills
PG&E CARE Program (800)743-5000 www.pge.com/care/	Monthly Discount on Energy Bills for Low Income Households
Project GO 801 Vernon St. Roseville, CA 95678 (916)782-3443 www.projectgoinc.org	- Assists low income household with energy bills - Home Weatherization Program

Living and Transitions

PG&E Energy Savings Assistance Program www.pge.com/energysavings (800)989-9744	• Improvements to home including: compact fluorescent lights, caulking, showerheads and more • Replacement of old refrigerator, furnace or water heater • Energy Saving Tips
REACH (800)933-9677 www.pge.com	• One Time energy assistance program up to \$200 • Sponsored by PG&E and administered by Salvation Army
Transportation	
Auburn Transit (530) 823-4172 AMTRACK (800) 872-7245 CTSA (916) 788-2330 Dial a Ride Auburn (530) 889-2342 Roseville (916) 788-2330 Call Center (916) 745-7560 City of Lincoln Transit Public Works (916) 434-2450	DMV (800) 777-0133 Greyhound Bus (800) 231-2222 Nevada County Stage (530) 477-0103 Placer County Transit (530) 885-BUSS Auburn (530) 889-7570 Colfax (800) 889-2877 Roseville Transit (916) 774-5757 Sacramento Regional Transit (916) 321- 2877
Sierra Cab 98 Gum Lane Auburn, CA 95603 (530)885-CABS	Jay Limo 884 Lincoln Way #34A Auburn, CA 95603 (530)889-1234 www.jaylimo.com
Last Call Designated Driver Organization (916)933-7483	Designated Driver Association Designated Driver Organization (916)335-5555

Living and Transitions

CalFresh 11519 B Ave Auburn, CA 95603 (530)889-7610 www.calfresh.ca.gov 1000 Sunset Blvd Rocklin, CA 95678 (916)784-6000			• Food Stamps
LocalFood Banks			
7th Day Adventists (530)823-0345	12225 Rock Creek Auburn, CA 95602	Tuesdays 9am-1pm	
Auburn Interfaith (530)885-1921	2985 Richardson Auburn, CA 95603	Mon-Fri& Last Sat. 10am-2pm	
Elijah's Jar (530)367-3085	24410 Main Street Foresthill, CA 95631	Wed. 10:30-12:30 Fri. 130-330 3 rd Thurs/mo 8-10	
Loomis Basin (916)652-5278	5871 Colwell Road Penryn, CA 95656	Call Schedule ppt.	
Salt Mine (916)645-3778	590 G Street Lincoln CA 95648	Tues-Sat 10am-12pm	
Salvation Army (530)889-3390	286 Sutter Street Auburn, CA 95603	M,W,F 10am-12pm 12:30-2pm	
Salvation Army (530)346-2722	320 Canyon View Colfax, CA 95713	Tues & Weds 10am-3pm	
Salvation Army (916)784-3382	100 Lincoln St. Roseville, CA 95678	Tues & Fri 9:30am-5pm	
Sierra Reach (530)878-1399	18015 Applegate Applegate, CA 95703	Thursday's 9am-12pm	
St. Vincent De Paul (916)781-3303	503 Guiseppe Ct Roseville, CA 95678	Tues-Sat 9am-11am	

Family

Resource Centers

Adult System of Care

11512 B Ave
Auburn, CA 95603
(530)889-7240

- Metal Health Services
- Substance Abuse Programs
- Serves Low Income

Roseville Office

101 Cirby Hills Drive
Roseville, CA
(916)787-8800

Children System of Care

11716 Enterprise Drive
Auburn, CA 95603
(530)889-6700

- Family and Children Services
- Foster Youth Assistance
- Family Counseling
- Sexual Abuse Counseling

Kids First (Child Abuse Prevention Council)

11990 Heritage Oaks Ste. 1B
Auburn, CA 95603
(530) 887-3536
www.kidsfirstnow.org

- Family counseling.
- Healing therapy for child victims of abuse and neglect.
- Enrollment of children in low/ no-cost health insurance.
- After-school activities for children.
- Parent education, training and coaching.

Roseville Office

124 Main Street
Roseville, CA 95678
(916) 774-6802
www.kidsfirstnow.org

Lighthouse Resource Center

427 A St. Ste. 400
Lincoln, CA 95648-1976
(916) 645-3300
www.lighthousefrc.com

- Counseling.
 - Education.
 - Easy access to community based resources.
-

Family

Counseling and Mentor Programs

A2Y Adult to Youth Partnerships

11641 Blocker Drive Suite 220
Auburn, CA 95603
(530) 887-1006

www.casaplacer.org

- Mentors for at risk youth and foster youth up to age 22

Brian Lewis, MFT, ATR

Teen Counseling and Art Therapy
13620 Lincoln Way, Suite 370
Auburn, CA 95603
(530) 320-1348

Artfortherapy@yahoo.com

- Individual or family therapy
- Anti-bullying consultations.

Horses for Healing

P.O. Box 1136
Meadow Vista, CA 95722
(530)887-9573

info@horsesforhealing.org

www.horsesforhealing.org

- Therapeutic Riding Center for Skills, Psychological and Social Development
- Serves the needs of people with disabilities

Peace for Families

11960 Heritage Oaks Ste. 15
Auburn, CA 95603
(530) 885-0443

www.peaceforfamilies.org

- 24 hour safe house for battered women and their children.
 - Assistance obtaining emergency food, clothing, and transportation.
 - Support groups.
 - Peer and professional counseling.
-

Family

Riding High Equestrian Program (916)660-0245 www.ridinghighquestrian.org	• Girls Rule-Self Esteem Program • Healthy Boundaries -For girls12-17 that are victims of sexual abuse • Drug and Alcohol Support- Group Sessions • Customized Group Sessions
Sierra Family Services 381-A Nevada St. Auburn, CA 95603 (530) 885-0441 www.sierrafamily.org	• Domestic violence batterer's intervention. • Drug treatment level 1. • Anger management. • Parent enhancement. • General Counseling, etc.
Roseville Office 333 Sunrise Ave. Ste. 701 Roseville, CA 95678 (916) 783-5207 www.sierrafamily.org	
Legal Resources	
Auburn Justice Center 2929 Richardson Drive Auburn, CA 95603 (530)889-7900	• Seal Juvenile Record
The Santucci Justice Center 10810 Justice Center Drive Roseville, CA 95678 (916)543-7400	• STEP: Co- Parenting Program • Family Law Help Center
Placer County Ombudsman 11716 Enterprise Drive Auburn, CA 95603 (530) 889-6752 E-mail: tlind@placer.ca.gov	• Advocates for foster youth

Family

Pregnancy Resources	
Health Services 1130 Conroy Lane St. 402 Auburn, Ca 95603 (916)784-6444	• Pregnancy Testing and Birth Control • For Low-Income
Planned Parenthood (916)781-3310	• Info on contraceptives, STDs, Pelvic Exams, Pre Natal Care and Exams, Pediatric Primary Care
Women Infant and Children (WIC) 11484 B Avenue Auburn, CA 95603 (530)889-7187 Cdph.ca.gov/programs/wicworks	• Nutrition program for pregnant woman and children 0-5 • Vouchers for food and formula • Breastfeeding support and information
Parenting and Childcare	
Chana High School 3775 Richardson Drive Auburn, CA 95602 (530)885-8401 www.puhsd.k12.ca.us	• Teen Parent Program • Child can attend childcare while parent attends any PUHSD school • Parenting Classes
Golden Sierra Life Skills 3240 Professional Dr Auburn, CA 95603 (530)887-9245 www.goldenlifeskills.org	• Men Infant & Children Program (MIC) • Co-Parenting/Life Skills Program • At Risk Youth Diversion Program
Kare Crisis Nursery P.O. Box 2080 Grass Valley, CA (530) 265-6520 www.karecrisisnursery.org	• Child care/ respite for families with children 0-6 yrs old • FREE program for families going through stressful situations

Family

KidzKount 1166 High Street Auburn, CA 95603 (530) 886-KIDS Info@pcac-inc.org www.kidzkount.com	• FREE Full day preschool for 3-5 year olds • Prenatal support • Parent Education
Teen Age Pregnancy and Parenting Program 11484 B Avenue Auburn, CA 95603 (530)889-7141 www.placer.networkofcare.org	• Assistance with medical, nutritional, and financial needs • Child Birth and Parenting Classes • FREE to youth under the age of 19
Placer County Childcare Services 365 Nevada St. Auburn, CA 95603 (530)745-1380 www.placercoe.k12.ca.us	• Subsidized Childcare Program for Low Income Employees, students or job seekers. • Listings of Licensed Childcare Providers in Placer County • Early Childhood Education Classes • Kindergarten Readiness Classes • Leading Library Program
Additional Web Resources 😊	
http://placer.networkofcare.org/	
www.meetup.com	
http://placermmentalhealth.groupsie.com	
www.psychpages.com/index.php/local-resources.html	
www.befrienders.org	
www.selfinjury.com	
www.thetruth.com	
www.racetonowhere.com/	
www.bananamoments.com	
http://roseville.ca.us/hr/volunteer_center/default.asp	

This Resource Guide is a collaborative effort of a group of youth serving organizations and the result of realizing that there ARE local services available to the youth but not known by the youth. I would like to extend a very special thank you to all of the contributors of this special project:

Volunteers:

Natalie Pohley~ Research, Organizing, Input and Document Creation

Tara Buckley~ Research and Input

Rocky Zapata~ Research and Input

Sharalee Andrew~ Research and Input

AnnaLisa Linderholm, Research

Kara Sutter~ Project Support

Individual Support:

Nina Rebutan~ Document Formatting

Emily Wisber~ Research and Input

Christina Nicholson~ Research and Advice

Lindsay Porta~ Research and Advice

Tammy Cherry~ Research

Norama Burch~ Project Support

Angela Tahti~ Project Support

Participating Organizations:

