

Youth Wellness Resources in Sacramento County

*Please list resources for youth in Sacramento County addressing: 1) Youth Mental Health and Wellness 2) Alcohol, Marijuana & Other Drug Prevention 3) Youth Activities 4) Other

*Category #	Service/Organization Name	Website	Phone Number	Brief Description of Services	Ages Served <i>(Must be within 11-20 year old range)</i>	Free or Cost Range
1,2	Family Matters Program/Omni Youth Programs	https://www.omniyouth.net/familymatters	(916) 662-2739	Training to support families with teens to complete 4 booklets to improve family communication and drug proof your youth.	11-18 year olds and their parents	Free
3	"How to get a Drug Free High: Creative outlets for youth" Facebook Live/Omni Youth Programs	https://www.facebook.com/OYPrograms	(916) 662-2739	Creative outlets for young people to fight boredom.	12-20	Free
1,2	Teens in Action Program / Omni Youth Programs	https://www.omniyouth.net/teensinaction	(916) 662-2739	Train teens to facilitate youth groups for wellness, drug prevention, and positive family interactions	13- 20 year olds with adult support	Free
1,2	Youth Drug Prevention for Youth and Parents	https://www.omniyouth.net/	(916) 662-2739	Surprising facts, relatable information, easy to learn techniques and emotional empowerment to help youth be drug free. Presentations, webinars, YouTube videos, blogs, Facebook Live, and Instagram Stories for youth, parents and professionals who support youth.	12-20+	Free
1, 3	Impact Sac	http://impactsac.org/	916-339-3515 Text/Teen Line: 916-900-6708	Youth engagement and empowerment; building youth-led community platforms	11+	Free
1,3	Sacramento Youth Center	https://sacyouthcenter.org/#programs	916-248-1081	Youth mentoring program, social emotional learning	14-24	Free
1, 3	Project Reach/REAL (La Familia)	https://lafcc.org/children-young-adults/	(916) 452-3601	internships, counseling and support services	10-21	Free
1,3,4	Q-Spot Youth Programs	https://saccenter.org/youth	(916) 442-0185 ext. 107	LGBTQ and ally social/emotional support, peer mentorship and more	13-24	Free
2,3	Be Bothered Movement / Center for Collaborative Planning	https://www.bebotheredmovement.com/	(916) 498-6960	Leadership development program providing advocacy opportunities and education re preventing underage drinking and marijuana use. Monthly meetings.	12-20	Free
2,3	Be Bothered Movement Workshops / Center for Collaborative Planning	https://www.bebotheredmovement.com/	(916) 498-6960	Workshops for youth on preventing underage drinking and marijuana use.	12-20	Free
1,2,3	Youth Link Sacramento	https://youthlinksac.org/	Specific to each resource listed on the site.	Clearinghouse of local resources for youth in the city of Sacramento	All	Depends on the resource. Many are free.
1,3	Wake-Up Foundation	http://www.wake-upfoundation.org/youth-projects.html	(916) 243-7076	Youth Social Change Project, empowerment, motivation, inspiration, health and wellness, stress management, career development, goal development, success, self-esteem, self-confidence, workshops, classes, life coaching, support group, Sacramento CA	16-24	Free
1,2,3	Youth Mental Health First Aid	https://www.mentalhealthfirstaid.org/population-focused-modules/teens/	Specific to each training. Search website for available courses and a phone number will be available for that course.	Teaches high school students how to identify, understand and respond to signs and symptoms of mental health or substance-use issues in their friends and peers. Search website for available courses.	14-18	Depends on the course. Many are free.
1,2,3	100 Black Woman - Fostering Hope	http://www.ncbwsacramento.org/	(916) 287-3715	The Coalition of 100 Black Women Advocate for Black Women and Girls through Fostering Hope. This is a flagship mentoring program for girls between the ages of 12-18 in developing positive self-images and confidence through self-care, education, community service, leadership, accountability, showing up and speaking up.	12-18	Free
1	Lutheran Social Services	https://www.lssnorcal.org	(916) 453-2900	Transitional Housing for Youth. Specialized services include: individual and group life skills classes, financial literacy, nutrition, relationship building, parenting/child development education, job readiness, placement and support, social skills development, anger management, problem resolution, communication, and group recreational opportunities.	18-24	free
1	VOA- Adolfo Transitional Housing Program	http://voa-ncnn.org	(916) 879-1784	Housing, counseling in life skills, legal consultation for former foster youth	18-24	free
1	MHUC	https://www.tpcp.org/programs/urgent-care/	(916) 520-2460	A walk-in clinic for individuals with an urgent mental health need. The MHUC is a client-centered program that focuses on providing immediate relief to individuals and families in distress.	Any	Free
1	Abiding Hope	https://www.tpcp.org/programs/abiding-hope/	(916) 287-4860	Up to 14 day respite facility for individuals 18 years of age and older with psychiatric disability. We provide a short-term alternative to an emergency department visit, or acute hospitalization for persons experiencing overwhelming stress, which can be alleviated with a brief respite stay.	18+	free
1	Wind Youth Center	windyouth.org	(916) 561-4900	Safe, non-judgmental space for homeless and runaway youth away from the dangers of the street. Through the Wind Youth Center, youth experiencing homelessness are offered a welcoming and age-appropriate environment away from the dangers of the street. Youth have access to our health clinic, which provides basic services and STD and HIV testing and education.	12-24	free
1	WEAVE Children's Counseling	https://www.weaveinc.org/childrens-counseling	(916) 920-2952	WEAVE's Children's Counseling program offers free individual counseling for children ages 4 and older who have witnessed domestic violence, experienced dating violence and/or sexual assault and abuse.	4+	free

