



DC YOUTH ENGAGEMENT OPPORTUNITIES

City Blossoms

- City Blossoms cultivates well-being of the community by encouraging creative programming in kid-driven gardens.
- Volunteering opportunities are available.

202-882-2628 | info@cityblossoms.org

DC Public Library Teen Volunteer

- Teen volunteers support MLK Library events such as author talks, concerts, open houses and much more
- Must be between 14 and 17 years old
- On website, click "Apply to Volunteer at DC Public Library"

dclibrary.org/get-involved/volunteer-library

Smithsonian Teen Internship Opportunities

- Fun and challenging experiences for K-12 kids interested in science, nature, art & technology!
- Opportunities are available in the following departments:
 - Natural History Investigations
 - Teen Council: National Portrait Gallery
 - Young Ambassadors Program
 - Crew Teen Volunteer Program

si.edu/youth-programs

Sitar Arts Center

- The Sitar Arts Center provides affordable, high-quality arts education and workforce development in the visual, digital, and performing arts.
- Opportunities include after-school programming and paid summer internships.

sitarartscenter.org/programs/teens-adults/





DC MENTAL HEALTH AND WELLNESS RESOURCES

The MECCA Group

- Provide services for children and teens experiencing ADHD, anxiety, depression, and conduct disorders, etc.

(202) 529-3117 admin@themeccagroupllc.com

Brightwood Family Success Center

- Community hub in Ward 4 with a food pantry offering parenting support, peer mentoring, job interview preparation, and guidance on health resources.

6203 12th St NW
202-733-4900 | gafsc-dc.org/bfsc

Perspective Health DC

- Licensed Psychologist offering therapy, consultation, and educational programs to children and their families in Washington, DC

202-505-1875 perspectivehealthdc.com

Behavior Therapy Center of Greater Washington

- Offers behavioral treatment for children and adolescents
- Specialize in treating anxiety disorders and OCD

301-593-4040
behaviortherapycenter.com



Mary's Center

- Offers virtual and in-person sessions for children and adolescents to help with challenging behaviors, peer relationships and stress/anxiety

(844) 796-2797

Growing Minds Center

- Offers virtual and in-person child and family therapy for children and adolescents to help with challenging behaviors, peer relationships and stress/anxiety

3935 Macomb St NW
301-235-9927
growingmindstherapy.com

Latin American Youth Center

- Drop-in center for youth aged 24 and under (open M-F, 9am-5pm) to receive...
 - Hot meals
 - Housing assistance
 - A quiet place to nap
 - Access to a shower
 - Therapy
 - Job application support
- Also offers: Monthly food bags, art programs, and tutoring/exam preparation!

3045 15th St NW
301-966-7587 | layc-dc.org

Struggling with suicidal thoughts or urges?

For more information, visit the following sites:

<https://suicidepreventionlifeline.org/help-yourself/youth/>

<https://www.sptsusa.org/teens/>

STEVE FUND

- For help and assistance, text STEVE at 74174. Steve Fund advocates are available at all times to provide confidential crisis intervention, safety planning, information and referrals to agencies in all 50 states.
- Assistance is available in English and Spanish. Se habla español.

NATIONAL SUICIDE PREVENTION HOTLINE

- You can also dial 988 to reach the National Suicide Prevention Hotline.
- The Lifeline provides 24/7, free and confidential support for young people in distress, prevention, and crisis resources for you or your loved ones.

A safety plan can help guide you safely through this crisis. Keep this plan nearby so you can feel safe and receive help.

1

Recognize your personal warning signs: What thoughts, images, moods, situations, and behaviors indicate to you that a crisis may be developing? Write these down in your own words.

2

Use your own coping strategies: List things that you can do on your own to help you stay safe (i.e. not harm yourself) when you experience suicidal thoughts or urges.

3

Socialize with others who may offer support as well as distraction from the crisis: List people and social settings that may help take your mind off of difficult thoughts or feelings.

4

Contact family members or friends who may help to resolve a crisis: Make a list of people who are supportive and who you feel you can talk to when under stress.

5

Contact mental health professionals or agencies: Make a list of names, numbers, and/or locations of clinicians, local emergency rooms, and crisis hotlines. Put the Lifeline number (800-273-8255) into your phone.

6

Ensure your environment is safe: Have you thought of ways in which you might harm yourself? Work with a counselor to develop a plan to limit your access to these means.



If you are in immediate danger, please call 911.



DC LEGAL & IMMIGRATION RESOURCES

LEGAL AID DC

- Offers **free legal services** for low-income clients with problems related to housing, child custody and child support, domestic violence, public benefits, foreclosure, debt collection, immigration, and criminal record sealing
- For support, you can visit one of their offices:

Downtown Office
1331 H Street NW
Suite 350

Walk-in: Tue and Thu
12:30pm - 4:00pm

Anacostia Office
2041 Martin Luther King Jr. Ave. SE
Suite 201

Walk-in: Mon and Thu
12:30pm - 4:00pm

- OR go to legalaiddc.org/how-to-apply-for-help to find the online application and phone hotlines

legalaiddc.org

AFRICAN COMMUNITIES TOGETHER

- Connects African immigrants to critical services, and organizes our communities on issues that matter

DMV@africans.us | 202-816-0416
africans.us

AYUDA

- Provides legal, social, and language services to help low-income immigrants in DC, Maryland, and Virginia

202-387-4848 | ayuda.com

JUST NEIGHBORS

- Provides immigration legal services to low-income immigrants, asylees, and refugees in DC, MD, and VA

703-979-1240 (Tue-Fri, 9am-5pm)
justneighbors.org

VOLUNTEER LEGAL ADVOCATES

- Represents survivors of abuse and vulnerable children in critical legal matters in DC and Maryland
- Offers free community legal clinics

202-425-7573
volunteerlegaladvocates.org



MORE RESOURCES

