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# Community Youth Focus

FMCH Community Coalition – Building a network of services for youth

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## Summer youth recreation activities in Contra Costa

This summer, many city parks & recreation departments and other organizations across Contra Costa County are offering activities for youth. Following is a sampling of these opportunities:

### City of Richmond Recreation & Parks Department

The [Teen Voyager Program](#), for youth ages 13 to 18, is a free recreation program offered at the various Richmond community centers, Monday-Friday, 5-8 p.m. A list of community centers is available at [www.ci.richmond.ca.us/%7erecweb/comm.html](http://www.ci.richmond.ca.us/%7erecweb/comm.html). For more information, call (510) 620-6805.

### Center for Human Development Empowerment Program & Coronado Community YMCA

The [LGBTQ Youth Summer Program](#) will run June 17 to August 31 at the Coronado YMCA in Richmond. Support/Rap Group sessions take place every Tuesday 6-8 p.m., and weekend activities and trips will take place every Saturday noon-4 p.m. Youth can join at anytime during the summer. Contact Renee Marshall at (925) 687-8844 x304.

### City of San Pablo Parks & Recreation Division

Every second, third, and fourth Friday of the month, from 7-11 p.m., the Maple Hall Community Center hosts "[Mocha Jam House](#)," a café for youth ages 14-17. All participants must be pre-registered in youth recreation programs to participate. For more information, contact Derrick Gardiner at (510) 215-3208.

### City of Pinole Recreation Department

At the [Teen Summer Camp](#), youth entering 7<sup>th</sup> through 9<sup>th</sup> grade can participate in local and all-day field trips, arts & crafts, sports and games, and overnight camping. The camp is \$50 per week for Pinole residents and \$60 per week for non-residents, however scholarships may be available. For more information, contact Amy Woolridge, Youth Services Coordinator, at (510) 724-9062 or [awoolridge@ci.pinole.ca.us](mailto:awoolridge@ci.pinole.ca.us)

### City of Hercules Recreation & Community Services

The [Summer Teen H<sub>2</sub>O Program](#) provides a variety of recreation options for teens entering 9<sup>th</sup> through 12<sup>th</sup>

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## School District Summer Lunch Programs

This summer, school districts countywide are providing free lunches to youth under age 18 at various school sites. Information about sites in specific districts follows:

### Antioch Unified School District

Breakfast and lunch are available at Antioch High, Antioch Middle, Kimball Elementary and Mission Elementary. For more information, call Food Services at (925) 706-5236 or 5238.

### John Swett Unified School District

Breakfast and lunch are available at Hillcrest Elementary. For more information, call (510) 787-1141 x111.

### Mt. Diablo Unified School District

Lunch is available at Bel Air Elementary, Cambridge Elementary, Fair Oaks Elementary, Glenbrook Elementary, Meadow Homes Elementary, Rio Vista Elementary, and Ygnacio Valley Elementary. For information, contact Food and Nutrition Services at (925) 682-8000 x4124.

### Pittsburg Unified School District

Meals are available at Highlands Elementary, Parkside Elementary, Willow Cove Elementary, Hillview Junior High, Pittsburg High, and the Summer Math Institute at Los Medanos College. For information, call (925) 473-4267.

### West Contra Costa Unified School District

Meals are available at more than 37 sites around the district. For more information, call (510) 620-2096

## Did You Know?

In the 7<sup>th</sup> and 9<sup>th</sup> State Senate districts (which together cover all of Contra Costa), 20.5% and 26.7%, respectively, of all children are overweight. Statewide, 26.5% of all children are overweight (Source: An Epidemic: Overweight and Unfit Children in California Legislative Districts, California Center for Public Health Advocacy).

grade, including basketball/open gym, a fitness center, public swim, a youth/teen resource center, and field trips. Contact Janine Shaheed at (510) 799-4630 or 799-8291.

**Plant Youth Teen Summer Camp** offers field trips, swimming, movie days, arts and crafts, open gym, sports leagues, and other activities for youth entering grades 6, 7, and 8. Contact Beverly Dupree at (510) 245-4803.

### City of Concord Parks & Recreation Department

**RAP** is an all-day summer program for youth entering 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades. Activities include sports, swimming, games, trips, and barbecues. RAP runs Monday-Thursday, 12:30-5 p.m., at Westwood Elementary, Pine Hollow Elementary, Ygnacio Valley Elementary, and Glenbrook Middle. RAP is \$50 per week for Concord residents. For more information, call (925) 671-3185.

The **Concord Youth Center** is a youth athletic training facility at 2241 Galaxy Court. Sports offered include boxing, cheerleading, martial arts, gymnastics, dance, weight training, and wrestling. The center also provides academic services. Membership dues are \$20 per month; however, family discounts and scholarships are available. Contact David Lupinsky, Program Director, at (925) 671-7070 or dlupinsky@cycmail.org. Information about the center is also available at [www.concordyouthcenter.com](http://www.concordyouthcenter.com).

### City of Pittsburg Recreation Department

On Saturday, July 12 from 11 a.m.-5 p.m. there will be a **Teen Festival** in Buchanan Park, filled with music, food, and fun activities. Teens who would like to showcase their talents at the festival can call Toni Joyce at (925) 252-6391.

**Hoops After Dark** is a free co-ed evening basketball program for teen ages 13-18. Events are held 6-9:30 p.m. at various city parks and include deejays, hula hoops, double dutch, volleyball, prizes, and concessions. Contact Toni Joyce at (925) 252-6391.

### Contra Costa Health Services' Healthy Neighborhoods Project

In Pittsburg's **El Pueblo** neighborhood, a youth group is meeting every Tuesday at 5 p.m. The group is working to organize a community event and to expand youth sports in their community. Contact Rita Cabeza at (925) 313-6112 or rcabeza@hdsd.co.contra-costa.ca.us.

### City of Antioch Leisure Services

The **Antioch Skate Park** is at 4701 Lone Tree Way (next to the Prewett Family Park). It is available for free in-line skating and skateboarding from dawn to dusk, 7 days per week. Contact Antioch Leisure Services at (925) 779-7070.

## TEEN CORNER:

From Camila, a 13-year old Hercules resident:

"As a teenager I like to do many different things during the summer. What I enjoy the most is being on the swim team because I get to see and spend time with my friends. I also like to spend time with my cousins by going to the movies, Six Flags or just hanging out."

## RESOURCES

- **Annie E. Casey Foundation Kids Count Data Book:**  
<http://www.aecf.org/kidscount/>
- **Nutrition and Physical Activity Guidelines for Adolescents:**  
<http://www.mch.dhs.gov/documents/pdf/AdolescentNutrition.pdf>
- **Richmond Youth Search Website:**  
<http://www.ci.richmond.ca.us/~youthweb/>
- **No Time for Complacency: Teen Births in California:**  
<http://teenbirths.phi.org/materials.html>
- **American Teens: A Special Look at "What Works" in Adolescent Development:**  
<http://www.childtrends.org/HomePg.asp#americanteens>
- **New Medical Records Privacy Rule: The Interface with Teen Access to Confidential Care:**  
<http://www.guttmacher.org/pubs/journals/gr060106.html>

If you would like to be added to the mailing list of Community Youth Focus or the Family, Maternal & Child Health Community Coalition, please e-mail [pparhas@hdsd.co.contra-costa.ca.us](mailto:pparhas@hdsd.co.contra-costa.ca.us).



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