

# Health and Learning

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Newsletter Vol. 6 No. 1. January – March 2006

## From the Director, Barbara Raboy



**H**appy New Year! I hope you had a fun-filled holiday season and are refreshed for 2006.

Our new brochures arrived and are being distributed throughout our community. If you haven't yet seen our beautiful new brochures, you're in for a treat. The brochures open to a poster and have lots of information and a photo collage. Pictured below are the brochures in English and Spanish.



One of our big projects for this year is to implement our new Sustainability Plan. Our goal is to diversify our funding by increasing support from individuals, families, local businesses and corporations to sustain our programs and services.

Some of the events planned for this year include an awards dinner to honor our volunteers in April during National Volunteer Appreciation Week. This event will include a silent auction. We are also going to have a huge rummage sale and car wash in May, which is designated Pregnancy Prevention Month.

We have begun holding "House Parties" to raise funds from community members. At a House Party, DCYHC staff provides information about our programs and services and talk about the impact we have on youth in our community. A slide show depicting our 15 year history is viewed. Most people who attend our house parties have heard about DCYHC, but don't know much about the work we do. This is a wonderful way to get to know us personally and make a donation.

We are looking for individuals to host a house party. It's easy. All you need to do is invite 10-15 friends, family members or colleagues to your home for 1-2 hours. We will send out the invitations, provide refreshments and food, and bring DCYHC materials and the slide show. If you are interested in hosting a House Party, please call Tracey, our Development Director at 650-985-7014.

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## A Special Thank You to Our Mentors

Project PLAY (Peer Leadership Alternatives for Youth) and the DCYHC would like to thank the following volunteer mentors for making an impact on the youth in our community:

Rex Aquino; Lucy Avila; Myriam Chuquin; Elena Cisneros; Sarah DeVincenzi; Paula Emerick; Ramona Gabriel; Annie Halsey; Anoopum Jassal; Ronnie Leonor; Ria Anne Palacio Mirador; Elaine Serina; Alvin Wong.

These volunteers are a vital part of our Health Center, and we truly appreciate their time and dedication. We would also like to thank Serramonte Mall for helping us with our fall recruitment efforts.

You can be a mentor and help youth realize their potential. Consider becoming a consistent, non-judgmental role model in the life of a teen this spring. Find out more and download an application at [www.dalycityyouth.org](http://www.dalycityyouth.org). For more information, call Renee Clark, Mentor Program Coordinator at 650-985-7024.

## Donate Your Vehicle to support DCYHC

Easy, fast, efficient service.  
DMV and tow included.  
Tax deductible!

Call 650-985-7014  
or visit [www.vehiclesforcharity.com](http://www.vehiclesforcharity.com)

## New Grants Received

We are pleased to report that we recently received two grants from the following local foundations:

### Woodlawn Foundation

### THE SAN FRANCISCO FOUNDATION

*The Community Foundation of the Bay Area*

These new grants will help support our mentoring program and an outreach, counseling and case management program that serves pregnant teens and teens at risk for pregnancy. Grants from Bay Area foundations are vital to our Health Center and are deeply appreciated.

## New California Survey Shows Wide Support for Sex Education and Access by the Young to Birth Control

A new survey on population issues facing California was recently conducted by the Public Policy Institute of California. The survey shows that an overwhelming number of Californians endorse sex education programs that also teach children how to get and use contraceptive methods. 75% of those surveyed say that sex education is a very important part of school curriculum and 78% believe that school-based sex education should include information about both contraception and abstinence. To see the full report on-line go to [www.ppic.org](http://www.ppic.org).

We believe it's important for teens to hear the facts and make informed health decisions. Providing reproductive health care services in our Primary Care Clinic and teaching Comprehensive Sexuality Education in the Daly City and Pacifica high schools are among the core services we provide to teens and young adults.

Help us raise funds for the Health Center! Join



PARTICIPATING MERCHANTS CONTRIBUTE A PERCENTAGE OF YOUR PURCHASES TO OUR ORGANIZATION.

Sign up online. It's quick and easy!

- 1) Go to [www.escrip.com](http://www.escrip.com)
- 2) Click on "register"
- 3) Follow the instructions

## Support Group Corner

**Parenting Your Teenager:** This 8-week workshop and support group meets on Wednesdays from 6-8 pm for 8 weeks. The next workshop begins February 1<sup>st</sup>. Suggested donation: \$5-10. For more information, please call Jane at 650-985-7018.

**Young Dads' Support Group:** For parenting teens and young adults. Meets on Wednesdays, 6-8 pm at DCYHC. For more information, please call Alex at 650-573-2505.

**Pregnant & Parenting Teen Moms' Support Group:** Meets on Wednesdays from 12:30 - 1:30 pm at Baden Adult School, Room #6. Address: 825 Southwood Drive in So. S.F. For more information, please call Marianne at 650-985-7017.