

# Resources for Teens

Agency	Contact Information	Description of Services
Resources for Teens in Alameda County		
<b>Youth Up Rising</b>	(510) 777-9909 8711 MacArthur Blvd. Oakland, CA 94605 <a href="mailto:info@youthuprising.org">info@youthuprising.org</a>	A free neighborhood hub offering young people services and programs to increase physical and mental wellbeing, community connection, educational attainment, and career achievement among youth members. <ul style="list-style-type: none"> <li>• Must live in Alameda County</li> <li>• Be between the ages of 13- to 24-years-old</li> <li>• Attend orientation</li> </ul>
<b>East Oakland Youth Development Center (EOYDC)</b>	(510) 569 8088 8200 International Blvd, Oakland, CA 94621 <a href="mailto:infoplease@eoydc.org">infoplease@eoydc.org</a>	Free enrichment activities designed to support creativity, cultural pride, self-expression, and personal development. EOYDC offers exposure to career paths and networks in the visual and performing arts. <ul style="list-style-type: none"> <li>• Programs available for grades K -12 and 17 y/o +</li> </ul>
<b>REACH Ashland Youth Center</b>	<a href="tel:5104814500">(510) 481-4500</a> 16335 E 14th St, San Leandro, CA 94578 <a href="https://reachashland.org">https://reachashland.org</a>	No-cost Recreation, Education, Arts, Career, and Health programs to empower youth and no-cost child-care and food distribution services to support the Ashland community. <ul style="list-style-type: none"> <li>• Must be between the ages of ages 11 to 24-years-old</li> </ul>

## Resources for Teens in Contra Costa County

<b>RYSE Youth Center</b>	<a href="tel:5103743401">(510) 374-3401</a> 3939 Bissell Ave, Richmond, CA 94805	All members have free access to RYSE's facilities, free food, and workshops/programs in arts, health + wellness, youth organizing, college & career development, and more. <ul style="list-style-type: none"><li>• Must be between the ages of 13-21-years-old</li></ul>
<b>Beat the Streets, Inc.</b>	(925) 481-2104 Somersville Towne Center Mall 2550 Somersville Road, Unit No 15 Antioch, CA 94509	The mission of Beat the Streets, Inc. is to make sure at-risk low income youth and young adults, in Antioch, CA and neighboring communities and counties have the resources they need to be successful in their Educational, Vocational and Life Skill and Diversion & Re-Entry goals, as well as, offer Community ages <ul style="list-style-type: none"><li>• Youth Services available to ages 11-29-years-old.</li><li>• Resources for any age.</li></ul>

## Resources for LGBTQ Teens

<b>Rainbow Community Center</b>	<a href="tel:9256920090">(925) 692-0090</a> <a href="#">2380 Salvio Street, Suite 301</a> Concord, CA 94520  Drop in hours 10:00AM - 3:00PM, Monday – Friday  <a href="mailto:rcc@rainbowcc.org">rcc@rainbowcc.org</a>	We empower youth to explore their identities, address internalized homophobia, promote resilience, & connect to peers and community through programming, mentorship, peer support, and leadership opportunities. <ul style="list-style-type: none"><li>• Must be between the ages of 12-24-years-old</li></ul>
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