

The *What If* List for Teens

Stockton Unified School District

"What if" I need counseling services?

San Joaquin Mental Health Services: Stockton (adult) 468-8686 and (children) 468- 2385
Valley Community Counseling Center: 956-4240
Family and Youth Services (formerly CPPA): 929-6700 or 24 hour helpline (800) 769-HELP (4357)
Crossroads: 468-4180 468-8135
Hospice –grief services and counseling: 957-3888
Peacekeepers – gang outreach: 937-8880

"What if" I need help immediately? (Emergency dial 911)

Police Department (non-emergency): Stockton 937-8377 or 937-7911
Sheriff Department: 468-4400
Family and Youth Services & Safe House Runaway Shelter: 1-800-769-HELP (4357) – 24 hr. helpline
California Youth Crisis (Runaway Hotline): 1-800-843-5200 – 24 hr. hotline
Rape Crisis (24 hours): 465-4997 Women's Center: 465-HURT (4878)
Suicide Hotline (24 hours): 468-8686

"What if" I need to talk about being a victim of domestic violence or past sexual abuse? Who can I talk to?

Women's Center of San Joaquin County: 941-2611
Victim/Witness Assistance Center, San Joaquin District Attorney's Office: 468-2500

"What if" I need information about substance abuse?

Alcoholic's Anonymous: 464-1594 Alanon: 547-3086 Alateen: 547-3086
Narcotics Anonymous: 464-9262
San Joaquin Prevention Services: 953-7292 Chemical Dependency Counseling Center: 468-3720
Point Break Adolescent Resources: 466-0359

"What if" I need food, clothing, shelter, or other basics?

St. Mary's Interfaith Dining Hall and Clothing and Hygiene Center: 209-467-0703
Family and Youth Services Teen Safe House: 1-800-769-HELP (4357) -24 hr. helpline
Women's Center-Youth & Family Services: 209-929-6737
San Joaquin 2-1-1: dial 211 or 800-436-9997 email: 211SJ@frrcsj.org

"What if" I need information on sexuality or HIV?

San Joaquin County AIDS Foundation: 476-8533
HIV/AIDS Hotline: 1-800-CDC-INFO 1-800-232-4636
San Joaquin County Public Health Department/Clinic: 468-3830
Gay and Lesbian National Hotline: 1-888-THE-GLNH or 1-888-843-4564
San Joaquin Pride Center: 209-938-1555
National Youth Advocacy Center: www.nyacyouth.org

"What if" I need parenting services?

Adolescent Family Life Program: 916-558-1784
Child Abuse Prevention Council: 464-4524
Community of Caring: 465-5433
Foster Care Ombudsman: 1-877-846-1602

"What if" I need medical services?

Health Plan of San Joaquin: 942-6300
San Joaquin General Hospital: 468-6000
Stagg Health Center: 933-7445 x. 8509 (during summer – Sports Physicals only)
Healthy Beginnings (OB/GYN): 468-6820
Planned Parenthood: 477-4103
Community Medical Centers: 636-5400
San Joaquin County Public Health Department (immunizations, STD's): 468-3830
St. Mary's Interfaith Medical and Dental Clinics: 467-0703

"What if" I am looking for a job?

WorkNet Youth Services: 953-5664 * For work permit, apply at your high school

"What if" I need transportation?

San Joaquin Regional Transit District (SMART): 943-1111 County Area Transit (CAT): 1-800-367-7433

"What if" I need childcare?

Family Resource Network: 472-3674

"What if" I need anger management classes?

Family and Youth Services (formerly CPPA): 929-6700
Point Break Adolescent Resources: 466-0359
Valley Community Counseling: 956-4239

"What if" I am interested in after school activities?

Parks and Recreation: 937-8206 Teen IMPACT Center: 461-2910
YMCA of San Joaquin County: (209) 472-9622

"What if" I need something to do this summer?

Parks and Recreation: 937-8206 Teen IMPACT Center: 461-2910
Delta College Kids College Classes: 954-5015
Libraries: Chavez Library hours: M 10-5 T 10-8 W 1-8 TH 10-8 F 10-5 Sat 10-5 Sun x
Troke Library hours: M 10-5 T 10-8 W 1-8 TH 10-8 F 10-5 Sat 10-5 Sun x
Maya Angelou hours: M 10-5 T 10-6 W 1-6 TH 10-6 F 10-5 Sat 12-5 Sun x
Fair Oaks Library hours: M 10-5 T 10-6 W 1-6 TH 10-8 F 10-5 Sat 12-5 Sun x
Weston Ranch Library hours: M 10-5 T 10-8 W 1-6 TH 10-6 F 10-5 Sat 12-5 Sun x
Community Centers (activities, computer labs, weight rooms, pool, activities vary by center):
Boggs Tract: 468-3978 Garden Acres: 468-3984
Kennedy Center: 468-3986 North East Center: 468-3918
Taft: 468-4168
Stockton Get Fit Festival: at Oak Park, call 937-8206
Stockton Annual International Film Festival: (209) 938-1555
Empire Theater: 943-7469 or visit www.209vibe.com