



Health and Learning

A Quarterly Newsletter of the Daly City Youth Health Center

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Peninsula Community Foundation Awards Grant to DCYHC

The Daly City Youth Health Center was recently awarded a grant by Peninsula Community Foundation (PCF). Funding was provided by PCF's Health Fund and the Mary Lemmon Fund, a donor-advised fund. Funds are being used for mental health counseling and support group services for low-income and uninsured youth in 2003. Services are provided both at the Health Center and on various high school campuses. DCYHC is very grateful for this critical funding.

Youth Muralists Give New Look to Health Center

Former students from Oceana High School in Pacifica are hard at work painting a new mural at the Daly City Youth Health Center.

Last spring, under the guidance of Oceana's art teacher, Graham Cruickshank, students enrolled in the Oceana Community Mural Program, an after-school program at the school, created a mural design. They developed artistic images and scenes that symbolize a healthy and diverse community. Mural painting began in November and is shared between current students and those who graduated. The mural should be completed by March. A special event is being planned at the Health Center in the spring to celebrate the fine work of our youth muralists and their dedicated teacher. More news about this event will be available soon.



Pictured: Marie Shatara, a community muralist, examines one of the mural images.

Peer Health Educators Planning By-Youth/For-Youth Talent Show

Students involved in DCYHC's Peer Health Education Programs at Terra Nova, Thornton and Jefferson High Schools are planning a Talent Show, which will take place on May 8 in Daly City at Serramonte Del Rey in the Little Theatre. Peers are inviting students with various talents from each of the 5 high schools in the district. All types of performing arts are welcome: singing, dancing, rapping, comedic stand up, poetry or any other expression that one can bring to life on stage. The event will include prizes, food and informational booths. Flyers with more details will be delivered to all the high schools soon.

May was chosen for the Talent Show because it is Pregnancy Prevention month. The Talent Show is part of "It's Up To Me", a statewide teen pregnancy prevention program sponsored by the California Department of Health Services office of Family Planning. DCYHC's Project PLAY was awarded a Community Action Network (CAN) grant to work with local youth in promoting public awareness about teen pregnancy prevention in northern San Mateo County. Outreach activities are also promoting teen responsibility and adult/youth communication.

Donations such as food and door prizes (T shirts, pens, gift certificates) are needed to help make this a fun and successful event. To make a donation contact Jo Ann at 650- 992-3248.

For more information or to get involved with the Talent Show call Michela, Peer Coordinator at 650-992-3248.

Several No/Low-Cost Health Insurance Plans Available

Every uninsured child under 19 years of age) in San Mateo County is now eligible for comprehensive health insurance coverage, which includes full medical care, dental, vision and mental health. These programs include full-scope, no-cost Medi-Cal for children, Healthy Families, and the new Healthy Kids. Children are eligible regardless of their immigration status. It's easy to qualify. Certified application assistants are in each community to help families with the application process. For more information call 650-573-3595.

Free Support Groups

Q² - A Chill Space for Queer & Questioning Youth: meets weekly at DCYHC. Info: Susie or Minden, 650-991-2240.

Parenting Your Teen: meets at DCYHC. Wednesdays, 6-8pm. Info: Jane, 650-991-2240.

Young Dads' Support Group: For parenting teens and young adults. Meets Wednesdays, 6-8pm at DCYHC. Info: Glenn, 650-573-2828.

Pregnant & Parenting Teen Moms' Support Group: meets Wednesdays, 3:00-4:30pm in So. S.F. Info: Becky, 650-991-2240.

Health and learning go hand in hand!

