



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

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County Department of Public Health will be conducting immunization clinics in the *Little Theatre at Jefferson High School* located at 6996 Mission Street in Daly City on the following dates:

- Monday August 19
12:00 noon – 4:00 pm
- Tuesday August 20
12:00 noon – 4:00 pm
- Friday August 23
12:00 noon – 5:00 pm

Special Immunization Services for JUHSD Students

In order to attend any of the high schools in the Jefferson Union High School District, all incoming ninth grade students and newly transferring students must have an updated record of immunization, including proof of having had a tuberculosis skin test or chest x-ray within the last year. Students who do not have a complete and up to date immunization record could be excluded from school.

To assist the families of students whose immunization records are incomplete or out of date, the Daly City Youth Health Center in collaboration with the Jefferson Union High School District and the San Mateo

To receive immunizations, students must be accompanied by a parent/guardian, or must present a signed Health Center Consent Form. For those students who have Medi-Cal insurance, bring the Medi-Cal stickers or cards. Bring any existing immunization records. During these clinics, qualified medical personnel will administer all required immunizations and vaccinations including polio, measles/mumps/rubella, Hepatitis A & B, and tuberculin skin tests. No appointments are necessary and the immunizations will be provided free of charge. This service is being offered to students whose families do **NOT** have medical insurance coverage. Families with medical insurance are urged to utilize the immunization method recommended and covered by their insurance.

Hear Me Roar! Young Women's Conference

Are you a young woman aged 14-19? Are you interested in sharing a day of learning and inspiration with other young women from San Mateo County? We want to hear you roar! The Third Annual *Hear Me Roar!* Conference

will be held on Saturday, October 19, 2002, 8 am–3 pm, at Jefferson High School in Daly City. Sponsored by the Commission on the Status of Young Women in San Mateo County, this conference aims to empower young women through activities, workshops, and speakers that address issues affecting their lives. The conference is free. To register or receive more information, contact your high school counseling office or call 363-4872. The web site is: co.sanmateo.ca.us/statusofwomen.

Sign Up for Medi-Cal at DCYHC

On Tuesdays and Thursdays from 2-4pm, youth and their families can meet with Mary Ellen Rojas, a bilingual (English/Spanish) Benefits Analyst with the Human Services Agency (HSA). Ms. Rojas completes a confidential intake to determine eligibility for a variety of assistance programs such as full-scope Medi-Cal, emergency Medi-Cal, Food Stamps and Cal Works (cash assistance). Job referrals are also provided. For information call the HSA in Daly City at 301-8720.

Deciding to Get Tested for HIV

While teens are generally aware of the behaviors that put them at risk for HIV, many have never been tested. Fewer than one-third of teens who say they are sexually active have been tested. Deciding to get tested for HIV is a big decision. To learn more about DCYHC's free and confidential HIV testing and counseling services, call 991-2240.

Free Support Groups

Q² - A Chill Space for LGBTQ Youth: This group is for any teen interested in discussing sexual orientation issues, who seeks out a safe space to talk about his/her life, or needs help addressing family, peer or school issues. **Q² (Queer and Questioning)** meets at the DCYHC on Tuesdays from 4 to 5pm. For more information call Susie or Minden at 991-2240. All calls are confidential.

Parenting Your Teen: For parents, guardians, and caregivers of youth ages 13-19. This group meets on Wednesdays from 6 to 8pm at the DCYHC. The next group starts October 16. Contact Jane at 991-2240.

Young Dads' Support Group: For parenting teens and young adults. Meets Wednesdays, 6 to 8pm at DCYHC. Contact Glenn at 573-2828.

Pregnant and Parenting Teen Moms' Support Group: This group meets on Thursdays from 2:30 to 4:30pm in So. S.F. The next group will start in September. Contact Becky at 991-2240.

Health and learning go hand in hand!

