

THE SAN FRANCISCO
INDEPENDENT LIVING SKILLS PROGRAM

*"Being independent doesn't
mean being alone."*



You
are on
your
way...

***The content of this binder was researched and organized
by HEY Emancipated Youth Advocacy Board (EYAB) members,
Ann Ridge and Felicia Martinez.***

“I wanted to be part of the making of the binder because I want to help the youth that are coming after me. I always say, we can't let our parent's mistake be the reason we fail, instead we have to make it the reason we succeed. We've all been there and now can move on—it's our turn to do something and we have to be there for each other! I'm stepping up and I'm giving you and all my foster brothers and sisters this resource guide because I believe we have to help each other through this. We are not alone, and I hope this binder can help and guide you when you need it.”

Ann Ridge
EYAB Member 2005



“You are not alone and you can do this. I committed to this project because I feel like I've been there and I want to give back. There are times when you might feel alone but just know help is out there, you just have to ask. Don't feel bad about it though, because we all need help sometimes. All it takes is a call; don't feel ashamed to ask for help, remember that's why they're there! Don't give up because you can still be the person you want to be.”

Felicia Martinez
EYAB Member 2005



Honoring Emancipated Youth (HEY), a community project of United Way of the Bay Area, is a collaborative of current and former foster youth, public, private, and nonprofit agencies in the Bay Area working together to improve opportunities for youth leaving the foster care system.

Honoring Emancipated Youth • United Way of the Bay Area
221 Main Street, Suite 300 • San Francisco, CA 94105 • (415) 808-4435

You are on your way

to self-sufficiency!

Congratulations! Remember: Although you have reached your emancipation date and are ready to be an adult, you do not have to do it alone. The support is there to help you to accomplish your goals and be successful in the future. Regardless of how much support you have to guide you through life you will still need to work hard and stay focused in order to reach your goals. The Independent Living Skills Program and all the people who helped put this resource guide together, hope that this guide will give you the resources necessary to assist you in making informed decisions about your future.



***Good luck and always remember—
you're on your way, and you're not alone.***

Partners:

Contra Costa County Employment & Human Services
City Youth Now
Honoring Emancipated Youth (HEY)
San Francisco Human Services Agency
San Francisco Independent Living Skills Program
United Way of the Bay Area

Supporters:

National Coalition of 100 Black Women
United Way HELPLINK/2-1-1
Hurd & Associates
Franklin Covey
Teen Line's Youth Yellow Pages
Jobs for Youth

How to use this resource guide: This guide is our attempt at providing some common numbers you may need. If you happen to call a number that is no longer working don't give up! Call 2-1-1 to get an updated number or other referrals. You can also call another agency listed in that same section.

Tips for dealing with agencies: When you call an agency, it helps both you and the agency if you let them know who you are:

- your age
- where you're located
- your situation
- any programs you've been involved with

Remember: Write down all the information they give you over the phone and be sure to ask who you're speaking with in case you need to call back.

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WHAT IS ILSP?

The Independent Living Skills Program is designed to help eligible foster youth prepare for independent living by providing them with the skills and resources to become self-sufficient adults.

ILSP Coordinator (415) 934-4202



SUPPORT STAFF

Front Desk (415) 934-4247

Resource Center Coordinator (415) 934-4210

ILSP Senior Clerk (415) 934-4216



IN-CARE STAFF

EARLY ILSP

For foster youth ages 14–15 years old.

Early ILSP Program Manager (415) 934-4205

Early ILSP Youth Advocate (415) 934-4230

Early ILSP Workshop Coordinator . . (415) 934-4212



CORE ILSP

For foster youth ages 16–17½ years old.

Core ILSP Program Manager (415) 934-4231

Core ILSP Outreach Specialist . . . (415) 934-4211

Core ILSP Educational Coordinator (415) 934-4203

Core ILSP Employment Coordinator (415) 934-4207

Tutor Services Coordinator (415) 934-4201

TRANSITIONAL AND AFTER CARE STAFF

For current and former foster youth, ages 17½–21 years old.

Aftercare Coordinator (415) 934-4209

Aftercare Specialist (415) 934-4236

Aftercare Specialist (415) 934-4208

FOSTER YOUTH RIGHTS

The Offices of the Foster Care Ombudsman can provide you with information about foster youth specific services like: transitional housing, employment support programs, or county independent living skills programs.

**Foster Youth Specific Resources, California Department of Social Services
Office of the Ombudsman for Foster Care (877) 846-1602**

www.fosteryouthhelp.ca.gov

Bay Area Information Resources

In every Bay Area County there is at least one agency that provides general information on human services county-wide. These agencies are:

SAN FRANCISCO COUNTY

United Way HELPLINK/2-1-1

Dial "2-1-1" or (800) 273-6222

www.211sf.org

YouthLine

www.youthline.org

ALAMEDA COUNTY

Eden I & R

(510) 537-2552

Teen 411

www.teen411.org

CONTRA COSTA COUNTY

Contra Costa Crisis Center

(925) 939-1916

www.crisis-center.org

Contra Costa CORD

www.cccord.org

SAN MATEO COUNTY

United Way HELPLINK/2-1-1

Dial "2-1-1" or (800) 273-6222

FOSTER YOUTH SPECIFIC RESOURCES

California Department of Social Services

Office of the Ombudsmand for Foster Care

(877) 846-1602 www.fosteryouthhelp.ca.gov

The above listed numbers can help you with most issues, but if you need help right away when the toll-free phone line is not available, try the following 24-hour hotlines.

24-hour Hotlines



We all need someone to talk to sometimes. Whether there's a crisis, a question you have, or you just need someone to hear what you're going through, the numbers below are open 24-hours and services are always free. Most of these hotlines can also give you numbers of local agencies and organizations who can help you or those you know get through hard times.

CRISIS AND SUICIDE LINES:

California Youth Crisis Line	(800) 843-5200	www.youthcrisisline.org
Nineline	(800) 999-9999	www.covenanthouse.org
San Francisco Suicide Prevention		
English	(415) 781-0500	www.sfsuicide.org
Spanish	(800) 989-5212	

RUNAWAY SERVICES AND YOUTH SHELTERS:

Lark-Inn	(415) 749-2968	
www.larkinstreetyouth.org/programs/larkinn.php		
Huckleberry House	(415) 621-2929	
www.huckleberryyouth.org/huckhouse.html		

ABUSE AND VIOLENCE:

La Casa de Las Madres Hotline	(877) 503-1850	www.lacasa.org
Teen Crisis Line	(877) 923-0700	
The Riley Center	(415) 255-0165	www.rileycenter.org
W.O.M.A.N Inc.	(415) 864-4722	www.womaninc.org
Toll-Free	(877) 384-3578	
Men's Hotline		
(emergency line for men only)	(415) 924-1070	
National Domestic Violence		
(for victims & anyone on their behalf)	(800) 799-7233	
Community United Against Violence (CUAV)		
(for lesbian, bisexual, transgender, queer, and questioning community)	(415) 333-HELP (4357)	
www.cuav.org		

24-hour Hotlines

RAPE:

San Francisco Women Against Rape (SFWAR)

Crisis Line (415) 647-7273 www.sfwar.org

National Sexual Assault Hotline (800) 656-4673

DRUGS AND ALCOHOL:

Drug Line (415) 362-3400

Relapse Prevention (415) 834-1144

Alcoholics Anonymous

(Answering machine with helpful

information after 6 p.m.) (415) 674-1821

www.alcoholics-anonymous.org

Narcotics Anonymous of San Francisco (415) 621-8600 www.sfna.org

California Poison Control (800) 876-4766 www.calpoison.org



CHILDREN:

Child Abuse Reporting Hotline (415) 558-2650

or Toll-Free (800) 856-5553

National Center for Missing

and Exploited Children (800) 843-5678

Telephone Aid in Living

with Kids (TALK) (415) 441-KIDS (5437)



// *Stay in school, it's the most important thing you can do...*

Israel Toro
EYAB Member 2004

Emergency Services

The agencies listed here can assist you by providing free or low-cost food, clothing, shelter, and other services to meet your basic needs.



HOUSING SERVICES/SHELTERS

Independent Living Skills Program (ILSP)

Helps foster youth prepare for independent living by providing them with skills and resources—including housing, job training, tutoring, counseling, case management and more—necessary to become self-sufficient. Services are free.

225 Valencia Street (at Duboce), San Francisco 94103
(800) 818-2989 www.sfilsp.org

Hours: M-F 8-8 p.m.

Eligibility: ILSP services are open to anyone in foster care in San Francisco ages 14–21

Languages Spoken: English, Spanish

Public Transport: BART: 16th Street Station; MUNI: 14, 26, 49, F-Line

Larkin Street Youth Services

Provides various programs including housing, job training, and more. Castro Youth Initiative, LEASE, the LOFT, Avenues to Independence, and Ellis Street Apartments (for youth with HIV/AIDS). Call the drop in hotline so they can connect you with services to meet your specific needs. Services are free.

1138 Sutter Street (between Larkin and Polk), San Francisco 94109
(800) 669-6196 www.larkinstreetyouth.org

Hours: M-F 8-8 p.m.

Eligibility: 12-24 years

Languages Spoken: English

Public Transport: MUNI: 1, 2, 3, 4, 19, 27, 38, 76

Glide Memorial Church: Walk-in Center

The Walk-In Center can find help if you have no place to stay and need some food. They also offer medical care, housing options, childcare, job training, and employment opportunities. Services are free.

330 Ellis Street (at Taylor), San Francisco 94102
(415) 674-6000 www.glide.org

Hours: M-F 9-5 p.m.

Eligibility: Everyone

Languages Spoken: English, Spanish, Mandarin, Cantonese, Vietnamese, and others

Public Transport: BART: Powell Street Station; MUNI: 38, 27

Emergency Services

HOUSING SERVICES/SHELTERS

Homeless Prenatal Program

Provides homeless parents and pregnant women with wraparound services including: prenatal care, counseling and advocacy, substance abuse counseling and referrals, help with moving into housing, mental health services, on-the-job training, technology training, family advocacy, support and services for immigrants, legal aid, as well as prenatal and parenting education. They also have an on-site drop-in childcare center where children can play while mothers meet with a counselor or participate in groups or a class. Services are free.

2500 18th Street (at Potrero), San Francisco 94110
(415) 546-6756 www.homelessprenatal.org

Hours: M-F 9-5 p.m. (Closed 12-1 for lunch)

Eligibility: Homeless parents and pregnant women; no one is ever sent away without being seen.

Languages Spoken: English, Spanish, and others upon request.

Public Transport: BART: 16th Street Station; MUNI: 9, 22, 33

For more information also see Housing listings starting on page 13.

EMERGENCY FOOD AND CLOTHING SOURCES

In times of need you can get support through public programs for food and family needs. Call 2-1-1* for local programs and resources that can provide you with your immediate needs.

CalWORKs

The CalWORKs program provides temporary financial assistance and employment focused services to families with minor children who have income and property below State maximum limits for their family size. Apply at:

170 Otis Street, 1st Floor (between Mission and Duboce)
(415) 557-5723

Food Stamps

The food stamp program helps low-income people buy food. Even if you work, you may still qualify for food stamps. Depending on your need your application may take 3 days (emergency) or up to 30 days. Apply at:

1235 Mission Street
(Main Office) (415) 558-4186
1440 Harrison Street (415) 558-1957
3120 Mission Street (415) 401-4894

* *United Way 2-1-1 is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. Outside of San Francisco, call (800) 273-6222.*



Emergency Services

Emergency Food Boxes

Emergency Food Boxes contain a 3-day supply of food that is generally available the same day it is requested. The amount of food is usually based on the size of the household.

Specific requirements such as who is eligible, how often you can obtain and required documentation vary from county to county. For more information, call 211*.



Commodity Food/Food Pantries

Commodity Food and Food Pantry programs provide free food on an ongoing weekly or monthly basis. The food varies depending on what is available that day. For more information, call 211*.

** 2-1-1 is an easy-to-remember telephone number that connects people with important community services and volunteer opportunities. Outside of San Francisco, call (800) 273-6222.*

ABUSE AND VIOLENCE SERVICES

Domestic Violence

If you, a family member, or a friend has been beaten up or sexually abused, or if your own behavior is out of control or violent, it is time to seek help. **If an emergency, be sure to call 911 for an ambulance and/or police assistance.**

It is very common to have mixed feelings about someone who is violent towards you. Find someone to talk to who will believe you and respect your feelings. Staff and volunteers at the numbers below can provide you the support for the first steps towards recovery.

Asian Women's Shelter (AWS)

Shelter program provides safety, food, shelter, advocacy, and other resources to assist women in rebuilding violence-free lives for themselves and their children. Address not available to all. To access services be sure to call first. Due to confidentiality and safety reasons, the site for this location is only known to the shelter residents. Call first to get more information. Services are free.

Address not available to all. San Francisco 94110

(415) 751-7110 www.sfaws.org

Crisis line 24-hour (877) 751-0880

Hours: M-F 9-5 p.m.

Eligibility: Women and children survivors of domestic violence

Languages Spoken: English, Vietnamese, Chinese

Emergency Services

ABUSE AND VIOLENCE SERVICES

The Riley Center

Offers drop-in services to battered women including peer counseling, case management, advocacy, support groups, information, and referrals. Also runs an emergency shelter and transitional housing program. Services are free.

3543 18th Street, 3rd Floor (at Guerrero), San Francisco 94110
(415) 552-2943 www.rileycenter.org

Crisis line 24-hour (415) 255-0165

Hours: M-F 9-5 p.m.

Eligibility: Women and children survivors of domestic violence

Languages Spoken: English, Spanish, Mandarin, Cantonese, and others upon request

Public Transport: BART: 16th Street Station; MUNI: 22, 33, J-Line

Women Organized to Make Abuse Nonexistent (W.O.M.A.N., Inc.)

In addition to the 24 hour crisis line, they provide support and legal referrals to women in domestic violence situations, including special support programs for lesbian, Latina-bicultural, and teen clients. Also provides availability information for domestic violence shelters in the Bay Area. Services are free.

333 Valencia Street, Suite 450 (between 14th and 15th), San Francisco 94103
(415) 864-4722 www.womaninc.org

Crisis line 24-hour (877) 384-3578

Hours: M-F 9-5 p.m.

Eligibility: Women and children survivors of domestic violence

Languages Spoken: English, Spanish

Public Transport: BART: 16th Street Station; MUNI: Church Street Station, 26, 49

La Casa de Las Madres

Offer emergency shelter to battered women and their children while providing counseling, family-based services, and referrals. Services are free.

1850 Mission, Suite B (between 14th and 15th), San Francisco 94103
(415) 503-0500 www.lacasa.org

Crisis line 24-hour, adults
(877) 503-1850

Crisis line 24-hour, teens
(877) 923-0700

Hours: M-F 8:30-5 p.m.

Eligibility: Everyone

Languages: English and Spanish

Public Transport: BART: 16th Street Station; MUNI: 14, 49



Emergency Services

RAPE AND SEXUAL ABUSE

Rape is a violent assault on your body, mind and spirit. **Sexual abuse** is the same thing, but often continues over long periods of time, with the abuser sometimes convincing the victim to keep the secret. If you are being touched by a family member, date, teacher, adult friend, or someone else, and it makes you uncomfortable, unhappy, confused or depressed, or if you are having sex with someone and you don't want to continue, but are afraid of what will happen if you say no or tell anyone, you may be the victim of sexual abuse.

San Francisco Women Against Rape (SFWAR)

Majority people of color organization with a high awareness of cultural, sexual, and individual needs. Have both male and female counselors, who staff counseling lines. Offer free short-term peer counseling, support groups, extensive list of pro-bono or sliding scale local therapists in all of bay area. Case manager on site. Services are free.

3543 18th Street (between Guerrero and Valencia), San Francisco 94110
(415) 861-2024 www.sfwar.org

Crisis line 24 hours, mostly peer counselors
(415) 647-7273

Hours: M-F 9-5 p.m.

Eligibility: Everyone and if they can't help will tell you where to get it

Languages: English, Spanish, Cantonese, Mandarin, Farsi, Hebrew, Indonesian, Japanese, Korean, Russian, Tagalog, Vietnamese, French

Public Transport: BART: 16th Street Station; MUNI 14, 33, 49

San Francisco Rape Treatment Center at San Francisco General Hospital

If you have been raped or sexually assaulted the San Francisco Rape Treatment Center will help you with counseling, medical exams, case management, and referrals.

2801-A 25th Street (at Bryant), San Francisco 94110
(415) 206-3222

Hours: M-F 8-5 p.m. (crisis examination 24 hours)

Eligibility: All victims of sexual or physical assault

Languages: English, Spanish, and Tagalog, others available upon request

Public Transport: BART: 16th Street Station; MUNI: 9, 22, 27, 33, 53

Emergency Services

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, AND QUESTIONING (LGBTQQ)

If you or someone you know is lesbian, gay, bisexual, transgender, queer (LGBTQ) or thinks he or she might be (Questioning), it is important to find a support group or someone sympathetic to talk to because of the discrimination and harassment they may suffer from. There are many organizations and agencies committed to offering LGBTQQ youth support and resources so they can feel safe, healthy, and live confidently.

Community United Against Violence (CUAV)

Their mission is to prevent and respond to violence against and within the diverse lesbian, gay, bisexual, transgender, queer, questioning communities. They work to accomplish this mission through support services, advocacy, organizing and education. Services are free.

170A Capp Street (between 16th and 17th), San Francisco 94110
(415) 777-5500 www.cuav.org

24-hour support line
(415) 333-HELP (4357)

Hours: M-F 10-6 p.m.

Eligibility: Ages 18 and up

Languages: English

Public Transport: BART 16th Street Station; MUNI: 14, 33, 49



Housing

Having a place to call your own is very important. There are many different types of housing available, some are temporary, some transitional, some seasonal, and some permanent. The following listings will provide support and services for housing needs.



HOUSING TYPES

- Apartments
- Supportive Services and Transitional Housing Programs
- Shelters (see page 7)
- Dorms
- Renting a room from someone
- Living with a friend or relative
- Section 8 Housing

APARTMENTS

Finding an apartment

When you are looking for an apartment here are some things you should ask your landlord:

- How much is the rent?
- Are utilities, like gas, water, or garbage, included in the rent?
- Is there a security deposit?
- What is the total amount due before moving in?
- When is rent due?
- What is the penalty for a late rent payment?
- To whom do you give, or where do you send the rent to?
- When is the apartment available?
- Who do you call for repairs and maintenance?
- Make sure you look around the apartment very carefully for any leaks and anything else that needs repair. Do this before signing!

Setting up utilities

After you've found your apartment, and signed the lease, you'll need to set up utilities. Utilities include services like, gas and electric (PG&E), phone (local provider), and maybe cable for internet and TV (local provider). If you have never had a utility in your name, you may need to pay a one-time deposit. There are also a number of taxes and charges that you may have to pay. However, most utility companies offer low-income discounts that you may qualify for depending on your income, some of them are listed below under "Utility support services for low-income clients".

- PG&E: 1 (800) 743-5000
- AT&T/SBC: 1 (800) 310-2355
- Comcast cable: 1 (800) 945-2288

Housing

Utility support services for low-income clients

California Alternate Rates for Energy (CARE)

CARE provides a 20% discount on the total PG&E bill to low-income households. For information and income eligibility requirements call:

Toll-Free (800) 743-5000

Utility Assistance, REACH Program

The Salvation Army REACH Program provides financial assistance to pay overdue PG&E bills. Low-income households, seniors, and individuals with disabilities who have received either 15 day or 48 hour notices may qualify.

Information (415) 648-0260, or (415) 292-7341

AT&T Universal Lifeline

AT&T provides a discounted telephone service for qualified low-income households. For information and eligibility requirements:

Toll Free (800) 310-2355

Here are some basic things you'll need to start your own apartment:

- 1 set of sheets or sleeping bag
- 1 blanket
- 1 pillow and pillowcase
- 1 mattress or sofa bed
- 1 alarm clock
- 2 bathroom towels
- 1 plate, bowl, cup (at least)
- 1 frying pan
- 1 pot (with lid)
- 1 can opener
- 1 sharp knife
- knives, forks, and spoons
- dish sponges
- dish towels
- table and chairs

“Never let any other person limit your ability to succeed, but instead make the hardships your stepping stones.”



La Shunte Rockett

Housing

SUPPORTIVE SERVICES AND TRANSITIONAL HOUSING PROGRAMS

First Place Fund For Youth: Supportive Housing Program

Provide emancipated foster youth ages 18–22 with housing assistance. Participants live in a two-bedroom apartment in the East Bay with a roommate and receive a wide range of support services including financial assistance with rent, utility set-up costs, apartment furnishings, weekly in-home case management, weekly life skills training, economic literacy training, transportation assistance, monthly food vouchers, community building peer events, and health advocacy. Services are free.

1755 Broadway, Suite 304 (near 17th Street), Oakland 94612
(510) 272-0979, ext. 15 www.firstplacefund.org

Hours: M-F 8-5 p.m.
Eligibility: Emancipated foster youth ages 18-24
Languages Spoken: English
Public Transport: BART: 19th Street Oakland

San Francisco Independent Living Skills Program (ILSP): Referrals to L.E.A.S.E Program

Provides housing and supportive services to former foster youth from San Francisco. The goal of the program is to help emancipating youth stabilize their housing situation. If you are eligible and want to obtain a referral you have to call the Aftercare Coordinator at ILSP for an appointment. Services are free.

225 Valencia Street (at Duboce), San Francisco 94103
Aftercare Coordinator
(415) 934-4209 www.sfilsp.org

Hours: M-F 8-8 p.m.
Eligibility: Current and former foster youth 14-24
Languages Spoken: English and Spanish
Public Transport: BART: 16th Street Station; MUNI: 14, 26, 49, F-Line

Larkin Street Youth Services

Larkin Street Youth Services provides health, education, and housing services. Various housing options available including the Castro Youth Initiative, LEASE, the LOFT, Avenues to Independence, and Ellis Street Apartments (for youth with HIV/AIDS). Call the drop-in hotline so they can connect you with services to meet your specific needs. Services are free.

1138 Sutter Street (between Larkin and Polk), San Francisco 94109
(800) 669-6196 www.larkinstreetyouth.org

Hours: M-F 8-8 p.m.
Eligibility: Youth ages 12-24 years
Languages Spoken: English, Spanish, and more upon request
Public Transport: Muni # 1, 2, 3, 4, 19, 27, 38, 76

Housing



SHELTERS

(See page 7)

DORMS

Many public four-year universities (UC's and CSU's) and other four-year colleges and programs have college-run housing, also known as dorms, where students can live and eat while at school. School administration offices can give you more information about their housing programs. For a list of local schools see page 53.

RENTING A ROOM IN SOMEONE'S HOUSE

Renting a room from someone has its ups and downs because you don't know that person very well and are not sure how that person acts or lives but it's also a great chance to get to know someone new. You can't guarantee how it's going to turn out but you can make sure you have as much information about each other before you become roommates. Figure out things you want to know about them and be sure to share important facts about yourself that may affect your roommate. For example, do you often have overnight guests, do you like cleaning, do you hate cleaning? Whatever it may be, let the person you're renting from know! Remember: Go over each other's questions as completely as possible before you commit to living with each other.

Here are a few websites which offer roommate information:

Craigslist www.craigslist.com

San Francisco Chronicle www.sfgate.com

Easy Roommate www.easyroommate.com

LIVING WITH A FRIEND OR RELATIVE

Just like when living with people you don't know, living with a friend or relative is unpredictable. You can lessen some of that uncertainty though by making sure you all have an understanding about everything before you move in. Make sure you know who's paying the rent, the other bills, and try to be clear about everything and address misunderstandings as soon as they occur.

Housing

SECTION 8 HOUSING

Section 8 is a federally funded Housing and Urban Development (HUD) program designed to increase affordable housing opportunities for low-income populations. Each county has their own application process and waitlist. To find out more call the county you are interested in living in.

San Francisco

440 Turk Street, San Francisco 94102
(415) 554-1200 www.sfha.org

San Mateo

Preference given to San Mateo residents.
264 Harbor Boulevard, Building A, Belmont 94002
(650) 802-3300 www.smchsa.org/housing/

Napa

Open for applicants.
1115 Seminary Street, P.O. Box 660, Napa 94559
(707) 257-9543
www.cityofnapa.org/Departments/Housing_Authority/HACN/hacn_index.htm

Stockton

Open for applicants.
448 S Center Street, Stockton 95203
(209) 460-5000 www.hacsj.com/housing/housing.asp

Livermore

Open for applicants.
3203 Leahy Way, Livermore 94550
(925) 447-0288 www.ci.livermore.ca.us/boards/ha_info.html





Counseling and Support Services

If things you are feeling or doing begin to interfere with your normal, everyday activities, you may want to try counseling. Sometimes it just helps to talk to someone who is non-judgmental and who will listen without trying to “fix” you.

HEALTH

California AIDS Hotline

Can answer questions about HIV transmission and refer people to services and testing sites in your county. This hotline is operated under the San Francisco Aids Foundation. Services are free. For more information about this group visit: www.sfaf.org

San Francisco (415) 863-AIDS (2437)
Toll-Free (800) 367-AIDS (2437) www.aidshotline.org

Hours: M-F 9-5 p.m., Tu 9-9 p.m.
Eligibility: Everyone
Languages Spoken: English and Spanish

AIDS/HIV Nightline

After hours hotline for counseling and referrals. Services are free.

San Francisco (415) 434-AIDS (2437)
Toll-Free (800) 273-AIDS (2437)

Hours: M-F 5-5 a.m.
Eligibility: Everyone
Languages Spoken: English and Spanish

CRISIS

California Youth Crisis Line

Youth crisis line for any crisis situation—big or small, you can call and talk with them. Services are free. This great website has lots of youth resources.

(800) 843-5200 www.youthcrisisline.org

Hours: 24 Hours
Eligibility: All youth 12-24, with any crisis. Your call will always go through!
Languages Spoken: English and Spanish.

YouthLINE

YouthLINE Phone Line is a confidential phone line that is open every day (including holidays) from 12 noon-10 p.m. The phones are answered by youth ages of 14 to 18. This is what makes YouthLINE unique, youth to youth service, and it’s free! This great website has lots of youth resources.

(888) 977-3399 www.youthline.org

Hours: Everyday 12-10 p.m.
Eligibility: This great resource is available for youth, run by youth ages 14-18
Languages Spoken: English and Spanish

Counseling and Support Services

CRISIS

Nineline

Crisis hotline and crisis intervention for youth 18 and above. Provides information, referrals and assistance to any youth in crisis. Services are free.

(800) 999-9999 www.covenanthouse.org

Hours: 24 Hours

Eligibility: Everyone

Languages Spoken: English

San Francisco Suicide Prevention Hotline

Provides free emotional support and referrals regarding suicide and suicidal thoughts.

English (415) 781-0500 www.sfsuicide.org

Spanish (800) 989-5212

Hours: 24 Hours

Eligibility: Everyone

Languages Spoken: English and Spanish

San Francisco Child Abuse Prevention Center: TALK (Telephone Aid in Living with Kids) Line

Provides families with a complete range of free services to help with the stresses of raising kids. These programs and services are designed to be a “safety net” to help families in bettering their lives so they can support, nurture, and care for their children better.

(415) 441-KIDS www.sfcapc.org/programsTalk_line.htm

Hours: 24 Hours

Eligibility: All families

Languages Spoken: English

CHILD ABUSE

Do you know a child who has been treated badly by someone? About one-third of the victims of child abuse are teens. And child abuse includes neglect and emotional abuse as well as physical and sexual abuse. If you suspect a child or teen you know is being abused, or if you are being abused yourself, call for help. REMEMBER: IT IS NOT YOUR FAULT. Keeping the abuse a secret does not help you or anyone else; keeping the secret only causes the cycle of pain and shame to go on and on. Try to find someone you trust to talk to. Talking can help you sort out your feelings, feel less alone, and it will help you find ways to begin healing the hurt.

Child Abuse Reporting Hotline

San Francisco (415) 558-2650

Toll-Free (800) 856-5553

National Center for Missing and Exploited Children

If you have or know someone who has a missing child then call this number for help.

(800) 843-5678

Counseling and Support Services

DRUGS

Drug Line

Volunteers, staff, and interns at SF Suicide Prevention will take your calls dealing with crisis and drug situations, and provide counseling or treatment referrals. Services are free.

(415) 362-3400

Hours: 24 Hours
Eligibility: Everyone
Languages Spoken: English

Relapse Prevention Hotline

Provides counseling about relapse and provides referrals and information about drugs and alcohol treatment programs. Services are free.

(415) 834-1144

Hours: 24 Hours
Eligibility: Everyone
Languages Spoken: All languages are available through a computerized interpreter system.



LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, AND QUESTIONING SERVICES (LGBTQQ)

There are many organizations and agencies committed to offering lesbian, gay, bisexual, transgender, queer, and questioning (LGBTQQ) youth support and resources so they can feel safe, be healthy, and live confidently.

Lavender Youth Recreation & Information Center (LYRIC)

A community, recreation, and resource center for lesbian, gay, bisexual, transgender, queer and questioning (LGBTQQ) youth. If you have questions about anything there are counselors and peers there to speak with. The organization provides lots of services including: youth talklines, peer counseling, activities, education enhancement, career training, health promotion, and leadership development. Services are free.

127 Collingwood Street (between 18th and 19th), San Francisco 94114
(415) 703-6150 www.lyric.org

Hours: M-F 8-8 p.m. (with special events and programs on-going)
Eligibility: LGBTQQ youth up to age 23, and their allies or supporters
Languages Spoken: English
Public Transport: MUNI: Castro Street Station, 24, 33

Counseling and Support Services

LESBIAN, GAY, BISEXUAL, TRANSGENDER, QUEER, AND QUESTIONING SERVICES (LGBTQQ)

New Leaf Services for Our Community

Provides the lesbian, gay, bisexual, transgender, queer, and questioning community counseling for mental health, substances abuse, and other issues. Fees vary according to income and service. Medi-cal, private insurance accepted.

103 Hayes Street (at Polk), San Francisco 94112
(415) 626-7000 www.newleafservices.org

Hours: M-Th 9-8 p.m., F 9-7 p.m.
Eligibility: San Francisco resident for most services
Languages Spoken: English and Spanish
Public Transport: BART: Civic Center Station;
MUNI: Van Ness Station, Civic Center Station

Community United Against Violence (CUAV)

Their mission is to prevent and respond to violence against and within the diverse lesbian, gay, bisexual, transgender, queer, questioning communities. They work to accomplish this mission through support services, advocacy, organizing and education. Services are free.

170A Capp Street (between 16th and 17th), San Francisco 94110
(415) 777-5500 www.cuav.org

24-hour support line
(415) 333-HELP (4357)

Hours: M-F 10-6 p.m.
Eligibility: Ages 18 and up
Languages Spoken: English
Public Transport: BART 16th Street Station; MUNI: 14, 33, 49

Gay, Lesbian, Bisexual, Transgender (GLBT) National Youth Talkline

Telephone volunteers are in their teens and early twenties. They can talk with you about coming-out issues, relationship concerns, parent issues, school problems, HIV/AIDS anxiety, safer-sex information, and lots more. Also they have a large database with over 18,000 listings including information on social and support groups, as well as gay-friendly religious organizations, sports leagues, student groups and more. Services are free.

(888) 246-7743 (PRIDE) www.glnh.org/talkline/index.html

Hours: M-Sat 6:30-9 p.m.; Saturdays 9-2 p.m.
Eligibility: Youth up to 25 years old
Languages Spoken: English



Counseling and Support Services

RAPE

Rape is a violent assault on your body, mind and spirit. **Sexual abuse** is the same thing, but often continues over long periods of time, with the abuser sometimes convincing the victim to keep the secret. If you are being touched by a family member, date, teacher, adult friend, or someone else, and it makes you uncomfortable, unhappy, confused or depressed, or if you are having sex with someone and you don't want to continue, but are afraid of what will happen if you say no or tell anyone, you may be the victim of sexual abuse.

Asian Women's Shelter (AWS)

Shelter program provides safety, food, shelter, advocacy, and other resources to assist women in rebuilding violence-free lives for themselves and their children. Address not available to all. To access services be sure to call first. Due to confidentiality and safety reasons, the site for this location is only known to the shelter residents. Call first to get more information. Services are free.

Address not available to all. San Francisco 94110

(415) 751-7110 www.sfaws.org

Crisis line 24 hours

(877) 751-0880

Hours: M-F 9-5 p.m.

Eligibility: Women and children survivors of domestic violence

Languages Spoken: English, Vietnamese, Chinese

The Riley Center

Offers drop-in services to battered women including peer counseling, case management, advocacy, support groups, information, and referrals. Also runs an emergency shelter and transitional housing program. Services are free.

3543 18th Street, 3rd Floor (at Guerrero), San Francisco 94110

(415) 552-2943 www.rileycenter.org

Crisis line 24 hours

(415) 255-0165

Hours: M-F 9-5 p.m.

Eligibility: Women and children survivors of domestic violence

Languages Spoken: English, Spanish, Mandarin and Cantonese,
others available upon request

Public Transport: BART: 16th Street Station; MUNI: 22, 33, J-Line

Counseling and Support Services

RAPE

San Francisco Women Against Rape (SFWAR)

Majority people of color organization with a high awareness of cultural, sexual, and individual needs. Male and female counselors staff counseling lines. Offer free short-term peer counseling, support groups, extensive list of pro-bono or sliding scale local therapists in all of bay area. Case manager on site. Services are free.

3543 18th Street (between Guerrero and Valencia), San Francisco 94110
(415) 861-2024 www.sfwar.org

Crisis line 24 hours, mostly peer counselors
(415) 647-7273

Hours: M-F 9-5 p.m.

Eligibility: Anyone and if they can't help will tell you where to get it

Languages Spoken: English, Spanish, Cantonese, Mandarin, Farsi, Hebrew, Indonesian, Japanese, Korean, Russian, Tagalog, Vietnamese, French

Public Transport: BART: 16th Street Station; MUNI: 14, 33, 49

San Francisco Rape Treatment Center at San Francisco General Hospital

If you have been raped or sexually assaulted the San Francisco Rape Treatment Center will help you with counseling, medical exams, case management, and referrals.

2801-A 25th Street (at Bryant), San Francisco 94110
(415) 206-3222

Hours: M-F 8-5 p.m. (crisis examination 24 hours)

Eligibility: All victims of sexual or physical assault

Languages Spoken: English, Spanish, and Tagalog, others available upon request

Public Transport: BART: 16th Street Station; MUNI: 9, 22, 27, 33, 53



“If you haven't heard, let me be the first to tell you: achieving your goals isn't always easy—it takes passion. You must remember that what you want for yourself must be greater than any negative people or experiences in your life.”

Kordnie-Jamillia Lee
EYAB Member 2004



Legal Assistance and Advice

You might need someone to help you with court issues, fines, or advice, but legal help can be very expensive. Below are some agencies that are less expensive (or free) that give legal help to those in need. Because these places are either free or inexpensive they may not be able to take all cases, so look through the list and see if there are any that meet your needs.

IF YOU OR SOMEONE YOU KNOW HAS BEEN ARRESTED:

You, or the person you know, will stay in jail for as long as investigated charges are gathered but no more than 3 days. Then there will either be a charge or release. If charged, the arrested will be brought into court for arraignment and if they cannot afford an attorney, a public defender or a conflict attorney will be appointed at no cost.

San Francisco Public Defenders Office

555 Seventh Street (at Bryant), San Francisco 94103

Direct referral

(415) 553-9638 www.sfgov.org/pd

Hours: M-F 8-5 p.m.

Fee: Free

Eligibility: Defendant who can not afford private counsel

Languages Spoken: English, Cantonese, Spanish, Interpreter Services

Public Transport: BART: Civic Center Station; MUNI: 12, 19, 27

IF YOU KNOW OF SOMEONE WHO IS UNDER 18 WHO HAS BEEN ARRESTED:

Public Defender Juvenile Office

Provide legal representation to juvenile clients, including educational advocacy, and community and out-of-home placement services. Services are free.

258 A Laguna Honda Blvd (between Woodside and Clarendon), San Francisco 94116
(415) 753-8176

Hours: M-F 8-5 p.m.

Eligibility: Ages 18 and under

Languages Spoken: English, Cantonese, Spanish, Interpreter Services

Public Transport: MUNI: Forest Hill Station, 36, 43, 44

Clean Slate Program

This program handles all requests for expungement, certificates of rehabilitation, and sealing of arrest records. You can pick up a two-page application at the Public Defender's Office (555 7th Street) or download one off the website, www.sfgov.org/pd. After you've filled out the form, on Tuesdays between 9-11 you can visit the Public Defender's Office to get answers to your application questions. The entire process can take about 2 months but it's worth the fresh start!

Remember: If you've been accused of a crime and cannot afford a lawyer, you may qualify for free help from the public defender's office or a court appointed private attorney. Persons with little income can qualify for no-cost help from a legal services program. For more information visit: www.lawhelpcalifornia.org.

Legal Assistance and Advice



Legal Services for Children

If you, or someone you know is under 18, this organization can help you get a lawyer. They can also help you get a paternity test, help you gain full custody of your child, and make sure you have other things you need when you leave the foster care system. Services are free.

1254 Market Street, 3rd Floor (between Hyde and Larkin Street), San Francisco 94102
(415) 863-3762 www.lsc-sf.org

Hours: M-F 9-5 p.m.

Eligibility: Children and youth up to age 18

Languages Spoken: English, Spanish, Chinese, and Tagalog

Public Transport: BART: Civic Center Station; MUNI: Civic Center Station

San Francisco Women Against Rape (SFWAR)

Majority people of color organization with a high awareness of cultural, sexual, and individual needs. Male and female counselors staff counseling lines. Offer free short-term peer counseling, support groups, extensive list of pro-bono or sliding scale local therapists in all of bay area. Case manager on site. Services are free.

3543 18th Street (between Guerrero and Valencia), San Francisco 94110
(415) 861-2024 www.sfwar.org

Crisis line 24 hours, mostly peer counselors
(415) 647-7273

Hours: M-F 9-5 p.m.

Eligibility: Anyone and if they can't help will tell you where to get it

Languages Spoken: English, Spanish, Cantonese, Mandarin, Farsi, Hebrew, Indonesian, Japanese, Korean, Russian, Tagalog, Vietnamese, French

Public Transport: BART: 16th Street Station; MUNI 14, 33, 49

Youth Law Center

A non-profit, public interest law firm that works on problems in the foster care and juvenile justice systems (not individual cases). Call them if you have information about problems with the system. Even though they probably will not be able to give you direct representation in court, they might be able to use information you give them to improve the system. They might also be able to give you referrals for offices that work directly with current and former foster youth. Services are free.

417 Montgomery Street, Suite 900 (at California), San Francisco 94014
(415) 543-3379 www.ylc.org

Hours: M-F 9-5 p.m.

Eligibility: Their work focuses on system change they do not take individual cases.

Languages Spoken: English and Spanish

Public Transport: BART: Montgomery Street Station; MUNI: Montgomery Street Station

Legal Assistance and Advice

Bay Area Legal Aid

Provides free legal services to low-income residents for cases involving restraining orders, divorce, child custody and support, government benefits, and welfare issues. Services are free.

50 Fell Street, 1st Floor (at Van Ness Street), San Francisco 94102
(415) 982-1300 www.baylegal.org

Legal Advisor for eligibility requirements & appoints (415) 354-6360
Toll-Free (800) 551-5554

Hours: M-F 9-5 p.m. (closed for lunch from 12-1 p.m.)
Eligibility: Call Legal Advisor line for requirements
Languages Spoken: English, Spanish, Russian, Cantonese, Mandarin, Tagalog, Vietnamese, and others upon request
Public Transport: BART: Civic Center Station; MUNI: Civic Center Station

Court Appointed Special Advocate (CASA)

CASA's are mentors appointed by the court to youth still in the system. They get a lot of trainings about the foster care system and know what to expect. They will come to your court dates, school related events, and meetings, and can be that someone to support you. Services are free.

100 Bush Street, Suite 650 (between Sansome and Battery), San Francisco 94104
(415) 398-8001 www.sfcasa.org

Hours: M-F 9-5 p.m.
Eligibility: CASA's are appointed by the court to youth still in the system. You may already have one, but if not, call to find out more about this program.
Languages Spoken: English and Spanish
Public Transport: BART: Embarcadero Station; MUNI: Embarcadero Station





Health

HEALTH INSURANCE AND COVERAGE

If you emancipate from the foster care system on or after your 18th birthday you may be eligible to receive **Medi-Cal until your 21st birthday**. The Foster Care Independence Act of 1999 allows all foster youth to receive Medi-Cal benefits without any cost to the youth, until they reach the age of 21. Under this Act, you are not required to show proof of income or resources (such as a car) in order to be eligible for Medi-Cal. You only have to have been in the care of a foster care family or agency when you turned 18. You must contact the Medi-Cal Health Connections to make sure your insurance has carried over. It is supposed to be an automatic process, but doesn't always happen. You should generally try to keep the Medi-Cal offices informed of your current address and phone number so they can get in touch with you if you lose your card or need any services.

Healthy Kids and Young Adults is a San Francisco city-sponsored health plan which provides health insurance to low-income children, young adults, seniors, and persons with disabilities in San Francisco. You'll need to enroll in this program right before you age out of Medi-Cal when you are 21 so that you have continued insurance until you are 25.

Medi-Cal Health Connections (extended health coverage until you turn 21)

Provide Medi-Cal health insurance coverage for youth up to age 21. Services are free.

Main Medi-Cal Building

1440 Harrison Street (between 10th and 11th), San Francisco 94103
(415) 558-1947

Hours: M-F 8-5 p.m.

Eligibility: Former foster youth residents of California

Languages Spoken: English, Spanish, Chinese, Vietnamese, Russian,
and others upon request

Public Transport: BART: Civic Center Station; MUNI: 19, 12, 27, Civic Center Station

Healthy Kids and Young Adults

Provides health insurance and refers you to primary care providers and specialist, six hospitals, and about 100 pharmacies—all in neighborhoods close to where you live or work. Fees vary.

San Francisco Health Plan

201 Third Street, 7th Floor (at Howard), San Francisco 94103

Enrollment (415) 777-9992 www.sfhp.org

Member services (800) 288-5555

Hours: M-F 8:30-5:30 p.m.

Eligibility: Resident of San Francisco

Languages Spoken: English, Spanish, Chinese

Public Transport: BART: Montgomery Street Station; MUNI: Montgomery Street Station

Remember: If you need other help with a health related issue, including more information about keeping your Medi-Cal until 21, call the Office of the Foster Care Ombudsman at 1 (877) 846-1602.

Health

HOSPITALS

What is a hospital?

Hospitals provide 24-hour care to people who have high-level medical needs or are recovering from surgery. Most hospitals also offer a variety of outpatient services (services for when the patient doesn't need 24-hour care, but still needs medical support).

What should I look for in a hospital?

If you have a choice of hospitals, it is a good idea to ask family, friends, and other people you know to find out which hospital(s) offer the best level of care and service.

How do I pay for a hospital stay?

Hospital care is paid for either by the individual who receives the care, their health insurance plan, or by Medi-Cal.

Remember: As a former foster youth you are entitled to have insurance up until you are 21 years old, through Medi-Cal. After that you can enroll in San Francisco's Healthy Kids and Young Adults program, which is for youth 21–25. You can call both Medi-Cal and Healthy Kids and Young Adults (see phone numbers on previous page) to be referred to a doctor who will accept your insurance. You then have to call and see if that doctor is accepting any new patients and if you can set up an appointment.

Sometimes you may not have time to go through the Medi-Cal or Healthy Kids and Young Adults offices—times like emergencies. If there is an emergency and you need a hospital or immediate medical attention, contact one of the hospitals below. Let them know what insurance (if any) you have and see what they can provide. Most hospitals have payment plans for the uninsured or underinsured.

California Pacific Medical Center

<http://www.cpmc.org>

For doctor referrals call: (888) 637-3762

Emergency Rooms: 2333 Buchanan (on Sacramento side)

Kaiser Permanente

www.kaiserpermanente.org

For doctor referrals call: (415) 833-4792

Emergency Rooms: 2425 Geary Street (between Baker and Lyon)

San Francisco General

<http://www.dph.sf.ca.us/chn/SFGH/default.asp>

For doctor referrals call: (415) 206-8436

Emergency Rooms: 1001 Potrero Avenue (at 23rd)



Health

HOSPITALS

UCSF Medical Center

www.ucsfhealth.org

For doctor referrals call: (800) 444-2559

Emergency Rooms: 505 Parnassus Ave (at 2nd Ave.)

St. Luke's Hospital

www.stlukes-sf.org

For doctor referrals call: (415) 821-3627, (415) 647-8600

Emergency Rooms: 3555 Ceaser Chavez (between Mission and 26th)

St. Mary's Medical Center

www.stmarysmedicalcenter.org

For doctor referrals call: (800) 444-2303

Emergency Room: 4550 Stanyan (between Hayes and Fulton)



MEDICAL CLINICS

If you don't need 24-hour care, you have the option of going to a medical clinic. Medical clinics are not 24-hours and do not offer overnight stays, but they do offer medical services and your family doctor could be at a hospital or clinic. Some clinics are totally free, while others offer sliding scale and other payment options. The following agencies offer sliding scale or free medical care. Low cost services are also available for vision and dental needs. Some help with other issues as well. Information about mental health is on page 37.

Potrero Hill Health Center

1050 Wisconsin Street (between 23rd and Connecticut), San Francisco 94107
(415) 648-3022

Hours: M-F 8:30-5:30 p.m.

Fee: Sliding scale based on income.

Eligibility: Proof of income and San Francisco residence required

Languages Spoken: English, Spanish, Tagalog

Public Transport: MUNI: 19, 48, 53

Chinatown Public Health Center

1490 Mason Street (at Broadway), San Francisco 94133
(415) 364-7600 www.dph.sf.ca.us/chn/HlthCtrs/Chinatown.htm

Hours: M-F 8-5 p.m.

Fee: Sliding scale based on income

Eligibility: Proof of income and San Francisco residence required

Languages Spoken: English, Spanish, Cantonese, Mandarin, Vietnamese and Tagalog.

Public Transport: MUNI: 12, 41, 45, Powell Street Cable Cars

Health

MEDICAL CLINICS

Haight Ashbury Free Medical Clinic

558 Clayton Street (between Haight and Page), San Francisco 94117
(415) 487-5632 www.hafci.org

Hours: 9-8 p.m. (Call for appointments!)
Fee: Free
Eligibility: Primarily for those who do not have any other form of health care
Languages Spoken: English
Public Transport: MUNI: 6, 7, 33, 43, 66, 71

Maxine Hall Health Center

1301 Pierce Street, Suite 425 (at Ellis), San Francisco 94117
(415) 292-1300 www.dph.sf.ca.us/chn/HlthCtrs/Maxine_Hall.htm

Hours: M-F 8-5 p.m.
Fee: Sliding scale based on income
Eligibility: Proof of income and San Francisco residence required
Languages Spoken: English, Spanish
Public Transport: MUNI: 22, 24, 31, 38

Mission Neighborhood Health Center

240 Shotwell Street (at 16th), San Francisco 94110
(415) 552-3870 www.sfccc.org/clinics/mnhc.htm

Hours: M-F 8:30-5 p.m.
Fee: Sliding scale, Medi-Cal, Medicare, and other insurance also accepted
Eligibility: Proof of income and San Francisco residence required
Languages Spoken: English and Spanish
Public Transport: BART: 16th Street; MUNI: 12, 14, 22, 33, 49, 53

North East Medical Services

1520 Stockton Street (at Columbus), San Francisco 94133
(415) 931-9686 www.northeastmedical.qpg.com

Hours: M-F 8:30-5 p.m., Sat. 9-4 p.m.
Fee: Payment options available depending on your need
Eligibility: Proof of income and San Francisco residence required
Languages Spoken: English and Spanish
Public Transport: MUNI: 12, 15, 30, 41, 45

San Francisco Free Clinic

4900 California Street (at 11th Ave.), San Francisco 94118
(415) 750-9894 www.sffc.org

Hours: M-F 10-12 p.m., Sat. 1:30-4:30 p.m.
Fee: No fees for medical services
Eligibility: For those without health insurance
Languages Spoken: English and Spanish
Public Transport: MUNI: 1, 2, 4, 38

Health

MEDICAL CLINICS

Sliver Avenue Family Health Center

1525 Silver Avenue (between San Bruno and Girard), San Francisco 94134
(415) 715-0300 www.dph.sf.ca.us/chn/HlthCtrs/Silver.htm

Hours: M-F 8-5 p.m.
Fee: Sliding scale based on income
Eligibility: Proof of income and San Francisco residence required
Languages Spoken: English and Spanish
Public Transport: MUNI: 9, 44

South of Market Health Center

551 Minna Street (between 6th and 7th), San Francisco 94103
(415) 626-2951 www.sfccc.org/sfcccclinics/smhc.htm

Hours: M-Th 8-5 p.m., F-Sa 8-3:30 p.m.
Fee: Sliding scale, Medi-Cal, Medicare, and other insurance also accepted
Eligibility: Low-income residents of the South of Market and Tenderloin
Languages Spoken: English, Spanish, Cantonese, Tagalog, Farsi, Russian
Public Transport: BART: Powell Street Station; MUNI: 2, 14, Powell Street Station

Castro/Mission Health Center

3850 17th Street (at Noe), San Francisco 94114
(415) 487-7500 www.dph.sf.ca.us/chn/HlthCtrs/castro-mission.htm

Hours: M-F 7:45-5 p.m.; Tu and Th 7:45-9 p.m.
Fee: Free or sliding scale
Languages Spoken: English and Spanish
Public Transport: MUNI: 24, 35, 37, Castro Street Station

Southeast Health Center

2401 Keith Street (at Armstrong), San Francisco 94124
(415) 671-7000 www.dph.sf.ca.us/chn/HlthCtrs/Southeast.htm

Hours: M-F 8-5 p.m.; W 8-12 p.m.
Eligibility: Proof of income and San Francisco residence required
Fee: Free, Medi-Cal, or sliding scale
Languages Spoken: English and Spanish
Public Transport: MUNI: 15

Health

MEDICAL CLINICS

Ocean Park Health Center

1351 24th Avenue (between Irving and Judah), San Francisco 94122
(415) 682-1900 www.dph.sf.ca.us/chn/HlthCtrs/OceanPark.htm

Hours: M-F 8-5 p.m.
Eligibility: Proof of income and San Francisco residence required
Fee: Free or sliding scale
Languages Spoken: English and Spanish
Public Transport: MUNI: 71, N-Judah

Planned Parenthood

815 Eddy Street (between Van Ness and Franklin), San Francisco 94109
(800) 967-PLAN (7526) www.ppgg.org

Hours: M-F 9-5 p.m.
Fee: Free, Medi-Cal, or sliding scale
Languages Spoken: English and Spanish
Public Transport: MUNI: 31, 38, 47, 49

New Generation Health Center

625 Potrero Avenue (between 18th and 19th),
San Francisco 94110
(415) 502-8336
www.ucsf.edu/newgen/Services.htm

Hours: M-F 9-5 p.m., Tu 9-7 p.m.
Fee: Free to \$5.00
Eligibility: Reproductive health clinic
for 12-24 year olds
Languages Spoken: English and Spanish
Public Transport: MUNI: 9

Native American Health Center

160 Capp Street (at 16th Street)
(415) 621-8051 www.nativehealth.org

Hours: M-F 9-5 p.m.
(by appointment)
Fee: Sliding scale, Medi-Cal,
Medicare, and other
insurance also accepted
Languages Spoken: English
Public Transport: BART: 16th Street;
MUNI: 14, 22, 26



Health

MENTAL HEALTH

24-Hour Mental Health Information and Referral

- Narcotics Anonymous of San Francisco (415) 621-8600
- Alcoholics Anonymous (415) 674-1821
- California Youth Crisis Line (800) 843-5200
- San Francisco Suicide Prevention (415) 781-0500



San Francisco Mental Health Access

Referrals to mental health services for Medi-Cal and uninsured clients (888) 246-3333

Hours: M-F 8:00-5:00 p.m.

Community Mental Health Services O.M.I. Family Center

Provides an outpatient mental health service to individuals and families. Services include assessment, general mental health services, medication support and case management. Sliding scale fee according to income. Medi-Cal also accepted.

1760 Ocean Ave (at Jules), San Francisco 94112
(415) 452-2200

Hours: M-F 8:30-5 p.m. Call ahead for drop-in hours.
Eligibility: Un-insured and Medi-Cal clients 18-59 years old
Languages Spoken: English
Public Transport: MUNI: K-Ingleside

South of Market Mental Health Services Center

Provides an outpatient mental health service to individuals and families. Services include assessment, general mental health services, medication support and case management. Sliding scale fee according to income. Medi-Cal also accepted.

760 Harrison Street (between 3rd & 4th), San Francisco 94107
(415) 836-1700

Hours: M-F 9-5 p.m. Drop-in hours M, T, Th, Fri 9-10:30 a.m.
Eligibility: Un-insured and Medi-Cal clients 18-59 years old
Languages Spoken: English, Spanish, Russian, Mandarin, and Cantonese
Public Transport: MUNI: 12, 30, 45

Sunset Mental Health Services

Provides outpatient mental health services, socialization, individual, couple, group, and family therapy, medication, and case management. Sliding scale fee according to income.

1990 41st Avenue (between Ortega and Pacheco), San Francisco 94116
(415) 753-7400

Hours: M-F 8:30-5 p.m.
Eligibility: Open to individuals and families ages 5 and up
Languages Spoken: English, Spanish, Chinese, Russian
Public Transport: N-Judah, 71, L

Health

DENTAL AND VISION SERVICES

Southeast Health Center

2401 Keith Street (at Armstrong), San Francisco 94124
(415) 671-7000 www.dph.sf.ca.us/chn/HlthCtrs/Southeast.htm

Hours: M-F 8-5 p.m.; W 8-12 p.m.
Eligibility: Proof of income and San Francisco residence required
Fee: Free, Medi-Cal, or sliding scale
Languages Spoken: English and Spanish
Public Transport: MUNI: 15

Sliver Avenue Family Health Center

1525 Silver Avenue (between San Bruno and Girard), San Francisco 94134
(415) 715-0300 www.dph.sf.ca.us/chn/HlthCtrs/Silver.htm

Hours: M-F 8-5 p.m.
Fee: Sliding scale based on income
Eligibility: Proof of income and San Francisco residence required
Languages Spoken: English and Spanish
Public Transport: MUNI: 9, 44

Potrero Hill Health Center

1050 Wisconsin Street (between 23rd and Connecticut), San Francisco 94107
(415) 648-3022

Hours: M-F 8:30-5:30 p.m.
Fee: Sliding scale based on income
Eligibility: Proof of income and San Francisco residence required
Languages Spoken: English, Spanish, Tagalog
Public Transport: MUNI: 19, 48, 53

Ocean Park Health Center

1351 24th Avenue (between Irving and Judah), San Francisco 94122
(415) 682-1900 www.dph.sf.ca.us/chn/HlthCtrs/OceanPark.htm

Hours: M-F 8-5 p.m.
Eligibility: Proof of income and San Francisco residence required
Fee: Free or sliding scale
Languages Spoken: English and Spanish
Public Transport: MUNI: 71, N-Judah



Health

ALCOHOL AND DRUG ABUSE

Haight Ashbury Alcohol Treatment Services

Provides an outpatient clinic providing comprehensive alcohol and substance abuse treatment services for men and women, treatment planning, alcohol education for individuals and counseling. Sliding scale fee. No Medi-Cal.

425 Divisadero Street Suite 201
(between Oak and Fell), San Francisco 94117
(415) 487-5634 www.hafci.org

Hours: M-F 10-6 p.m.
Eligibility: Adults 18 and older
Languages Spoken: English
Public Transport: 7, 71, 6, 24, 5, 21



Haight Ashbury Free Clinics Drug Detox and Outpatient Programs—HAFCI

HAFCI operates numerous clinics that provide drug abuse counseling and education, and medical treatment in outpatient clinic settings. Includes specialized programs for detox services, drug-abusing pregnant and post-partum women, people at-risk for HIV infection, homeless youth in the Haight Ashbury district and Asian American drug abusers. Check out their website or call (415) 565-1908 to get referred to the right program. Services are free.

Main Site: 529 Clayton Street (between Page and Haight), San Francisco 94117
(415) 565-1908 www.hafci.org

Hours: M-Th 10-6 pm.; F 12-5 p.m.
Eligibility: Depends on location
Languages Spoken: English
Public Transport: Depends on location

Detox Centers

The Ozanam Center

Provides detox treatment, counseling, 12-step program meetings, and health education to individuals under the influence of or withdrawing from alcohol or drugs. \$10 requested fee, but no one denied service because of inability to pay.

1175 Howard Street (at 8th Street), San Francisco 94103
(415) 252-5305 (intake) <http://svdp-sf.org>

Hours: Telephone intake 24 hours/day
 Drop-in center M-F 7:30-3:30 p.m.
Eligibility: 18 and over
Languages Spoken: English, Spanish, Mandarin.
Public Transport: BART: Civic Center; MUNI: 19, 14

Health

ALCOHOL AND DRUG ABUSE

Residential Programs

Baker Places, Inc.

Provides a range of community based residential treatment services for individuals with mental health, substance abuse and/or HIV/AIDS related issues. Settings include acute residential, transitional residential, and supported community living services. Fees vary according to service.

Administrative offices: 600 Townsend Street, Suite 200E (at 7th Street),
San Francisco 94103

Intake

(415) 864-1515 www.bakerplaces.org

Eligibility: 18-64 years old

Languages Spoken: English

Public Transport: Depends on location

PRENATAL AND POSTPARTUM SERVICES

San Francisco Child Abuse Prevention Center– TALK (Telephone Aid in Living with Kids) Line

Provides families with a complete range of services to help with the stresses of raising kids. These programs and services are designed to be a “safety net” to help families in bettering their lives so they can support, nurture, and care for their children better. Services are free.

(415) 441-KIDS www.sfcapc.org/programsTalk_line.htm

Hours: 24 Hours

Eligibility: All families

Languages Spoken: English

Planned Parenthood

Provides high quality reproductive health care, teach responsible and age-appropriate sexuality education. Free, Medi-Cal, or sliding scale fees.

815 Eddy Street (between Van Ness and Franklin), San Francisco 94109
(800) 967-PLAN (7526) www.ppgg.org

Hours: M-F 9-5 p.m.

Languages Spoken: English and Spanish

Public Transport: MUNI: 31, 38, 47, 49

Health

PRENATAL AND POSTPARTUM SERVICES

New Generation Health Center

Provides free and confidential reproductive health services. Free to \$5.00 fee.

625 Potrero Avenue (between 18th and 19th), San Francisco 94110
(415) 502-8336 www.ucsf.edu/newgen/Services.htm

Hours: M-F 9-5 p.m., Tues. 9-7 p.m.

Eligibility: 12-24 year olds

Languages Spoken: English and Spanish

Public Transport: MUNI: 9

Southeast Health Center

Provides free and confidential reproductive health services. Free services, Medi-Cal, or sliding scale fees.

2401 Keith Street (at Armstrong), San Francisco 94124
(415) 671-7000 www.dph.sf.ca.us/chn/HlthCtrs/Southeast.htm

Hours: M-F 8-5 p.m., W 8-12 p.m.

Eligibility: Proof of income and San Francisco residence required

Languages Spoken: English and Spanish

Public Transport: MUNI: 15





“Let your parents’ downfalls be the reason why you do better.

Don’t let your parents’ mistakes be your mistakes.

Things and people come into your life for many different reasons enjoy them.”



Ann Ridge
EYAB Member 2004, 2005

Parenting and Childcare Services

Every parent wants to give their children the healthiest and most positive upbringing possible, but often people will raise their kids the way they were raised, regardless of what this felt like to them. There are cycles of positive messages, love, and respect that we can choose to offer our kids. There are also cycles of violence, fear, and neglect that we should try to keep from passing on to our children. The following agencies dedicate their services to providing resources to help parents create cycles of positive messages. These organizations offer parenting classes, support groups, counseling, and childcare. Also, check with your school nurse or school counselor for other referrals.

Children’s Council of San Francisco – Child Care Referral

Provides child care referrals, child care provider workshops, and parenting workshops. You can also sign up for the waiting list for subsidized childcare, known as CEL—Centralized Eligibility List. Services are free.

445 Church Street (at 16th Street), San Francisco 94114
(415) 343-3300 www.childrenscouncil.org

General and subsidy support info
(415) 276-2900

Hours: M-F 9-4 p.m. Call for referrals, drop in to get on a waiting list for subsidized childcare.

Eligibility: San Francisco families and children. For most services must be low-income for child care subsidy.

Languages Spoken: English, Spanish, Cantonese, Mandarin, Russian
Public Transport: MUNI: Castro Street Station, 22, 33

Wu Yee Children’s Services

Provides child care referrals, and also operates a number of day care centers and preschools throughout the city. Call for more information and center/school locations. Services are free.

Main Office

831 Broadway Street, 2nd Floor (between Powell and Mason), San Francisco 94133
(415) 391-4721 www.wuyee.org

Hours: M-F 9-5 p.m.

Languages Spoken: Depends on location

Public Transport: Depends on location

Remember: For general information regarding child care support and subsidy support call (415) 276-2900





“Keep your head up—no matter what—because life is what you make it.”

Shamari Thomson



Youth Advocacy

You are a true expert on foster care. Here are a few organizations where you can share your experience as an advocate to improve the lives of other foster youth.

HONORING EMANCIPATED YOUTH (HEY) **Emancipated Youth Advocacy Board (EYAB)**

United Way of the Bay Area

The HEY Emancipated Youth Advocacy Board is a one-year leadership and advocacy program for former foster youth. Board members receive training in public speaking and policy, and have the chance to make real change for other foster youth. Call for application deadlines. Services are free.

221 Main Street, Suite 300 (between Howard and Folsom), San Francisco 94105
(415) 808-4435 www.heysf.org

Hours: 8:30-4:45 p.m.

Eligibility: Former foster youth ages 18-24

Languages Spoken: English

Public Transport: BART: Embarcadero Station; MUNI: N-Judah, 14

California Youth Connection

CYC is guided, focused and driven by current and former foster youth who want to make changes in the foster care system. Becoming a member of CYC gives youth the opportunity to use their own experiences to affect local and statewide policy. Services are free.

604 Mission Street, 9th Floor (at 2nd), San Francisco 94105
(415) 442-5060 www.calyouthconn.org

Hours: M-F 9-5 p.m. Contact the statewide office to get connected to a local chapter.

Eligibility: Current and former foster youth, 14-24 years old.

Languages Spoken: English

Public Transport: BART: Montgomery Street Station; MUNI: 14

San Francisco Youth Commission

If you are between the ages of 17-23 and want to advocate for youth issues in San Francisco, you can apply to the Youth Commission. Each year, 17 youth are appointed by the Mayor and Board of Supervisors to represent and effectively advocate for the needs and wants of San Francisco's youth and to encourage youth to be involved and to speak up in the political arena.

1 Dr. Carlton B. Goodlett Place, Rm 345 (at Polk), San Francisco 94105
(415) 554-6446 www.sfgov.org/youth_commission

Hours: M-F 9-5 p.m.

Eligibility: Youth between the ages of 12 and 23

“When you think that you can't go anymore, just think that it could be worse. Be thankful for everything: good or bad. Know your self worth. Once you know that everyone else will know too. It's your turn to shine!”

Kathleen Casela
EYAB Member 2003



Education

EDUCATION SERVICES, RIGHTS, AND SUPPORTS

Foster Youth Services Program

The California Department of Education has a full department just for the educational needs of foster youth. Foster Youth Services (FYS) programs provide support services to foster children. FYS programs have the ability and authority to ensure that health and school records are obtained to establish appropriate placements and coordinate instruction, counseling, tutoring, mentoring, vocational training, emancipation services, training for independent living, and other related services. FYS programs increase the stability of placements for foster children and youth.

To find out more about FYS and the services they provide, contact:

FYS Coordinator, San Francisco Unified School District

(415) 242-2615, ext. 3310

California Law AB490

Foster Youth have the following Education Rights:

School stability: To remain in their original school when they enter foster care or move.

Immediate enrollment: To be immediately enrolled in a new school (even without health/education records).

Partial credit: To receive partial or full credit for work completed at other schools (all students have this right).

Fairness: To not be punished for court-related absences.

Schools must:

- Immediately enroll foster youth (even without uniforms, health education records, etc.).
- Transfer records to child's new school within 2 business days.
- Allow county placing agencies to access student's records.

For more information visit:

www.abanet.org/child/rcj/education/ab490.html



Education

EDUCATION SERVICES, RIGHTS, AND SUPPORTS

People who can help you think more about higher education

- Your Case Worker or Social Worker
- The Independent Living Skills Program
- Your CASA or your mentor
- Relatives or friends who attended college or career training
- Your foster mom or dad
- Teachers or counselors at school
- College Financial Aid and Admissions office staff
- Other youth who made it to college



You can find programs and colleges that can get you to the career of your choice, even if you don't have your high school diploma. In California there are three public college and university systems: the 2-year California Community Colleges (CCC), the 4-year University of California (UC), and the California State University (CSU). There are also many private 4-year universities as well as many private career colleges (which may offer career training, or 2- or 4-year degrees).

HIGH SCHOOL COMPLETION/GED

If you are almost 18, you can contact your local community college to find out about GED (General Educational Development test) preparation classes. The GED is for students over 18* who have not graduated from high school. The California Department of Education has a Web site with a list of GED testing centers at:

<http://www.cde.ca.gov/ta/tg/gd/>

GED Hotline

(800) 626-9433 www.gedtest.org

* **Exceptions to age rule:**

You can take the GED if you're 17 and:

- Are 60 days from your 18th birthday whether or not you're enrolled in school
- If you were within 60 days of graduation when you dropped out
- If you've been out of school at least 60 days and you have a letter of request from a prospective employer, a college, community college or university, or the military.

Education

TUTORING SERVICES

If you're having trouble with some of your classes or just need some help with your classes, you can get a tutor. The following places offer free tutoring services to help you with homework and classwork to improve and help keep up your grades.

San Francisco Independent Living Skills Program (ILSP)

Tutors for different subjects are available for individual or workshop classes. They also have lots of college prep material and referrals. Call or drop by to set up an appointment. Services are free.

225 Valencia Street (at Duboce), San Francisco 94103

Aftercare Coordinator

(415) 934-4209 www.sfilsp.org

Hours: M-F 8-8 p.m.

Eligibility: Current and former foster youth 14-21

Languages Spoken: English and Spanish

Public Transport: BART: 16th Street Station; MUNI: 14, 26, 49, F-Line

San Francisco College Access Center—San Francisco Main Library

Provides culturally relevant, comprehensive college preparation information and assistance. Although open to the community, the program targets students who are low income and the first of their family to attend post-secondary education programs. Services are free.

100 Larkin Street (at Grove), San Francisco 94102

(415) 202-7944 www.sfcollegeaccess.org

Hours: M-F 3-6 p.m.

Eligibility: Anyone

Languages Spoken: English, Spanish, Chinese, Russian, Vietnamese,
and Tagalog

Public Transport: BART: Civic Center Station; MUNI: Civic Center Station, 5, 14

Mission Dignity

The Mission Dignity College and Career Education Resource Center offers bilingual (Spanish/English) peer advising and support, college admissions advising and workshops, educational resources and paid internships. Mission Dignity also offers trainings that are relevant to various Bay Area communities. Services are free.

650 Alabama Street, Suite 202 (between 18th and 19th), San Francisco 94110

(415) 641-7111 www.missiondignity.org

Hours: Tu-F 3-8 p.m.

Eligibility: Youth ages 13-23, including monolingual and
undocumented youth

Languages Spoken: English and Spanish

Public Transport: BART: 16th Street Station; MUNI: 9, 12, 27

Education

VOCATIONAL AND CAREER TRAINING

Vocational training means that you want to learn skills to go directly to work without completing four years of college. Usually the programs that are listed below will take you anywhere from six months to two years to complete.

If you are interested in a particular skill or trade, such as beautician, construction, computers, etc. you could also apply to go to a vocational school. There are many vocational schools in San Francisco that specialize in 2-year degrees and job placement. For a listing, look up “Vocational Schools” in any phone book or on-line.



Bridges from School to Work Program

Provides support for those who are underemployed due to various obstacles. They help applicants get from school to work and teach the skills you need to be successful in the workplace. You can also get help finding a job and keeping it. Services are free.

785 Market Street, Suite 700 (between 3rd and 4th), San Francisco 94103
(415) 227-4330 www.marriottfoundation.org

Hours: M-F 8:30-5:00 p.m.

Eligibility: Between ages 16-24

Languages Spoken: English, Spanish, Cantonese, Tagalog

Public Transport: BART: Powell Street Station; MUNI: 5, 6, 7, 21, 30, 45, 71

Chinatown Beacon Center—Community Educational Services

Through the Mayor’s Youth Education Employment Program (MYEEP), they provide job readiness training for high school students up to 18 years of age or youth up to 21 years who are enrolled in a GED program. They can help give you the skills and resources you need to get out and start working. Services are free.

80 Fresno Street (between Kearny and Grant), San Francisco 94133
(415) 982-0615 www.cessf.org/programs.htm

Hours: M-F 9-6 p.m.

Eligibility: Between the ages of 18-21

Languages Spoken: English, Spanish, Cantonese, Tagalog

Public Transport: MUNI: 15, 30, 45, 41, 12

Education

VOCATIONAL AND CAREER TRAINING

Job Corps—Treasure Island Job Corps Center

Job Corps is a no-cost educational and vocational training program that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives. At Job Corps, students enroll to learn a trade, earn a high school diploma or GED and get help finding a good job. When you join the program, you will be paid a monthly allowance; the longer you stay with the program, the more your allowance will be. Job Corps provides career counseling and transition support to its students for up to 12 months after they graduate from the program. Services are free.

655 H Avenue, Building 442
Treasure Island, San Francisco 94103
(415) 277-2400 <http://treasureisland.jobcorps.gov>

National Line to find out how to enroll:
(800) 733-JOBS

Hours: M-F 9-5; live and work on-site
Eligibility: Must be 16-24; a U.S. citizen or legal resident;
meet a certain income requirement; and, be ready,
willing, and able to participate fully in an educational
environment.

Languages Spoken: English
Public Transport: Transbay Buses to Treasure Island

Juma Ventures

If you are a high-school aged youth, Juma Ventures offers you a great opportunity to get a job and build some skills, get connected to some positive activities and people, and develop your vision and plans for the future. Juma offers you much more than just a regular job! Juma Ventures works with businesses who hire young people at places such as the Ballpark, Ben & Jerry's, and others. They can get you a job so you can have your own spending money. Services are free.

131 Steuart Street (between Mission and Howard), San Francisco 94105
(415) 371-0727 www.jumaventures.org

Hours: M-F 9-6 p.m.
Eligibility: Youth between 14-24
Languages Spoken: English
Public Transport: BART: Embarcadero Street Station;
MUNI: Embarcadero Street Station, 12, 14, 71



Education

VOCATIONAL AND CAREER TRAINING

Youth Community Developers, Inc.

Through the Mayor's Youth Education Employment Program (MYEEP), they provide job readiness training for students 18 to 21 years who are enrolled in a GED program. They can help give you the skills and resources you need to get out and start working. Services are free.

1715 Yosemite Avenue (between 3rd and Keith), San Francisco 94124
(415) 822-3491 www.ycdjobs.org

Hours: M-F 9-5 p.m.

Eligibility: Youth 18-21 who are enrolled in a GED program

Languages Spoken: English

Public Transport: MUNI: 15

COMMUNITY COLLEGES

California has **109 COMMUNITY COLLEGES** (CCCs)! They accept **all** students, even students who did not graduate from high school and/or had very low grades.

As a current or former foster youth, you may qualify to have all of your expenses (including fees, books and supplies, living expenses and rent) covered by financial aid at the CCCs.

At the CCCs you can get short-term career training; earn certificates, diplomas and Associate Degrees; or take courses to prepare you to transfer to a 4-year university when you are ready.

You can access special student support services at all CCCs—such as EOPS (Extended Opportunity Programs & Services), CalWORKs, CARE, DSP&S, and transfers. There are also academic support services, such as counseling, career guidance, and placement testing.

CCCs offer other useful services such as:

- health services
- book vouchers
- academic and personal support
- food assistance
- summer programs
- career & class advice
- special services to students with disabilities or special needs

Remember: You can earn an associates degree in the major you choose in 2 years and then transfer to a 4-year college, where after another 2 years you can earn your bachelors degree. You could also enroll yourself in a career training/certificate program at a community college.

Education

COMMUNITY COLLEGES

Here's a short list of local CCC's. For a complete list and to locate and contact a community college, visit: www.icanaffordcollege.com

Chabot College Chabot-Las Positas Community College District
25555 Hesperian Boulevard, Hayward 94545
(510) 723-6600 www.chabotcollege.edu

Laney College Peralta Community College District
900 Fallon Street, Oakland 94607
(510) 834-5740 www.laney.peralta.edu

Las Positas College Chabot-Las Positas Community College District
3033 Collier Canyon Road, Livermore 94550
(925) 424-1000 www.laspositascollege.edu

Merritt College Peralta Community College District
12500 Campus Drive, Oakland 94619
(510) 531-4911 www.merritt.edu

San Francisco City College San Francisco Community College District
50 Phelan Avenue, E200, San Francisco 94112
(415) 239-3000 www.ccsf.edu

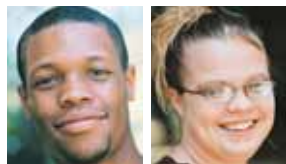
San Jose Community College San Jose/Evergreen Community College District
2100 Moorpark Avenue, San Jose 94112
(408) 298-2181 www.sjcc.edu

Skyline College San Mateo County Community College District
3300 College Drive, San Bruno 94066
(650) 738-4100 www.skylinecollege.edu

Vista College Peralta Community College District
2020 Milvia Street, Berkeley 94704
(510) 981-2800 www.vistacollege.edu

College of Alameda Peralta Community College District
555 Ralph Appezato Memorial Parkway, Alameda 94501
(510) 522-7221 www.alameda.peralta.edu

Diablo Valley College Contra Costa Community College District
321 Gold Club Road, Pleasant Hill 94523
(925) 685-1230 www.dvc.edu



Education

4-YEAR COLLEGES AND UNIVERSITIES

You can also go to a public or private 4-YEAR COLLEGE in California. 4-year colleges in California include: Universities of California (UC), California State Universities (CSU), and private/independent colleges and universities. Some private career colleges offer 4-year programs as well.

Housing—Many have dorms or college-run housing where students can live and eat while at school.

Money—Financial aid can help pay for tuition, fees, books, supplies, and living expenses, such as rent and food.

Support—Public 4-year universities also have EDUCATIONAL OPPORTUNITY PROGRAMS (EOP or EOPS) to:

- Help you with admissions, financial aid, orientation
- Offer you academic support, mentoring, and personal advising
- Provide services for students with disabilities or special needs

Contact each college's financial aid, admissions or EOP/EOPS office to find out more.

Here's a short list of 4-year colleges and universities in California. For a complete list, visit: www.cacollegeguide.com or www.californiacolleges.edu.

PUBLIC UNIVERSITIES IN CALIFORNIA

California State Universities (CSU):

Here's a list of local CSU's. For the complete list of CSU's, visit the CSU Mentor website at www.csumentor.org

San Francisco State University

1600 Holloway Avenue, San Francisco 94132
(415) 338-1111 www.sfsu.edu

California State University, East Bay

25800 Carlos Bee Blvd., Hayward 94542
(510) 885-3000 www.csuhayward.edu

San Jose State University

1 Washington Square, San Jose 95192
(408) 924-1000 www.sjsu.edu

California State University, Sacramento

6000 J Street, Sacramento 95819
(916) 278-6011 www.csus.edu

Sonoma State University

1801 East Cotati Avenue, Rohnert Park 94928
(707) 664-2880 www.sonoma.edu

Education

PUBLIC UNIVERSITIES IN CALIFORNIA

University of California (UC):

Here's a list of local UC's. For the complete list, visit the University of California website at www.universityofcalifornia.edu/students/welcome.html.

University of California, San Francisco

505 Parnassus Avenue, San Francisco 94143
(415) 476-9000 www.ucsf.edu

University of California, Berkeley

120 Sproul Hall, Berkeley 94720
(510) 642-6000 www.berkeley.edu

University of California, Davis

1 Shield Avenue, Davis 95616
(530) 752-1011 www.ucdavis.edu

PRIVATE COLLEGES AND UNIVERSITIES IN CALIFORNIA:

Here's a short list of California private colleges and universities. For a complete list, visit the Association of Independent California Colleges and Universities (AICCU) at www.aiccu.edu and search under, "Search Colleges."

California College of the Arts

1111 8th Street, San Francisco 94107
(415) 703-9539 www.cca.edu

California Institute of Technology

1200 E. California Boulevard, Pasadena 91125
(626) 395-6811 www.caltech.edu

Chapman University

1 University Drive, Orange 92866
(714) 997-6815 www.chapman.edu

Claremont McKenna College

500 E. 9th Street, Claremont 91711
(909) 621-9000 www.claremontmckenna.edu

Fresno Pacific University

1717 S. Chestnut Avenue, Fresno 93702
(559) 453-2000 www.fresno.edu

Loyola Marymount University

1 LMU Drive, Los Angeles 90045
(310) 338-2700 www.lmu.edu



Education

PRIVATE COLLEGES AND UNIVERSITIES IN CALIFORNIA:

Mills College

5000 MacArthur Boulevard, Oakland 94613
(510) 430-2255 www.mills.edu

New College of California

50 Fell Street, San Francisco 94102
(415) 437-3460 www.newcollege.edu



Occidental College

1600 Campus Road, Los Angeles 90041
(323) 259-2500 www.oxy.edu

Pepperdine University

24255 Pacific Coast Highway, Malibu 90263
(310) 506-4000 www.pepperdine.edu

Pomona College

333 N. College Way, Claremont 91711
(909) 621-8000 www.pomona.edu

Santa Clara University

500 El Camino Real, Santa Clara 95053
(408) 554-4000 www.scu.edu

Stanford University

Stanford 94305
(650) 723-2300 www.stanford.edu

University of Southern California

University Park Campus
Los Angeles 90089
(213) 740-2311 www.usc.edu

Education

FINANCIAL AID

You could be eligible for many different types of financial aid:

- **Federal Pell Grants:** Federal grants of money for low-income students that do not need to be paid back. You can get up to \$4,050 per school year. www.fasfa.ed.gov/
- **Cal Grants A, B, C, T:** State grants of money for low-income students that do not need to be paid back. The amount you get depends on your need. www.calgrants.org/cal-grant-programs.asp
- **EOPS and EOP:** Financial aid programs at community colleges and public four-year universities that provide grants and stipends that do not need to be paid back.
- **Federal Loans:** Money that must be paid back after students graduate from college.
- **Chafee Grants:** (Only for foster youth who were in care at the age of 16!!) This is federal grant money for former foster youth that you don't have to pay back. You could get up to \$5,000 per school year. www.chafee.csac.ca.gov/default.asp
- **Fee waivers:** Some programs waive the cost of classes for low-income students.
- **Scholarships:** Money from different sources that you can apply for and do not need to pay back. They are usually based less on need and more on special topics, such as contests, your history, background, and future goals.



Specifically for foster youth:

Orphan Foundation of America: www.orphan.org

More general resources:

www.finaid.org

www.icanaffordcollege.com

www.ed.gov/prog_info/SFA/StudentGuide

www.faam.org

www.studentaid.ed.gov

www.collegescholarships.com

www.uncf.org

www.thurgoodmarshallfund.org

***Remember: You need to stay in school all semester
to keep your financial aid \$\$\$\$\$!!***

Education

ON-CAMPUS FOSTER YOUTH SUPPORT SERVICES

In addition to financial aid, as a former foster youth some colleges will give you EXTRA support just to help you out! Some colleges and universities have special support programs for current and former foster youth. These programs have different names, like Guardian Scholars Programs (at several universities, like San Francisco State University for example), or Renaissance Scholars (at University of California, Santa Cruz), or Connect, Motivate, Educate (at San Jose State University). Some of the special services these programs provide are:

- Payment of fees, tuition, books and supplies
- Year-round on-campus housing
- Program students get priority for housing and class selection
- Summer program opportunities
- One-to-one counseling, mentoring, and academic advocacy
- Support with financial aid applications and college money management

DRIVING SCHOOLS

A driving school will help you get your driver's license by helping you prepare for the written exam as well as the actual driving test. They'll make sure you understand all the rules of the road, then when you are ready, they'll actually take you driving and teach you all the skills you need to know to be a good driver. Below are a list of local schools.

San Francisco Independent Living Skills Program (ILSP)

Note: If you are unable to afford driving school but really want to have lessons then ILSP has a program that will give you driving lessons, but you must have your driving permit first. Services are free.

225 Valencia Street (at Duboce), San Francisco 94103

Aftercare Coordinator

(415) 934-4209 www.sfilsp.org

Hours: M-F 8-8 p.m.

Eligibility: Current and former foster youth 14-21

Public Transport: BART: 16th Street Station; MUNI: 14, 26, 49, F-Line

Apex Driving School

Note: Can help with special needs (physical and learning disabilities) and offer free pickup & drop off for behind the wheel training. Classroom training is \$55-70, discounted rate for 6 hours of in-car training is \$390.

210 Fell Street (at Franklin), San Francisco 94102

(415) 252-7760 www.apexdrivingschool.com

Eligibility: Age 15 for classroom education, 15½ for in-car training

Public Transport: MUNI: 5, 24

Education

DRIVING SCHOOLS

United Driving School

3309 Balboa Street (between 34th and 35th Avenue), San Francisco 94121
(415) 379-9911

Fee: \$28 per hour
Eligibility: Age 15 for classroom education, 15½ for in-car training
Public Transport: MUNI: 31

Century Driving School

3016 16th Street, Suite 101 (at Mission), San Francisco 94103
(415) 552-6688 www.centurydriving.com

Fee: \$20 per lesson, each lesson is 45 minutes
Eligibility: Age 15 for classroom education, 15½ for in-car training
Public Transport: MUNI: 14, 22, 33, 49

MILITARY RECRUITING

Register for the Draft: If you are a male, by law you must register for the draft when you turn 18. You can go to the local post office to get an application, or register on-line at www.sss.gov.

Mail to: Selective Service System
PO Box 94638
Palatine, IL 60094-4638


All branches of the US Military can be found at 670 Davis Street between Broadway and Pacific. Branches include the Air Force, Army, Coast Guard, Marine Corps, National Guard, and Navy.

Conscientious Objector: It is against the law not to register for the draft, however, if you do not believe in serving in the military and you are concerned you will be forced to serve in the event of a draft, you may be able to become a conscientious objector. There are agencies that can provide counseling services and published material to help you figure out what you believe and what to do.

Central Committee for Conscientious Objectors (CCCO)

405 14th Street #205 (between Franklin and Broadway), Oakland 94612
(510) 465-1617 www.objector.org





// *You are
emancipated
now, so start
your success!*

*Emancipation
is the key to
success, so open your new door.*

*I'm emancipated and I'm having fun,
now it's your turn."*



Enisha Ned
HEY Intern 2006

Employment

Having a job is a great responsibility. The best part is, you're on your way to earning and having your own money; the harder part is, making sure you're prepared for the responsibility. Before beginning your job search, think about:

- What you like to do and what you do well
- How will you get to and from your job (and the interview?)
- How many hours and days a week can you work
- What are your skills (think about EVERYTHING! For example, are you a people person? Good with computers or other electronics? Organized? Motivated?)
- Do you have any extra-curricular school activities or hobbies that could help your chances of getting a job?
- Who do you want to work for? What kind of company?
- What do you want them to know about you?
- Do you look the part—are you dressed in a professional way, ready to work... not for a party?
- Are you ready and willing to learn?

EMPLOYMENT WEBSITES

These are websites that can help you with finding jobs and you can also place your resume on the sites for employers to view.

Cal Jobs / EDD – Employment Development Department

www.caljobs.ca.gov / www.edd.ca.gov

Youth specific (17-23): <http://www.edd.ca.gov/eddy.htm>

San Francisco One Stop

www.onestopsf.org

Monster

www.monster.com

Career Builder

www.careerbuilder.com

Yahoo HotJobs

www.hotjobs.yahoo.com

WetFeet (powered by CareerBuilder)

www.wetfeet.com

Opportunity Knocks (Nonprofit sector job listings)

www.opportunitynoc.org

Career

www.career.com

Jobs for Youth

(ages 14-24, applicants must be pre-screened prior to job search)

www.jobsforyouth.net

Craig's list

www.Craigslist.com

Employment

EMPLOYMENT RESOURCE CENTERS

San Francisco Independent Living Skills Program (ILSP)

Case managers provide great support and referrals for job readiness and job placement. Services are free.

225 Valencia Street (at Duboce), San Francisco 94103

Aftercare Coordinator

(415) 934-4209 www.sfilsp.org

Hours: M-F 8-8 p.m.

Eligibility: Current and former foster youth 14-21

Languages Spoken: English and Spanish

Public Transport: BART: 16th Street Station; MUNI: 14, 26, 49, F-Line

Job Corps—Treasure Island Job Corps Center

Job Corps is a no-cost education and vocational training program that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives. At Job Corps, students enroll to learn a trade, earn a high school diploma or GED and get help finding a good job. When you join the program, you will be paid a monthly allowance; the longer you stay with the program, the more your allowance will be. Job Corps provides career counseling and transition support to its students for up to 12 months after they graduate from the program. Services are free.

655 H Avenue, Building 442, Treasure Island, San Francisco 94103

(415) 277-2400 www.treasureisland.jobcorps.gov

National Line to find out how to enroll

(800) 733-JOBS

Hours: M-F 9-5; live and work on-site

Eligibility: Must be 16-24; a U.S. citizen or legal resident; meet a certain income requirement; and, be ready, willing, and able to participate fully in an educational environment.

Languages Spoken: English

Public Transport: Transbay Buses to Treasure Island



Employment

EMPLOYMENT RESOURCE CENTERS

Jobs for Youth

Jobs for Youth (JFY) is a collaborative project created in partnership with United Way of the Bay Area and the City of San Francisco to streamline the process for employers to list opportunities for youth and for youth to search for private sector employment. Services are free.

221 Main Street, Suite 300 (between Howard and Folsom), San Francisco 94105
(415) 861-JOBS (5627) www.jobsforyouth.net

Hours: M-F 9-5 p.m.

Eligibility: San Francisco youth residents ages 14-24. Youth must be screened for private sector job readiness, and get access to JFY positions through our Youth Access Point partner sites:

- Jewish Vocational Services
- Larkin Street Youth Services
- Enterprise for High School Students
- Treasure Island Job Corps
- City College of San Francisco
- One-Stop Career Link Centers

Languages Spoken: English

Public Transport: BART: Embarcadero Station; MUNI: N-Judah, 14

Department of Children, Youth and Their Families

For a complete listing of over 60 employment programs and services in San Francisco, go to the Department of Children, Youth and Their Families website at www.dcyf.org and download the “How to Find a Job in San Francisco” resource guide.

APPLYING FOR A JOB

When filling out a job application

- Write neatly when you fill out the application.
- Answer the entire question briefly and accurately.
- Find out when the application is due. If you turn it in late, it will go to the bottom of the pile, or in the trash can.

Job Interviewing Tips

- Arrive to an interview 15-20 min early
- Wear neat business casual clothes or call the company and ask about the dress code
- Find out information about the company to help you understand what the job is about
- Bring your resume

Some sample questions employers might ask

- What can you bring to this company?
- What are your strengths and weaknesses?
- Why do you want to work for this company?
- Tell me a time when you had to work with a difficult person or customer.

Employment

APPLYING FOR A JOB

Workplace discrimination

If you feel like you have been discriminated against in the workplace, you can contact the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684.

Unemployment Claims

A certain amount of your paycheck is withheld from you and put into different forms of savings accounts by the government. One of these savings accounts is “unemployment.” This amount is reserved for you and other tax-paying citizens for lay-offs and terminations that were not the fault of the employee. So if you are laid-off due to no fault of your own, you may qualify for “unemployment” but you must apply or “claim” it. It’s usually not a lot of money but enough for you to get by as you look for other work.

For all claims in California:
(800) 300-5616 www.edd.ca.gov

To process your claim you must answer the following questions:

- Your name
- Address
- Phone number
- Social Security number
- Last employer’s name
- Last employer’s address
- Last employer’s phone number
- Dates employed
- Date of last day of work
- Reason for leaving



Money Management

A good way to keep on top of how much you spend and how much you save is to budget. Here are some simple ways to budget:

- Write out a list of what you spend money on for the month
- Pay all bills first—before spending on fun
- Save about \$20-\$40 dollars a week if you can (that'll add up to about \$100 a month and much more over the year!)
- Open a checking account and then a savings account (you might want to do this on the same day; after all, you may as well start saving early)
- Always know how much should be in your bank account

Don't know what you spend your money on? Here is a simple form you can use to help you figure it out. Make sure you personalize this to your needs.

MONTHLY FLEXIBLE EXPENSES	
\$ <input type="text"/>	Rent
\$ <input type="text"/>	Groceries
\$ <input type="text"/>	Utility (gas, water, sewage, garbage)
\$ <input type="text"/>	Telephone
\$ <input type="text"/>	Clothing
\$ <input type="text"/>	Gasoline/auto maintenance
\$ <input type="text"/>	Diapers/formula/baby supplies
\$ <input type="text"/>	Union/club dues
\$ <input type="text"/>	Medi-Cal(co-pay)
\$ <input type="text"/>	Church/charities
\$ <input type="text"/>	Bank service charges
\$ <input type="text"/>	Other (cable tv, video games, movies, cigarettes, barber)
\$ <input type="text"/>	Total flexible expenses

Money Management

BANK ACCOUNTS

Cash, check, or plastic? You can open an account at any bank at the new accounts desk, but be sure you understand all the charges and benefits offered. Don't know what to ask? Here are some important questions to ask when opening a bank account:

- Is there a minimum balance on the account?
- Is there interest that can be earned on this account?
- Is there a monthly service charge?
- Is the account charged for each check written?
- Is there a fee for use of the ATM?
- Are the canceled checks returned or kept at the bank?

CREDIT CARDS

When you turn 18 you can apply for a credit card. You can find credit card applications online, through the mail, or through your bank. The rate you are offered is based on your income, status as a student, or previous credit history. As you go through your adult life, credit is one of your most valuable assets but it can also become a hurdle if not handled well. Remember credit is not the same as cash and if you don't pay it back quickly it can grow into a much larger sum than what you started with. Here are some helpful hints for how to choose the right credit card and to keep your good credit:

- Find a card with no annual fee and the lowest interest rate
- Pay off your monthly balance on time every month
- Immediately report the loss or theft of a credit card to the bank or company that issued it
- Use credit cards only for emergencies

Remember bad credit can haunt you for up to 10 years and keep you from buying the things you want like a car or a home, so keep on top of it! Make sure you only buy what you have money to pay for by the end of the month!

CREDITORS

If you can't pay off or at least make the minimum payments on your bills, contact your creditors to let them know about your financial emergency. The sooner you contact them the better so that together you can come up with a real way to make your payments. You might have to make small payments for a couple of months until you're back on your feet. **DO NOT STOP MAKING PAYMENTS!** If you do not make your payments you will be sent to collections, and it's a very hard road back from bad credit. So before things get out of hand, call your creditor and figure out a plan.

Money Management

STAY ON TOP OF YOUR CREDIT!

One of the best ways to protect yourself from identity theft and to know more about your credit history (which is always important when you ask for loans for school, a car, or any other things you want to buy later on in life). By law, you are eligible to receive one free credit report every year from each of the three national credit bureaus: Equifax, Experian, and TransUnion. Call: (877) 322-8228 or visit: www.annualcreditreport.com

FINANCIAL COUNSELING

Seek financial counseling if you need help developing a plan for money management or debt counseling. Even if you owe money, you have rights! The Fair Debt Collection Practice Act establishes rules for debt collection. For more information on financial counseling and your rights, contact the following agencies:

California State Attorney General (Debt collection rights)
(800) 952-5225

Consumer Credit Counseling Service (Financial counseling and support)
(800) 777-PLAN (7526) or (415) 788-0288
www.cccssf.org





Managing Your Life

CALIFORNIA DRIVERS LICENSE

You can pick up a copy of the California Drivers Handbook at your nearest Department of Motor Vehicles (DMV). In order to get your license you have to first pass a written test and then a behind-the-wheel driving test. You can take classes for both; see the section in this resource guide about “Driving Schools” on page 56.

(800) 777-0133 www.dmv.ca.gov

SOCIAL SECURITY CARD

In order to get an official copy of your social security, take a certified copy of your birth certificate and picture ID to your nearest Social Security office and apply. It takes about 10-14 days to receive your card. Remember though, your Social Worker should have given you your card before emancipating. If not, be sure to get in contact with them before you go to the Social Security office.

(800) 772-1213 www.socialsecurity.gov
www.ssa.gov

ACCESSING YOUR DEPENDENCY RECORDS

Adoption Records

You have a right to all the information regarding your placement and records. For more information contact ILSP and the Aftercare staff can help you.

Sealing Juvenile Court Records

You can seal your records after you turn 18 unless you have committed certain serious crimes.

Your records can be sealed automatically. You can call the probation department of the county you went to court in.

An official, needing the following information, will interview you:

- A list of all agencies and counties you have had contact with that you can remember
- Any criminal activity since you had contact with the juvenile court such as arrests
- If your record is clean, the court will seal your record

Remember: If you seal your records they will be destroyed after 5 years, and unsealed records will be destroyed after age 28.

REGISTERING TO VOTE

Voting is one of your most powerful tools as a citizen! Make sure it's strong and vote! Many laws and decisions are made that affect you and you can have a voice in those decisions. Every US citizen has the right to vote when they turn 18, but you have to register first! To register to vote, go to your local library, Voter Registrar, or DMV. Registration forms are free and found at these locations. It only takes a few minutes so be sure to do it!

Managing Your Life

REGISTERING FOR THE DRAFT

If you are a male, by law you must register for the draft when you turn 18. You can go to the local post office to get an application, or register on-line at www.sss.gov.

Mail to: Selective Service System
 PO Box 94638
 Palatine, IL 60094-4638

All branches of the US Military can be found at 670 Davis Street (between Broadway and Pacific). Branches include the Air Force, Army, Coast Guard, Marine Corps, National Guard, and Navy.

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Central Committee for Conscientious Objectors (CCCO)

405 14th Street #205 (between Franklin and Broadway), Oakland 94612
(510) 465-1617 www.objector.org

SERVING ON A JURY

If you've been called to serve on a jury you can find out more about what that means at www.courtinfo.ca.gov/jury

SETTING UP AN E-MAIL ADDRESS

You can set up an e-mail account through many different servers like Hotmail, AOL, Yahoo, or Google. Go to the New Account Sign-up, fill out all information, and you're set.

