



***La Familia's Mental Health Children's Program*** - Counseling services for children 0-21 years old with Medi-Cal coverage. Services include individual, family, and group counseling, support services and resources.

***La Familia's Supporting Community Connections*** - Is an early suicidal intervention and prevention program which targets unserved Latinos in Sacramento county. The program offers free educational parenting of teens classes, training on suicide prevention awareness, community cultural events, and information on community resources with support for all ages.

***La Familia's Youth Voice*** - Is a youth leadership program that works with at-risk youth ages 14-21 from underserved populations to develop youth leadership skills to conduct community projects related to health issues and violence prevention.

***Fairytale Town Adventure Playground*** - Essentially a makers' laboratory or tinkerers' workshop, the Adventure Playground puts real tools into the hands of youth so they can build and create things that reflect their own ideas and visions. Research shows that youth are inspired to be more imaginative, creative, collaborative and thoughtful in these nontraditional environments than they are in more structured playgrounds, allowing children to express themselves while building useful skills that prepare them to grow into competent adults.

***916 Ink*** - Sacramento's only art-based literacy nonprofit that transforms Sacramento youth into published authors. Empowered students equipped with amazing literacy skills lead healthier lives, while helping youth be confident writers who know the power of story.

***Teatro Nagul*** - A Latino theater art organization dedicated to helping the youth of Sacramento make a difference in their communities by educating the community about the effectiveness of nonviolent change, community activism, and unity through innovative artistic endeavors.

***Highlands Community Charter School*** - Provides education for adult learners at no cost. The students are given an opportunity to learn English as a second language, earn a High School diploma, receive technical job training and take citizenship classes.

*La Familia* COUNSELING CENTER, INC.



Sacramento  
Youth Writers

Fairytale  
Town



HIGHLANDS  
COMMUNITY CHARTER SCHOOL



La Familia Counseling Center, Inc. (LFCC) has been providing multi-cultural counseling, outreach and support services for over 43 years to help low income, at-risk youth and families overcome adversity, become empowered and succeed in their lives. Services are free and bilingual staff is available. LFCC provides the following programs:

**Mental Health Children's Program-** Counseling services for children 0-21 years old with Medi-Cal coverage. Services include individual, family and group counseling, support services and resources.

**Supporting Community Connections** - Is an early intervention and prevention of suicide program which targets unserved Latinos in Sacramento County. The program offers free educational parenting of teens classes, training on suicide prevention awareness, community cultural events, and information on community resources with support for all ages.

**Birth & Beyond Family Resources Center** - Is a parenting program that provides family support services to pregnant women and families with children 0-5 years old. Services include: Home Visitation- an in-home Parenting Program which helps improve bonding, parent-child relationships, child behavior and also connects families with community resources; Court approved Effective Parenting Workshops/Classes and other parent/child activities ; Crisis Intervention – assist families with support in times of need; School Readiness support and resources.

**Medi-Cal Service** - Is an enrollment service to help families and individuals get health coverage.

**Community Health Navigator Program-** Provides assistance to health care services to increase health access and reduce disparities by supporting clients with transportation, scheduling appointments, interpreting, understanding prescriptions, goal setting and more. Eligibility criteria: 1) Latino 2) have a Chronic Illness 3) live in Sacramento.

**Sacramento Works Career Center** - Sacramento Works Training Center provides classes for GED preparation, Pre-Employment-workshops, computer basics and other services. Referrals to outside partners for additional education, training and resources are available.

- **On the Job Training-** works with adults who are eligible Cal Works participants; job developers assist with job placement, participants earn wages while training on the job.
- **Out of School Youth-** works with young Adults 17-21 years old by providing them with Pre-Employment Skills, Training/Work Experience and Job Placement

**Youth Voice-** is a youth leadership program that works with at-risk youth ages 14-21 from underserved populations to develop youth leadership skills to conduct community projects related to health issues and violence prevention.

**Project Reach/Gang Violence Prevention Program-** offers positive alternatives, counseling and support for youth ages 10-21 at risk of dropping out of school, pre-gang and/or gang affiliated.

**Other Services Include:** Computer Lab, Play Care, Special Events, Play and Grow, Karate Classes, Zumba, Parent Support Groups, and informational workshops. Call and request a monthly calendar or visit our Web site at

[www.lafcc.org](http://www.lafcc.org) and download a copy.

