

Engagement & Activities

Aztecas | 831.763.8121 | soccer club & activities
Boys & Girls Club | 831.423.3138 | after school program

County Parks Friends |

831.200.9403 | outdoor leadership

Diversity Center | 831.425.5422 | social events, youth leadership & creative workshops

EMPOWER WATSONVILLE | 831.728.6645 | youth leadership & public health advocacy

Friday Night Live | 831.454.5483 | healthy choices, leadership & drug awareness

Jóvenes Sanos | 831.479.5466 | community service and youth leadership

Local Libraries | group activities, access to books, internet, wifi & computers

MENTors | 831.588.7592 | mentoring for boys & young men

Safe Schools Project | 831.427.4004 | queer youth projects & internships

Santa Cruz Teen Center | 831.420.5337 | games

Senderos | 831.854.7740 | mexican dance class

Teen Kitchen | 831.316.4540 | learn how to cook

Watsonville Youth Center

| 831.768.3296 | field trips & activities

Wetlands Watch | 831.728.1156

| environmental advocacy & activities

YMCA | 831.728.9622 | clubs and volunteering



Education

Alternative Education | santacruzcoe.org

Cabrillo | 831.479.6378 | www.cabrillo.edu

Cabrillo Puente Project | 831.479.6541

| mentorship and academic counseling

Santa Cruz Adult School | 831.429.3966

Wats/Aptos Adult Education | 831.786.2160

Underground Scholars | 510.643.2226

| support formerly incarcerated youth get into UC Berkeley

College & Career Collaborative

| collegecareer.santacruzcoe.org

| college and career exploration



CAB Luna y Sol | 831.763.2147 | tutoring support

Employment

CAB AJOY | 831.763.2147 | job training & work experience

Career Centers/Workforce Santa Cruz | santacruzhumanservices.org/WFSCC | job counseling & paid job training

Digital Nest | 831.825.0484 | digitalnest.org | free high-tech & job skills training

Teen Action Council | 831.768.3291 | hands on job skills & college readiness training

Sueños | 831.466.5672 | develop workplace skills as a teen

YFI0B.org | job preparation



Food, Shelter, & Bikes

Thrive Hive | 831.226.3536 | for foster, probation and homeless youth

Youth Homelessness Response Team | 831.227.8733

My Benefits CalWIN |

888.421.8080 | mybenefitscalwin.org |

medical, food & cash assistance

Food Hotline | 831.662.0991

GetCalFresh.org | food stamps/EBT application



Bike Church | 831.425.2453 (Santa Cruz)

Bike Shack | 831.296.0326 (Watsonville)

Housing Matters | 831.458.6020

Runaway Safeline

| call or text 800.786.2929 (24/7)

hopesclosetsc.org | 831.462.6700

| clothing & basic needs

Siena House | 831.425.2229 | shelter for mothers



To learn more, give them a call and say:



Hello, I'm a student from
[your school] and I would like to
learn more about
[explain why you're calling].



Mini Resource Guide For Teens, Youth, & Young Adults

2026-2027

Service Availability as of July 2026



Teen Health Outreach



teenhealthoutreach@santacruzcountycalifornia.gov
santacruzhealth.org/teenhealth

Health Care

Santa Cruz County Clinics | 831.454.4100 (Santa Cruz) or 831.763.8400 (Watsonville)
Covered California | 800.300.1506 | coveredCA.com | free & low-cost insurance
Dientes | 831.621.2560 | free & low-cost dental care
Medical Emergencies | call 911, 24/7
Planned Parenthood | 831.724.7525
Poison Control | 800.222.1222, 24/7
Salud Para la Gente | call or text 831.728.0222
Santa Cruz Community Health Centers | 831.427.3500
Vaccine Hotline | 831.219.8607



Sexual & Reproductive Health

Aid Access | aidaccess.org | info on accessing safe medical abortions services
Bedsider.org | birth control info
Local & Free STI Nurse | 831.454.4114
My Sex Doctor App | puberty & sex ed
plancpill.org | abortion pills by mail
PlannedParenthood.org | sex ed & resources
scarleteen.com | sex ed for all
Spot On App | track periods & birth control
teensource.org/condoms/free | find free condoms in your area



Mental Health

Suicide & Crisis Lifeline | call or text 988, 24/7
All-Options.org | 888.493.0092 | for pregnancy, parenting, abortion & adoption
Diversity Center | 831.322.4870 | for LGBTQ+
Family Services Agency | 831.423.9444 | for suicide ideation
Grief & Loss Support | 831.430.3000
Hope Forward | 831.540.4141 | youth crisis center
LGBTQ Suicide Lifeline | 866.488.7386, 24/7 or text "START" to 678678
PVPSA | 831.728.6445 | pvpsa.org
Santa Cruz County Crisis Support | 800.952.2335, 24/7
Teen Line | 800.852.8336, 6p-9p PST



Alcohol & Drugs

Access to Narcan | bit.ly/scnarcan4youth | available for free at listed locations
Al-Ateen | 831.462.1818 | al-anon.org/alateen
Alcoholics Anonymous | 831.475.5782, 24/7
Marijuana Anonymous | 800.766.6779
Narcotics Anonymous | 855.562.2789, 24/7
Needle Exchange | 831.454.2437
Opioid Use Support | call 800.944.1807, 9a-5p PST or text 833.308.0461 | cabridgeconnect.org
Stanford REACH Lab | drug education



Queer & Trans Resources

Diversity Center | diversitycenter.org | safe space for connection
SafeSchoolsProject.org | for support with bullying & discrimination at school
TransFamilies Support | transfamiliesca.org
TrevorLifeline | 866.488.7386, 24/7 | TheTrevorProject.org/get-help
Queer Youth Task Force | QYTF.org



Parenting Support

Community Bridges | 831.688.8840 | classes
Early Head Start Teen Parent Program | 831.688.3802 or 831.724.3885
Nurse Home Visiting | 831.454.4339 | for first time parents & parents who experienced trauma
Fatherhood Support | 831.588.7592
Positive Discipline Community Resources | 831.288.0088
Pregnancy Tracker & Baby App | pregnancy tracker & parenting guide
PVUSD Teen Parents | 831.786.8271
safekids.org | safety tips
Text Baby to 511411 | info to keep baby safe & healthy



Relationship Support

loveisrespect.org | text "LOVEIS" to 22522
joinonelove.org | relationship education
Monarch Services | 888.900.4232, 24/7 or 831.722.4532 (Watsonville) or 831.425.4030 (Santa Cruz) | for dating, domestic, sexual violence & human trafficking
Domestic Violence Line | 800.799.7233, 24/7
Sexual Assault Line | 800.656.4673, 24/7
Walnut Ave Family & Women's Center | 866.269.2559, 24/7 or 831.426.3062



Legal Support

ASCEND | 831.469.1700 | alternative to detention
Barrios Unidos | 831.457.8208
CAB Immigration Project | 831.724.5667
FosterYouthHelp.ca.gov | 877.846.1602
Immigration Help | immigrationlawhelp.org
ImmigrantsRising.org | scholarships
Legal Assistance | 831.724.2253 | for school, housing & work issues
Teen Legal Guide | TeenHealthLaw.org
Watsonville Law Center | 831.722.2845
Western Service Workers Association | 831.429.6016 | legal assistance for workers
Victim Witness | 831.454.2010 | for victims of violent crimes

