

# ASSISTANCE FOR COASTAL PARENTS WITH TEENS

## Is your child having difficulty in School?

FB Middle School Counselors	<b>961-3651</b>	Sherry Ackerson
	<b>961-3661</b>	Kim Bowen
FB High School Counselor	<b>961-3703</b>	Kristine Decker
FB After School Programs	<b>961-2850</b>	Lura Damiano
Mendocino HS Principal	<b>937-5871</b>	Gail Dickenson

## NEED HELP RIGHT NOW?

<b>9-1-1</b>	For Emergencies Only
<b>964-HELP</b>	<b>(964-4357)</b> Crisis Line
<b>964-0200</b>	FB Police Department
<b>961-2421</b>	County Sheriff's Office
<b>961-1507</b>	Project Sanctuary

## Concerned about alcohol & other drugs?

Mendo. County Youth Project	<b>489-8002</b>	Carla Leach
Alcohol & Other Drugs Prog.	<b>961-2609</b>	Marleen Tempelaere
FB Police Dept.	<b>961-2800</b>	Lt. Charles Gilchrist
Juvenile Probation	<b>964-6975</b>	Kayle Smallcomb-Cromer
Youth Advocate at Safe Passage	<b>964-3077</b>	Amanda Durigan
Parents Alanon in Mendocino	<b>937-0422</b>	Alison
Teen Alcoholics Anonymous	<b>671-4193</b>	Hailey Ann

## Need to talk to a doctor?

### Teen sexuality / pregnancy prevention questions?

Mendocino Coast Clinics	
Teen Clinic: <b>Text or Call</b>	<b>513-7575</b>
MediCal / Dental	<b>964-1251</b>
Pediatrics	<b>964-5696</b>
FB Rural Health Center	<b>964-0259</b>
Public Health	<b>964-4713</b>

## Gang Worries?

Mendo. County Youth Project	<b>489-8002</b>	Carla Leach
Gang Prevention	<b>485-2086</b>	Amanda Durigan
FB Police Department	<b>961-2800</b>	Chief Fabian Lizarraga
Juvenile Probation	<b>964-6975</b>	Kayle Smallcomb-Cromer
Sheriff's Office	<b>961-2421</b>	Julie Whipple

**CALL GANG/CRIME TIP HOTLINE 961-3049**

*(Leave confidential or anonymous information)*

## Questions about food & shelter?

Hospitality Center	<b>961-0172</b>
Hospitality House	<b>961-1150</b>
Health & Human Services Agency	<b>962-1000</b>
Fort Bragg Food Bank	<b>964-9404</b>

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

To report abuse	<b>866-236-0368</b>
Child Protective Services	<b>962-1044</b>
Fort Bragg Police Dispatch	<b>961-0200</b>
Sheriff Dispatch	<b>961-2421</b>
Project Sanctuary	<b>961-1507</b>

## Need ideas for fun things to do?

After School Programs at FBHS	
Jennifer Raye	<b>961-3755</b>
C.V. Starr Community Center	<b>964-9446</b>
Community Center of Mendocino	<b>937-4133</b>
PAL (Police Activities League)	
Julie Whipple	<b>964-6308</b>
Teen Lounge at Safe Passage / Mendocino County Youth Project Office	<b>961-3751</b>

## Need youth or family counseling/mediation?

Redwood Community Services (RCS)	<b>964-1136</b>	David Stein (Se habla Español)
Mendo. County Youth Project	<b>489-8002</b>	Carla Leach
Mendocino Coast Clinics	<b>961-3492</b>	Case Manager
Project Sanctuary	<b>961-1507</b>	Rachel Kradin

Call **211** or go to **[www.211mendocino.org](http://www.211mendocino.org)** for more information about services available in our community.

## Interested in a parenting class?

Safe Passage Family Resource Center	
Laura Erskine	<b>961-3603</b>
Norma Trejo (bilingual)	<b>964-3077</b>

Compiled by Fort Bragg's Coalition for Gang Awareness and Prevention (CGAP) - Revised October 2015