



# The WHY Initiative

## Whole Health for Youth

## A Network of Support for Families

Our Whole Health for Youth (WHY) Initiative is a network of local organizations that envision a community where all youth and families have equitable access to mental health and wellness resources. This is WHY we came together in 2018 to build a vibrant network of support for North Fair Oaks, Redwood City, and surrounding communities.

WHY's mission is to improve mental health by providing accessible wellness programs, education, and resources to youth and those who support them.



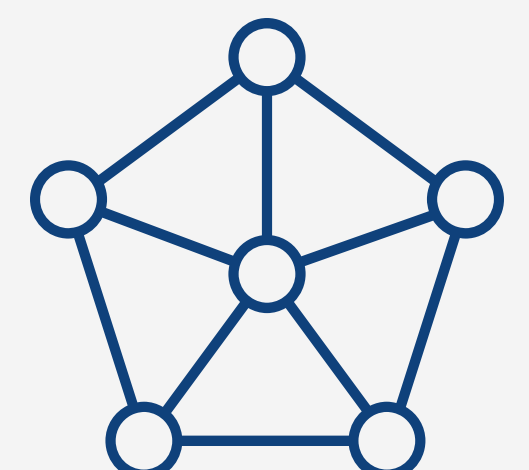
**85+** bilingual trainings for youth, parents, and staff



**700+** youth & families collectively served



**15** wellness programs launched



**100+** referrals to mental health & wellness services

## Youth & Family Wellness Programs

### Friends for Youth (FFY)

FFY is matching adult mentors with underserved youth throughout the Peninsula to provide them with support and exposure to opportunities. FFY is the lead agency for the WHY Initiative & offers these services:

- In-person and virtual 1-to-1 and group mentoring
- On-site group mentoring at Siena Youth Center, PAL, and local schools

**Phone:** (650) 368-4444

**Email:** [mentor@friendsforyouth.org](mailto:mentor@friendsforyouth.org)

**Website:** [www.friendsforyouth.org](http://www.friendsforyouth.org)



### Siena Youth Center of the St. Francis Center

Siena Youth Center is providing after-school programs for youth and families in North Fair Oaks including:

- After School Program (grades 1st-8th): tutoring, art, sports, leadership, and health and wellness programs- Mon.-Thurs. 2:30pm-6:30pm and Fri. 2:30pm-5:00pm
- SYC Summer Camp
- North Fair Oaks Youth Initiative: leadership program (grades 9-12)
- Community programming: Community Action Meetings, running class, Zumba, Poderismo Basketball, and parent trainings

**Phone:** (708) 408-8690

**Email:** [coachedgar@holyfamilyschoolrwc.org](mailto:coachedgar@holyfamilyschoolrwc.org)

**Website:** [www.sienayc.org](http://www.sienayc.org)

**Location:** 2625 Marlborough Ave., Redwood City





## Redwood City PAL (Police Activities League)

PAL is offering after school programs for underserved youth and families in Redwood City including:

- After School Programs (K-8th): art, robotics, theatre, tutoring, music, and sports Mon.-Fri.: 1:00pm-6:00pm (K-1st) and 3:00pm-6:00pm (2nd-8th)
- Poderismo Basketball League (ages 14-25)
- Podcast Leadership Program (ages 13-18)
- Family Fitness and Wellness Classes
- Summer Sunrise Camp

**Phone:** (650) 556-1653

**Website:** [www.redwoodcitypal.org](http://www.redwoodcitypal.org)

**Email:** [info@redwoodcitypal.org](mailto:info@redwoodcitypal.org)

**Location:** 3399 Bay Rd. Redwood City

## Mental Health Services

### Star Vista

Star Vista is providing mental health counseling, community trainings, and crisis intervention for children, youth, adults, and families.

Services:

- StarVista Crisis Center: provides crisis counseling and referrals
- HAP-Y (Health Ambassador Program-Youth): mental health training and leadership opportunities (ages 16-24)

Training Examples:

- Staff: Systems & Referrals, Trauma-informed Care, Suicide Prevention
- Families & Volunteers: Mental Health & Self-Care, Suicide Prevention, Youth Media Use and Cyberbullying

**Phone:** (650) 591-9623

**Crisis Line:** (650) 579-0350

**Email:** [hello@star-vista.org](mailto:hello@star-vista.org)

**Website:** [www.star-vista.org](http://www.star-vista.org)



### One Life Counseling Services

One Life Counseling Center is providing bilingual counseling for families and education to youth, parents, and staff.

Services:

- Bilingual (English & Spanish) therapy on-site at FFY, PAL & Siena Youth Center
- Parent support groups at PAL & Siena Youth Center

Training Examples:

- Staff: Motivational Interviewing and partner staff consultation
- Families: Immigrant Mental Health, Mental Health during COVID-19

**Phone:** (650) 394-5155

**Email:** [info@onelifecounselingservices.com](mailto:info@onelifecounselingservices.com)

**Website:** [www.onelifecounselingcenter.com/](http://www.onelifecounselingcenter.com/)



**For more information on the WHY Initiative contact the partnerships coordinator at [michael@friendsforyouth.org](mailto:michael@friendsforyouth.org)**