

## **WUWC Nevada County Summer Resources for Teens 2022**

**Free lunch for Youth** ages 2-18 June 14<sup>th</sup> to August 6<sup>th</sup> M-F 12:15-12:30 @ Grass Valley Library Royce Branch Madelyn Helling Library, Penn Valley Library AND Nevada Woods, Oak Ridge, Grass Valley Terrace, Berryhill, Valley Commons and Courtyards at Penn Valley Apartments. No ID, proof of residence or signing up needed. Child must be present to receive lunch. Call 530-272-3796 for more info.

**Library Programs- free clubs, art groups, hobby groups, activities, book clubs and more**  
Go to <https://www.nevadacountyca.gov/515/Teen-Spot> or check the monthly calendar for all activities <https://madelynhelling.evanced.info/signup/calendar>

**Nerd Squad!** Friday afternoons at the Grass Valley Library it's a teen takeover of the lower level for Nerd Squad! Available stations for Dungeons & Dragons, Otaku Club and Magic: the Gathering from 4 - 6 pm. Grass Valley Library. Set up begins at 3, with Teen Leadership Committee meeting. Free

**Art Attack Club for Teens & Tweens!** This art program is designed especially for teen and tween artists, and will focus on a different medium each week. Let's see your creativity and craftiness! Tuesdays at 4 pm, ages 10-17. Free. Madelyn Helling Library.

**Bright Futures for Youth Summer Activities- Camps, hikes, events, parties, adventure days and more**

**Summer Youth Events** Ages 11-25. Free. Advance sign up required by 7.1.2022 call 530-470-3869 Go to <https://give.bffyouth.org/event/neo-summer/e404614> for more info and to sign up

**Youth Hub Summer Day Camp-** TK to 10<sup>th</sup> grade. Weekdays June 20-July 29 (closed July 4 & 5) from 8 am-6pm. Seven Hills School, Nevada City. Sliding Scale based on income. To sign up and for more info <https://bffyouth.org/summer/>

**Mindfulness Group for Teens- Wild Heritage School** Pioneer Park Fridays 4:30 – 6pm yoga, meditation, mindfulness concepts, activities, talking and more. Sliding scale \$20/class suggestion. [www.wildheritageschool.com](http://www.wildheritageschool.com) for other offerings and more information.

**Crisis Resources, Hotlines and Local support**

**Crisis Stabilization Unit (CSU) at the hospital:** Open to youth. If you or someone you know may have a mental health crisis or mental health emergency call **530-265-5811** or **888-801-1437**-24 hours a day. Crisis counseling and evaluation available- walk ins until 11:30pm 145 Glasson Way, Grass Valley, CA 95945 building outside the ER at the Sierra Nevada Memorial Hospital.

**Mobile Crisis Team:** Sheriff deputy and mental health clinician respond to mental health crisis calls call **9-1-1** or call the non-emergency Sheriff's line at **(530) 265-7880** and request the mobile crisis team for calls outside the city limits.

**National Suicide Prevention Lifeline: 800-273-TALK (8255)/ EN ESPAÑOL OPRIMA EL 2**  
[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) **Crisis Text Line:741741** [www.crisistextline.org](http://www.crisistextline.org) Suicide Prevention Resources:  
[www.jasonfoundation.com](http://www.jasonfoundation.com) and [www.suicideispreventable.org](http://www.suicideispreventable.org)

**CA Youth Teen Line: CALL 310-855-4673/Text TEEN to 839863**

**Trevor Project Crisis Line/LGBTQ Youth1-866-4-U-TREVOR (488-7386)** [www.theTrevorProject.org](http://www.theTrevorProject.org)

**Trans Lifeline 1-877-565-8860:** Peer support hotline for trans and questioning persons. For the Family Support hotline call the main line and ask for the “Friends and Family Line.” [www.translifeline.org](http://www.translifeline.org)

**National Runaway Hotline: Call 1-800-786-2929 or TEXT 66008.** [www.1800runaway.org](http://www.1800runaway.org)