

# ASSISTANCE FOR COASTAL PARENTS WITH TEENS

## **Is your child having difficulty in school?**

FB Middle School Counselor 961-3651 Sherry Ackerson  
 FB High School Counselor 961-3703 Twila Rutherford  
 Noyo/Lighthouse/Shelter Cove 961-3617 Coni Belli  
 After School Programs 367-3622 Becca Rodseth  
 Middle School After School  
 Coordinator  
 Mendocino MS & HS Counselor 937-5871 Tom Pepper

## **NEED HELP RIGHT NOW?**

964-HELP (964-4357) Crisis Line  
 964-0200 FB Police Department  
 964-0200 FB Sheriff Office  
 964-4747 Mental Health  
 961-1507 Project Sanctuary

## **Concerned about alcohol and other drugs?**

Youth Project 489-8002 Carla Leach  
 Alcohol & Other Drugs Program 961-2453 Rachel Templer  
 FB Police Department 961-2800 x165  
 Oscar Lopez (bilingual)  
 Juvenile Probation Department 964-6975 Marty Baltierra  
 Alateen in Mendocino 937-1541 Joanna  
 Parents Alanon in Mendocino 937-0422 Alison

## **Need to talk to a doctor?**

Mendocino Coast Clinics 964-1251  
 Coast Pediatric Office 964-5696  
 Public Health 964-4713  
**Teen pregnancy concerns?**  
 Safe Passage Family Resource  
 Center 961-3601 Chloe Reed

## **Gang worries?**

Youth Project 489-8002 Carla Leach  
 FB Police Department 961-2800 x165 Oscar Lopez  
 Juvenile Probation (bilingual)  
 Department 964-6975 Marty Baltierra  
 Sheriff Department 964-6308 Keith Walmsley  
 (bilingual)

## **Questions about food and shelter?**

Coast Community Center 961-6363  
 Hospitality House 961-1150  
 Department of Social Services 962-1000  
 Fort Bragg Food Bank 964-9404

## **Questions about family counseling?**

Mental Health 964-4747 Youth & Family  
 Mendocino Coast Clinics 961-3410 Counseling Service  
 Dana Gray School 961-2865 Dr. Ricardo Stocker  
 (bilingual)

## **Interested in a parenting class?**

Safe Passage Family Resource Center  
 964-3077 Laura Erskine  
 Family Connections 964-3604 Chela Ruano  
 (bilingual)

## **Need ideas for fun things to do?**

After School Programs  
 367-3622 Becca Rodseth  
 Fort Bragg Recreation Center  
 964-9446  
 Mendocino Recreation Center  
 937-4133  
 Big Brothers Big Sisters After School  
 Program 964-1228 Karen McDonell  
 Big Brothers Big Sisters Mentoring Program  
 964-1228 Amanda Morgan  
 PAL (Police Activity League)  
 964-6308 Julie Whipple  
 YUM (Youth United Ministries)  
 964-9185 Werner Bietz

## **Questions about child abuse/domestic abuse/ sexual assault?**

To report abuse 866-236-0368  
 Child Protective Services 962-1038 Chuck Dunbar  
 FB Police Department 961-2800  
 FBPD After Hours 964-0200  
 Project Sanctuary 961-1507 Carol Grass

Compiled by Fort Bragg's  
 Coalition for Gang Awareness  
 and Prevention

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