

Community Resources

Music Resource Center of Charlottesville 105 Ridge Street Charlottesville, VA 22902 434.979.5478

The Music Resource Center is a state-of-the-art facility where teens can learn the latest technology in the music industry and study and participate in every phase of music production.

The mission of the Music Resource Center is to educate and inspire young people and through music equip them with life skills for the future. We accomplish this mission through music education and performance opportunities, as well as life skills mentoring.

At the Music Resource Center, the arts are used as a catalyst to fashion real economic and personal development opportunities for our members.

Teen Health Center Telephone: (434) 982-0090

#800402 UVa Health System
1400 West Main Street
Charlottesville, Virginia 22908

A health care center for male and female adolescents. Teen Health's services are provided by a team of nurses, nurse practitioners, and physicians with a specialty in adolescent medicine. A social worker and a nutritionist are also available for individual counseling.

Patient Services at the Teen Health Center include:

- Routine check-ups
- Sports physicals (*Download your VHSL sports physical form here!*)
- Gynecological care
- Pregnancy testing
- Prenatal care *with delivery at the University of Virginia Hospital*
- Mental health assessment
- Birth control (*IUDs, Implanon, Depo Provera, & all other methods*)
- Immunizations (*What immunizations do I need?*)
- Evaluation and treatment of medical problems (acne, asthma, etc.)
- STI (Sexually Transmitted Infections) testing and treatment

Boys and Girls Club Phone: (434) 977-2001 P.O. Box 707, Charlottesville, Virginia 22902 Fax: (434) 977-5180

Provides programs geared toward enhancing the character, self esteem, and development of youth. Boys and Girls Club strives to inspire and enable all young people, especially those who need us the most, to realize their full potential as productive, responsible and caring citizens.

Out Youth of the Blue Ridge <http://avenue.org/outyouth/> outyouth@avenue.org 434-984-OYBR

Provides services for Central Virginia's Lesbian, Gay, Bisexual, Transgender, and Questioning Youth.

Charlottesville/Albemarle Parks and Recreation

Parks and Rec services offer leisurely activities to improve the quality of life for people of all ages. A great place for teenagers to spend your summer! Check out some of the activities that re offered below.

Albemarle County Summer activities: <http://www.albemarle.org/department.asp?department=parks&relpage=12044>

SARA

The mission of the Sexual Assault Resource Agency (SARA) is to eliminate Sexual Violence and its impact by providing education, advocacy, and support to women, men, and children.

Self defense courses (year round): <http://www.sexualassaultresources.org/Self-Defense2.htm>

Upcoming Summer Events & ways to get involved in your community:

<http://www.sexualassaultresources.org/Summer.htm>

ROMSY

This support group for LGBT youth meets once a month on Mondays from 6:30 to 8:30 at 1104 Forest St. Teen support number 888-644-4390. <http://www.rosmy.org/>

Alateen

Alateen is part of Al-Anon, which helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Alateen is our recovery program for young people. The only requirement of membership is that there be a problem of alcoholism in a relative or friend.

va-al-anon.org or al-anon.alateen.org for local meetings and support groups. 1-800-344-2666/

Youth Development Network

To create a collaborative youth development network that increases the capacity of community agencies and organizations to provide prevention and intervention services and activities to all youth.

To find our some cool services in Charlottesville/Albermarle, check out YDN's online guide:

<http://www.ccfinfo.org/NewPages/guidetoyouthservices.html>

Suicide Hotline: 800-784-2433